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Toroidal droplets of nematic liquid crystal: Generation, stabilization and twist

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We generate nematic droplets with handles and stabilize them against surface-tension-driven instabilities using a continuous phase with a yield stress. For toroidal droplets, the nematic spontaneously twists; this happens for all, slender and fat tori. The addition of handles is accompanied by the presence of defects in the order; there are two -1 defects per additional handle located in regions with saddle geometry.