

- PMAY-G ceremonial rationing ceremony in Guwahati, Assam, attended by Assam Minister Nandita Gorlosa, MAC's Ratan Jarambusa, NCHAC's Executive Members, and Village Development Officers.
- RGU's Borderland Narratives Festival showcases Northeast India's cultural and cinematic legacy, featuring regional feature films, documentaries, short film competitions, master classes, and panel discussions on the Eight Rivers Coalition.
- Brown sugar worth Rs 3.29 crore seized in Manipur, arrested 23-year-old man. Assam Rifles seize 137 soap cases and two cell phones. Investigating potential drug network links.

NEWS BEARER

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Ceremonial Distribution of Sanction letters to beneficiaries under PMAY-G

Haflong, Mar 19: The live telecast of the ceremonial rationing out of authorization letters to the beneficiaries under Pradhan Mantri Awas Yojana Gramin (PMAY-G) centrally held at Guwahati, Assam Kamrup was brought into line by P&RD deptt at the Primary Auditorium hall, Donbosco, Haflong, Assam. Assam Minister Nandita Gorlosa served as the guest



of honour, in this period of time the distinguished show-

ing up of MAC's Ratan Jarambusa and NCHAC's Executive Members Niranjan Hojai and Biswajit Daolagupu also come up with the occasion.

The program was also attended by District Commissioner, Simanta Kumar Das ACS, Principal Secretary, Partha Johari and all Village Development Officers and general public.

RGU host festival featuring films and culture from the Northeast

A step taken by Arunachal Govt

Itanagar, Mar 20: The second Borderland Narratives: Festival of Films from Contemporary Northeast will take place at RGU. In collaboration with the Center for CCRD and the RIWATCH, the AITS and the mass communication department of the central varsity are organizing the three-day event, which is expected to be a vibrant display of Northeast India's rich cultural and cinematic legacy. Following the success of its first edition in 2019, the festival remains a platform for local storytelling and cultural representation. This year's event aims to further highlight the diverse narratives of Northeast India through a carefully selected selection of regional feature films by renowned filmmakers, including Dominic Sangma (Rapture), Raymond Colney (MI BO), Pradip Kurah (IEWDUH), Haobam Paban Kumar (Joseph's Son), Sanjib Das (Rosewala), and Napoleon RZ Thanga (A Star is Born). Gyamar Karmay and Akom Don Emma's documenta-



ries, which showcase the Northeast's distinctive customs and legacy, will be screened at the festival. The "Our Lives, Our Stories" short film competition invites up-and-coming filmmakers to capture disappearing customs. There will be master classes on film finance, script composition, and editing. Distinguished panelists from the area's media and film industries will also participate in a panel discussion about the Eight Rivers Coalition throughout the festival.

Curfew In Churachandpur Is Relaxed for the time being

Imphal, Mar 20: Since there has been a discernible improvement in the state of law and order, the Churachandpur district administration has loosened the curfew for today. During the day, residents will benefit from the curfew relaxation, which will be in place from 7:30 am until 4:30 pm. Officials have made it clear that the Kangvai, Samulamian, and Sangaikot subdivisions will not be affected by this easing; instead, limitations will remain in place. According to the administration, any upcoming relaxations will be contingent upon an ongoing assessment of the region's security situation. At approximately 7:30 p.m. Conflicts between several groups sparked the ongoing disturbance. Churachandpur Deputy Commissioner has urged people to avoid spreading falsehoods and confirm information with authorities following a rapid and coordinated attack. Speaker stressed the significance of maintaining peace and urging citizens to support conflict resolution efforts, stating that the administration remains vigilant and working towards safety.

Jiribam-Khongsang train route is examined and its development evaluated by NFR GM

Manipur, Mar 20: Chetan Kumar Shrivastava, General Manager of NFR, conducted a comprehensive inspection of the Jiribam-Khongsang section of the Jiribam-Imphal New Line. The Jiribam-Khongsang segment, which is more than 55.36 km long and is a part of the 110.625 km Jiribam-Imphal railway project, is crucial to enhancing rail connectivity in Manipur. Since its initial opening in September 2022, the seg-



ment has operated freight train services to Khongsang on a regular basis, carrying necessities. The General Manager thoroughly inspected the infrastructure, including tunnels, bridges, track, and signaling systems, to ensure the safe running of

Brown sugar worth Rs 3.29cr was discovered in Manipur

Imphal, Mar 18: On March 18, authorities said that security guards in Manipur's Chandel district had seized brown sugar worth Rs 3.29 crore and arrested a 23-year-old man in connection with the crime. In response to intelligence, a unit of the Assam Rifles conducted an operation in Kuljang village on March 16 and seized 137 soap cases that contained brown sugar. Two cell phones were also discovered in the accused's possession, Assam



Rifles said in an official statement. The apprehended resident of Tengnoupal area has been given over to the police for further examination. Investigators are investigating potential links to larger drug networks operating in the region.

To create NH in Assam, the center plans to invest Rs. 3 lakh cr



Guwahati, Mar 20: According to Union Minister for Road Transport and Highways Nitin Gadkari, the government intends to invest Rs. 3 lakh crore in Assam to construct national highways comparable to those in the United States. Gadkari, speaking during Question Hour in the Rajya Sabha, emphasized that his ministry had sufficient funds for ongoing road projects. The Guwahati ring road project, which is anticipated to cost Rs. 5,800 crores and be finished by December 2027, is one of the Assamese national highway projects that the minister updated on. "I am confident that after these developments, Assam's national

highways will be on par with those in the USA," he said. In addition to the ring road, Gadkari had mentioned a significant project for a tunnel beneath the Brahmaputra River in Dibrugarh that is presently pending approval and is expected to cost Rs. 12,000 crore. He asserted that these infrastructural improvements would transform Assam's highway system, drawing in more capital, creating job opportunities, and fostering the state's general development. Gadkari responded to inquiries about funding by saying that there will be no financial constraints on the elevated highway project over Kaziranga National Park and that it would move forward with Cabinet approval. He also responded to Leader of the Opposition Mallikarjun Kharge's inquiries regarding Karnataka's connectivity and requested that he provide a list of necessary projects. Gadkari gave a positive response to Rajya Sabha Chairman Jagdeep Dhankhar's specific request for Tithana village, where he was born, to have access to national highways.

trains in the area. The General Manager spoke with safety staff at several stations on a variety of important issues, including track strengthening, geological stability issues such as landslides, and security-related challenges. As the project moves forward, it is anticipated that the Khongsang-Noley and Noney-Imphal segments will be put into operation in the next years. The completion of the Jiribam-Imphal railway line would transform Manipur's linkages and promote economic and regional growth. The new line railway project between Jiribam and Imphal is one of the most significant connectivity initiatives for the northeast. The Jiribam-Imphal connectivity project is crucial to the whole picture, and Indian Railways is significantly contributing to the transformation of the Northeastern states by constructing a number of new railway line projects.

Locals Explain How Vehicles Were Torched and CCTVs Were Broken in Nagpur Violence

Pune, Mar 18: Residents of Nagpur described how the violence broke out last night in response to requests by a right-wing group to demolish the tomb of Mughal ruler Aurangzeb, describing how houses were vandalized and cars were set on fire. A BJP politician accused the police of abandoning "Hindu citizens" in the rioting, while witnesses said the police did not come on time. Earlier in the day, the VHP held a demonstration calling for the removal of Aurangzeb's tomb from its location in the Chhatrapati Sambhajinagar district of Maharashtra. During their demonstrations yesterday, a photo of the Mughal ruler was burnt - it was wrapped in a green colour cloth that "symbolised his grave". This reportedly led to rumours that sacred verses were written on the cloth, sparking tension in the area. Around 7:30 p.m., violence erupted in central Nagpur's Chitnis Park, where



multiple people were hurt and stones were thrown at the police. According to several locals, a crowd broke into the Old Hislop College neighborhood next to Chitnis Park and damaged four vehicles and homes. Before escaping, they also damaged windows and flung stones at houses. Later, the locals made arrangements for water to save their burning cars. Hours later, residents of the Hansupuri region reported another al-

tercation, claiming that a crowd set fire to their cars and damaged homes and a clinic. Later, a curfew was put in place in some areas of Nagpur to prevent big parties. Eyewitness, who lives in the Hansupuri area, recounted that the culprits were masked and came with sharp weapons and rods. "They started chaos in the area when they came, and vandalised shops and threw stones. They also torched vehicles," she told to the media.

Investigative Agency Raids Amnesty, George Soros' Foundation, and Associated Nonprofits

New Delhi, Mar 18: Offices of the Open Soros Foundation, George Soros' foundation, and non-governmental organizations associated with the OSF, Amnesty International, were searched by the Enforcement Directorate. The searches are connected to a current investigation under the Foreign Exchange Management Act, or FEMA. Premises belonging to current HRW employees and former Amnesty International personnel were searched. According to reports, the OSF has previously provided funding to HRW and Amnesty International's India office. The ED has lodged a case against the latter, while the CBI has charge-sheeted the former. As of yet, the OSF, started operations in India in 1999, has not replied. Due to alleged violations of foreign exchange restrictions, the Union HM placed foundation on a "watchlist" in 2016. Delhi High Court later contested the move, and the plea is still pending. The ruling BJP has accused organizations connected to or supported by Hungarian-American billionaire philanthropist George Soros of



working against India's interests. BJP has repeatedly claimed that foundations and think tanks that receive funding from the OSF, including the Organized Crime and Corruption Reporting Project, or OCCRP, produce "anti-India" reports and narratives. These, the party has declared, are then picked up and amplified by the Congress to criticise the union government and "defame" the country. The allegations exploded in December after the BJP and Congress chiefs, JP Nadda and Mallikarjun Kharge, faced off over fresh accusations - this time over 'links' between Sonia Gandhi and the Soros-funded Forum of the Democratic Leaders in Asia Pacific Foundation.

Bill Gates tours AI-powered "Viksit Bharat" strategy room



Mumbai, Mar 18: Co-chair of the Bill and Melinda Gates Foundation Bill Gates paid a visit to the VBSR at NITI Aayog. He visited a state-of-the-art, immersive AI-enabled facility that seeks to enhance evidence-based decision making for decision-makers across the country. Center uses cutting-edge technology to help federal, state, district, and block officials make informed policy decisions by analyzing data in real time. The "Viksit Bharat Strategy Room" opened, signaling a major breakthrough in data-driven governance. The room's 27 interactive screens and strategically placed touchscreens provide a dynamic platform for examining data across states, sectors, and govern-

ment projects. Its AI-driven software, was developed using machine learning and natural language processing, helps policymakers understand difficult data. PM Modi highlighted the importance of this endeavor and underlined the center's role in advancing India's Viksit Bharat goal during his visit on July 11, 2024. One such solution is "Tagbin BoardRoomAI," transforms boardroom decision-making through the use of real-time data and predictive analytics.

By combining cutting-edge AI with policymaking, we are empowering leaders to make more educated, important decisions for India's future," said Saurav Bhaik, CEO of Tagbin and a key project motivator.

Opposition raises concerns as PM Modi praises Maha Kumbh in parliament

New Delhi, Mar 18: Leader of Opposition Rahul Gandhi stated that PM Modi mentioned Kumbh but did not honor those who were murdered in the tragedy on January 29 at the event. "I wanted to support what the PM Modi said," Mr. Gandhi told the reporters following the Prime Minister's speech in the Lok Sabha, in he praised the people of UP for their assistance in planning the massive gathering in Prayagraj. Kumbh is our culture, history, and custom. The Prime Minister's



failure to honor the Kumbh victims is our only grievance. The Congress leader added that youngsters expected work opportunities at the Kumbh. "So, the PM must have spoken about it," he said. When the media asked him about not getting a

chance to speak, Mr Gandhi replied, "According to democratic structure, the Leader of the Opposition should get an opportunity to speak, but they won't let us.

This is new India." Prime Minister thanked the Uttar Pradesh government for organizing the Kumbh, which drew a huge crowd of more than 60cr people, in his speech to the Lok Sabha. Priyanka Gandhi, a Congress MP, stated that the opposition must have been let to discuss the Kumbh.

Tulsi Gabbard discussed Trump's dedication to India

New Delhi, Mar 18: US National Intelligence Director Tulsi Gabbard stressed on Tuesday that Prime Minister Narendra Modi shares President Donald Trump's commitment to peace, emphasizing that "America first" does not equate to "America alone." Gabbard said, "President Trump is committed to 'America first,' but this should not be misunderstood to mean 'America alone.' The relationships we build together are essential to advance our mutual interests."

Gabbard also discussed Modi and Trump's personal relationship and the "enduring strength" of the India-US partnership. "The partnership between our two countries has been strong for decades," Gabbard said.

Sunita Williams & Barry Wilmore return to Earth, but facing health challenges After 286 days in orbit

Mumbai, Mar 19: After 286 days in space, Sunita Williams & Barry Wilmore have returned to Earth. Their problems might not end there, though, as the harm that space travel does to human body can make it challenging to acclimate to Earth. Along with astronauts Nick Hague and Alexander Gorbunov, Sunita Williams and Barry Wilmore made their way back to Earth in a SpaceX Crew Dragon capsule. Both of them were taken right away for medical examinations on reclining stretchers after their capsule smashed down off the coast of Tallahassee. The rescued astronauts will experience some physical changes after more than 9 months in microgravity, and additional health risks could become per-



manent. Astronaut's weight-bearing bones become weaker & more brittle every month in space as they lose 1% of their density. Astronauts eventually develop "baby feet," condition that causes to lose thick part under feet, making it difficult to walk, as calluses thin and the body becomes less accustomed to using the muscles and bone in the legs.

Akshay Kumar takes “langdi” step with Veer Pahariya

Mumbai, Mar 19: Bollywood has already given us a ton of new faces to swoon over with consecutive debuts before 2025 has even been here for three months.



Veer Pahariya was among the first on the list. The action drama Sky Force, starring Khiladi Akshay Kumar, marked the beginning of the attractive young man's cine-

matic career. The film, which also stars actor and Veer's ex-girlfriend Sara Ali Khan, tells the tale of a Squadron Leader who disappears following India's initial air-

strike at Pakistan's Sargodha airbase. Veer's acting skills were flawless, but his “langdi” hook step in the movie's song Rang became the subject of memes.

Salman Khan's Sikandar Will Include a Surprise, AR Murugadoss stated

Pune, Mar 20: Sikandar, directed by AR Murugadoss, is a highly anticipated movie with Salman Khan and Rashmika Mandanna, attracting increased audience enthusiasm due to teaser and songs. The director replied, “Yes. This is not only a mass film; it has strong family emotions. Ghajini was about a boyfriend-girlfriend love story, but this is about a husband-wife relationship. It explores how families function today, how couples treat each other, and what we might be missing in our relationships. That will be the highlight



of the film. Though Ghajini seemed to be a psycho thriller to the audience, the love story of Aamir and Asin was the surprise element. Similarly, here there's an element of

‘Dabba Cartel’ to ‘Made in Heaven’ demonstrates tenacity and fortitude of champion women

New Delhi, Mar 19: Modern Indian cinema is embracing female-led narratives, with top 8 films and shows showcasing women's empowerment. Maharani features Huma Qureshi in a power-packed role, while Made in Heaven explores women's roles and societal pressures. Pink is an activating drama featuring three women, Zoe, Shibani, and Jauhari, challenge societal norms and fight for freedom. Story revolves around their journey to reclaim power, addressing issues of consent, justice, and self-respect. The film serves as a call for empowerment and solidarity, highlighting the struggles faced by women in a world often.

Show centers on the brutal world of “dabba,” illicit stock market operations, where betrayal, manipulation,



and power are the norm. Players navigate this hazardous terrain, risking everything for financial gain and control. Dabba Cartel is a compelling and unvarnished story of ambition and survival in the competitive world of financial crime, complete with compelling characters, dramatic tension, and high stakes. In the inspiring and

touching story Dhak Dhak, four women escape the constraints of social norms to follow their aspirations.

The show follows these women as they set out on a life-changing road trip that deepens their connection to one another and to themselves, all set against the vibrant backdrop of Indian culture.

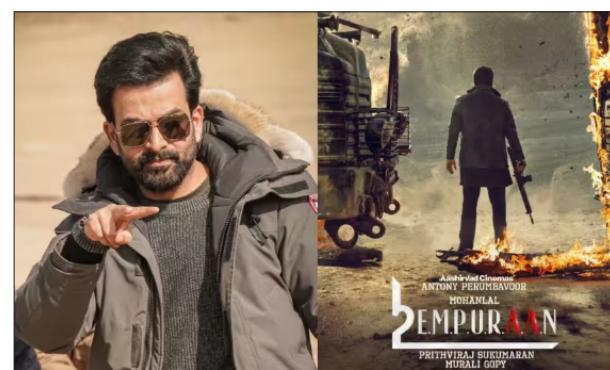
Snow White can be beautiful in more way than one

Pune, Mar 19: Since she was chosen to play the beloved Disney princess Snow White in the most recent live-action adaptation of the tale, Rachel Zegler has been the center of attention. The Marc Webb movie, which is simply called Snow White, will be released globally on March 21. Zegler recently discussed how the character is perceived and what she wants the audience to see in her remarks. Disney originally brought Snow White's story to the big screen in the 1937 animated feature Snow White and the Seven Dwarfs. Talking about how the film remains contemporary 88 years down the line, Zegler says, “From the word go, it was obvious that Marc wanted to make a ‘Snow White’ for this generation. That is what is so poignant in our story, and I think people all over the world will be able to resonate with her.” Although Zegler was a little intimidated by the enormity of the situation, she claims that she met the challenge head-on. Snow White is the studio's first princess. “It was really important to me that she be lovable and can be seen as feminine and very beautiful in more ways than one, while also maintaining a sense of strength and willpower. At the same time, she is very charming, and she wins over the seven dwarfs, as well as Jonathan, and ultimately, the kingdom,” says the actor.

L2: Empuraan Is Quite Disorganized Prithviraj Sukumaran On Mohanlal-Led Movie

Chennai, Mar 20: L2: The Malayalam movie Empuraan is a follow-up to the Lucifer movie. Prithviraj Sukumaran, Tovino Thomas, Indrajith Sukumaran, Manju Warrier, Abhimanyu Singh, Eriq Ebouaney, Jerome Flynn, and Suraj Venjaramoodu all play important roles in the movie, which stars megastar Mohanlal in the lead.

In keeping with the majesty of Lucifer, L2: Empuraan also has a lengthy story with several characters, a variety of settings, and a perceptible disarray within



its framework, according to Prithviraj Sukumaran, the film's director.

The director explains why he required a cohesive visual message as the tale

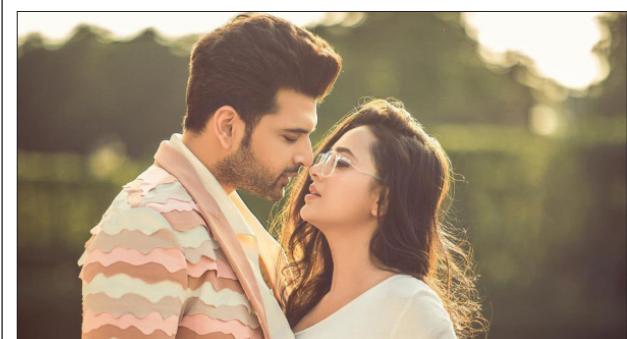
continues to shift across timelines. Prithviraj shares, “With so many events unfolding back to back, it's easy for the audience to lose focus.

The Box office receipts for Diplomat vs. Chhaava have

Mumbai, Mar 20: ‘Chhaava’, directed by Vicky Kaushal, has been the movie of the month, earning more crores than John Abraham's Holi-released film, ‘The Diplomat’. ‘Chhaava’ is a strong competitor to John Abraham's ‘The Diplomat’, with a compelling narrative and positive reviews. Despite mediocre earnings, the low-budget movie is making incremental progress, despite its mediocre earnings performance. On its first day of release, Shivam Nair's film brought in Rs 4 crore. The

fifth day, Tuesday, brought in Rs 1.45 crore for the movie. However, the movie made Rs 1.40 crore yesterday, Wednesday, the sixth day. In other words, compared to the fifth day, there has been a little decrease. The movie has brought in a total of Rs 17.65 crore in revenue. It is estimated that ‘The Diplomat’ has a budget of about Rs 20cr. ‘Chhaava’ challenges ‘The Diplomat’, despite positive reviews and mediocre earnings, making incremental progress despite its low-budget nature.

Raj Kundrra & Tejaswi Prakash will tie knot this year soon



Punjab, Mar 20: Tejaswi Prakash & Karan Kundrra, known for their close bond, have been dating for over 4 years on Indian television, with fans eagerly awaiting their wedding. Tejaswi Prakash, a contestant on ‘Celebrity MasterChef’,

recently revealed her marriage to Karan Kundrra. The mother-daughter duo made a dish together, receiving praise from the judges. The news was met with excitement from the show's contestants, applauded and cheered the announcement.

Tata AIA launches Shubh Flexi Income Plan for smart savings & protection

Guwahati, Mar 20 : Tata AIA Life Insurance Co. Ltd. has introduced the Shubh Flexi Income Plan, a non-linked, participating life insurance savings solution designed to offer flexible financial security and wealth creation. The plan aims to empower individuals with tailored options that evolve with their financial goals. The Shubh Flexi Income Plan provides three key options: Endowment Option for long-term savings with a lump sum payout, Early Income Option for annual cash bonuses from the first year, and Deferred Income Option for accumulating wealth



with the flexibility to defer payouts for higher growth. Beyond savings, the plan incorporates protective features like the Waiver of Premium Option, which ensures continuity of benefits in case of the policyholder's demise, and the Cover Continuance Benefit, allowing the policy to remain active with future premiums waived. Additionally, the 'Sub Wallet' feature lets policyholders accumulate bonuses with interest, while the Smart Lady Bene-

fit and Family Discount offer affordability for women and family members of existing policyholders. Tata AIA declared a ₹1,465 crore bonus for FY 2024, a 24% increase from the previous year, reinforcing its commitment to rewarding policyholders. Sujeev Kothare, EVP, Head – Products, Business Mid Office & Digital Marketing at Tata AIA, stated, "Financial security should not come at the cost of flexibility. Our plan ensures guaranteed benefits while adapting to life's changing needs." With Guwahati emerging as a financial hub in the Northeast, demand for flexible insur-

ance products is on the rise. Financial planners in the region view Tata AIA's new plan as a viable solution for individuals seeking customized savings and protection. As more people prioritize financial preparedness, products like the Shubh Flexi Income Plan offer structured benefits tailored to diverse aspirations. The Shubh Flexi Income Plan is positioned to help young professionals, families, and retirees achieve financial independence, aligning with Tata AIA's commitment to making consumers "Har Waqt Ke Liye Taiyaar"—prepared for every phase of life.

Eli Lilly introduces popular anti-obesity medication

Mumbai, Mar 20: The highly anticipated medication for managing diabetes and obesity, Mounjaro, was introduced in India on Thursday by US pharmaceutical giant Eli Lilly. It costs ₹3,500 for a 2.5 mg vial and ₹4,375 for a 5 mg vial. According to the doctor's prescribed dosage, the medication, which is typically taken once a week, would then cost between ₹14,000 and ₹17,500 every month. In the United States, Mounjaro costs between \$1,000 and \$1,200/ month on average. Lilly launched the drug in a single-dose vial following marketing authorisation from the CDSCO. "It is a first-of-its-kind treatment for obesity, overweight, and type 2 diabetes that activates both GIP and GLP-1 hormone receptors," it said. "This India-specific pricing reflects Lilly's commitment to expanding access to innovative treatments in the country," it added.

Godrej eyes summer demand surge, bets on personal care growth

Guwahati, Mar 20: With the summer season driving increased consumption in personal care categories, Godrej Consumer Products Limited (GCPL) is gearing up to capitalize on the trend. The company plans to focus on key brands like Cinthol, Godrej No.1, and Park Avenue to tap into the seasonal demand for soaps, deodorants, and body wash. A company spokesperson highlighted the impact of the recent budget, stating, "With the ease of taxation and more money in the hands of the working population, there will be a boost to overall consumption." To leverage this opportunity, GCPL aims to introduce access packs and expand its product range at competitive pricing. Guwahati,



a key hub for FMCG sales in the Northeast, is expected to witness increased demand for personal care products as summer peaks. Retailers anticipate strong sales of Godrej's offerings, particularly in the budget-friendly segment, catering to a diverse consumer base. With a strategic focus on affordability and wider accessibility, GCPL is set to strengthen its foothold in the personal care segment, aligning its product portfolio with evolving consumer preferences this summer.

MG Comet EV 2025 launched with enhanced features and smart pricing



Guwahati, Mar 20: JSW MG Motor India has introduced the MG Comet EV 2025, upgrading its urban electric vehicle with new convenience and comfort features. The prices for the different vehicle variants vary based on the model. The Executive variant is priced at ₹4,99,000, with an additional ₹2.5 per kilometer, bringing the total to ₹6,99,800. The Excite variant comes at ₹6,25,000, plus ₹2.5 per kilometer, making the total ₹8,25,800. The Excite FC variant is listed at ₹6,77,000, with a per-kilometer charge of ₹2.5, totaling ₹8,77,800. The Exclusive variant is priced at ₹7,35,000, along with ₹2.5 per kilometer, bringing the final cost to ₹9,35,800. The Exclusive FC variant is available for ₹7,77,000, plus ₹2.5 per kilometer, resulting in a total of ₹9,77,800. The Comet EV 2025 is available in five variants—Executive, Excite, Excite Fast Charge, Exclusive, and Exclusive Fast Charge. Key upgrades include a Rear Parking Camera and Power-folding ORVMs in the Excite and Excite FC variants, while the Exclusive and Exclusive FC models receive premium leatherette seats and a 4-speaker audio system. The fast-charging models feature a 17.4 kWh battery pack, offering a range of up to 230 km per charge. Commenting on the launch, Rakesh Sen, Head - Sales, JSW MG Motor India, stated, "MG Comet EV's growing popularity reflects the increasing demand for smart urban mobility solutions. With a 29% growth in sales in CY'24, the MG Comet EV 2025 reinforces our commitment to meeting evolving consumer needs." The MG Comet EV 2025 is expected to gain traction in Guwahati, where the demand for affordable, eco-friendly urban mobility is rising. With increasing fuel costs and traffic congestion, the city's growing EV adoption trend aligns well with MG's latest offering. The competitive pricing and flexible battery service model make the Comet EV an attractive option for daily commuters and fleet operators. MG has also expanded its lineup with the Comet BLACKSTORM Edition, priced at ₹7.80 lakh. Featuring a 'Starry Black' exterior and premium interiors, it caters to customers seeking a stylish yet efficient EV. The MG Comet EV 2025 can be booked at MG dealerships across India for ₹11,000.

Sensex & Nifty 50 continue to rise for 4th consecutive session

New Delhi, Mar 20: Front-line indices the Sensex and the Nifty 50 ended Thursday, March 20, with strong gains on all-around purchasing, extending advances for the fourth straight session. The Nifty 50 closed at 23,190.65, up 283 points, or 1.24 percent, while the Sensex increased 899 points, or 1.19 percent, to conclude at 76,348, as well. The BSE Smallcap index increased 0.73%, while the BSE Midcap index closed 0.61 percent higher. As the market capitalization of the BSE-listed companies increased from ₹405 lakh crore to over ₹408 lakh crore in a single day, investors made over ₹3 lakh

crore. Over the past four sessions, the Sensex and the Nifty have increased by 3.4% and 3.5%, respectively. On Thursday, up to 44 firms in the Nifty 50 index ended the day higher. The index's top gainers at the conclusion were shares of Titan, Eicher Motors, and Bharti Airtel. In the Nifty index, four stocks—IndusInd Bank, Bajaj Finance, Trent, and Shriram Finance—finished lower. The Nifty Auto, FMCG, IT, Media, Metal, Oil & Gas, Consumer Durables, Healthcare, and Realty sectoral indices all saw advances at the close of the day. Financial Services closed 0.70% higher, while the Nifty Bank index increased 0.72%.

MSDE organizes a workshop to discuss performance, challenges, and future action plan



(NSDC), and Institutes of National Importance like IIT Mandi, IIT Ropar, and IIMs, along with representatives from other Awarding Bodies. The dignitaries discussed the performance,

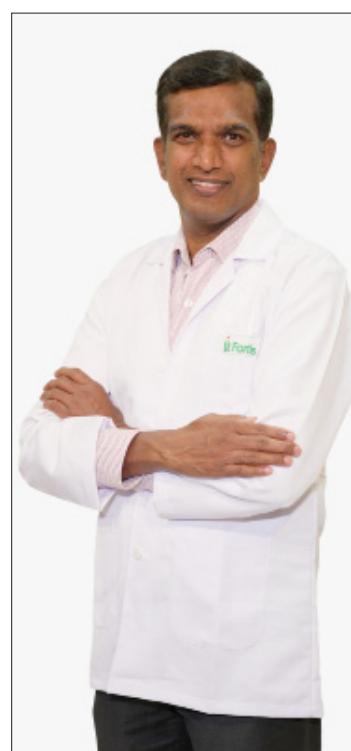
challenges, and future roadmap of the Pradhan Mantri Kaushal Vikas Yojana (PMKVY). Emphasizing the critical role of Awarding Bodies in ensuring high-quality skill certification

and the seamless execution of PMKVY, Shri Atul Kumar Tiwari, Secretary, MSDE, said, "India's skilling ecosystem has evolved significantly over the last few years and gained global recognition."

Smt. Sonal Mishra, Joint Secretary, MSDE, Dr. Vinita Aggrawal, Executive Member, NCVET, Dr. Neena Pahuja, Executive Member, NCVET, and Shri Rishikesh Patankar, Vice President, Government Programs, Industry & Academia Collaboration, NSDC, were present during the inaugural session. Additionally, the event witnessed more than 150 participants.

Fortis Hospital Bannerghatta Road performs robot-aided surgery on a 65-year-old man

Kohima, Mar 20: Fortis Hospital Bannerghatta Road, Bengaluru, has successfully performed a robotic-assisted surgery to remove the highly inflamed gallbladder of a 65-year-old male patient from Nagaland. This cutting-edge procedure, conducted by a team of expert surgeons led by Dr. Sreedhara V, Director GI, Minimal Access & Bariatric Surgery, Fortis Bannerghatta Road, highlights the hospital's commitment to providing advanced surgical solutions with enhanced precision, reduced risks, and faster recovery times. Patient Mr. Danny (name changed), with a history of hypertension, had been suffering from gallbladder stones for over four months, experiencing intense pain in his upper abdomen for the past two weeks. Upon evaluation, doctors diagnosed him with Acute Calculous Cholecystitis (ACC), a condition in which a gallstone blocks the cystic duct, leading to gallbladder inflammation. Sharing details of the case by Dr. Sreedhara V, Director GI, Minimal Access & Bariatric Surgery, Fortis Bannerghatta Road said, "Robotic surgery provides a minimally invasive alternative to conventional gallbladder removal procedures. It reduces the risk associated with anesthesia and surgery while ensuring a quicker return to normal life for the patient." Mr. Akshay Oleti, Business Head of Fortis Hospitals Bengaluru, added, "Fortis Hospital, Bannerghatta Road, continues to be at the forefront of medical advancements, offering patients access to world-class healthcare solutions."



Diabetes Management during Ramadan

Guwahati, Mar 20: Ramadan, a month of deep spiritual reflection and community bonding, is around the corner. For many, it's a month of fasting, prayer, and bonding. But for those with diabetes, this holy month requires a little more attention and planning. With the right tools and knowledge, one can navigate their fasting period effectively and fully participate in the blessings of this holy month without compromising their well-being. Balancing blood sugar levels during fasting, from pre-dawn suhoor to post-sunset iftar, can be challenging due to potential fluctuations. Dr. Bipul Choudhury, MD, DM, FACE(USA) Nemcare Hospital, Guwahati said, "Continuous glucose monitoring (CGM) is invaluable for

people with diabetes fasting during Ramadan. The real-time blood sugar data provided by CGM helps identify and address glucose spikes associated with meals before and after the fast. This data-driven approach helps adjust portion sizes, meal timing, and exercise for better blood glucose control and greater confidence."

Some tips to manage your diabetes during Ramadan this year are importance of regular monitoring of blood glucose levels, replenish your body with nutrients during Iftar, exercise is the key and work on your sleep schedule. By planning, making thoughtful food choice and paying attention to health, one can enjoy this Ramadan while keeping diabetes at bay.

HP unveils next-gen AI commercial PCs in India, targets business users

Guwahati, Mar 20: HP has launched its latest range of next-generation AI-powered commercial PCs in India, aiming to redefine business productivity and collaboration. The new lineup includes the HP EliteBook Ultra G1i, EliteBook X G1i, EliteBook X G1i Flip, and EliteBook X G1a, powered by Intel® Core™ Ultra and AMD Ryzen® processors, with AI-driven enhancements for superior performance and security. The EliteBook X G1a stands out with up to 55 trillion operations per second (TOPS) of NPU performance, making HP the only brand offering such capabilities in



India. Meanwhile, Intel-powered variants boast up to 48 TOPS, ensuring seamless multitasking for professionals. Equipped with HP AI Companion, Poly Camera Pro, and Microsoft Copilot

integration, these devices enhance collaboration through personalized audio-video features and streamlined workflows. HP has also emphasized sustainability, with over 70% recycled materials used in the

TKM reaffirms its commitment to environmental conservation

Bangalore, Mar 20: As the world marks 'World Forest Day' and 'World Water Day', Toyota Kirloskar Motor (TKM) has reaffirmed its commitment to environmental conservation, embodying the global Toyota Environmental Challenge 2050 (TEC 2050), consisting of six visionary challenges 'Going Beyond Zero Environmental Impact and Achieving Net Positive Impact', which includes minimising and optimising water usage as well as establishing a Future Society in Harmony with Nature. Since its inception in 2015, Toyota Envi-



ronmental Challenge 2050 continues to guide the company's sustainable initiatives, enabling positive contributions to the restoration of the earth's ecosystem by addressing pressing challenges such as carbon emissions, resource depletion, water scarcity, and biodiversity loss across its entire value chain. In this direction, recognizing water as an invaluable & shared resource,

Toyota Kirloskar Motor at its plant facility follows a holistic '4R' strategy—Reduce, Reuse, Recycle, and Recharge—to optimize water usage.

Sharing his thoughts, Mr. B. Padmanabha, Executive Vice President & Director—Manufacturing at Toyota Kirloskar Motor, said, "Over these 26 remarkable years of our successful operations in India, our journey has always been driven by a commitment to creating lasting value through innovation, corporate responsibility, and meaningful relationships with the communities."

PMI reiterates its resolve to eradicate the illegal tobacco trade

Aizawl/Dimapur, Mar 20: During a recent session on 'Switching Off Illicit Cigarettes', Rodney Van Dooren, Head of Illicit Trade Prevention Asia Pacific, Philip Morris International (PMI), has underlined the importance of securing cross border collaboration and stringent enforcement to combat tobacco black market in ASEAN region. Over the past year, governments and relevant agencies across the ASEAN region have intensified their efforts to combat cigarette black market. However, the problem remains severe, with 1 in 4 cigarettes consumed in these countries being illegal. The World Health Organisation (WHO) Framework Conven-

tion on Tobacco Control identifies India as both a transit hub and a key destination for illicit tobacco trade. One of the most pressing concerns is India's illicit cigarette market, which accounts for nearly 26.1% of total consumption, resulting in an estimated tax revenue losses of over \$2.4 billion annually. Addressing the session, Rodney Van Dooren, Head of Illicit Trade Prevention Asia Pacific, PMI, said, "Loopholes in ASEAN fuel the illicit cigarette market, causing IPR violations, tax losses, weak enforcement, and normalized corruption. Origin countries profit, while destination countries suffer. Illicit cigarette exports in ASEAN do not match imports in consuming



markets, avoiding import duties and excise taxes, leading to economic sabotage. Further, international agreements—World Trade Organisation (WTO), World Customs Organisation (WCO) and Free Trade Agreement (FTA), call for cooperation but lack legal instruments to hold parties accountable. Solving this problem does not depend on the speed of eco-

nomic development between countries, but on law enforcement. PMI's strategy to counter illicit trade focuses on leveraging research and intelligence, securing supply chains, partnering with law enforcement, and raising public awareness". Liyana Othman, Advocacy Director at EU-ASEAN Business Council, highlighted the importance of implementing digital tax stamp & track- and-trace systems to curb illicit cigarette trade. PMI has been at the forefront of the fight against illegal tobacco trade with a focus on five critical areas—research & intelligence, protecting supply chain, partnerships, cooperation with law enforcement and raising awareness.

Price increases by Suzuki, Maruti, and others

New Delhi, Mar 20: Number of automakers, such as Hyundai, Tata Motors, Maruti Suzuki, have revealed that their lineups will see price increases starting in April 2025. For the majority of these businesses, this is their second price change of the year. Due to rising operating and raw material costs, Hyundai Motor India intends to increase car prices by up to 3% starting in April 2025. Additionally, Tata Motors announced that beginning in April, pricing for all of its passenger car models—including electric ones—will rise.

The US island that speaks Elizabethan English

Native Americans, English sailors and pirates all came together on Ocracoke Island in North Carolina to create the only American dialect that is not identified as American. I'd never been called a "dingbatter" until I went to Ocracoke, North Carolina for the first time. I've spent a good part of my life in the state, but I'm still learning how to speak the Hoi Toider brogue. The people here just have their own way of speaking: it's like someone took Elizabethan English, sprinkled in some Irish tones and 1700s Scottish accents, then all up with pirate slang. But the Hoi Toider dialect is more than a dialect. It's also a culture, one that's slowly fading away. With each generation, fewer people play meehonkey, cook the traditional foods or know what it is to be "mommucked". In an effort to put his "America first" stamp on the nation's speech, US President Donald Trump recently signed an executive order making English the country's official language. It marks the first time in the US's nearly 250-year history that the nation has had an official language. Yet, on this small 9.6-square-mile island surrounded by the swirling waters of the Atlantic, residents still speak what is arguably the most English version of English in the country – and many Americans don't understand it. As

the island's official website proudly proclaims: "With origins dating back to the 1600s, Ocracoke brogue is about as American as it gets." Located 20 miles from the North Carolina mainland, Ocracoke Island is fairly isolated. You can't drive there as there are no bridges, and most people can't fly either as there are no commercial flights. If you want to go there, it has to be by boat. In the late 1600s and early 1700s, that meant Ocracoke was a perfect spot for pirates to hide, as no soldiers were going to search 16 miles of remote beaches and forests for wanted men. William Howard was one of those outlaws, serving as quartermaster on Blackbeard's ship Queen Anne's Revenge. Leaving before Blackbeard's final battle in 1718, Howard made his way to Virginia, eventually taking the general pardon offered by King George I to all pirates. But unlike some, Howard had a plan. For several decades, he dropped out of sight, only to reappear in 1759 when he bought Ocracoke Island for £105 from a man named Richard Sanderson, a justice and later a General Assembly member in mainland North Carolina. Howard settled down along with some other ex-pirates and started building a community with boat pilots who had been stationed on the island to help guide merchant ships around sandbars in the area.

A mainland North Carolina Native American tribe also interacted with the early settlers. The Woccon tribe had set up fishing and hunting outposts on the island, which they called Woccocock. Through misspellings and mispronunciations, it became Wokokon, Oakacock and Okercock, before finally arriving at the current version of Ocracoke in the mid-1700s. So at this point, there were Native Americans, English sailors and pirates from a variety of places all in one location. And that isolated community of just under 200 started blending words and dialects, and eventually building its own way of speaking. "It's the only American dialect that is not identified as American," said Dr Walt Wolfram, a North Carolina State University professor who studied the Ocracoke dialect for more than 20 years and currently works as the director of NC State's Language and Life Project. "That's fascinating to me. You can find pronunciation, grammar structures and vocabulary on Ocracoke that are not found anywhere else in North America." Howard's

community lived in near-isolation for almost two centuries. Electricity didn't arrive at the island until 1938 and a ferry service didn't start until 1957, leaving the islanders cut off from the mainland.

Even today, things are a bit different for the island's 676 residents than on mainland North Carolina. Howard's community lived in near-isolation for almost two centuries. Electricity didn't arrive at the island until 1938 and a ferry service didn't start until 1957, leaving the islanders cut off except for the occasional supply trip to the mainland. Even today, things are a bit different for the island's 676 residents than on mainland North Carolina. Yes, mobile phones and laptops still work here, and if you want to sit down and watch some Major League Baseball in a pub, there are plenty of options. But in many other ways, the island is a throwback to a time before internet and television. Instead of cinemas, there are outdoor theatre groups. Local teashops, spice markets and other family-owned stores take the place of chain supermarkets. Cars are allowed on the 16 mile-long island, but most people just park them and walk everywhere. The island's children all attend one school, while residents work as everything from fishermen to brewery owners to woodworkers.

"It's amazing how coming across that ferry is almost like going to a different country," Stevens said, sitting on the hotel's front porch. "When I was a kid, we'd leave [home] after breakfast, eat lunch at somebody else's house, walk to the beach, take a rowboat out in the water, and our parents never had to worry about us. We've maintained a lot of that."

That's where the Hoi Toider name comes from: it's based on how the O'cockers say "high tide". Then there are the phrases and vocabulary, many of which are also kept over from the original British and Irish settlers. For example, when you're on Ocracoke, someone might "mommuck a buck before going up the beach", which means "to tease a friend before going off the island". "We have a lot of words that have been morphed to make our own," said Amy Howard, another of William Howard's descendants, who runs the Village Craftsmen, a local arts and crafts store. "[Hoi Toider] is a combination from a whole blend of cultures. A lot of the early settlers were well travelled, so they ran into lots of different types of people. For example, the word "pizer" we use comes from [a European] word which means porch. So if you're going to be sitting on your pizer, you're sitting on your porch." There's a long list of words in Ocracoke vocabulary that are taken from countries across the globe.

Ola Electric is being investigated for having inconsistent sales

New Delhi, Mar 20: Since the Ministry of Heavy Industries is requesting information regarding differences between Ola Electric's stated sales and actual car registrations, the company is currently under more regulatory scrutiny. This is because, despite only 8,600 vehicles being registered according to the Vanhan Portal, the corporation claimed to have sold 25,000 vehicles in February. The report stated that as part of the investigation, Maharashtra RTO officers visited several



Ola showrooms throughout the state to see if the cars were being sold with a valid trade certificate and had the required paperwork. According to the report, 36 scooters were seized in Pune and Mumbai for non-compliance. Several Ola showrooms have reportedly been closed as a result of the raid, which even reached Punjab. According to the article, RTO officials in Jabalpur also sent letters to Ola Electric after discovering unregistered scooters being marketed without a legitimate trade permit.

Car-



Luminous Power Technologies & Rajasthan Royals further strengthen their power partnership



Guwahati, Mar 20: Luminous Power Technologies, India's leading energy solutions company, has continued its power partnership with Rajasthan Royals to be their Title Partner for the 18th season of the upcoming India's T-20 premier league creating a greater momentum for their sustainability efforts and launching nationwide solar adoption initiatives. As part of the event, Rajasthan Royals players Sanju Samson, Nitish Rana, Tushar Deshpande along with Jake Lush McCrum, Chief

Executive Officer of Rajasthan Royals and Preeti Bajaj, Neelima Burra, Amit Shukla, and Shikha Gupta from the Luminous leadership team, unveiled Luminous' latest line of solar and advanced energy solutions, aligned with the company's long-term mission to empower consumers with clean energy alternatives. Speaking on the occasion, Preeti Bajaj, CEO & MD, Luminous Power Technologies, said, "India's solar energy sector is undergoing a significant transformation, and at Luminous, we are dedicated to playing a crucial role in accelerating this change." Neelima Burra, Chief Strategy Transformation & Marketing Officer, Luminous Power Technologies, said, "Luminous is at the forefront of solar energy adoption through educational

brand initiatives and skilling programs."

"We believe in empowering consumers with choice, enabling them to actively participate in India's sustainable energy future", said Amit Shukla, Senior Vice President, Energy Solutions Business, Luminous Power Technologies. Commenting on the association, Jake Lush McCrum, Chief Executive Officer, Rajasthan Royals, said, "Cricket has the power to drive meaningful change far beyond the boundaries of the game."

Low carb diets may increase colorectal cancer risk

Low carb diets, such as the keto diet, have increased in popularity in recent years, but many experts wonder if the health effects of a more restricted diet could have negative consequences. Researchers from the University of Toronto in Canada recently conducted a study to explore how low carb diets can affect bacteria linked to colorectal cancer. The researchers used mice in their study and studied them on low carb, normal, and Westernized diets and different strains of bacteria. They focused on whether these diets impact certain bacteria and how that may contribute to colorectal cancer development. Colorectal cancer, which occurs in the colon and rectum, is one of the most frequently diagnosed cancers in the United States. This cancer occurs in one out of 24 men and one out of 26 women. Recent data has shown that colorectal cancer cases in adults ages 30 to 34 saw an increase of 71%, and in adults ages 35 to 39, this number saw a 58% increase from 1999 to 2020. According to the Centers for Disease Control and Prevention (CDC), colorectal cancer has a 5-year survival rate of 64.4%. While there is no way to guarantee that one can prevent colorectal cancer, there are some ways people can lower their risk. A few of these include: Since re-



searchers suspect that dietary choices may be connected to the development of colorectal cancer, the new study aimed to determine whether there was a connection between specific diet types combined with certain types of bacteria. They focused on three bacteria: *Bacteroides fragilis*, *Helicobacter hepaticus*, and *E. coli*, which they used to colonize the mice. "These microorganisms cause DNA damage in intestinal epithelial cells either directly through the production of genotoxins or indirectly through the induction of DNA-damaging inflammatory mediators," the authors explained in the study paper. The study focused on mice that were fed low-carb and low-fiber diets, normal chow diets, and Western-style diets, which were high in fat and sugar. Of the bacteria and diets tested, only the combination of the low carb diet and *E. coli* showed the potential to increase the risk of colorectal cancer. This is significant since, according to the study authors, *E. coli* is present in 60% of colorectal cancer cases. Mice in this combination had a higher number of polyps and tumors, which can increase the risk of developing colorectal cancer. Additionally, these mice also showed DNA damage and other markers that lead to a higher risk of developing colorectal cancer. The low carb diet thinned the mucus layer in the colon that protects against microbes.

Let's discuss a few covert indicators of fiber shortage

For a variety of reasons, the human body requires adequate fiber each day. Plant-based foods are the primary source of fiber. Eating adequate meals high in fiber can help prevent constipation, regulate blood sugar, enhance gut health, promote cardiovascular health, and potentially reduce the risk of a number of illnesses. This can help with weight control. These are a few common indicators of fiber shortage. Fiber gives you a sense of fullness which helps control your appetite. If you are not getting enough fiber, you may feel hungry right after a meal. This can lead to overeating and weight gain. Fiber can also help prevent constipation. Fiber is found in foods like fruits, vegetables, whole grains, beans, legumes, nuts and seeds (try these healthy high-fiber foods to get your fill). There are two main types of fiber—soluble and insoluble and each type has its own benefits for human health. Epidemiological research has consistently shown that people who eat high-fiber diets have a lower risk for cardiovascular disease (CVD), cancer, type 2 diabetes and obesity. We all know that fiber is good for us, but only about 5% of Americans meet the recommendations for daily fiber intake.



The reasons behind Gen Z brides' preference for comfort over crippling fashion

It's that time of year again—the shaadi shopping season! With months to go before the peak wedding season begins, brides-to-be are busy finalising their wedding outfits. This is when excited, jittery brides head to designer stores and markets with their tribe, hunting for the perfect ensemble for their big day. And perhaps his mother and sister would tag along to help the bride choose one of the most important outfits of her life. But lately, there's been a shift in this shopping ritual. An elaborate entourage bride-to-be; just one or two wedding outfit has transformed a collective decision voices into a deep-individualistic a Gen Z bride for Z bride is different. She doesn't need to make a shift in any way. Gen Z brides are shaking off the traditional wedding fashion. "Gen Z brides are experimental. They are breaking away from challenge societal through their fashion how they celebrate says Sunaina Khera, founder of her eponymous bridalwear label.



"I've noticed that Gen Z brides prioritise making their weddings deeply personal, not just for themselves but for the entire experience to reflect their own story. They're looking for something that feels authentic to them, even if it means stepping away from the norms of what a traditional Indian wedding looks like," adds Khera, whose embellished monotone lehengas with sultry blouses are a rage among new-age brides. If a traditional red lehenga doesn't complement their personality, it's a clear no.

Take a cold shower & erase your mental traumas

Cold showers have been used for hundreds of years, from the Greek bathhouses of antiquity to the Japanese samurai ceremony. Although it is unpleasant to step into icy water, research and anecdotes both support the health advantages of cold showers. An individual's well-being, immunity, and even mood can all be improved by engaging in cold water exercises, which We'll talk about the benefits of cold showers to certain studies, water triggers the nervous system, referred to as the "fight or flight" response, which forces the body into a survival mechanism. It raises the heart rate, breathing, and phins, which are pain-relievers. A good method of cold showers. Additionally, eating too little can lead to digestive problems including bloating and excessive gas. However, keep in mind that excessive fiber consumption may also be a factor in these problems. Fiber may not be the sexiest nutrient to talk about, but it's one of the best things you can eat for your health. Dietary fiber is a type of carbohydrate that is resistant to digestion and absorption by humans. Fiber is found in foods like fruits, vegetables, whole grains, beans, legumes, nuts and seeds (try these healthy high-fiber foods to get your fill). There are two main types of fiber—soluble and insoluble and each type has its own benefits for human health. Epidemiological research has consistently shown that people who eat high-fiber diets have a lower risk for cardiovascular disease (CVD), cancer, type 2 diabetes and obesity. We all know that fiber is good for us, but only about 5% of Americans meet the recommendations for daily fiber intake.



Improved circulation, physical health benefits, muscle recovery, and improved skin and hair health. Additionally, it improves mood and mental clarity, lowers stress and anxiety, and improves the quality of sleep.

Move Over Regular Podi Masala, Mushroom Podi Is The Spicy Twist You Need

New Delhi: Podi masala is used extensively in South Indian households. Whether as a stuffing for dosas or a topping for idlis, this masala is a must-have when having South Indian food. Typically, podi masala is made with lentils, seeds, and spices. However, have you ever tried or heard about one made with mushrooms? Yes, you heard that right. Mushrooms are typically enjoyed in the form of a sabzi or in a curry, but you'll be surprised to know that their masala is equally delicious. Recently, MasterChef Aruna Vijay took to her official Instagram handle to share a recipe for Mushroom Podi. Once you try it out, it might just become your go-to accompaniment for meals. Podi, also known as gunpowder, is a dry condiment made by roasting lentils, seeds, and spices. It has a distinct orange colour and is often enjoyed with a drizzle of ghee. Some versions of podi masala also contain peanuts, dried coconut, and curry leaves. You'll mostly find podi masala being served at

South Indian restaurants, but this mushroom podi gives it an interesting twist, making it an absolute must-try. The best way to store mushroom podi is in an airtight container. This way, it won't come into contact with air and will stay fresh for longer. Ensure that the airtight container is kept in a cool, dark place, away from sunlight. Begin by washing and slicing the mushrooms thinly using a mandoline slicer. Sun-dry the mushrooms for two hours. Roast cumin seeds, black pepper, curry leaves, and sesame seeds. Remove the mixture, then roast the dried red chillies in it. Now, add the dried mushrooms and toast them for about two minutes. Combine all the roasted ingredients in a blender jar. Add salt and hing, and grind to form a smooth powder. Serve hot with dosa, idli, uttapam, or other South Indian dishes. Use Fresh Mushrooms. The fresher the mushrooms you use, the better your podi will turn out. Also, ensure to slice them evenly for the best results.

2. Use Fresh Masalas. Not just the



mushrooms, but the masalas you use should also be fresh. If you can make them at home, that's even better.

3. Roast The Ingredients Well. Avoid rushing into the roasting process. Roast all the ingredients well, as this will help make the podi extra flavourful.

Could a broccoli sprout compound lower blood sugar?



Prediabetes occurs when an individual's blood sugar levels are elevated beyond the normal range but have not yet reached the threshold for a type 2 diabetes diagnosis. Now, a new study from the University of Gothenburg in Sweden, published in *Nature Microbiology* Trusted Source, has linked sulforaphane, a chemical compound found in broccoli sprouts, to improved blood sugar levels in individuals with prediabetes. The research found that the compound had a more pronounced effect on blood sugar regulation in certain individuals. Previously, researchers found that sulforaphane, a substance in broccoli sprouts, can help with type 2 diabetes. In a 2017 study, patients who took high doses of sulforaphane had much lower blood sugar levels. This new research involved 89 individuals with elevated fasting blood sugar, a key marker of prediabetes. Participants were also had either overweight or obesity and were between the ages of 35 and 75. For 12 weeks, the participants were randomly assigned either sulforaphane or a placebo, with neither the researchers nor the participants knowing who received which treatment. In total, 74 participants successfully completed all stages of the study. The difference between the two groups was significant. An even more pronounced effect was observed when examining specific clinical subgroups. The greatest improvements were seen in individuals with early signs of mild age-related diabetes, a relatively lower BMI within the study's context, low insulin resistance, a low prevalence of fatty liver disease, and lower insulin secretion. Senior researcher Anders Rosengren, PhD, from the University of Gothenburg explained the key findings to *Medical News Today*. He told us: "We also found that a subgroup of people with mild obesity and well-preserved insulin secretion has even larger effect," Rosengren added. "Moreover, we found that individuals who have high abundance of a specific gut microbe that converts the inactive precursor to active sulforaphane have increased effect." In a specific group of participants — individuals with mild obesity, low insulin resistance and reduced insulin secretion — the difference was of 0.4 millimoles per litre. The greatest drop, 0.7 millimoles per litre, occurred in people who were part of that group and also had a particular gut bacterium. "Prediabetes is estimated to affect 5-10% of the adult population," Rosengren explained. "The [current] research showed potential with broccoli sprout extract and its ability to help lower blood sugar levels. However, the most benefit was seen in people who already had low insulin resistance and healthy gut microbes," Bishoff explained. "First and foremost, it's important to understand that prediabetes is often preventable and reversible," Bishoff explained. "An imbalance in healthy gut bacteria can contribute to elevated blood sugar and insulin resistance," she added.

Can drinking ketones really improve heart health?

Type 2 diabetes, which is affecting increasing numbers of people worldwide, occurs when the body stops responding to insulin, the hormone that controls blood glucose. When the insulin does not work correctly, glucose remains in the blood instead of being taken into cells to be used as energy. If blood glucose is not controlled, this can lead to complications,

which may include cardiovascular disease. Treatments for type 2 diabetes aim to reduce blood glucose levels. One type — sodium-glucose cotransporter-2 inhibitors — also appears to protect the heart, possibly by inducing ketosis, a state where the body uses fats instead of carbohydrates as an energy source. The liver converts fats into ketones, which cells metabolize to release energy. A previous study found that ketone supplements reduced postprandial blood glucose concentrations in people with type 2 diabetes and called for research into other possible benefits of the treatment. To test whether ketosis is responsible for the heart benefits of SGLT2is, a team from Portsmouth University in the United Kingdom gave ketone monoesters (exogenous ketones) to a group of people with type 2 diabetes and then measured their heart function. Cheng-Han Chen, MD, board certified interventional cardiologist and medical director of the Structural Heart Program at MemorialCare Saddleback Medical Center in Laguna Hills, CA, told *Medical News Today* that this study forms a basis for further research: "This was a very small study (with 13 patients) that reported significant differences in heart function and muscle oxygenation after a ketone monoester drink. [...] It should be noted that their test method for determining cardiac function is not commonly used in the clinical setting for this purpose." Researchers enrolled 13 people (six men and seven women) with a mean age of 66 years in the trial. The participants had a mean body mass index of 31.3, with only 4 having a BMI in the healthy range (less than 25). All had type 2 diabetes



but no other significant health conditions related to it. All participants attended a screening session for blood tests, resting electrocardiogram Trusted Source and familiarisation with the study process. At each of two experimental

visits, researchers gave them either a ketone monoester (0.3ml/kg), or an identical placebo drink. Each participant had the ketone drink once and placebo once, but neither the researchers nor the participants knew who received which drink at each visit. The participants then rested for 30 minutes before undertaking a step-incremental cycling test. The researchers measured heart function using thoracic impedance cardiography Trusted Source, a non-invasive method of assessing cardiac output and stroke volume. They also measured blood flow in the smaller vessels and muscle oxygenation. In all the participants, heart function was better after the ketone drink than after placebo, both when resting and when undertaking moderate exercise. The researchers found that following ketone treatment, not only did circulating β -hydroxybutyrate increase but there was also an increase in both cardiac output and stroke volume. Dr. Menka Gupta, Functional Medicine Doctor in Singapore, and founder of Nutranoorish, explained why the treatment might have this effect, telling MNT: "Exogenous ketones offer a highly efficient fuel source for the heart. They produce more ATP per molecule of oxygen than glucose metabolism and may reduce the production of reactive oxygen species, thereby lowering oxidative stress and inflammation. By reducing oxidative stress and inflammation, they could help protect cardiac tissue, which is particularly important for individuals with metabolic challenges." The effects were seen even with the low dose of ketones given to the participants. Perissiou explained why they used this low dose:

Tara Prasad, who sacrificed his US citizenship to represent India

Agency: Tara Prasad, born on February 24, 2000, is a talented skater from India who has represented the country in numerous skating competitions. Mahindra and Mahindra Group chairperson Anand Mahindra congratulated Indian-American skater Tara Prasad on social media for her impressive achievements. Mahindra congratulated Tara Prasad on her performance, wishing her success in winter sports and encouraging her to pursue her dream of participating in the 26th Winter Olympics. Prasad, a talented Indian figure skater, achieved an eighth-place finish in the women's figure skating event at the Asian



Winter Games in China's Harbin. She achieved an eighth place in the short program with a score of 49.17, and a final score of 99.17 in the free skating segment. Tara Prasad, born in 2000, represents India in skating competitions and denounces

her US citizenship. Born to immigrant parents in Tamil Nadu, she won silver medals at Reykjavik International and Skate Celje games and won the Indian national championship in 2022, 2023, and this year. Tara Prasad finished 16th in the 2022 and 2023 Four Continents Figure Skating Championships, a major event for non-European athletes. She impressed judges with her graceful free skating routine, earning a Technical Element Score of 52.45 and a Program Component Score of 46.72 at the Asian Winter Games, with no deductions. Prasad's impressive performance at the Asian Winter Games showcased her skill and talent.

Lionel Messi's last-minute score for Inter Miami



● Santiago Morales, an 18-year-old native prodigy, passed to Messi, who converted it in the closing seconds

Jamaica: Lionel Messi scored a hat-trick in his return to action, helping Inter Miami secure a 2-0 victory over Cavalier FC in Jamaica, advancing them to the quarterfinals of the Concacaf Champions Cup. Messi, a key player for Argentina, has been sidelined for three matches due to load management issues, with head coach Javier Mascherano highlighting the importance of rest to prevent injuries. Leo Messi, who had been out for the last few games, returned to the pitch in the 53rd minute to replace Luis Suárez. His presence immediately boosted Miami's attack, and the stadium erupted as he stepped onto the pitch. Mascherano acknowledged that Leo felt good on the pitch and could score, making the match

a great night for everyone. Messi scored a goal in the dying minutes of a game, grabbing a pass from Santiago Morales, a Jamaican football legend, and the Jamaican fans celebrated the momentous moment. Miami secured a 2-0 victory in the first leg of a tie against LAFC, thanks to goals from Tadeo Alende and Suárez. In the return leg, Suárez converted a penalty. Messi's arrival in Jamaica was highly anticipated, with government officials welcoming him and his teammates. The match was moved to the 35,000-capacity national stadium due to overwhelming demand. Inter Miami now moves to a quarterfinal clash against LAFC, who defeated Columbus Crew in their round-of-16 encounter.

Hardik Pandya is relishing his “360-degree transformation”



youngsters to be patient and believe in themselves, as self-doubt can hinder their skill set. He stressed the importance of maintaining balance throughout their careers, even during highs and lows.

Despite MI's disappointing performance in the 2024 IPL season, Hardik expressed confidence in the team's prospects and believes they assembled a balanced squad at the mega auction last November. He believes that the

Harman leads and bats for the MI champs

Mumbai: The skipper executed her batting surge perfectly, assisting her team in winning their second WPL title. Mumbai Indians, the Women's Premier League winners, took a lap of honour at Brabourne Stadium, with skipper Harmanpreet Kaur embracing Jhulan Goswami and holding a pose for a few seconds. Harmanpreet, champion of the inaugural season, aimed to recreate scenes from the Eliminator and bring MI back to its former glory. MI's Harmanpreet showcased her best performance as a match-winner and clutch player in the final home stretch, scoring 54 runs and a strike rate of 155, marking her best WPL outing. World-class player Harmanpreet saved her best for the last match against Delhi Capitals, utilizing the match situation and conditions brilliantly with Nat Sciver-Brunt. She scored 56 off the next 30 balls, showcasing her calculated risk-taking abilities. Harmanpreet's calculated risks in innings this season, including a 155 strike rate, were evident in a recent defeat against RCB. Devika Palshikaar, MI's batting coach, emphasizes the importance of one of Nat and Harman being present throughout the innings during focused practice against spin and pace.

The next great Indian chess coach to be named is D Gukesh

World Chess Champion



Agency: India's top chess coach named the next 'Viswanathan Anand', but it wasn't the current World Chess Champion and FIDE World No. 3 D Gukesh. Aravindh Chithambaram, the most recent Indian Grandmaster, has secured a significant victory at the Prague Chess Masters 2025, currently ranked third at the FIDE Circuit 2025, with the winner qualifying for the Candidates in 2026. Chithambaram has risen eight positions to World No. 14 in live chess rankings, ahead of Viswanathan Anand, a 15th-placed Indian legend. Ramachandran Ramesh, a chess coach, has ranked Chithambaram as the most talented chess player in India, following Anand. Ramesh, a GM known for winning the 2002 British Championship and 2007 Commonwealth Championship, runs a Chennai chess academy. Chithambaram, a 25-year-old Indian chess player, has been considered an extremely talented player by Indian fans, but has been lacking confidence until now. Ramesh also runs

a chess academy in Chennai. Ramesh, a coach, praised his student, Aravind, for crossing the hurdle of self-doubt. He emphasized that Aravind is highly talented, but initially struggled with self-doubt. Despite this, he has now become more confident in his abilities. In 2024, he won the Chennai Grand Masters Tournament, defeating Levon Aronian and Arjun Erigaisi. He also won in Prague, securing a 6/9 score with three wins. He has also won the Indian Chess championships twice, in 2018 and 2019.

Following two turbulent years, Indian wrestling is on a renaissance

■ **Paris Olympics medallist Aman Sehrawat is among the wrestlers**

New Delhi: A day after the union sports ministry revoked the suspension of the Wrestling Federation of India (WFI), it began to plan towards reviving the sport which has been in turmoil for the last two years. Bringing out a full-fledged domestic calendar, resuming national camps and sending teams for tournaments and exposure trips are WFI's top priorities. WFI on Wednesday set aside the criteria for taking part in selection trials for the Asian Wrestling Championships, opening it for medallists of all major international events. The trials will be held here on Saturday. Wrestlers of Railways Sports Promotion Board could not participate in the senior nationals in Bengaluru this year due to restrictions imposed as WFI was suspended. "We have got requests from our top wrestlers that they want to participate. Medallists of World Championships (Sr and Jr), Asian Games, Commonwealth Games, Paris Olympians – can come for the trials. The wrestlers have missed out on many competitions and we don't want anyone to be left out," a WFI official said. Paris Olympics medallist Aman Sehrawat is among the RSPB wrestlers who will enter the trials. Olympians Deepak Punia, Antim



Panghal and Reetika Hooda will also be there. It is from these trials that WFI must select the national campers (4 in each weight category). The national camps have not been held for almost two years. tournaments and with the possibility of their missing the Asian and world meets, the sports ministry revoked its suspension. One of India's best talents Reetika Hooda, who competed at Paris Olympics, bemoaned missing the rankings events. "The sit-

uation was very bleak. Our future was uncertain. We are rejoicing in our akhada since this news came. We get a variety of partners and the facilities we get at akhadas cannot be matched. There is discipline and team bonding – all that helps you develop into a good wrestler," she said. (Senior, U15, U17, U20 and U23), besides Federation Cups, Open Ranking National and Grand Prix series tournaments. That number came down to just five last season.

Harmanpreet, Bowlers Star As MI Beat DC By Eight Runs, Clinch Second Title

New Delhi: Delhi Capitals failed to break their record of coming second best in the finals of the Women's Premier League (WPL) 2025 as Mumbai Indians held their nerve to emerge victorious by eight runs in the summit clash of 2025 edition and clinch their second title in front of 14,700 fans at the Brabourne Stadium on Saturday night. MI's win was set up by captain Harmanpreet Kaur, who timed her shots and placed them exquisitely to top-score with 66 as the hosts posted 149/7 on a fresh pitch. In defence of 150, Nat Sciver-Brunt took 3-30, including taking out Marizanne Kapp, while Amelia Kerr picked 2-25 as MI restricted DC to 141/9 in their 20 overs. For DC, barring Marizanne's 40, Jemimah's 30, and Niki Prasad's 25 not out, none of DC's batters got going as they froze under pressure yet again and



couldn't handle MI's bowlers standing up when it really mattered the most to become the most successful franchise in WPL. Brief scores: Mumbai Indians 149/7 in 20 overs (Harmanpreet Kaur 66, Nat Sciver-Brunt 30; Marizanne Kapp 2-11, Jess Jonassen 2-26) beat Delhi Capitals 141/9 in 20 overs (Marizanne Kapp 40, Jemimah Rodrigues 30; Nat Sciver-Brunt 3-30, Amelia Kerr

2-25) by eight runs. Mumbai Indians beat Delhi Capitals by 8 runs in the final of WPL 2025 on Saturday to clinch a record second title. Harmanpreet Kaur slammed 66 off 44 as MI posted 149 for 7 after getting an invitation to bat first at the Brabourne Stadium. Harmanpreet hit 9 fours and 2 sixes, while Nat Sciver-Brunt scored a crucial 30. Marizanne Kapp rocked MI with bowling

figures of 2 for 11 in four overs before Harmanpreet and Sciver-Brunt brought MI back in the game with an 89-run stand. After this MI suffered a collapse to help DC bounce back in the game. In the chase, MI always remained a bit ahead of DC and eventually won the last-over thriller by a narrow margin. MI had also clinched the title in the inaugural edition in 2023.

Ravindra Jadeja excited to meet 'Thala' MS Dhoni of CSK



New Delhi: India's star all-rounder Ravindra Jadeja has joined the Chennai Super Kings (CSK) training camp ahead of the Indian Premier League (IPL) 2025 after returning from India's Champions Trophy victory in Dubai. In his first interaction with the franchise, Jadeja expressed his excitement about reuniting with his CSK teammates, especially MS Dhoni, fondly known as 'Thala'. Speaking in an official video shared by CSK, Jadeja revealed his eagerness to train alongside Dhoni and fellow spinner R Ashwin. Jadeja highlighted how training with Ashwin is always insightful, as the two regularly exchange thoughts on the game, with Jadeja often picking up valuable tips from his teammate. "Feeling very good (on being) back to home and very excited to be with the team and looking forward to meeting the one and only Thala. Thala, the boss!" Jadeja said. Jadeja played a pivotal role in India's Champions Trophy triumph, delivering with both bat and ball. He was clinical during the middle overs, taking 5 wickets in 5 matches at an impressive economy rate of 4.35. His crowning moment came in the final against New Zealand when he hit the winning runs, securing India's third Champions Trophy title. With his form peaking, fans are eager to see Jadeja replicate his Champions Trophy heroics for CSK in IPL 2025. His experience and all-round prowess could be crucial as CSK aim to secure their sixth IPL title. CSK will kick off their campaign with a high-profile clash against Mumbai Indians at the Chepauk, followed by another home fixture against southern rivals Royal Challengers Bengaluru. Jadeja's presence in the squad adds significant balance and depth to the defending champions' lineup.

Former Aus Test cricketer guilty in drug bust

New Delhi: A jury in the NSW District Court, on Thursday, found former Australian cricketer Stuart MacGill guilty of taking part in the supply of cocaine in Sydney. The 54-year-old, who had pleaded not guilty, admitted to the use of cocaine and to introducing his partner's brother to his drug dealer, state broadcaster ABC reported. According to reports, MacGill faced trial on a single charge of participating in the supply of a prohibited drug, over the introduction he made between his cocaine dealer and partner's brother, Marino Sotiropoulos, in April 2021. A group of men were arrested a month later in connection with the abduction of MacGill, who said he had been taken to an abandoned house where

Stuart MacGill, a leg spin bowler who probably would have played more than 44 tests if he had not been a contemporary of Shane Warne, will return to court for sentencing in May. MacGill, who played 44 Tests for Australia.

he was beaten and threatened with a gun. The introduction is said to have resulted in a \$330,000 deal, ABC News reported. On the Crown's case, the introduction amounted to setting up a drug supply because the dealer and Mr Sotiropoulos allegedly went on to organise a \$330,000 deal for 1 kilogram of cocaine. The jury heard that while part in two other alleged supplies, including one in which he handed over a vacuum-sealed bag of A4 paper instead of cash to Mr Sotiropoulos's associates.