

- Department of Health & Family Welfare in Dima Hasao is launching Special Health Camps across the state, offering comprehensive medical services, free check-ups, specialist consultations, and essential medicine distribution.
- Debolal Gorlosa established the Government Model Degree College in Dibolong, Dima Hasao, and EMRS in Ardaopur, Hatikhali, with the aim of empowering individuals and promoting socioeconomic development.
- Eid-ul-Fitr marks the end of Ramadan's fasting period and the start of Shawwal, celebrated by thousands of Muslims. It involves charity, festive feasts, and gifts for the poor.

NEWS BEARER

NEWS FROM NEAR & FAR

RNI No. ASSENG/2015/66506 ■ VOL 09, ISSUE 34 ■ DIMA HASAO ■ PAGES: 10 ■ PRICE 10.00 ■ FRIDAY, APRIL 04, 2025

Health & Family Welfare Department announces launch of special health camps across the state

Haflong, Mar 28: Joint Secretary, NCHAC, Rebecca Changsan along with Joint Director, Medical & Health Services, Dr. Naba Kumar Bailung and DPO, Dima Hasao, Rukmini Difosa, and media persons, has held a press meet to announce the launch of Special Health Camps across the state by the Department of Health & Family Welfare. In Dima Hasao, the camps will be conducted CDC-wise in all 28 constituencies to ensure maximum coverage and benefits to the community. These health camps aim to provide comprehensive medical services to the community, including free health check-ups, specialist consultations, awareness programs, and the distribution of essential medicines. During the press meet, Secretary Rebecca Changsan appealed to all people to participate in the health camps and undergo health check-ups. She emphasized that specialist doctors will conduct health screenings to provide immediate medical attention and advice. Additionally, the camps will feature drawing and quiz competitions



to encourage community participation and raise awareness about healthy practice. Yoga sessions will be organized to promote holistic well-being and stress management, along with skit presentations, selfie point, and healthy food stalls. Dr. Naba Kumar Bailung informed that the inaugural of health camp will take place on April 1, 2025, at the Government Boys Higher Secondary Schools, Haflong. This marks the beginning of a sustained healthcare service that will continue beyond the launch date, covering all CDCs. Registration for participation in the Health Mela will be open from 9.30 AM to 2.00 PM.

AI security cameras increase Arunachal Pradesh's public safety

Itanagar, Mar 29: Arunachal Pradesh government plans to install AI-enabled cameras in all towns and cities to enhance public safety, with 22 cameras already installed along the Assam and Nagaland border. Along with enhancing surveillance, the state budget also funds the building of a cutting-edge forensic facility at the Police Training Center in Banderdewa and the renovation of the facilities at the second armed police battalion headquarters in Aalo. The opening of five de-addiction centers and a planned rehabilitation facility in the Itanagar Capital Region are two of the government's integrated strategies to address the urgent problem of drug addiction under the Mukhya Mantri Nisha Mukti Yojana, Natung explained. The state Cabinet has approved 3,000 additional police positions to address a manpower shortage in eastern regions, with plans to improve police capabilities in insurgency-affected areas and consider directly subsidizing uniforms.

Assam Rifles' talk on drug usage awareness in Mizoram



Guwahati, Mar 31: The Assam Rifles presented an educational presentation on Drug Abuse: Identification and Counseling in Farkawn, Mizoram, with the goal of increasing awareness and enhancing community well-being. Informing the community on the dangers of substance abuse, early detection methods, and the

importance of therapy in the healing process were the program's goals.

A press statement claims that this outreach program reinforces Assam Rifles' commitment to social responsibility and public health awareness, hence strengthening the organization's standing as the Sentinels of the Northeast.

New wings on Dima Hasao

Govt Model Degree College opened doors under DHAC Debolal Gorlosa



"pur, Hatikhali," CEM Gorlosa posted on his Facebook page. It's about laying the foundation for a brighter future where education will be a powerful instrument for change and empowerment, not just about the opening of actual buildings.

CEM Gorlosa inaugurated two new universities, aiming to empower individuals and foster socioeconomic development in the district. The institutions, accompanied by MAC Rupali Langthasa, SMs Don-painan Thaosen and Niranjan Hojai, BJP District President Dhriti Thaosen, and DHAC Chairman Mohet Hojai, represent a significant step towards improving educational opportunities.

With great fanfare & celebration, Hojai District celebrated Eid

Guwahati, Apr 01: Eid-ul-Fitr marks the end of the Islamic month of Ramadan's fasting period and the beginning of the month of Shawwal. Thousands of Muslims celebrated Eid-ul-Fitr at Hojai Eidgah Maidan, Nilbagan Eidgah Maidan, Daboka Eidgah Maidan, Udali, Jugijaan, Murajhar, Gopal Nagar, Kapasbari, Laka, and Lumding. Many Muslims from over the district attended prayers and listened to talks, or Khutba, on the first day of the month of Shawwal. It has been stated that if a Muslim did not pay Zakat al-Fitr throughout Ramadan, they can do so on Eid-ul-Fitr. Giving the poor a certain amount of food, including rich barley, dates, raisins, or wheat flour, or



the equivalent in cash, is a form of charity known as zakat al-Fitr. Many Muslims also prepare festive feasts to share, wear new clothes, visit relatives, and give children sweets or gifts. As they rejoiced, children flocked to the markets, purchasing a wide range of snacks and athletic equipment.

Zhavame village hosted children's village stroll

Kohima, Apr 01: In Zhavame village, Phek district, pupils participated in a community walk that was arranged by the Zhavame Tourism Board. P. Paul Dukru, a former Village Council Chairman and member of CPO jury board, served as the event's resource person with the goal of educating the younger generation about cultural heritage. For 69 schoolchildren, the program included storytelling sessions, quiz contests, and a guided tour of historical sites. Teaching the children about their forebears and fostering a stronger sense of cultural ethics were the main objectives, according to the organizers. Speaking to the attendees, Dukru emphasized the value of preserving traditional knowledge and urged the young people to take pride in their rich cultural heritage. The children showed a great deal of interest in the historical insights and stories that were shared during the walk during the event's interactive segment.

CM Pema Khandu took part in an important project involving river grazing

Itanagar, Apr 01: CM Pema Khandu participated in river ranching project in Shergaon, releasing 7,000 native Schizothorax species to promote sustainability and biodiversity protection. River ranching is an important stock improvement strategy that involves reintroducing fish species into natural water bodies to encourage in-situ conservation efforts and



discourage unethical fishing practices. IFS Secretary, Shri Hage Tari, highlighted the project's importance and said that similar projects would be implemented in 11 Arunachal Pradesh districts. M.C. Adak,

DFDO West Kameng, provided an explanation of the program's objectives and detailed other government programs that support fisheries growth. An important part of the event was the recognition of the Garung Thuk NGO, which has played a key role in the conservation and protection of the river since 2014. Their accomplishments were acknowledged at the 2024

International Water Conclave in Meghalaya, when the river was named the Best Water-Conserved Area. Attending the event were notable dignitaries Akruti Sagar, DC West Kameng, P.N. Thungon, DC Siang, and Garung Thuk Chairman Ledo Thungon, who hailed the endeavor as a step toward ecological balance and sustainable fisheries management.

A heavy earthquake turn Myanmar's largest city into graveyard

New Delhi, Mar 31: As the nation struggles with an earthquake that has killed around 1,700 people, an armed resistance organization against Myanmar's military-run government criticized the junta on Sunday for carrying out airstrikes on villages. The military "continues to carry out airstrikes targeting civilian areas, even as the population suffers tremendously from the earthquake," according to a statement from the Karen National Union, one of Myanmar's oldest ethnic armies. The military is concentrating on "deploying forces to attack its people" rather than humanitarian efforts would normally be given priority under normal circumstances. Reuters asked about the critique, but a junta spokesperson did not respond. Since a military takeover of



Nobel Peace Prize winner Aung San Suu Kyi's elected government in 2021, Myanmar has been embroiled in a civil war with numerous armed opposition factions. Military jets conducted bombings and drone assaults in Karen state, close to the KNU headquarters, just after Friday's deadly earthquake. Although 7.7-magnitude earthquake's epicentre was in

a region controlled by junta forces, the destruction was extensive and even touched several areas controlled by armed rebel groups. Opposition National Unity Govt consists of the remaining elements of the 2021-deposed government, announced that anti-junta militias under its leadership would suspend all military offensives for a period of two weeks.

Unknown accused in the Lamborghini collision case

New Delhi, Mar 31: The driver's identity was omitted from the first FIR filed in relation to the Lamborghini incident in Noida that injured two laborers, leading to claims that the police were attempting to silence the driver. The identity of the culprit, Deepak, has now been added by Noida police, who have also explained the reason for the delay. YouTuber Mridul Tiwari, who has around 19 million subscribers on the video-streaming website and frequently posts humorous videos, owns the Lamborghini Huracan that was involved in the collision. According to reports, Mridul had discussed selling the vehicle with Deepak, a luxury car dealer in Ajmer. When Deepak lost control of the car during a test drive yesterday, he struck two workers who were sitting by the side of the road.

PM Modi welcomed nation on the occasion of Id-ul-Fitr



New Delhi, Apr 01: PM Modi wished for a rise in optimism, harmony, and kindness on Id-ul-Fitr, wishing everyone a happy Eid Mubarak on social media. I hope that whatever you do brings you happiness and success. "Happy Eid Mubarak!" This Eid, which marks the end of the

holy month of Ramadan, is one of the most significant occasions in the Islamic calendar. Eid-ul-Fitr, a joyous celebration in India and globally, is fostering unity, compassion, and solidarity, with President Droupadi Murmu and Defence Minister Rajnath Singh expressing warm wishes.

IFS Officer Nidhi was appointed PM Modi's secretary

New Delhi, Mar 31: In a memorandum released that the government announced that Nidhi Tewari, an Indian Foreign Service (IFS) officer from the 2014 batch, had been appointed as Prime Minister Narendra Modi's private secretary. Since November 2022, Tewari has held the position of Deputy Secretary in the PMO. She previously served as Under Secretary in the Ministry of External Affairs' (MEA) Disarmament and International Security Affairs Division. Her nomination has been approved by the Cabinet's Appointments Committee with immediate effect, under the Department of Personnel and Training's (DoPT) March 29 memorandum.

Rahul Gandhi writes to the PM to request that the offshore mining tenders be canceled

Pune, Mar 31: Rahul Gandhi, the leader of the opposition in Lok Sabha, has written to PM Modi to request that the tenders allowing offshore mining around Andaman & Nicobar Islands, Gujarat, and Kerala coasts be canceled. Congress leader raised concerns about danger to marine life & said it was worrisome that private companies were being given access to offshore mining areas without thorough evaluation of effects. "I write to you to strongly condemn the central govt's decision to permit offshore mining along coast of Kerala, Gujarat, and Andaman & Nicobar," he said in his letter to the prime minis-



ter. Coastal people have been demonstrating against way offshore mining tenders have been issued without considering the environmental impact. According to him, millions of fishermen have voiced serious

worries about how it will affect their way of life and means of subsistence. "I wrote to PM Modi to condemn permission granted for offshore mining in Kerala, Gujarat, and the Andaman & Nicobar Islands without

consulting local stakeholders or conducting environmental studies. "Offshore mining will impact the livelihoods of millions of fisherfolk and irreversibly damage our diverse marine life. govt must immediately revoke this decision," Mr Gandhi stated. According to Congress leader, there were significant opposition to Offshore Areas Mineral Amendment Act, 2023. Opening up offshore mining blocks to private players without any rigorous assessment of its impact was concerning, he said, noting that studies point to its adverse impacts, including threats to marine life, damage to coral reefs and the depletion of fish stock.

China & India would work together to achieve mutual success

New Delhi, Apr 01: As demonstrated by the growth of bilateral relations, Chinese President Xi Jinping stated on Tuesday that it was the right decision for China and India to work together as partners for mutual success. Xi's comments took on importance in the context of India and China's attempts to reestablish relations following a four-year halt brought on by the 2020 military stalemate in eastern Ladakh. According to a statement released by the state-run Xinhua News Agency, Xi congratulated President Droupadi Murmu on the 75th anniversary of the two nations' diplomatic relations, saying that India-China ties should resemble 'dragon-elephant tango.' Both nations should manage their bilateral ties from a long-term and strategic standpoint, ensuring mutual trust, peaceful cohabitation, mutual benefit, and mutual progress in order to get along.



The Pakistani Army Fires at the J&K Line of Control

Jammu, Apr 02: Pakistani Army used unprovoked gunfire at Poonch area of Jammu & Kashmir, a major breach of ceasefire along the LOC. "On April 1, a mine blast occurred in the Krishna Ghati sector while the Pakistan Army was patrolling along the Line of Control. This was followed by unprovoked firing and ceasefire violation by the Pakistan Army." "Our troops responded effectively. Indian Army continues to dominate the LOC. The situation is under control," the Army source said. There were

no reported casualties in the incident. Additionally, in order to preserve peace along the Line of Control, the Indian Army has emphasized the significance of adhering to the principles of understanding between the Director Generals of Military Operations of the two nations. Top officials from both sides decided to discuss issues that could escalate into conflict during their 2021 summit. Every agreement, understanding, and ceasefire along the Line of Control had been accepted by both parties.

India Will See More Days With Heatwaves



New Delhi, Apr 01: Weather service predicted that India will have higher-than-normal summer temperatures, with more heatwave days claiming lives & destroying livelihoods. Years of scientific research have shown that heatwaves are getting longer, more frequent, and more intense due to climate change. India's summer months, run from April-June, frequently see highs of over 45 degrees Celsius. Most regions of nation will have 'above-normal' maximum temperatures throughout this year's hot weather season. There will be more heatwave days by days with unusually high temperatures that are several degrees higher than the long-term average. Particularly at risk from higher temperatures are young children elderly, those with medical conditions, and outdoor laborers. Symptoms of the ensuing heat stress can range from headaches and lightheadedness to organ failure and even death. Risk is higher for city dwellers surrounded by heat-absorbing materials like brick and concrete.

Krish 4 gonna directed by Hrithik Roshan



Mumbai, Mar 29: Actor Hrithik Roshan will helm the upcoming film "Krrish 4," carrying on his father Rakesh Roshan's heritage in the franchise. The fourth edition of the biggest superhero franchise in India is now under development, according to Rakesh Roshan, who directed the first three films in the series. The film is being produced by Yash Raj Films in association with Rakesh Roshan. The Indian actor who portrays the main character in the franchise, Hrithik Roshan, will take turns directing and acting in the film. Production on

the film is expected to begin early next year. Confirming the progress "My son, Hrithik Roshan, who has been involved with this franchise since its inception alongside me, is taking over as director of Krrish 4!" announced Rakesh Roshan. Over the next few decades, Hrithik has a highly ambitious and well-defined plan to continue Krrish's journey with the audience. Hrithik, an assistant director with experience in directing, initiated the trend of actors learning on set and pursuing acting with deep knowledge of filmmaking.

Vijay Varma Discusses Relationships After Divorcing Tamannaah Bhatia

Chennai, Mar 31: In the midst of the circulating rumors about his purported split from Tamannaah Bhatia, Vijay Varma has offered a deep understanding of interpersonal dynamics. The actor made a meaningful comparison between relationships and ice cream in a recent interview with the news agency IANS, highlighting the value of accepting every facet of a connection. According to Vijay, relationships are made up of a range of experiences, some sweet and some not so nice, much like ice creams come in different flavors. Instead of attempting to pick out only the positive parts of a relationship, he believes that the secret to a happy and fulfilled one is to embrace and enjoy whatever comes your way."You're talking about relationships, right?" replied Vijay Varma. You will be very pleased, in my opinion, if you like relation-



ships as much as ice cream. This implies that you should embrace and run with any flavor that arises. Widespread interest has been generated by Vijay Varma's recent comments regarding relationships, which follow rumors that he and Tamannaah Bhatia have split up. The duo, who co-starred in Lust Stories 2, reportedly ended their romance weeks ago when they called it quits, according to a recent Pinkvilla article. "Tamannaah Bhatia and Vijay Varma parted ways as a couple weeks ago, but they plan

to remain good friends," a source close to the pair has disclosed. In their separate schedules, both have been has been further illuminated by a recent Siasat Daily story, which suggests that the pressure to settle down may have played a major role in their reported breakup. The article claims that Tamannaah, who is currently in her mid-30s, had started to feel the pressure of society to get married and was growing more and more excited to do so. This desire to be married, however, is said to have been a source of conflict between the two actors, resulting in regular arguments and ultimately playing a role in the relationship's apparent breakdown.

"Sikandar" Salman Khan's Eid release, is not one of the top 5 movies of 2025

Pune, Mar 29: Bollywood superstar Salman Khan's upcoming Eid release Sikandar has received mixed response in advance booking, collecting less than half of Tiger 3's earnings in pre-sales, with Hindi 2D version contributing Rs 6.39cr & IMAX 2D shows contributing Rs 51 lakh. Maharashtra leads the states in advance booking, having already made gross of Rs 2.52m. Gujarat has contributed Rs 1.11cr gross in pre-sales, while Delhi comes in second at Rs 2.26cr gross. The highest grossing films to date include Sankranthi Vasthunam (Rs 12.40 crore gross), L2: Empuraan (Rs 18.15 crore gross), Chhavaa (Rs



13.85 crore gross), Vidaamuyarchi (Rs 18.40 crore gross), and Game Changer (Rs 31.80 crore gross). Salman Khan's 2023 action-thriller Tiger 3, which made Rs 43 crore on its first day, still holds the record for the highest opening day. It's interesting to note that, like Tiger 3, Sikandar will be released. Prithviraj

Sukumaran's Malayalam action film L2: Empuraan, which was directed by Mohanlal, is a fierce rival to Sikandar.

In Sikandar, Salman plays a vigilante named Sikandar aka Sanjay or, more fittingly, 'Rajkot ka Raja Saab', locks horns with a corrupt politician, played by Sathyaraj. Official synopsis of Sikandar on IMDb reads, "A fiery youth confronts a powerful network of corruption, challenging the status quo and fighting for the common people's rights in a nation gripped by injustice". Sikandar also features Sharman Joshi, Kajal Aggarwal, and Prateik Smita Patil in key roles.

Emulating Gautami Kapoor Ektaa Kapoor

New Delhi, Mar 31: Ektaa Kapoor criticized actor Ram Kapoor for Ozempic weight loss rumors, leading to a heated exchange between her and her husband's wife, Gautami Kapoor. "Should I do an anti-inflammatory diet? Should I take Mounjaro? Should I take Ozempic (pharmaceutical drugs), or all of the above? Or should I just zip my mouth? But I think mere liye gym hi kaifi hai (For me, the gym is enough)." Fans were impressed with the video, and one of them wrote, "Good one!! What a comeback. Cheera."

Indraneil Sengupta accused of cheating by ex wife Barkha Bisht



Mumbai, Apr 01: In 2022, Barkha Bisht & Indraneil Sengupta called it quits on their 14-year marriage. Actor's marriage was strained at the time due to widespread rumors that Indraneil Sengupta was seeing Bengali actress Ishaa Saha. 3 years after their split, Barkha Bisht talked candidly about her divorce from Indraneil & his alleged liaison with Ishaa Saha. "It's a choice to move out of a marriage and it was Indraneil's choice to move out of the marriage. He chose to move out of the marriage for reasons best known to him. If it were in my hands, I would still be married. We had a good marriage. For four years, I have constantly felt that I wish I could be lesser in everything-maybe things could have been okay," recalled Barkha. "Infidelity, cheating, falling out of love all these things happen. It is choice. Cheating and infidelity is choice that you make. 2nd choice is what you do after that," she said. Barkha made an effort to keep her marriage intact. "I was among those women who would say that I would walk out of a marriage if I was cheated on but when it actually happens to you, you realize it is easier said than done. I have no shame in saying that I would have forgiven Indraneil and I even tried to save my marriage for two years after that," she said. Barkha also disclosed that she questioned Indraneil regarding reports of his liaison with Ishaa Saha, a Bengali actress. She claimed that his response was unsatisfactory. She added, "Indraneil made a choice-maybe he can justify it now. He can give you a hundred reasons of why this marriage broke but his actions are not on me. He has to justify them." Speaking about the emotional turmoil she survived after divorce, she said, "Jo dil ka tootna kehte hain-heartache-I felt it. It feels like physical pain. It was an experience I had to go through. My belief in humanity broke at that time, not my faith in marriage or love and it is still somewhere broken. Worst thing you can do to a woman is break her trust because she cannot take betrayal."

SBI General Insurance settles Rs 1.06 crore claim for NSDMA under parametric insurance model

Mumbai, Apr 03: SBI General Insurance has disbursed ₹1.06 crore to the Nagaland State Disaster Management Authority (NSDMA) under its Disaster Risk Transfer Parametric Insurance Solutions (DRTPIS). This marks the first claim settlement under the initiative, aimed at providing swift financial relief based on weather parameters without requiring individual claim processing. The settlement covers excess rainfall



during Phase-1 (Monsoon season) under the risk policy period, ensuring timely financial assistance. The initiative

follows the Memorandum of Understanding (MoU) signed between SBI General Insurance and NSDMA in August

2024, establishing a three-year partnership with key reinsurers—GIC Re, Munich Re, Hannover Re, and SCOR. Naveen Chandra Jha, MD & CEO of SBI General Insurance, stated, "Our parametric insurance model ensures quick financial aid to affected communities, reinforcing resilience against climate-related disasters." The cheque was handed over in the presence of key officials from NSDMA and SBI General Insurance.

Air India Acquires its 1st legacy B777 aircraft

New Delhi, Apr 03: After extensive refurbishment, Air India received the first of its legacy Boeing 777-300 ER aircraft on Wednesday. The remaining 12 aircraft should be fully refurbished by the end of the year. The airline made the decision to heavily renew these aircraft because supply chain problems have delayed the refit of the older B777 aircraft, was supposed to begin last year. New carpets, seat coverings, cushions, and replacing damaged seats are all part of a major aircraft renovation. B777-300 ER's extensive overhaul took about 50 days to finish in Singapore.

IFFCO's Tribhuvan Cooperative University Bill 2025 passed in Lok Sabha

New Delhi, Apr 03: The Lok Sabha has passed the Tribhuvan Cooperative University Bill 2025, paving the way for India's first cooperative university. Introduced by IFFCO, the initiative aligns with the "Sahakar Se Samridhi" mission, aiming to elevate the cooperative sector from local to global levels. Union Home and Cooperation Minister Amit Shah announced the passage of the bill on March 26, emphasizing that the university will provide advanced skill development, self-employment opportunities, and innovation-driven research.



He stated that integrating modern education with cooperative leadership training will strengthen the sector and boost rural development. IFFCO Managing Director Dr. Uday Shankar Awasthi hailed the bill as a milestone for India's farmers and rural economy, crediting Prime Minister Narendra Modi and Amit Shah for their leadership. IFFCO Chairman Dileepbhai Sanghani

echoed similar sentiments, stating that the university will train future cooperative leaders and improve governance. The university will offer diplomas and degrees, with sector-specific schools linked to fertilizer cooperatives like IFFCO. Additionally, short-term training programs will upskill cooperative employees, enhancing efficiency and management practices. With an aim to produce over 8 lakh graduates, the Tribhuvan Cooperative University is set to professionalize cooperative management and reinforce India's "Local to Global" vision.

Nissan registers record sales in India, restructures operations for growth

Guwahati, Apr 03: Nissan Motor India Pvt. Ltd. (NMIP) has recorded its highest single-year consolidated sales in seven years, registering over 99,000 units in FY 2024-25. This marks a 35% year-on-year (YoY) growth, driven by the New Nissan Magnite B-SUV, which played a pivotal role in both domestic and export markets. The company's export business saw an all-time high of 71,000+ units, expanding its reach from 20 to 65+ international markets under the "One Car, One World" strategy. Domestically, Nissan sold 28,000+ units, overcoming industry challenges such as shifting consumer preferences toward alternate fuel vehicles. Frank Torres, Divisional Vice President of AMIEO Region Business Transformation & President of Nissan India Operations, emphasized India's significance in Nissan's global strategy. "India remains a strong pillar of growth for Nissan, driven by the continued success of the Magnite. We are committed to serving our customers while ensuring a leaner and more agile business," he stated. In a strategic move, Nissan has announced the offloading of its stake in the Chennai JV plant to its Alliance partner, aligning with its global restructuring efforts. The company also confirmed plans to launch two new models—a 7-seater B-MPV in FY25 and a 5-seater C-SUV in FY26. Meanwhile, Nissan's Guwahati has shown steady growth, reflecting the rising demand for SUVs in the region. Dealers in Assam reported increased interest in the Magnite, particularly due to its affordability and segment-first features. The upcoming models are expected to strengthen Nissan's foothold in the Northeast market. Looking ahead, Nissan will increase prices for the New Magnite by up to 3% from April 1, 2025, citing rising input costs. With its focus on expansion and product innovation, Nissan aims to maintain its momentum in India's competitive auto industry.

JICA extends ₹209 crore loan to boost Assam's fisheries sector

Guwahati, Apr 03: The Japan International Cooperation Agency (JICA) has signed an agreement to provide an Official Development Assistance (ODA) loan of ₹209 crores for the Assam State Aquaculture Promotion and Livelihood Improvement Project. The initiative aims to enhance aquaculture production, strengthen fisheries infrastructure, and uplift the livelihoods of fish farmers in the state.



sumers. It aims to increase aquaculture production from 2.9 tons/ha to 5.0 tons/ha by 2031. Guwahati, as the commercial hub of Assam, is expected to witness a significant boost in fish supply with the project's implementation.

The agreement was signed between Ms. Manisha Sinha, Additional Secretary, Department of Economic Affairs, Ministry of Finance, and Mr. TAKEUCHI Takuro, Chief Representative of JICA India. Speaking on the occasion, Mr. Takuro said, "The fisheries sector in India is crucial for food security, employment, and economic growth. This project will promote sustainable aquaculture, improve supply chains, and enhance technical capabilities, ensuring long-term economic benefits for Assam." The project is expected to directly benefit around 15,600 people, including fish farmers and supply chain workers, while indirectly impacting over 10.84 million con-

The Directorate of Fisheries, Government of Assam, will oversee the project's execution, ensuring its long-term sustainability. The initiative aligns with India's Act East Policy and Japan's Free and Open Indo-Pacific (FOIP) vision, focusing on sustainable fisheries and climate-resilient aquaculture.

Tata Neu HDFC Bank Credit Card reaches 2 million milestone, captures 13% of new credit card market

ZERO JOINING FEE FOR YOU

Join the 2 Million+ NeuCard Family!

Save up to 10% on all your purchases

T&Cs Apply

and self-employed individuals, thanks to its innovative digital on boarding and fixed deposit options for new-to-bank customers. In Guwahati, the market has shown a growing preference for digital-first financial products like the Tata Neu HDFC

Bank Credit Card, reflecting the city's embrace of modern banking solutions. With high-value spends in categories like electronics and jewelry, Guwahati's consumers are increasingly adopting cards that offer both convenience and substantial rewards. The card's benefits include up to 10% savings, exclusive privileges across Tata brands, and features like complimentary lounge access and IHCL membership, ensuring a rewarding experience for its growing community.

Jindal (India) Limited hosts Retailer Meet 'Milaap' in Sivasagar, eyes expansion in Northeast

Sivasagar, Apr 03: Jindal (India) Limited, a leading player in India's downstream steel industry, successfully hosted its retailer meet, 'Milaap,' in Sivasagar, Assam. Organized in collaboration with its authorized dealer, Gautam Industries, the event saw participation from around 60 retailers along with senior company officials. The initiative aligns with Jindal (India) Limited's strategy to strengthen its foothold in the Northeast and expand its geographical presence. The company showcased its advanced coated steel products, including Jindal Sabrang, a vibrant color-coated steel range with enhanced corrosion resistance, and Jindal NeuColor+, a premium offering known for durability and



aesthetic versatility. Speaking at the event, a company spokesperson said, "Jindal (India) Limited is committed to providing high-quality coated steel solutions. Milaap offers us a platform to engage with key retailers, introduce innovations, and reinforce our presence in the region." The company also outlined its expansion plans, including a strategic capacity increase of

0.6 million MT with a capex of over ₹1,500 crore, targeting sectors like solar and home appliances. Sivasagar, a key hub for infrastructure and industrial materials, is expected to benefit from Jindal (India) Limited's growing presence. Retailers welcomed the company's focus on premium steel solutions, anticipating stronger supply chains and competitive pricing.

Rupee starts the day at 85.75 versus the dollar

Mumbai, Apr 03: Hours after US President Donald Trump slapped 26% reciprocal duty on India as part of his global tit-for-tat levy plan, the rupee opened 24 paise down on April 3. After closing the previous day at 85.51 versus the dollar, the local currency began at 85.75. Experts attributed dollar index's stability at 103.023 in early trading to more aggressive than anticipated tariffs. "Flows in debt plus RBI's absence in markets buying dollar is keeping the rupee stronger. Expecting 86 to come soon," said Anil



Kumar Bhansali, head of treasury and executive director at Finrex Treasury Advisors LLP. Global reciprocal tariffs were announced by Trump during White House event. The US would impose a 20 percent tax on European Union imports, 26% tax on Indian goods, 34% tax on Chinese imports.

MSDE showcases grassroots innovators at Startup Mahakumbh 2025

Guwahati, Apr 03: The Ministry of Skill Development and Entrepreneurship (MSDE) is set to highlight grassroots innovation at Startup Mahakumbh 2025, India's largest startup convergence, from April 3-5 at Bharat Mandapam, New Delhi. The Skill India Pavilion, located in Hall 4, will feature 15 homegrown startups nurtured under the National Institute for Entrepreneurship and Small Business Development (NIESBUD), spanning sectors such as sustainable agriculture, eco-conscious

textiles, AI services, and waste-to-wealth solutions. MSDE Secretary Shri Atul Kumar Tiwari emphasized the role of entrepreneurship in India's economic growth, stating, "Entrepreneurship today is thriving beyond metro cities, reaching villages and tier-two towns. Through Startup Mahakumbh, we are not just showcasing enterprises—we are telling stories of resilience and aspiration." India's startup ecosystem has grown significantly, with over 118 unicorns, reinforcing its position among the

world's top three startup hubs. Among the featured startups are Field-X Robotics, specializing in agricultural automation; Dhanna Food Products from Tamil Nadu, which has grown to a ₹1 crore turnover; and Geeta Herbal Products, a Himachal Pradesh-based women-led enterprise focused on sustainable personal care. These ventures have flourished with mentorship, market linkages, and training under NIESBUD's SANKALP and EDP programs. With 3,000+ startups, 1,000+ investors, and delegations from

50+ countries, Startup Mahakumbh 2025 will provide an opportunity for these entrepreneurs to connect with policymakers and investors. In Guwahati, the event is expected to boost engagement between investors and Northeast-based startups, which are steadily emerging in sectors like organic food processing and eco-tourism. The region's entrepreneurs stand to benefit from networking opportunities and institutional support, aligning with India's larger vision for decentralized and inclusive economic growth.

GCPL continues to strengthen its leadership through groundbreaking innovations

Guwahati, Apr 03: Godrej Consumer Products Ltd. (GCPL), a leading player in emerging markets and the household insecticide (HI) category, has continued to strengthen its leadership through groundbreaking innovations and category expansion. In early 2024, GCPL introduced India's first and only government-approved mosquito repellent incense sticks, 'Goodknight Agarbatti.' Building on this momentum, the company achieved another milestone in July 2024

with the development of 'Renofluthrin,' India's first indigenously developed and patented molecule, delivering the most effective liquid vaporizer formulation for superior mosquito control, and in just over a year, GCPL is set to launch another latest breakthrough under its pest control brand, Godrej HIT.

GCPL has re-engineered the popular Kala HIT mosquito spray with Thunderbolt Technology — its fastest and most powerful formulation yet. As part of the launch,



HIT is offering a special

introductory discount of nearly 20%—the 400ml can is available for ₹180 and the 625ml can for ₹250.

Commenting on this development, Shilpa Suresh, Head of Marketing—Home Care, Godrej Consumer Products Ltd. (GCPL), said, "At GCPL, we are committed to leading the household insecticides category by driving innovation and expanding the market. Aerosols form a significant part of the ₹7,500+ crore household insecticide market."

Tieedi and Tetra Pak launch a collaborative initiative to recycle used beverage cartons

Shillong, Apr 03: Households and businesses in the Darjeeling District now have a structured way to recycle their used beverage cartons, thanks to a collaborative initiative between Tieedi Permaculture Foundation and Tetra Pak. This partnership not only ensures responsible recycling but also empowers informal waste workers by providing them with formal recognition, training, and healthcare support. Tieedi, an environmental organization committed to zero-waste solutions, has partnered with Tetra Pak, a global leader in food processing and packaging solutions, to establish a decentralized collection and recycling system for used beverage cartons. This initiative will facilitate the recovery of used cartons through an on-ground network of waste workers and community participation. Utsow Prad-



han, Founder at Tieedi, added, "We are very excited about this collaboration with TetraPak India as it fosters the beginning of a synergy between bulk producers of material goods and local grassroots organization to overcome the challenges of waste mismanagement in our hills." Juhi Gupta, Sustainability Director, Tetra Pak South Asia, said, "This partnership is a great example of like-minded partners coming together to take a challenge and convert that into an opportunity to do the right thing."

Nifty Pharma makes a 3% surge



MUNDA,' inspired by medieval armor, and Sachdeva's 'The Dis-Aligned' collection disrupting traditional fashion, the event showcased groundbreaking designs. The highlight was a dynamic runway presentation, with Ishaan Khatter as the showstopper and electrifying performances by rappers KR\$NA and K A R M A. Kartik Mohindra, CMO at Pernod Ricard India, lauded Guwahati as the perfect finale for this edition, which set new benchmarks for innovation in fashion.

New Delhi, Apr 03: As the White House has omitted pharmaceutical products from the reciprocal tariffs imposed by U.S. President Donald Trump, domestic pharmaceutical players breathed a sigh of relief in trade, other industries are under tremendous selling pressure. Trump unveiled his tariff plan for several U.S. trade partners on April 2, touted as 'Liberation Day', resulting in a "discounted" broad-based tariff of 26 percent on India. The is half of 52% that India supposedly charges U.S., including currency manipulation and trade barriers. However, all pharma imports to the U.S. are exempt from reciprocal tariffs.

Spider-Man Brand New Day 4th instalment of Tom Holland film gets official title

New Delhi: The fourth instalment of the Spider-Man franchise, led by Tom Holland, has finally got its official title. The film will be called Spider-Man: Brand New Day. Director Destin Daniel Cretton announced it at Cinema-Con in Las Vegas. He also shared that filming would begin later this summer. During Sony's presentation at CinemaCon on Monday, the official title of the fourth film was revealed. Although Tom Holland was not present at the convention, he sent a video message discussing the upcoming instalment. He expressed regret for not attending and mentioned that he is currently filming a movie. Holland hinted at a fresh start for Spider-Man, following the cliffhanger ending of Spider-Man: No Way Home, and assured fans that he wouldn't reveal any spoilers. As per Variety's report, Holland said, "I am so sorry I can't be with you. I am halfway around the world shooting a movie. I know we left you with a massive cliffhanger at the end of 'No Way Home,' so 'Spider-Man: Brand New Day' is a fresh start. It is exactly that. That's all I can say. That's all I've been allowed to say. And I'm well over the hump of giving away spoilers, so don't be worried. I'm not going to do that today." At the convention, director Destin Daniel



Cretton expressed excitement about exploring the next phase of the iconic character with a team of talented artists. He mentioned focusing on creating a unique emotional story and experience for audiences. He said, "I'm spending my time exploring the next stage of this amazing character with a team of the most incredible artists in the world. We're all, just daily, nerding out over the suit, how to swing, how to create an event, an emotional story, and a ride that we haven't really seen before." Zendaya and Jacob Batalon are anticipated to reprise their roles as Peter Parker's friends MJ and Ned. Additionally, Sadie Sink has joined the cast, though details about her character are yet to be disclosed. There is speculation that she may portray X-Men mutant Jean Grey, previously played by Famke Janssen and Sophie Turner. Spider-Man: No Way Home, released in 2021, concluded with Peter Parker, also known as Spider-Man, deciding to erase his identity after inadvertently breaking open the multiverse. The plot details for the fourth instalment remain under wraps. The film is expected to release on July 31, 2026. Holland will next be seen in Christopher Nolan's The Odyssey, with Matt Damon, Zendaya, and Anne Hathaway.

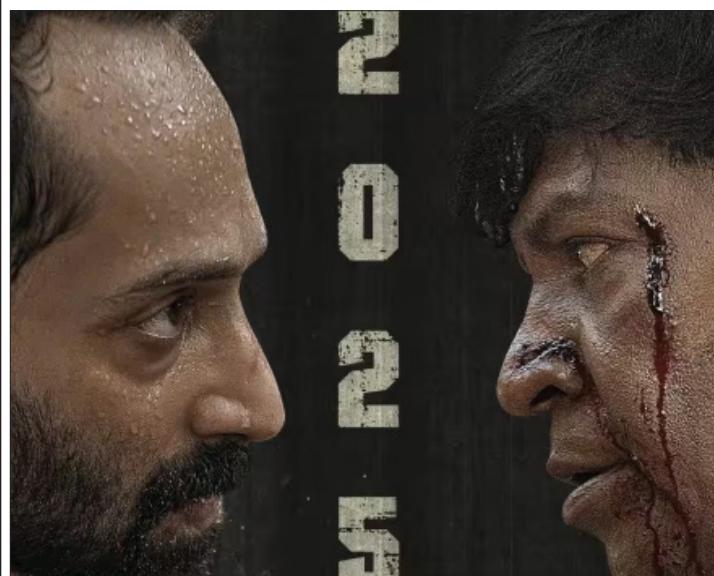
The Malayalam film by Unni Mukundan after its theatrical

New Delhi: Get Set Baby OTT Release: The Malayalam comedy-drama Get Set Baby debuted on theaters on February 21. The movie stars Marco actor Unni Mukundan, who won accolades for his performance in noir actioner. Get Set Baby will soon be available online for those who were unable to see it in cinemas. Get Set Baby was produced on a strictly regulated 10 crore budget. However, Unni Mukundan's comedy-drama has barely made Rs 3.43 crore in India in just 27 days. With its limited impact at the box office, the Malayalam movie made a tolerable loss. In the final week of April, Unni Mukundan's Get-Set Baby will be available for streaming on Manorama Max, according to Indian Express Malayalam. An official confirmation is still pending, though. Arjun Balakrishnan.



Maareesan, starring Fahadh Faasil and Vadivelu, is scheduled for release

A new poster has been released



New Delhi: Actors Fahadh Faasil and Vadivelu, who joined hands for the first time in Maamannan, have teamed up for a Tamil film titled 'Maareesan'. The makers of the film unveiled a new poster featuring the two actors and announced that the film is eyeing a July release. However, a release date in July is yet to be finalised. The latest poster from Team Maareesan piqued everyone's curiosity. The intense poster guar-

antees a face-off between Fahadh and Vadivelu. While the two actors are staring each other down, people can't stop noticing Vadivelu's bruised and bloodied face in the poster. Meanwhile, the film's streaming rights (after theatrical release) have been bagged by Netflix. According to reports, the film is likely to be available for streaming a month after release. Directed by Sudheesh Sankar, the film is produced by veteran pro-

Kareena Kapoor Khan Dazzles Red High Slit Gown

Mumbai: On Tuesday, Bollywood actress Kareena Kapoor Khan made a dazzling appearance at the Vivienne Westwood show in Mumbai. As she arrived at the event, the paparazzi couldn't help but click away, capturing her stunning look. Kareena exuded elegance in a breathtaking red gown, which featured a dramatic thigh-high slit. With her signature poise, she posed for photographs. Before making her way into the venue, she took a moment to soak in the attention, smiling warmly for the videos from the event. Videos from the event showcase the actress posing for photographs, dressed in a breathtaking red ensemble that accentuated her curves. The outfit featured a corset-style bodice, off-the-shoulder sleeves and a flowing skirt with a dramatic thigh-high slit, all of which combined to create a truly show-stopping look. Take a look: A draped off-the-shoulder detail added a romantic flair, while the bodice fitted Kareena like a corset, highlighting her toned physique. The gown's silhouette was further enhanced by a floor-grazing skirt that flowed elegantly from the waist downwards. Take a look: What truly elevated Kareena's overall look, however, was the dramatic thigh-high slit on the gown. This bold detail added an element of glamour and sophistication, making her outfit truly unforgettable.



Kapil Sharma's first look from Kis unveiled on Eid



New Delhi: Actor-comedian Kapil Sharma's first look from his upcoming comedy-drama, Kis Kisko Pyaar Karoon 2, was unveiled on the occasion of Eid. In the poster, Kapil is seen dressed as a groom. He has a shocked expression while the face of his bride is hidden behind a veil. The sound of shehnai playing in the background adds to the festive feel of a wedding. Directed by Anukalp Goswami, the film is produced by Ratan Jain, Ganesh Jain, and Abbas-Mustan. Besides Kapil, the film also stars Fukrey fame actor Manjot Singh. The 2015 film Kis Kisko Pyaar Karoon marked Kapil Sharma's debut in a lead role. The film was helmed by Abbas-Mustan. In January this year, Kapil shared multiple photos from the shoot and pooja ceremony of Kis Kisko Pyaar Karoon 2. He mentioned that the sequel of the film had been finalised on 'public demand'. Kis Kisko Pyaar Karoon chronicled the story of a man whose life becomes complicated as he juggles his three wives.

This Japanese city is for people seeking love

The romance of air travel still exists. At least that's the impression when you land at Japan's auspiciously named Izumo Enmusubi Airport. Translating roughly to "the tying (musubi) of bonds (en)", or, more popularly, "matchmaking", the word enmusubi encompasses many of the relationships that are part of life, such as those with family, friends and work, but most often references romantic entanglements. This connotation is in the air as you step off the plane and walk past a statue of a jovial god named Okuninushi, known as the "great matchmaking power", and a rack of ema (wooden prayer plaques) inscribed with travellers' romantic wishes. It may seem like travellers here have love on the mind, and that's because if you pray for love in Izumo, there's a good chance you'll be heard. Lying along the Sea of Japan in Shimane, the second-least populated of Japan's prefectures and, in 2023, the least-visited, Izumo is far off the Shinkansen bullet train track, making it one of the few cities in Japan that is easier to fly into. The city is home to Izumo Taisha, thought to be the country's oldest shrine and dedicated to Okuninushi, who is worshipped as the creator of Japan and the god of enmusubi in Japan's indigenous Shinto religion. "He is the god who governs things that cannot be seen by humans", such as fate, explained local guide Minori Maeda, "You could say he is the god of matchmaking. He brings people together; he has tremendous power." That's why Izumo Taisha has become popularly known as one of Japan's "power spots", a term that emerged in the 1990s to describe



places, usually surrounded by nature, that are said to possess special powers to generate good luck, better health or, in this case, love. While the philosophy of power spots is a fuzzy grab bag of Shintoism, new age spirituality, feng shui and marketing, its popularity over the last few decades has increased tourism to places like Izumo. More than seven million people visited the shrine in 2023, according to Izumo City, including around 350 couples who got married there. Certainly not everyone who visits Izumo does so in pursuit of love, but the number of matchmaking-related activities here suggest a fair number do. With this in mind, tourism boards have compiled sightseeing itineraries focused on romantic spots in Izumo and the wider San'in region, from Yaegaki Shrine where a pond forecasts the outcome of relationships, to a pleasure boat whose bronze "matchmaking bell" summons the gods and even a train station painted pink and adorned with hearts. Less widely promoted is Izumo's Umi Shrine, which people visit to pray for enriki, the severing of ties, the other side of the enmusubi coin. Set on an often tempestuous sea and a place

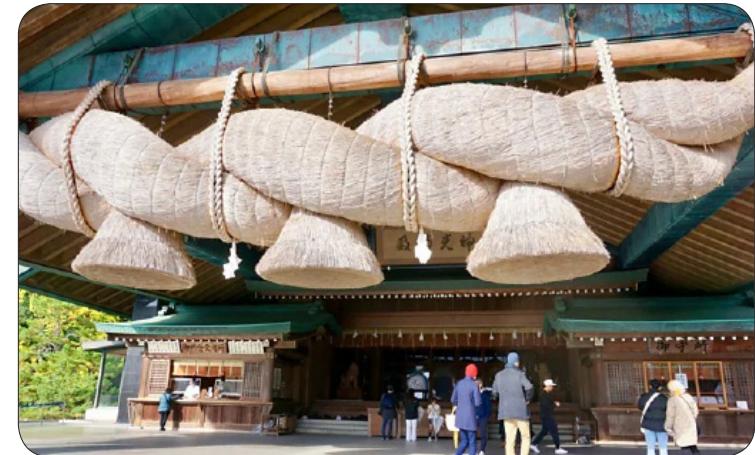
of sunsets so stunning that they are certified by Japan Heritage as an important cultural property, Izumo is romantic by nature. But nowhere exerts such a mighty pull as Izumo Taisha.

Singles visit to ask Okuninushi to find them a partner, while couples ask him to bless their relationship. Many write their wishes on an ema in the faith that they will reach Okuninushi directly. Some, perhaps seeking a larger audience, time their trip to the 10th month of Japan's old lunar calendar (usually November), because that's when Japan's eight million kami (gods and spirits) travel from all around the country to gather in the city. Throughout Japan, this month is known as Kan-na-dzuki (the month without gods), but in Izumo it's called Kami-ari-dzuki (the month with gods). The reason for this seaside gathering is that the gods have a job to do: they are there to decide the fate of humans' relationships in the coming year. The seven-day gathering of the gods (11-17 November 2025) is a spectacle in its own right. It begins on the beach at Inasa-no-Hama with a ceremony welcoming the kami to Izumo. Just after sunset,

bonfires are lit and shrine priests escort the kami to Izumo Taisha, shielding them from the gathered public's view with white sheets. It's not all work and no play, said Maeda. The kami also enjoy feasts and lots of sake offered up by local brewers. A handful of those eight million kami enjoy the local sake a little too enthusiastically and hang around well beyond their official departure date. "There's a goddess who is known for her persuasiveness," Maeda said. "She eventually has to perform a ceremony telling them that they have to go home." I visited Izumo a few days after (most of) the kamis' departure in late November last year. I hadn't arrived looking for love, rather to sip sake in the place said to be its spiritual

twice for myself and twice for my partner, the custom distinct from other Shinto shrines where worshippers clap just twice. After silently making my own wish, I browsed the amulets on sale. Maeda said the red-and-white amulet is particularly well known, "for bringing people together in love". Then I peeked at some of the handwritten wishes inscribed on the ema hanging along the shrine's pathways. "It's said that writing your wishes on an ema will ensure that [they] reach the gods directly," said Maeda. Some of those written wishes asked to simply find love, others were more specific, requesting to "get married within three years".

The eagerness of visitors' desire to get married felt like a counter-



birthplace and explore the rugged coastline's cliffs and caves. But, still, I felt compelled to visit Izumo Taisha. Approaching the altar under a huge shimenawa (rope), I dropped a five-yen coin into the offering box – five yen ("go-en") is thought to be good luck because in Japanese, go en is a homophone with go-en, the respectful way to refer to "en" (bonds). Then I clapped four times,

point to Japan's much-publicised plummeting marriage rates. In the same month that I visited Izumo, the Tokyo government, in an effort to nudge residents towards marriage and stem the city's falling birthrate, launched a matchmaking app, aptly named Tokyo Enmusubi. But I'd just read of travel trends suggesting that people are tired of looking for love online.

Bali's strict new tourist rules



Bali tightens tourism rules, mandating respectful behaviour, licensed guides, and a tourist levy. Offenders face legal action as officials work to maintain the island's sacred heritage and sustainable tourism. Bali tourism authorities have introduced new regulations to tackle misbehaving foreign tourists and protect the island's culture. Announced by Governor I Wayan Koster on March 24, these guidelines aim to ensure respectful and sustainable tourism as the island prepares for Nyepi, Bali's Day of Silence, on March 29. The rules are clear: tourists must respect sacred sites, dress modestly, and behave politely. They're also required to pay a tourist levy online, use licensed guides, and follow traffic laws. Koster said, "We issued a similar regulation before, but as things change, we need to adapt. This ensures that Bali's tourism remains respectful, sustainable, and in harmony with our local values."

Violating Indonesia's new rules, such as skipping the levy, means no entry to attractions, with offenders facing legal action under Indonesian law. A major focus is on sacred spaces. Tourists cannot enter temple areas without permission or traditional Balinese attire, and menstruating women are prohibited from entering these areas. Climbing sacred trees or taking disrespectful

ful photos is also strictly forbidden. According to the Love Bali report, single-use plastics, such as bags and straws, are banned, along with swearing, rude behavior, speech online. Koster added, "Bali is an island, and we expect our guests to respect that we extend to them." prepared a special team to operation. Foreign tourists naughty will be immediate-with firmly," Koster told Sun. The civil service closely monitor visitors. lows years of disruptive such as a Russian man half-naked on a sacred site an deported for taking nude holy tree. even proposed a tourist tax to deter tend to cause a lot of problems." Ac Indonesian tourism spiked in 2024, with 13.9 million visitors, up from 11.68 million in 2023.



Avoid brushing your teeth right before bed



In a video posted on his Instagram account, Doctor Saurabh Sethi gastroenterologist Dr. Saurabh Sethi discussed the benefits of cleaning your teeth for your general health. Dr. Sethi continued. . Research indicates that a greater risk of heart disease is associated with poor dental hygiene. Here are three things to keep in mind. 2. He went on to say that gum disease has been linked to a higher risk of cardiovascular issues and is a direct outcome

of poor dental hygiene. 3. Dr. Saurabh Sethi said, "Research indicates that those who have regular dental cleanings and wash their teeth have healthier hearts and a decreased risk of heart illnesses.

Thus, maintaining good dental hygiene is one of the simplest methods to maintain heart health. According to Dr. Saurabh Sethi, cleaning your teeth every night can help protect your heart from deadly illnesses and even heart failure.

A fitness instructor lists ten errors that are impeding your efforts to lose weight

These are the biggest blunders that can hinder weight loss, ranging from reducing alcohol consumption to failing to measure calories or prioritizing sleep. These are the most common mistakes that can prevent weight reduction, and they include everything from cutting back on alcohol to not tracking calories or putting sleep first. On March 11, Aarja posted a video and enumerated the errors that can impede weight loss efforts. "Most people make these blunders, which cause them to fail their weight loss quest before they even begin. Don't be like that. Go over a portion of her caption. Bingeing at night after starving yourself all day damages your metabolism and makes losing weight more difficult. Practicing unending cardio instead of putting steps first: Walking 10-15k steps a day is a much more effective approach to lose weight than practicing exercise. Pursuing foods that burn fat rather than getting enough protein in your diet: Protein keeps you full and promotes muscular growth, but no magic food can burn fat. Consuming liquid cal-

ories—such as those from soda, specialty coffee, etc.—adds up quickly and doesn't satisfy your hunger. Disregarding sleep and questioning why you lack energy: In response to the question, "What did you eat to go from this (156 kg) to this (63 kg)?" Pranjal listed her morning meal, breakfast, lunch, snacks, supper, and post-dinner. She also disclosed how much protein, carbohydrates, and fats she ate, as well as the calorie counts for each meal she recommended. The meal contains 1,500 calories, 120-130 grams of protein, 120-140 grams of carbohydrates, and 40-50 grams of fat, according to her caption. Sleep deprivation inhibits fat loss and alters hunger hormones. Most people underestimate how much they eat since they don't keep track of their food intake and instead rely on guesswork. Mindless daytime snacking: A few tiny nibbles here and there can build up to hundreds of extra calories. Weekend alcohol consumption and the question of why development is sluggish: Alcohol interferes with recovery, adds empty calories, and weakens willpower.



Referring to this medication from the 1990s as a hair growth breakthrough experts



In essence, the newest hair loss treatment craze is a repurposed medication that gained popularity in the 1990s. Back then, Rogaine, a sticky topical treatment that could help repair thinning hair when applied to the scalp, was heavily advertised to TV viewers. In order to help men and women maintain or grow hair, dermatologists are now prescribing the medication, which is generally known as minoxidil, in low-dose capsules. The practice follows a handful of recent studies suggesting the ingredient works as well—and possibly better—when swallowed, rather than applied to hair follicles on the head. Telehealth companies are also driving new demand by offering a quick, easy way to get a prescription and have the pills shipped directly to customers' doors. A retro approach to hair loss In the 1970s, minoxidil was first created as a medication to treat hypertension. Researchers found that a side effect of the medication was increased hair growth in certain patients. In 1988, Rogaine became the first medication to be licensed by the Food and Drug Administration for male pattern baldness. Men using the

medicine, which was given straight to the scalp, had a slower rate of hair loss and, in certain circumstances, saw hair growth, according to studies. A lower dosage was authorized for women beginning in 1991, and the brand was heavily promoted as an over-the-counter drug on television and in print. It is included in AP's Be Well coverage, which focuses on mental health, food, exercise, and well-being. Read more about "Be Well." Experts believe that the drug's potential to decrease hair loss is probably connected to how it affects blood circulation. According to Dr. Adam Friedman, chair of dermatology at George Washington University, "it signals hairs to

stay in their growth phase for longer by increasing blood flow to the scalp." "We want those hairs to remain in that growth phase for as long as possible." According to a recent consensus study by over 40 dermatologists from the United States and other countries, minoxidil tablets are effective and frequently more practical and economical than the liquid form. The tablet is preferred by patients. Many dermatologists believe that taking minoxidil as a pill is more effective, despite the fact that there hasn't been any research comparing the two forms of the drug. As you may imagine, that could be quite taxing," said Dr. Susan Taylor of the University of Pennsylvania. "Even though many

people start therapy with enthusiasm and even see results, many people eventually stop going." Additionally, the dosages recommended for oral administration are extremely modest. While women may only require a quarter of a pill, dermatologists frequently advise men to take half of the lowest-dose medication. Additionally, these low dosages can reduce the risk of side effects like dizziness, a fast heartbeat, and swollen legs. This medicine should not be used by women who are pregnant or breastfeeding, or by anybody who has a history of heart issues. The only other FDA-approved medication for hair loss is finasteride, which is sold under the brand name Propecia. It functions by preventing a testosterone byproduct that leads to male hair loss. Although that medication is usually thought to be more effective than minoxidil, it can occasionally result in erectile dysfunction and other problematic sexual side effects. For optimal results, some dermatologists recommend using two drugs at once. These low dosages can reduce the risk of side effects like dizziness, a fast heartbeat, and swollen legs.

Stop skin problem, know skincare procedures



Women over 40 often worry about hyperpigmentation, despite the fact that it is a common and benign skin disease that can affect people of all skin types. According to Dr. Shweta Mishra, the following are the best ways to cure hyperpigmentation and make noticeable progress: 1. Topical therapies: The initial line of protectionThe initial line of therapy for hyperpigmentation is frequently topical. By preventing the synthesis of melanin and encouraging cell turnover, components such as hydroquinone, kojic acid, arbutin, vitamin C, As a potent antioxidant, vitamin C helps lighten skin and prevent further pigmentation. Chemical peels for deeper exfoliationFor those looking for faster results, chemical peels can be highly effective. Chemical peels containing glycolic acid, salicylic acid, or lactic acid help exfoliate the top layers of the skin, reducing the appearance of pigmentation over time. Mild peels can be done at home but stronger, medical-grade peels should only be performed by a professional to minimise the risk of irritation or burns. Not every skin type is a good fit for every laser. To choose the best laser for your pigmentation issues, it's crucial to speak with an expert. Not every skin type is a good fit for every laser. To choose the best laser for your pigmentation issues, it's crucial to speak with an expert. Another potential therapy is microneedling in conjunction with PRP. "Microneedling induces micro-injuries in the skin, promoting the production of collagen and enhancing pigmentation. To manage pigmentation, use sunscreen with SPF 30 or higher, supplement with vitamins and antioxidants, and maintain skin health through balanced diet, water intake, and stress control.

Jack Eichel's hat trick keeps the Golden Knights hot

Agency: Jack Eichel scored a hat trick to help the Vegas Golden Knights win a 5-1 game over the Minnesota Wild. The Golden Knights won their first game since losing top goal scorer Tomas Hertl due to an injury.

Minnesota lost its second game in as many nights, losing to Marcus Johansson. Vegas goaltender Adin Hill turned aside 23 of 24 shots, while Wild goaltender Marc-Andre Fleury allowed four goals on 37 shots. The Golden Knights opened the scoring with Eichel's wrist shot, increasing his goal-scoring streak to three games in a row.

The Wild pulled within 2-1 with 18:18 remaining in the third period, but Eichel made it 3-1 on a power play with 5:03 remaining. Pearson scored an empty-net goal two minutes later. Eichel's hat trick was notched when he carried the puck into the offensive zone on a two-on-one rush and scored from the right circle.

Messi and Argentina will play an exhibition match in India

Agency: HSBC India has become the official partner of the Argentine national football team to collaborate and promote football in India, with an exhibition match scheduled for October 2025. This follows 14 years since Lionel Messi first visited the country, with the first friendly matches in Kochi last year. The Argentine Football Association (AFA)



and HSBC have signed a one-year partnership for India and Singapore, covering the competitive season in 2025 ahead of the 2026 World Cup qualification final matches. Messi's first visit to India was in a World

ident Claudio Fabian Tapia praised the partnership, stating that it looks after the team and looks forward to consolidating it and expanding in multiple regions as the team progresses in 2025 and 2026.

As Novak Djokovic storms into the Miami quarterfinals, Casper Ruud exits

Novak Djokovic won Miami



America: Novak Djokovic, who has won the Miami Open six times, reached the quarter-finals with a 6-2, 6-2 win over Italian Lorenzo Musetti. Musetti took a 2-0 lead in the first set but lost the next nine games as Djokovic ran away with the game. The 37-year-old is now just three wins away from winning his 100th tour-level title. Djokovic will face American Sebastian Korda on Wednesday for a place in the semi-finals after the 24th seed beat French veteran Gael Monfils 6-4, 2-6, 6-4 in a rain-affected match. Korda is currently suffering from an injury that has caused him trouble in the past and will work with his physio to see how it goes tomorrow. Argentine Francisco Cerundolo upset fifth-seed Casper Ruud 6-4, 6-2 to take his place in the last eight. Cerundolo has

now reached the last eight in three of his past four appearances at Miami. He failed to make the most of three break points in the opening game but eventually broke through at 3-3, converting his fourth

Bangladesh & the Blue Tigers play a goalless opening

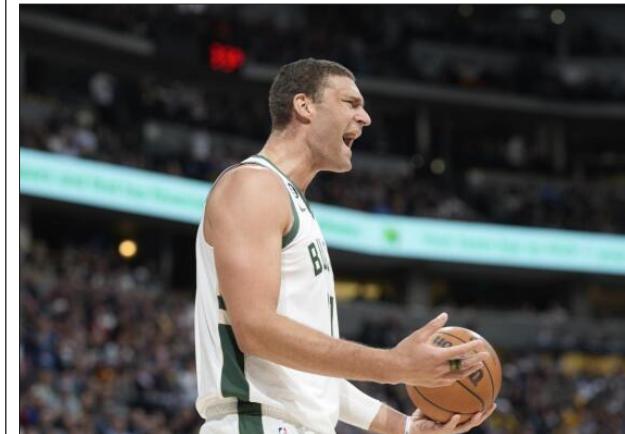
Asian Cup 2027



Shillong: India's AFC Asian Cup 2027 Qualifiers Final Round campaign began poorly as they were held goalless by Bangladesh in the opening Group C match at the Jawaharlal Nehru Stadium in Shillong. After an unsure first half, the Blue Tigers turned around in the next 45 minutes to keep the rival defenders busy, much to the delight of the 15,000-strong crowd. However, a goal remained elusive, leaving India to gear up for tougher battles ahead against Singapore and Hong Kong in the four-team group. India head coach Manolo Márquez made five changes from the team that vanquished Maldives in the FIFA Friendly less than a week ago, bringing in Boris Singh Thangjam, Udanta Singh Kumam, Lalengmawia Ralte, Sandesh Jhingan, and Farukh Choudhary. He also handed over the captain's armband to Sandesh

and looked like he had his plans firmly in place on the rain-marred, slippery pitch of the lush green Nehru Stadium. Bangladesh had an opportunity to grab the lead within a few seconds of the start when goalkeeper Vishal Kaith's unsteady clearance landed straight to Md Mojibor Jony. The next foray also came from Bangladesh, with Md Shakil Topu dancing down the right and crossing in the goalmouth for Md Sharif Emon to take a header that sailed over the bar. In the first 15 minutes, the visitors tormented the Blue Tigers' defence with vigour and energy. India slowly settled down to take charge of things and make inroads in the rival defence with encouraging domination in the midfield. Liston Colaco tested Bangladesh goalkeeper Mitul Marma, but his right footer didn't have the required punch. India were pressing high during this period, and defensive midfielder Hazma Choudhury played a crucial role in every Bangladesh move, both in defense and attack.

Nikola Jokic aids in the Nuggets' victory over the Bucks



30-minute rain delay that arrived when he was 5-1 up. Cerundolo is happy to get back-to-back Masters 1000 quarter-finals in the US, on hard courts. Next up for Cerundolo is 14th seed Grigor Dimitrov, who defeated American Brandon Nakashima 6-4, 7-5. Australia's Alex de Minaur was eliminated by tenth-seed Italian Matteo Berrettini, who triumphed 6-3, 7-6 (9/7). Berrettini had the chance to close out the match when serving at 6-5 but let three match points slip and the match went into a tie-break. The Italian will face third-seed Taylor Fritz, who progressed with a 6-3, 7-5 win over Australia lucky loser Adam Walton. Top-seed Alexander Zverev's fourth-round match against France's Arthur Fils has been postponed until Wednesday due to the rain delay.

Agency: Nikola Jokic scored 39 points, 10 rebounds, and 10 assists in his return to the lineup, while Michael Porter Jr. contributed 23 points and 10 rebounds. Denver's Peyton Watson finished with 12 points, breaking a two-game home losing streak. Jokic missed the previous five games due to a left ankle impingement and a sore right elbow. The Milwaukee Bucks were without Giannis Antetokounmpo and Damian Lillard due to a deep vein thrombosis. Brook Lopez led the Bucks with 26 points, while Ryan Rollins added 17, Gary Trent Jr. added 16, Taurean Prince, AJ Green, Kevin Porter Jr., and Kyle Kuzma contributed to the Nuggets' victory. The Bucks closed within 67-64 at halftime, but Denver held on with layups, a corner 3-pointer, and a steal. Denver's final run was capped off with a putback dunk, giving the Nuggets a 100-92 lead heading into the fourth. The Nuggets' victory marks Jokic's 30th triple-double of the season and 160th of his career.

NCAA Tournament showdown

Cooper Flagg shines as Duke outlasts Arizona in sweet 16 thriller

Cooper Flagg's epic buzzer-beater stuns Arizona, ignites March Madness chaos, and cements his rising stardom, fans erupt in shock, disbelief, and pure joy after witnessing

New Delhi: In an NCAA Tournament showdown, the Duke Blue Devils secured their place in the Elite Eight with a thrilling 100-93 victory over Arizona in the Sweet 16 on Thursday, March 27. The team led by Cooper Flagg, Duke's



The Blue Devils will need another stellar performance from Flagg and their deep roster to continue their championship run.

New Zealand vs Pakistan ODI series

Streaming Squads, all you to know

New Delhi: Pakistan and New Zealand are all set to face each other in a three-match ODI series, starting Saturday, March 29 with the opening game at McLean Park in Napier. Seddon Park in Hamilton and Bay Oval in Mount Maunganui will host the other matches on April 2 and 5 respectively. For the Black Caps, Tom Latham has been ruled out after he fractured his right hand during training. In his absence, Michael Bracewell will lead the Kiwis while Henry Nicholls has been named as his replacement. New Zealand recently won the T20I series 4-1 against Pakistan despite not having some of their key players who are taking part in the Indian Premier League (IPL). Pakistan, on the other hand, have included Haris Rauf and Usman Khan in their squad. Rauf was left out earlier, but took him in after he picked up seven wickets in the T20I series. Babar Azam and Mohammad Rizwan have also returned after missing the T20I series. Where to watch New Zealand vs Pakistan ODI series? Sony Sports Network has the broadcasting rights for the New Zealand vs Pakistan ODI series. Live Streaming of the matches will be available on Sony LIV, Fancode and Prime Video. The matches of the New Zealand vs Pakistan ODI series will start at 3:30 AM IST and 11:00 AM



local time
New Zealand vs Pakistan ODI series Full Squad
New Zealand squad: Muhammad Abbas, Henry Nicholls, Adithya Ashok, Michael Bracewell (C), Mark Chapman, Jacob Duffy, Mitch Hay, Nick Kelly, Daryl Mitchell, Will O'Rourke, Ben Sears, Nathan Smith, Will Young
Pakistan: Mohammad Rizwan (captain), Salman Ali Agha (vice-captain), Abdullah Shafique, Abrar Ahmed, Akif Javed, Babar Azam, Faheem Ashraf, Imam-ul-Haq, Khushdil Shah, Mohammad Ali, Mohammad Wasim Jnr, Muhammad Irfan Khan, Naseem Shah, Sufyan Moqim, Tayyab Tahir, Haris Rauf and Usman Khan.

JuJu Watkins' season-ending knee injury leaves a 'big void'

Women's NCAA Tournament

New Delhi: Dawn Staley sent JuJu Watkins a text as soon as she saw the star Southern California sophomore suffer a season-ending knee injury on Monday night. "JuJu is loved by all of us," Staley added. Coaches and players all across women's basketball, along with fans of the game, feel the impact of Watkins' injury. The dominant USC guard and Associated Press All-America first-teamer will likely miss significant time, leaving the sport without one of its most transcendent stars during March Madness.



its most transcendent stars during March Madness. Women's Sweet 16 remains to be seen, though attendance and ratings are down from last season's record highs for the women's tournament that featured Caitlin Clark and Angel

Reese. But that shouldn't come as surprise. After the record-setting numbers that tuned in for the Magic Johnson-Larry Bird showdown. Coaches and players all across women's basketball, along with fans of the game, feel the impact of Watkins' injury. The dominant USC guard and Associated Press All-America first-teamer will likely miss significant time, leaving the sport without one of its most transcendent stars during March Madness.

Vandana, former captain of India, departs the international stage in blaze of glory

New Delhi: After an incredible career spanning more than 15 years, Indian women's hockey legend Vandana Katariya has formally declared her retirement from international hockey. Vandana is the most-capped player in Indian women's hockey history, having made 320 appearances for her country and scored 158 goals. The 32-year-old attacker, who debuted for the senior team in 2009, played a key role in some of the sport's most significant events, such as India's historic 4th place result at the 2020 Tokyo Olympics, when she became the first and only Indian woman to score a hat-trick. Vandana, expressed the range of emotions she is feeling: "This decision wasn't easy, but I know it's the right time." I've played hockey for as long as I can remember, and the highest honor was donning the Indian jersey. However, every trip has its path, and I depart with a deep sense of appreciation, pride, and passion for the game. I



shall always be a fervent supporter of Indian hockey, which is in excellent hands. She wanted to express her sincere gratitude to everyone who helped her along the way. "I would want to express my gratitude to all of the supporters who have helped me throughout the years, including my family, coaches, teammates, support staff, and Hockey India. To me, every remark, message, and encouraging word meant the world. Vandana, who is from Roshnabad, Haidwar, started her trip across dusty fields with a dream much greater than her current situation, much like many young ladies in India do. Along with bronze

Ashutosh Sharma reveals mantra to power-hitting

Mumbai: Ashutosh Sharma mentioned that he approaches the field with a clear mindset, which has contributed to his power-hitting. On Monday, March 24, the right-handed batter made a stunning start to his Indian Premier League (IPL) campaign. Ashutosh scored an unbeaten 66 runs off 31 balls, including five fours and as many sixes, leading Delhi Capitals (DC) to a thrilling one-wicket victory over Lucknow Super Giants (LSG). After the Super Giants were reduced to 7/3 in 1.4 overs while chasing 210 in Visakhapatnam, Ashutosh took the responsibility of playing until the very end. With six runs needed off the last over, he smacked left-arm spinner Shahbaz Ahmed down the ground for a six to help DC chase down the target with three balls to spare. "I play a lot of cricket. You need to put everything into your muscle memory, and that's how I work," Ashutosh Sharma said during the JioStar - Delhi Capitals Press Room on Friday.

'Pedestrian' McIlroy five shots back in Houston

Mumbai: The FedEx Cup leader, already a winner at the AT&T Pebble Beach Pro-Am and The Players this season, has opted for a first Houston appearance since 2014 to prepare for his bid to complete the career Grand Slam next month at Augusta National. Northern Ireland's Rory McIlroy blamed a "pedestrian" start as he finished five shots off the lead after the first round of the Houston Open in Texas. The world number two carded an opening-round 70, hitting two birdies and two bogeys at the Memorial Park course to leave him five strokes off early joint-leaders Keith Mitchell, Taylor Pendrith, Alejandro Tosti and Ryan Gerard. McIlroy, who is hoping to complete a career Grand Slam by winning the Masters next month, opted to play in Houston for the first time

since 2014 in preparation for Augusta. "A little pedestrian I guess is a good way to describe it," McIlroy said. "Made a few pars early on that I needed to and then had quite a few chances on the second nine there that I didn't convert. "Yeah, sort of tale of two halves. I felt like I was scrambling for the most part on the first nine and then I feel like I left a couple out there on the last nine. "Conditions were pretty tough out there today with the rain and the wind so overall nice to keep a clean card." England's Harry Hall posted a two-under 68 to finish three strokes off the lead while Danny Willett was four back.