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State Bank of India cuts FD rates by 20 basis points across tenors from May 16

Mumbai: State Bank of India (SBI), the country's largest lender, has cut fixed deposit rates by 20 basis points across tenors effective May 16.

According to the bank's website, the cut in interest rates on retail domestic term deposits below ₹3 crore is applicable for both the general public and senior citizens.

Deposits for two years to less than 3 years will offer the maximum interest to investors at 6.7 per cent, followed by three years to less than five years which will give a 6.55 per cent interest from May 16. Fixed deposits of five years to 10 years now get an interest of 6.30 per cent for the general public, while it is 6.5 per cent for deposits of duration one year to less than two years.

The interest rate of the specific tenor scheme of "Amrit Vrishti" (444 days) has also been revised from 7.05 per



cent to 6.85 per cent, effective May 16, 2025. Senior citizens and super senior citizens (aged above 80 years) are eligible for their additional benefits in the rate of interest. Last month also, SBI had cut deposit rates by 10-25 basis points, taking a cue from the policy rate cuts by the RBI.

The Reserve Bank in April had slashed key interest rate by 25 basis points for the second time in a row to support growth facing the threat of reciprocal tariffs by the US. The policy repo rate now stands at 6 per cent. Shares of SBI were trading at ₹793.95, up 0.27 per cent over the previous close on the BSE.(PTI)

Suzuki Motorcycle India to manufacture 7.5 lakh vehicles at new Rs 1,200 crore plant

New Delhi: Suzuki Motorcycle India Pvt Ltd (SMIPL) on Tuesday laid the foundation stone for its new manufacturing plant in Haryana, with an initial investment of nearly Rs 1,200 crore and an annual production capacity of 7.5 lakh units in the first phase. Located at IMT Kharkhoda -- an industrial township developed by Haryana State Industrial and Infrastructure Development Corporation (HSI-IDC) -- the facility aligns with the government's vision to boost industrial infrastructure, attract global investments and generate employment in the region.



The plant is scheduled to commence operations in 2027, further boosting SMIPL's production capabilities in India. Once functional, it will provide employment to around 2,000 people, said the company in a statement. Kenichi Umeda, Managing Director, SMIPL, said that laying the foundation stone for their second plant in India, "reflects our focus on not just growing as a brand, but to grow with the people and communities of India".

By establishing our facility at IMT Kharkhoda, we look forward to contributing to the region's development, generating employment, and supporting the government's vision for industrial progress, he mentioned. It will also feature modern automation and energy-efficient systems, helping us move towards Suzuki's global vision for carbon neutrality and Sustainability.

The facility is spread across 100 acres, with the manufacturing unit initially covering 25 acres and an additional 25 acres dedicated to green space, reflecting the company's increasing focus on sustainable growth. SMIPL started its India operations in February 2006 from its manufacturing plant at Kherki Daula, Gurugram. The company currently manufactures scooters (125cc), premium motorcycles (150cc and above) and the big bikes best suited for the Indian customers.

Stock markets bounce back on buying in bank stocks; Sensex jumps over 800 points

Mumbai: Stock market benchmark indices Sensex and Nifty rebounded sharply in morning trade on Wednesday after heavy drubbing in the previous session amid buying in blue-chip bank stocks and a firm trend in Asian peers.

The 30-share BSE benchmark gauge Sensex bounced back in early trade and later jumped 835.2 points or 1.02 per cent to 82,021.64. The NSE Nifty surged 262.3 points or 1.06 per cent to 24,946.20.

From the Sensex firms, Sun Pharma, Bajaj Finance, UltraTech Cement, Mahindra & Mahindra, Bajaj Finserv, Tech Mahindra, HDFC Bank and Tata Motors were the biggest gainers. IndusInd Bank emerged as the only laggard.

Moody's Ratings said on Wednesday, India is well-positioned to deal with the negative effects of US tariffs and global trade disruptions as domestic growth drivers and low dependence on exports anchor the economy.

In a note on India, the agency said government initiatives to boost private consumption, expand manufacturing capacity and increase infrastructure spending will help offset the weakening outlook for global demand.

In Asian markets, South Korea's Kospi, Shanghai's SSE Composite index and Hong Kong's Hang Seng were trading in the positive territory while Japan's Nikkei 225 index quoted lower.



US markets ended lower on Tuesday.

Global oil benchmark Brent crude jumped 1.62 per cent to USD 66.44 a barrel. Foreign Institutional Investors (FIIs) offloaded equities worth Rs 10,016.10 crore on Tuesday, according

to exchange data.

Retreating from early highs, the 30-share BSE Sensex tanked 872.98 points or 1.06 per cent to settle at 81,186.44 on Tuesday. The Nifty tumbled 261.55 points or 1.05 per cent to 24,683.90.

Apple supplier Foxconn to invest \$1.5 billion in India unit

Apple supplier Foxconn will invest 1.5 billion rupees in its India unit, the company said in a filing, as the iPhone maker shifts more manufacturing out of tariff-hit China.

Foxconn's Singapore-based subsidiary will buy 12.77 billion shares worth 10 rupees apiece, amounting to 127.74 billion rupees (\$1.50 billion) in Yuzhan Technology India, according to the London

Stock Exchange filing.

Yuzhan Technology India, Foxconn's unit in Tamil Nadu, manufactures electronic components and also assembles Apple's iPhones.

Apple is positioning India as an alternative manufacturing base amid U.S. President Donald Trump's tariffs on China, which have raised supply chain concerns and fears of higher iPhone prices, Reuters reported last month.



In March, Apple ramped up India production, exporting around 600 tons of iPhones worth \$2 billion to the U.S.

Dixon Technologies' Q4 revenue declines over 1.5 pc

Mumbai: Consumer electronics manufacturer Dixon Technologies on Tuesday reported a decline of approximately 1.54 per cent in revenue from operations in the fourth quarter (Q4) of FY25, falling to Rs 10,292.54 crore from Rs 10,453.68 crore in the previous quarter (Q3).

Similarly, the total income for Q4 also declined by about 1.49 per cent, coming down to Rs 10,303.82 crore compared to Rs 10,460.18 crore in the prior quarter, according to its stock exchange filing. The company financials showed that some expenses rose, others declined. Finance costs surged by 13.18 per cent to Rs 46.26 crore from Rs 40.87 crore in the previous quarter.

Depreciation and amortisation expenses also increased by around 15.16 per cent, reaching Rs 85.91 crore compared to Rs 74.60 crore in Q3. Other expenses went up slightly by 1.69



per cent, moving from Rs 227.28 crore to Rs 231.13 crore. The total expenses in Q4 decreased by about 1.93 per cent to Rs 9,981.92 crore from Rs 10,178.63 crore in the previous quarter.

However, Dixon Technologies' bottom line showed remarkable improvement. Net profit more than doubled, rising by roughly 115 per cent to Rs 464.95 crore in Q4, up from Rs 216.23 crore in Q3.

RVAI Global announces official launch

Mumbai: RVAI Global, a new venture in the AI Services space and a next-generation AI services firm, on Monday, announced its official launch with a mission to empower global enterprises in becoming AI-led organisations. The company aims to simplify the AI journey for businesses through cutting-edge solutions, deep-tech capabilities, and a customer-first approach.

Founded by Vijay Sivaram, part of the founding team at Quesst Corp, and Rohit Himatsingka, formerly with Essar's Black Box, RVAI Global is poised to address the dynamic technology landscape by delivering practical, scalable, and future-ready AI solutions. "It is estimated that 92 per cent of enterprises intend to increase their investments in AI. This synergy will unlock new levels of productivity, efficiency, and decision-making -- placing RVAI at the heart of this transformation," said Vijay Sivaram, Co-founder, RVAI Global.

"Our unique vantage point, built on deep industry experience and advanced tech expertise, will enable clients to unlock value and drive measurable outcomes across their organisations," added Rohit Himatsingka, Co-founder, RVAI Global.

Tata Power posts Rs 1,306 cr Q4 profit, bets big on Assam with Rs 30,000 cr green energy push

Guwahati: Tata Power has reported a robust Q4FY25 performance, clocking a 25% YoY rise in Profit After Tax (PAT) at ₹1,306 crore, on a revenue of ₹17,328 crore, up 7% YoY. EBITDA surged 14% to ₹3,829 crore. The company recorded its highest-ever annual revenue of ₹64,502 crore in FY25, while PAT before exceptional items rose 26% to ₹5,197 crore—crossing the ₹5,000 crore mark for the first time.

The rooftop solar business continued its dominance with over 1.5 lakh installations and a 3 GW installed base, achieving ₹100 crore PAT in Q4 and ₹209 crore in FY25. The company also reported a ₹4,000+ crore order book for third-party solar EPC projects. Its renewable manufacturing facility in Tamil Nadu produced 3,291 MW of modules and 846 MW of cells. Reinforcing its green energy leadership, Tata Power has

committed ₹30,000 crore to Assam's clean energy projects, signing an MoU to develop up to 5,000 MW. The initiative will also generate 3,000 local jobs.

In Guwahati, Tata Power's expansion is expected to drive solar adoption among residential and commercial users, creating business opportunities for local vendors and energizing Assam's rooftop solar ecosystem.

Samsung launches 'Solve for Tomorrow 2025' with Rs 1 crore grant to ignite Gen Z Innovation

Aizawl: Samsung India has launched the fourth edition of its flagship CSR initiative, Solve for Tomorrow 2025, aimed at empowering youth aged 14-22 to tackle real-world problems using technology. The initiative will offer over ₹1 crore in grants, with the top four teams receiving ₹1 crore for incubation at IIT Delhi. Additionally, the top 20 and top 40 teams will receive ₹20 lakh and ₹8 lakh respectively, along with latest Samsung gadgets.

This year's programme introduces global themes including Social Change through Sports, Tech for Education and Better Futures, and Environmental Sustainability via Technology. The competition runs for six months, with applications open until June 30, 2025.

In Aizawl, the tech-savvy youth and student community have welcomed the initiative, viewing it as a powerful platform to channel their creativity into impactful solutions. With Mizoram's growing startup culture and focus on sustainable development, Aizawl mar-



ket observers believe the contest will nurture homegrown innovations, especially in environmental and health-tech sectors, and offer visibility to local talent on a national stage.

Samsung, in partnership with IIT Delhi and the Ministry of Electronics & IT, will provide 82,000 hours of training, prototyping opportunities, and mentorship. Finalists will gain exposure to Samsung's R&D hubs and compete for awards in a national grand finale.

Jayant Chaudhary charts bold skilling vision as five NSTIs chosen for National Centres of Excellence

Guwahati: The Ministry of Skill Development and Entrepreneurship has launched a major skilling overhaul with the selection of five National Skill Training Institutes (NSTIs) for upgradation into National Centres of Excellence (NCoEs), under the ₹60,000 crore National Scheme for ITI Upgradation approved on May 7. Minister Jayant Chaudhary chaired the 'Skill Milan' session with heads of the selected NSTIs in Bhubaneswar, Chennai, Hyderabad, Kanpur, and Ludhiana, to strategize future-ready skill development.

The initiative aims to bolster instructor training, integrate work-based learning, and create strong industry linkages across key sectors such as automotive, textiles, EVs, and AI. "These NSTIs will

set the pace of skill development in India," said Chaudhary, highlighting the focus on institutional excellence and global competitiveness.

In Guwahati, industry stakeholders and skilling institutes see this as a transformative move for Northeast India's workforce readiness. With the region's growing textile and agro-processing sectors, local leaders believe alignment with NCoE frameworks could enhance employability and investment in Assam.

The upgraded NSTIs will operate with academic and financial autonomy, offering pathways from certificate to advanced diploma under the National Credit Framework, and driving India's vision for Viksit Bharat@2047.

ISRL Season 2 attracts global supercross stars, eyes bigger impact in India

Guwahati: The Indian Supercross Racing League (ISRL), the world's first franchise-based Supercross championship, has kicked off Season 2 with a record-breaking 89 rider registrations in just three weeks—surpassing last season's three-month tally. This early surge highlights the league's growing global stature and athlete confidence following a successful debut edition.

Top international riders from Season 1, including 2024 champion Matt Moss (Australia) and French icon Jordi Tixier, have re-registered alongside newcomers like Alexander Fedortsov (USA), Adrien Escoffier (France), and Luke Clout (Australia). Indian stars Rugved Barguje, Ikshan Shanbhag, and Sarthak Chavan are also set to return. The league has drawn interest from across continents, reflecting its mounting international appeal.

Guwahati, a city known for its growing sports fanbase, is witnessing increasing interest in motorsports, with local enthusiasts eagerly tracking ISRL's expansion. The buzz around international participation and elite track standards has stirred curiosity among Guwahati's youth and business stakeholders alike, hinting at potential regional franchise involvement in the future.

Season 2, slated from October to December 2025, will feature races across Indian cities in 450cc International, 250cc International, and 250cc India-Asia Mix categories. With Bollywood actor Salman Khan onboard as brand ambassador, ISRL's profile is set for a dramatic leap in both reach and excitement.

Oriflame unveils 'All or Nothing Amplified Parfum' with 10-hour longevity at Rs 5,799

Guwahati: Oriflame has expanded its premium fragrance portfolio with the launch of All or Nothing Amplified Parfum, a luxurious amber floral scent crafted to make a bold, unforgettable statement. Priced at ₹5,799, the parfum is positioned as the brand's longest-lasting fragrance to date, boasting a proven 10-hour longevity and room-filling sillage—a significant differentiator in the competitive fragrance market.



The composition opens with a vibrant top note blend of juicy Mandarin Oil from Italy, Pink Peppercorn, and Scen-taurus® Juicy notes, delivering a fresh and energizing introduction. At its heart lies the voluptuous Tuberose Absolute from India, layered with Red Ginger Oil from Laos, adding a daring spicy twist that intensifies the floral richness.

The base settles into a warm, seductive dry down featuring premium Patchouli Oil from Indonesia, a precious Amber accord, and creamy White Vanilla accord—delivering depth and staying power that appeals to the confident, modern woman.

Targeted at consumers seeking high-performance luxury fragrances, All or Nothing Amplified Parfum reflects Oriflame's continued focus on innovation and quality in personal care. With its bold olfactory profile and global ingredients, the parfum is set to strengthen Oriflame's position in the premium fragrance segment.

Tide, a unified digital platform supporting entrepreneurs across Bharat

Guwahati: From a hardware shop in Maligaon to a tuition centre in Kamrup Metro, small businesses in Assam are stepping into the digital age—and they're doing it with Tide. In a state where local entrepreneurs have long faced roadblocks like long queues, endless paperwork, and limited credit access, a new wave of digital-first business owners is rising. And they're choosing Tide as their partner in growth. Tide in India, a leading business management platform, is helping MSMEs across Bharat manage their money, business admin, and payments—all from a single mobile app. Whether an entrepreneur is just getting started or already running a growing venture, Tide makes running a business faster, simpler, and easier—

especially in Tier 2, 3, and beyond towns.

The platform also enables digital payments via UPI, seamless money transfers, and quick utility bill payments—all directly from their Tide account. What makes Tide truly stand out is its simple, easy-to-use design—even first-time smartphone users can navigate the app with ease. Gurjodhpal Singh, CEO, Tide (India), said: "With Tide, we are providing these entrepreneurs digital tools that make running and growing their business faster, simpler, and more accessible. What once took weeks can now be done in just a matter of minutes." By bringing speed, trust, and financial control at their fingertips, Tide is helping Bharat's businesses dream big—and deliver bigger.

ASCI releases a whitepaper titled "Examining Opinion Trading in India"

Mumbai: The Advertising Standards Council of India (ASCI) has released a whitepaper titled "Examining Opinion Trading in India," shedding light on the emerging area of opinion trading/prediction markets and the need for regulatory clarity

around this rapidly growing sector. As per the National Initiative for Consumer Interest (NICI), these platforms have over 50 million users and transactions exceeding INR 50,000 crore annually. Opinion platforms engage users to make monetary bets

on binary (yes/no) outcomes of real-world events ranging from sports to politics.

Globally, opinion trading is regulated either as a financial instrument or under gambling laws. In India, SEBI has already issued an advisory dated April 29th, 2025,

cautioning the public that "...opinion trading does not fall within regulatory purview of SEBI, as what is traded is not security...". ASCI has come across advertising from various players, both global and local, as well as influencers on social media

that promote opinion trading as knowledge and skill-based games. Ms. Manisha Kapoor, CEO & Secretary General of ASCI, said, "Opinion trading platforms raise serious concerns as their structure and mechanics closely resemble betting

in some instances and can expose consumers to significant financial risk. The advertising that accompanies these platforms often heightens the risk, with exaggerated claims of easy winnings and false assurances of reliability."

Security deployment for Arunachal's SUMP project triggers protests, raises market concerns

Itanagar: The Indian government's deployment of Central Armed Police Forces (CAPFs) in Arunachal Pradesh's Upper Siang, Siang, and East Siang districts to support the Siang Upper Multipurpose Project (SUMP) has triggered widespread unrest. Three CAPF companies have been stationed at Geku, Uggeng, and Jengging in Upper Siang, with additional forces deployed in Yingkiong, Begging, Parong, Boleng, and

Pasighat to assist the NHPC survey work.

Thousands of locals from Geku, Parong, and Pasighat gathered in Parong village on December 15, 2024, demanding the immediate withdrawal of the paramilitary forces and suspension of the SUMP project. Protesters view the security deployment as an attempt to forcibly impose the controversial dam, raising serious concerns over Indigenous rights and environmental impact.

Activists like Ebo Mili condemned the use of force against peaceful indigenous communities, highlighting violations of the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP) and International Labour Organization (ILO) Convention 169. Civil society organizations have appealed to President Droupadi Murmu for intervention.

In Itanagar, the unrest threatens the region's socio-economic stability, as

local trade heavily depends on peace and community cooperation. Vendors and consumers alike are anxious about disruptions caused by ongoing protests and the heavy security presence, fearing long-term impacts on business and daily life.

The Siang Indigenous Farmer's Forum calls for dialogue and stresses the unconstitutional nature of forced project surveys, urging the government to respect local consent and human rights.

NSDC launches International Academy & 'Skill on Wheel' in Odisha to boost global employability

Guwahati: The National Skill Development Corporation (NSDC) inaugurated its first International Academy at the Skill Development Institute (SDI), Bhubaneswar, in a major move to enhance employability for youth across Odisha and neighboring states. The academy, launched by Odisha Governor Dr. Hari Babu Kambhampati, aims to train young professionals in globally demanded skills and foreign languages, preparing them for international job markets.

In a simultaneous launch, the Governor flagged off the innovative 'Skill on Wheel' initiative—a mobile training unit designed to bring skill development directly to rural and remote areas, expanding access to industry-aligned programs across the state.

With an investment of Rs.



500 crore, the SDI campus spans 47 acres near Barunei Hill, offering multiple Centres of Excellence and industry collaborations. Odisha's Minister of State for Industries, Shri Sampad Chandra Swain, hailed SDI as the "BatiGhara" (lighthouse) for Eastern India's youth, reinforcing Odisha's vision as the Skill Hub of Purva Bharat.

In Guwahati, the NSDC's initiatives signal promising

spillover effects for Northeast India's skill ecosystem. As Guwahati evolves as a commercial and educational center, similar models of mobile and international training could bridge skill gaps, boosting employability and attracting investment in Assam's burgeoning workforce.

The launch was attended by key government officials and industry leaders, marking a significant step in regional skill development.

Rapido launches its bike services in Dibrugarh

Dibrugarh: Rapido, India's leading ride-hailing platform, has launched its bike services in Dibrugarh, marking a major step forward in enhancing everyday transportation access for local residents. The app-based services are now live and available to book, offering seamless first and last-mile connectivity within the city. As one of India's largest contributors to the gig economy, Rapido has already created over 9 million jobs nationwide. Through this expansion into Dibrugarh, the company aims to generate 2,000 new job opportunities, empowering residents with economic independence and flexible earning potential.

Rapido currently facilitates over 3.5 million rides daily, solidifying its position as the country's leading ride-hailing platform. "We're thrilled to introduce Rapido's services in Dibrugarh, making dependable transportation more accessible and improving the way people move around the city," said Pavan Guntupalli, Co-founder, Rapido. "We welcome Rapido's entry into Dibrugarh and see this as a positive step toward enhancing everyday mobility for our citizens," said Hirak Jyoti Deka, DTO, Dibrugarh. By enabling residents to sign up as Rapido Captains, the launch also opens up new income generation avenues for the city's youth, supporting financial independence through flexible work opportunities.

TCI reports robust Q4 and FY2025 growth amid digital and green push

Guwahati: Transport Corporation of India Ltd. (TCI), a leading multimodal logistics provider, announced strong financial results for Q4 and FY2025 ending March 31. The company's consolidated revenue rose 9.3% year-on-year to ₹11,972 million in Q4, while EBITDA grew 11.3% to ₹1,401 million. Profit after tax (PAT) increased 11.4% to ₹1,151 million, reflecting robust operational performance despite global uncertainties.



For the full fiscal year, TCI's consolidated revenue reached ₹45,385 million, up 11.5%, with PAT rising 17.4% to ₹4,161 million. The company credited growth to rising demand in warehousing, especially from quick commerce and consumer durables, alongside enhanced multimodal solutions for heavy machinery and bulk goods.

In Guwahati, TCI's expanding network has significantly improved supply chain efficiency for the Northeast region. Local businesses benefit from faster, reliable freight services connecting Guwahati to key national corridors, boosting trade and commerce.

MD Vineet Agarwal highlighted TCI's focus on sustainability and technology adoption, including EV and LNG trucks and AI-driven analytics, underscoring the company's commitment to green logistics and digital transformation. Agarwal emphasized ongoing investments in talent and automation to position India as a global logistics hub.

Vi accelerates network growth with 1 lakh new towers, launches 'Netties' campaign to ride IPL wave



Guwahati: Vi, one of India's leading telecom operators, announced the addition of more than 1,00,000 towers across the country in just six months of FY24-25, reinforcing its commitment to network expansion and quality connectivity. To celebrate this milestone, Vi launched an innovative campaign featuring "Netties," animated mobile tower avatars styled as a cricket team, riding the wave of ongoing IPL fervor. The campaign, conceptualized by Ogilvy India, includes two TV commercials promoting Vi's network strength and agility, airing across TV, OTT, radio, and social media platforms.

Vi has also expanded its 5G services to Mumbai, Chandigarh, and Patna, with plans to launch in Delhi and Bangalore soon. Alongside,

its 4G network has been enhanced across multiple spectrum bands to improve indoor and outdoor coverage, reaching over 1.07 billion people nationwide.

In Guwahati, Vi's network upgrade is expected to bolster connectivity for the city's growing digital user base. The improved infrastructure will support better data speeds and service reliability, meeting increasing demands in Assam's commercial hub and enhancing customer experience.

Vi's Chief Marketing Officer, Avneesh Khosla, highlighted that the expansion emphasizes strategic deployment in high-traffic areas to deliver a future-proof network. The "Netties" campaign embodies Vi's promise of consistent and quality service across India.

Oriflame unveils AI-crafted 'Scope Time Loop' Eau de Toilette at Rs 1999

Shillong: Oriflame has launched its latest fragrance, Scope Time Loop Eau de Toilette, a warm and nostalgic scent designed to evoke joyful memories and serene emotions. Priced at ₹1999, the fragrance offers a comforting blend that begins with a Joyful Accord of Smooth Vanilla, Sea Breeze, Pear, and Mandarin, creating a sense of happiness and calm.

The heart of the fragrance unfolds into a soothing floral medley of Jasmine, Lavender, and Violet Leaves, while the base settles into a sensual mix of Musk, Evernyl, and another

er hint of Vanilla, making it an intimate and cozy olfactory experience.

What sets Scope Time Loop apart is its innovative development process, combining the expertise of perfumers with Philyra, a cutting-edge AI fragrance tool. By analyzing over 3.5 million formulas, 2,000 raw materials, and historical scent data, Philyra enables the creation of bold ingredient pairings and fresh olfactory directions.

The result is a fragrance that feels both familiar and futuristic, reflecting Oriflame's commitment to blending tradition



with innovation. Scope Time Loop is designed for individuals looking to express the peaceful, joyful side of their personality—making it not just a scent, but an emotional experience in a bottle.

Smart snacking key to weight loss, says Nutritionist Dr. Rohini Patil

Guwahati: As awareness around weight management grows, nutrition-led snacking is witnessing a surge, especially in urban centers like Guwahati. Dr. Rohini Patil, MBBS and Nutritionist, emphasizes that healthy snacking can support weight loss goals—if done right. She advocates nutrient-dense options such as almonds, sprouts, and paneer to curb cravings and maintain energy levels throughout the day.

Among her top recommendations, California almonds stand out for their 15 essential nutrients, including protein, magnesium, and vitamin E. Their satiety-boosting properties and versatility—whether eaten

raw, roasted, or blended—make them a preferred snack. Other expert-approved snacks include oil-free moong dal chilla with vegetables, sprouts bhel rich in fiber and vitamins, refreshing paneer-cucumber salad, and protein-packed roasted chana.

Guwahati's retail landscape is reflecting this health-conscious shift. Organic and dry fruit stores in markets like Fancy Bazaar and GS Road report a steady uptick in the sale of almonds, moong dal, and sprouts. Consumer preferences are clearly moving toward low-calorie, high-nutrition snacks, driving demand for clean-label food products.

With consumers prioritizing wellness, Dr.



Patil advises incorporating smart snacks into daily routines as a sustainable strategy for weight management and overall well-being.

Vi boosts international roaming packs with double data and travel benefits for summer holidays

Guwahati: Vi has enhanced its International Roaming (IR) postpaid plans ahead of the busy summer travel season, offering users double data, free incoming calls, and baggage protection across more than 145 countries. With outbound travel surging during Indian academic holidays, these upgraded plans start at Rs 649 and cater to both short and long-duration travelers.

The revised IR packs deliver significant value, doubling data allowances and providing unlimited incoming calls. For example, the 30-day pack now offers 30GB data instead of 12GB. Customers can activate these packs up to 60 days in advance via the Vi app or website, ensuring seamless connectivity abroad. Additionally, 24x7 international roaming assistance and baggage protection through a partnership with Blue Ribbon Bags — compensating up to Rs 19,800 per lost or delayed bag — add convenience and peace of mind for travelers.

In Guwahati, where outbound international travel is rising steadily, Vi's enhanced roaming plans are expected to benefit frequent travelers such as students and professionals. The added data and support services will help users stay connected with family and work during their trips, reinforcing Vi's growing presence in this key northeastern hub.

With these upgrades, Vi strengthens its position as a customer-first telecom operator, meeting the evolving needs of Indian travelers this summer.

Government Launches North East Apprenticeship Pilot Scheme

Aizawl: The North East Apprenticeship Pilot Scheme has been launched by Chief Minister of Mizoram, Shri Lalduhoma, and Union Minister Shri Jayant Chaudhary, aiming to enhance apprenticeship training across the region.

The initiative, supported by ₹43.94 crore, will provide over 26,000 youth with an additional ₹1,500 monthly stipend for one year, facilitating access to quality training both locally and beyond. This program aligns with Prime Minister Modi's vision for inclusive growth, with a focus on enhancing women's participation.

Minister Jayant Chaudhary emphasized the importance of



industry exposure for youth, while Chief Minister Lalduhoma highlighted Mizoram's demographic advantages and commitment to skill development. The scheme will be implemented by the Indian Institute of Entrepreneurship and the National Skill Development Corporation.

Additionally, a Memorandum of Understanding was signed with Welspun Living Limited to train 1,000 youth in the textile sector, ensuring at least half are women. The program aims to build a capable workforce, contributing to India's goal of a \$5 trillion economy.

PMI in India hails T&T mechanism roll out in the country aimed at curbing illicit tobacco trade

Dimapur: Philip Morris International Inc.'s (PMI) India affiliate, IPM India, has hailed India's decision to roll out pack-level Track and Trace (T&T) as a game-changing move against illicit tobacco trade and a major step towards modernizing regulatory enforcement. Approved under Section 148A of the Central Goods and Services Tax (CGST) Act, this reform marks a bold move to protect revenue, tighten enforcement, and bring greater transparency and accountability to India's tobacco market. Starting with cigarette packs, the government has chosen a smart, high-impact strategy to curb illicit tobacco trade. The proposed T&T mechanism will be a practical, real-world solution designed for immediate impact—and a



critical foundation for a more modern, technology-driven regulatory system.

With operations across multiple markets, PMI brings deep, practical experience from some of the world's most advanced T&T systems and implemented it voluntarily in 140+ markets worldwide. Similar systems have been successfully deployed in UK, Russia, Jordan, Gulf Cooperation Council (GCC), where PMI has worked with national authorities to build scalable, locally adapted

traceability frameworks. Emphasising the need for a stringent T&T mechanism, Navaneel Kar, Managing Director, IPM India said, "PMI has long invested in technologies that protect supply chain integrity globally, and we are committed to partnering with the Indian government to make this initiative a success." With smart partnerships and sustained innovation, India can build one of the world's most resilient, transparent, and future-ready regulatory ecosystems.

Technology and community drive improved diabetes care for school children in Guwahati

Guwahati: As the new academic year kicks off, managing Type 1 diabetes among schoolchildren in Guwahati is becoming increasingly streamlined, thanks to advancements in healthcare technology and growing community support. Type 1 diabetes requires regular blood sugar monitoring and insulin management, which can be challenging in a school setting.

Dr. Abhamoni Baro, Consultant Endocrinologist & Diabetes Specialist, Pratiksha Hospitals, Guwahati, said, "Incorporating a regular routine and physical activity into the daily routine of a child with Type 1 diabetes is important for their health and well-being. For parents, integrating structured measures such as diet, exercise and continuous monitoring can positively impact their child's blood sugar control. It also enhances their insulin sensitivity and support a healthier lifestyle. Helping a child navigate their diabetes journey can be made hassle-free by embracing advancements that help simplify diabetes management. For instance, parents can utilize continuous glucose monitoring (CGM) devices, measuring glucose levels all day and night. These offer real-time data on how blood sugar levels respond to factors like meals, physical activity, and insulin doses."

CGM technology provides real-time glucose data with alerts for hypoglycemia and hyperglycemia, allowing parents to remotely track their child's condition via smartphones.

Dr. Kenneth Lee, Director, Medical Affairs, Diabetes Division, Abbott, said, "It is difficult to manage diabetes, especially for a child. In cases like these, parents play a crucial role in caring for them. For the ease of managing diabetes and enabling families to cope, technology-driven progress such as continuous glucose monitoring (CGM) devices can provide immense benefits. Unlike older CGM blinded technologies, which only provided retrospective data, advanced CGMs offer real-time, actionable insights that allow parents and children to respond to fluctuations immediately. With seamless smartphone integration, parents can remotely track their child's glucose trends and receive alerts about unexpected highs or lows, helping them make timely adjustments. This level of data-driven feedback ensures better glucose management and a smoother school experience."

In Guwahati, the diabetes care is witnessing rising demand for CGM devices and diabetes-friendly nutritional products. Local healthcare providers and retailers are expanding their offerings, making it easier for families to access necessary supplies and balanced meal options. This growth reflects heightened awareness and acceptance of diabetes management tools in the region.

Parents are encouraged to monitor blood sugar regularly, promote enjoyable physical activities, maintain diabetes journals, teach stress management, and support smart meal planning to ensure their children's well-being throughout the school year.

Medanta Reports 12.6% Revenue Growth in FY2025, Announces Expansion Plans

Mumbai: Global Health Limited (Medanta) has announced a 12.6% year-on-year increase in consolidated total income, reaching INR 37,714 million for the fiscal year ended March 31, 2025. The healthcare provider reported EBITDA of INR 9,562 million, a 9.4% growth, with margins at 25.4%.

The company's profit after tax stood at INR 4,813 million, with adjusted PAT of INR 5,186 million after accounting for a one-time expense of INR 499 million related to the merger of its Lucknow entity. The board has recommended a final dividend of INR 0.50 per share.

Medanta added 219 new beds across its facilities in FY2025, increasing capacity by 7.8%. Patient volumes grew significantly, with in-patient count up 11.7% and out-patient count rising 9.5%.

Group CEO Pankaj Sahni highlighted the company's expansion plans, including a 550-bed facility in Noida set to open in Q2 FY2026 and new greenfield projects in Mumbai, Pitampura, and Guwahati. The company also reported clinical achievements, including performing CAR-T cell therapy at its Lucknow and Gurugram facilities.

For Q4 FY2025, Medanta reported a 14.1% year-on-year revenue growth to INR 9,542 million, with EBITDA margins improving to 26.0% from 24.7% in the same quarter last year.

Shivangi Joshi celebrates her birthday in the 'most meaningful way' with underprivileged kids

Mumbai: Television actress Shivangi Joshi turned her birthday into a heartfelt celebration by spending the day with underprivileged children. Rather than a lavish party, the actress chose to distribute essentials, play games, and share moments of joy with



the kids, calling it the "most meaningful way" to mark her special day. Taking to Instagram, Joshi shared a video from the celebrations and wrote, "I started my birthday in the most meaningful way surrounded by little bundles of joy and wise, gentle souls. We shared cake, smiles, quiet moments and in between, so much laughter, strength, and love..."

The actress added, "To the beautiful children and resilient elders who made this day unforgettable...thank you for the warmth in your eyes, the strength in your smiles, and the joy you so freely gave me. Being with you was a gentle reminder of how much happiness lives in the simplest things... in just being present, in just being there for one another. I prayed for each of you for your health, your dreams, your hearts and for love to keep finding you, always.. My heart feels full. Grateful beyond words."

The 'Yeh Rishta Kya Kehlata Hai' actress posted a series of snapshots from her birthday celebration alongside underprivileged children and senior citizens. In the photos, she's smiling for selfies, helping to slice the birthday cake, and sharing moments of laughter with kids.

Shivangi Joshi celebrated her 27th birthday on May 18. The actress rose to prominence with her stint in the show, 'Yeh Rishta Kya Kehlata Hai' and went on to star in 'Balika Vadhu 2' and 'Barsatein - Mausam Pyaar Ka.'

Jacqueline Fernandez enjoys 'serenity in the magic' air of Cannes

Mumbai: Bollywood actress Jacqueline Fernandez took to social media to share a glimpse of the serenity she experienced amid the magical ambiance of Cannes 2023.

On Monday, the 'Kick' actress shared a few stunning photos, beautifully capturing her tranquil moments and showcasing the peaceful side of the prestigious festival.

In the images, she is seen striking poses against the breathtaking backdrop of a beautiful sea landscape, wearing an elegant backless gown. Sharing the post, Jacqueline wrote, "Serenity in the magic air of Cannes @redseafilm 'Women in Cinema.'"

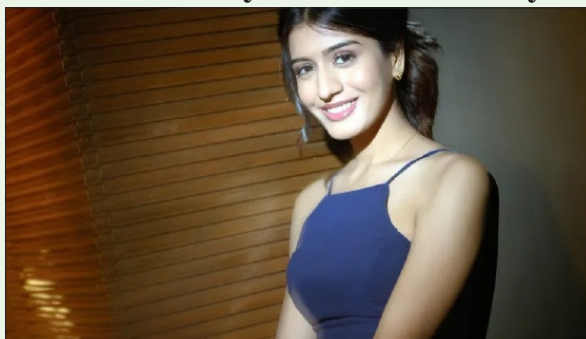
Jacqueline Fernandez, who skipped the opening ceremony's red carpet, made a stylish entrance on day three at the French Riviera to represent Indian cinema. The actress made heads turn in a strapless red gown.

Jacqueline was one of six women worldwide recognized by the Red Sea Film Festival's new initiative, alongside Sarah Taibah, Elham Ali, Amina Khalil, Engfa Waraha, Gaya Jiji, and Rungano Nyoni. She took to Instagram to share her excitement about being honored as part of the 'Women in Cinema' initiative.

The 'Fateh' actress wrote, "I have no words to describe how humbled i am to have been an honouree for 'Women in Cinema' with @redseafilm at Cannes Cinema is my love my passion and means everything to me! Thank you for acknowledging us and raising us up to reach new heights globally now. Women supporting women and empowering each other in our film industry is what i truly believe in. Thank you so much for making me a part of this imperative and beautiful initiative. Merci."

Jacqueline Fernandez marked her second appearance at the Cannes Film Festival this year. The 78th edition of the festival began on May 13 in France, drawing renowned celebrities from across the globe. Jacqueline attended the prestigious event through a special collaboration between the Red Sea Film Festival and Cannes 2025.

Aadhya Anand reveals How 'Knock Knock Kaun Hai' tested her mentally and emotionally



Mumbai: Actress Aadhya Anand has opened up about the intense journey she underwent while filming 'Knock Knock Kaun Hai,' describing the role as her most mentally and emotionally demanding to date. The actress revealed that inhabiting her complex character pushed her beyond her comfort zone at every turn. Stepping away from her familiar teenage, romantic parts, Aadhya tackles a role that's deeply nuanced, startlingly unpredictable, and packed with emotional intensity.

Speaking about the transition, she shared, "Someone with a strong background in sports and athletics, I've always been drawn to roles that are high energy and dynamic. While I enjoy playing sweet romantic characters, I felt it was time to explore something more intense and layered. Knock Knock Kaun Hai? is a complete rollercoaster, mystery, thriller, romance, murder that keeps you guessing."

Urvashi Rautela opens up about missing her wheelchair-bound mother at Cannes 2025

Mumbai: Actress Urvashi Rautela, who made a dazzling appearance at the Cannes Film Festival 2025, couldn't hold back her emotions as she spoke about her wheelchair-bound mother.

The actress opened up about how difficult it was to attend the prestigious event without her mother by her side. Holding back tears, Urvashi revealed that her mother, who is now confined to a wheelchair following a tragic accident, has remained her biggest source of strength. The Sanam Re actress shared, "My heart carries a profound story of resilience, inspired by the unwavering spirit of my beloved mother. Despite a tragic accident that confined her to a wheelchair, her love for me remains boundless, a radiant beacon of hope that pierces through life's darkest moments."

Rautela added, "With her words, she weaves a tapestry of wisdom, urging me to rise above negativity, to keep my eyes fixed on my dreams, and to embrace the beauty of life's brighter hues. She reminds me that, as an outsider, I dared to chase my ambitions and turned them into reality—a testament to perseverance and courage. Each step forward is a tribute to her teachings. My deepest wish is for her swift recovery, so we may once again embark on adventures together, hand in hand, as we did in the magical streets of Paris. Those cherished moments—blending work with the warmth of mother-daughter bonding—remain etched in my soul, fueling my longing to relive them soon."

The actress went on to state, "With unwavering



optimism and a heart full of gratitude, I look to the future, praying for her strength and our shared travels. My mother's love is my greatest inspiration, and I strive to honor her by living with purpose, resilience, and an unyielding belief in the power of positivity. Together, we will conquer mountains and create memories that shine as brightly as the stars."

At the glittering, star-studded award ceremony, the actress made a stunning statement in a custom black Taffeta Couture gown. Featuring an enchanting silhouette and an illusion bodice, the elegant ensemble was crafted by renowned bridal couturier Naja Saade.

Sharing her photos on Instagram, Urvashi Rautela wrote, "78th Cannes Film Festival 'O Agente Secreto' Red Carpet Custom Black Taffeta @najasaade Couture dress Celestial dance and mystical silhouette with an illusion bodice and an overlapping draped taffeta."

Karisma Kapoor has the sweetest way to beat the summer heat

Mumbai: Karisma Kapoor is embracing the summer vibes in the sweetest way possible. The actress shared a refreshing photo of herself enjoying a juicy slice of watermelon, giving fans a glimpse of how she's staying cool amid the rising temperatures. Needless to say, Karisma's post is a perfect reminder to savor the simple joys while beating the heat this season. Sharing her photos, the 'Dil To Pagal Hai' actress wrote, "Watermelon Sugar #SummerFeels." Taking to Instagram, she posted two photos of herself: In the first image, she is seen sitting by the side of



a pool, and in the other, she poses with a slice of watermelon.

Karisma looks elegant in a maroon-colored suit, styled with soft, glowy makeup. On the professional front, Karisma Kapoor will soon be seen in the series "Brown," where she portrays a detective and recovering alcoholic who investigates

the murder of a young woman from a prominent family.

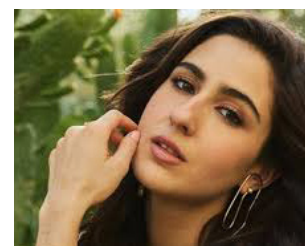
Directed by Abhinay Deo, the series features an impressive ensemble cast, including Surya Sharma, Helen, Soni Razdan, Meghna Malik, Jisshu Sengupta, K.K. Raina, Ajinkya Deo, Aniruddh Roy, Shatrughan Kumar, and Kiara Sadh. Produced by Rithika Rajachandran and Satrajit Sen, "Brown" is reportedly inspired by Abheek Barua's 2016 book 'City of Death.' Karisma described her character, Rita Brown, as "unique and multifaceted," highlighting the depth and complexity of the role.

Sara Ali Khan shares her go to routine to depuff her face and glow at a wedding

Mumbai: Sara Ali Khan took to social media to reveal her top beauty hacks for de-puffing her face ahead of her best friend's wedding. Known for her candid posts, the actress, on Tuesday, shared a glimpse into her go-to skincare and makeup routine that helps her look fresh, radiant, and camera-ready for special occasions. From cold therapy to light makeup tricks, Sara shows how to glow effortlessly

for any special occasion.

Taking to Instagram, the 'Simmba' actress shared a fun behind-the-scenes video of her getting ready for her best friend's wedding. The clip begins with the actress indulging in an ice facial to reduce puffiness and add a natural glow. She's then seen playfully brushing her teeth with special purple corrector paste. After applying sunscreen to prep her skin, Sara



makes a stunning transition into an elegant purple lehenga. She completes her look with soft glam makeup.

Dravid: Self-Awareness Unlocks Cricketers' Full Potential

New Delhi: Former India captain and current Rajasthan Royals coach Rahul Dravid believes that true greatness in cricket comes only when players understand themselves deeply—both as athletes and as individuals. Speaking to JioHotstar's "Halla Bol" series amid the IPL season, Dravid shared insights drawn from his experiences leading India to a T20 World Cup triumph and mentoring top talents in the IPL. "Being technically proficient and dedicating hours to practice can only carry you so far," Dravid noted. "The truly exceptional players I've worked with all share one trait:

they know exactly who they are." According to India's second-highest run-scorer in Tests, this self-knowledge breeds the confidence and clarity necessary to maximize one's skills under pressure. Dravid emphasized that natural ability must be complemented by personal growth. "You've been gifted the talent to excel in cricket," he said, "but to unlock your full potential, you must also grow as a person—on and off the field." He warned against the pitfalls of constantly comparing oneself to others, arguing that each athlete's journey is unique. "Your sole task is to harness your own strengths



and work on your individual growth.

Comparing yourself to someone else only distracts from the

process of selfimprovement." Drawing on examples from his storied career and his time with the Royals, Dravid urged

young cricketers to cultivate selfawareness through reflection, disciplined routines, and honest feedback. "When you know your strengths and acknowledge your weaknesses, you set a clear roadmap for development," he explained. "That clarity fuels focus, resilience, and ultimately, peak performance." As India's cricketing landscape grows ever more competitive, Dravid's message serves as a reminder that talent alone is not enough. It is the combination of skill, self-knowledge, and continuous personal evolution that separates good players from truly great ones.

Rain Washes Out RCB vs KKR, KKR Eliminated



Bengaluru: A relentless evening downpour in Bengaluru forced the abandonment of Royal Challengers Bengaluru's clash with Kolkata Knight Riders on Saturday, handing each side a single point and simultaneously nudging RCB closer to a play-off berth while ending KKR's title defence hopes.

The rain, which began around 6 pm and fluctuated in intensity, never relented—so much so that the toss couldn't take place—and officials finally called off the fixture at 10:24 pm. RCB now sit atop the IPL table with 17 points from 12 matches; just one victory in their remaining two games will guarantee them a place in the knockout stage. They currently lead the standings, one point clear of the Gujarat Titans, who have amassed 16 points so far. Next up for Bengaluru is a home encounter with already-eliminated Sunrisers Hyderabad on May 23, followed by an away trip to face Lucknow Super Giants on May 27.

For Kolkata, this washout confirmed a disappointing season: they finish on 11 points from 13 outings and, even with a win in their final league match, cannot reach the four-team cutoff.

Gill Stresses Momentum After GT Secure Playoffs

New Delhi: Former champions Gujarat Titans booked their place in the IPL playoffs with a commanding 10-wicket victory over Delhi Capitals on Sunday, and captain Shubman Gill emphasised the importance of maintaining momentum through their remaining league fixtures and into the knockout stage. Opening the run chase of 200, Sai Sudharsan blazed an unbeaten 108 off 61 balls before Gill himself produced a composed 93 not out off 53 deliveries, steering the Titans home with six balls to spare. "Feels great to get the qualification, but we still have two important games left," Gill said at the post-match presentation. "Carrying momentum is important."

Gill explained that he has learned to separate his batting mindset from the added responsibilities of captaincy. "I've talked about being a batter first—thinking like one without worrying about captaincy," he said. "Last year I found the leadership role challenging and learned how to manage it late in the season. Our fielding dipped at times and we dropped too many catches, but we reflected on that and worked on it during the break." The enforced hiatus due to the India-Pakistan tensions, Gill revealed, allowed him to recover from an illness. "I'd gotten sick, and that break helped me get back to full fitness," he added. On the field, he praised the chemistry with Sudharsan: "When someone like Sai is in form and convert-



ing starts, things become easier. You don't have to over-communicate—just focus on what's required and stay in the moment."

Assistant coach Parthiv Patel credited the openers' "lowrisk game" and mutual understanding for laying the platform all season. "They know each other's games so well," Patel remarked. "They've worked hard on the basics, and that shows in the way they hit boundaries. Under Patel's guidance, the Titans now lead the run charts, with Gill on 609 runs and Sudharsan on 594. Player of the match Sudharsan echoed the mantra of composure. "We stayed cool mentally and targeted a few big overs after the 12th over, which paid off," he said. "I'm more confident now, willing to take the game deeper and expand my repertoire—especially against spin in the later overs." Meanwhile, Delhi skipper Axar Patel highlighted areas for his side to address: "Our batting was excellent, but we need to improve our fielding and powerplay bowling."

With confidence high and momentum firmly in their favour, the Gujarat Titans head into their final two league matches determined to carry this form into the playoffs.

Vidarbha Pro T20 League Kicks Off in Nagpur June 5–15

Nagpur: The Vidarbha Cricket Association confirmed on Saturday that the maiden edition of the Vidarbha Pro T20 League will be contested from June 5 to 15 at the VCA Stadium in Jamtha, Nagpur. This landmark tournament introduces six men's and three women's franchise teams, blending emerging prospects, regional standouts, and experienced campaigners from across Vidarbha.

Designed to bolster the domestic cricket framework in central India, the league offers a dedicated platform for home-grown talent to shine on a big stage. "The inaugural Vidarbha

Pro T20 League is a long-awaited step toward giving our cricketers the exposure, competition, and recognition they deserve," said Prashant Vaidya, chairman of the league's governing council. "We are committed to making this a world-class tournament and a celebration of local talent." Adding star power to the event, India pace spearhead Umesh Yadav and former national women's fast bowler Jhulan Goswami have been named league ambassadors. Their involvement underscores the VPTL's ambition to inspire younger players and draw wider attention to the region's cricketing pedigree.



As the countdown begins, teams are finalizing squads and training regimens, while organizers prepare the Jamtha facility for ten days of high-octane T20 action. Fans in Vidarbha and beyond can look forward to fast-paced matches, emerging rivalries, and the chance to witness the region's rising stars in a competitive T20 showcase.

India Triumph on Penalties to Retain SAFF U-19 Title

Yupia (Arunachal Pradesh): In a pulsating final at the SAFF U-19 Championship, India demonstrated remarkable composure under pressure to beat Bangladesh 4-3 in a penalty shootout, after the match had finished 1-1 in regulation time. The victory ensures that the Blue Colts hold on to their regional crown, much to the delight of a fervent home crowd at the SAI Stadium. From the first whistle, India set the tone. Captain Singamayum Shami sprang a surprise in the second minute with a spectacular free-kick from more than 30 yards. Spotting Bangladesh keeper Md Ismail Hossain Mahin slightly off his line, Shami bent the ball around the wall and into the top corner, leaving

Mahin grasping at air. The early strike electrified the stands and gave India control of the game's tempo.

For the next hour, India dominated possession with crisp passing and sharp offball movement. Wingers Omang Dodum and Rohen Singh repeatedly tested Bangladesh's full-back pairing, while midfield anchors Bibiano Fernandes and Lalengmawia made crucial interceptions. In the 16th minute, Dodum embarked on a mazy solo run that carried him into the box, only for Mahin to produce a vital reflex save to preserve Bangladesh's hopes. Bangladesh weathered the early storm and gradually grew into the contest, carving out their chance in the 61st min-

ute. A chaotic corner kick led to a loose ball in the box, and substitute Md Joy Ahamed was quickest to pounce, drilling a low shot past India's keeper Suraj Singh Aheibam to level the score. It was the first goal India had conceded all tournament, and it shifted the momentum in Bangladesh's favour.

The remainder of regulation saw both sides pressing for a winner, but stout defending and tactical fouls kept the score deadlocked. As the final whistle blew, anticipation turned to nerves in the shootout. India stumbled initially—Rohen's attempt was saved—leaving them 2-3 down. However, when Bangladesh skipper Nazmul Huda Faysal blazed his effort over



the bar, the tide turned. India's five successive successful kicks, capped by a decisive save from Suraj Singh on Salahuddin Sahed, set the stage for Shami to step up. The captain coolly slotted home the winning penalty, sparking wild celebrations. With this hard-fought triumph, India underline their status as the region's pre-eminent youth side, combining flair with unshakeable nerve to secure back-to-back SAFF U-19 titles.