

PM Modi to visit Saudi Arabia for bilateral talks

PIONEER NEWS SERVICE ■ New Delhi

Prime Minister Narendra Modi will pay a two-day visit to Saudi Arabia beginning Tuesday with focus on further expanding bilateral cooperation in several key areas including energy, trade and defence.

The visit will provide an opportunity to build on the already strong strategic partnership between the two countries, Foreign Secretary Vikram Misri said here on Saturday at a media briefing.



FILE PHOTO

The Prime Minister and Crown Prince share a strong personal bond, marked by mutual respect, which has greatly benefited the bilateral relationship. Prime Minister Modi is visiting Saudi Arabia at the invitation of Crown Prince Mohammed bin Salman.

bilateral relations across various areas including political, defence, security, trade, investment, energy, technology, health, education, culture and people-to-people ties.

Inherited truth, courage from Nehru: Rahul Gandhi

PIONEER NEWS SERVICE ■ New Delhi

Jawaharlal Nehru's greatest legacy was giving Indians the courage to resist oppression and claim freedom, Congress leader Rahul Gandhi said on Saturday and added he inherited "truth and courage" from his great-grandfather — the country's first prime minister.

style conversation with Sandeep Dikshit, I speak about what drives me — the pursuit of truth — and how that pursuit is inspired by my great-grandfather, Jawaharlal Nehru. He wasn't just a politician. He was a seeker, a thinker, someone who walked into danger with a smile and came out stronger."

Centre engages fishermen to combat pollution in Ganga

PIONEER NEWS SERVICE ■ New Delhi

In a bid to combat escalating plastic pollution in the Ganga, a government-funded study has proposed a "cash-for-nets" scheme aimed at incentivising fishermen to return worn-out or abandoned fishing nets.

ically endangered' gharial with 11. However, the study cautioned that these figures likely underrepresented the actual scale as it was limited to incidents observed during the brief survey window (30 days per year) or reported by local communities.

Low level of education among fishing communities was identified as a key barrier to awareness and access to information about the environmental and economic impact of ghost gear

ing incentives could encourage eco-friendly practices," the Wildlife Institute of India said in its study report.

BJP steps up attack on Supreme Court

PIONEER NEWS SERVICE ■ New Delhi

BJP MP Nishikant Dubey, one of the more vocal party members in the Lok Sabha, launched a broadside against the Supreme Court on Saturday, saying Parliament and state assemblies should be closed down if the apex court has to make the laws.

The SC's decision to set a timeline for the President to take a decision on the bills sent to them has triggered a fresh round of debate, with VP Dhankhar voicing strong disapproval of the judgement

considering it wrong and that Section 66(A) was required to curb the increasing misuse of online platforms to send objectionable contents.

Railway added more facilities since 2014

DEEPAK KUMAR JHA ■ New Delhi

With no facility of on-board lavatories for the railway loco pilots in 2014, the Indian Railways enhanced with more than 9,000 facilities to improve the working conditions of train pilots.



FILE PHOTO

nology for braking systems are further improving safety. Onboard facilities, better technologies, and better rest timings are also improving the working conditions, claimed the officials.

use toilets at terminal stations. Crew of passenger trains use toilet of train when train is standing at station and also use this time for snacks.

Waqf by user issue deliberately raised by Centre to bring properties to dispute: Mallikarjun Kharge

PIONEER NEWS SERVICE ■ New Delhi

Congress president Mallikarjun Kharge on Saturday said the Supreme Court has given importance to the points raised by the Congress and other opposition parties on the Waqf (Amendment) Act and alleged that the government had raked the 'Waqf by user' issue deliberately to create a dispute over such properties.



Herald case. "You must have noticed how, as part of a big conspiracy, the names of CPP Chairperson Sonia Gandhi and leader of Opposition in Lok Sabha Rahul Gandhi have been put in the charge sheet in the National Herald case. But no matter whose name they put, we are not going to be afraid," Kharge said.

Amit Shah urges Naxals to surrender, join mainstream

PIONEER NEWS SERVICE ■ New Delhi

Union Home Minister Amit Shah on Friday asked all underground Naxals to surrender as soon as possible and join the mainstream, saying the government is determined to free the country from the scourge of Naxalism before March 31, 2026.

The Commando Battalion for Resolute Action (CoBRA) is a specialised unit of the CRPF, known for its proficiency in guerrilla and jungle warfare, particularly in combating the Naxal menace

US airstrike on Yemen escalates Trump's campaign

PRESS TRUST OF INDIA ■ Dubai

US airstrike on an important oil port held by Yemen's Houthi rebels killed more than 70 people and wounded many others...

smashed tanker trucks. They denounced the strike as a "completely unjustified aggression." "It targets a vital civilian facility that has served the Yemeni people for decades..."



country's energy-rich Marib governorate moved through Ras Isa for export. But since the Houthis don't control that region, the port now serves as an import hub for gasoline, diesel and liquefied petroleum gas...

liest known attack yet in the month-old campaign. The actual cost in lives is hard to assess, said Luca Nevola, the senior analyst for Yemen and the Gulf at the Armed Conflict Location & Event Data Project, a think tank.

The US accuses a Chinese company of aiding Houthi attacks. A US State Department spokesman, Tammy Bruce, accused a Chinese commercial satellite image provider, Chang Guang Satellite Technology Co. Ltd., of "directly supporting Iran-backed Houthi terrorist attacks on US interests."

Trump to invoke 'Schedule F' to fire some federal workers

PRESS TRUST OF INDIA ■ Washington

President Donald Trump is preparing to make one of the controversial personnel changes laid out in the conservative Project 2025 blueprint for his second term.



his term, and it's expected to be published in the Federal Register on Friday afternoon.

behavior, they should no longer have a job," he wrote on his Truth Social platform. "This is common sense, and will allow the federal government to finally be run like a business."

Administration officials argue that it's necessary to increase accountability in the workforce. The change is expected to make it easier to replace career employees who have "important policy-determining, policy-making, policy-advocating, or confidential duties," according to a White House fact sheet.

Member of Ahmadi community lynched in Pakistan TLP rally

PRESS TRUST OF INDIA ■ Karachi

A mob of Islamists allegedly beat to death a member of Pakistan's minority Ahmadi community Friday while demonstrating near an Ahmadi place of worship in Karachi, a member of the community said.

avoid any unrest in the city ahead of the TLP rally. He said Cheema was killed away from the Ahmadi worship site, and that police were still trying to confirm who attacked him.

OFFICE OF THE DIGP, GROUP CENTRE, C.R.P.F. DADRI ROAD GREATER NOIDA-201306. ADVERTISEMENT. It is informed that requirement of Lady Headmistress, Teacher & Aaya for Nursery, LKG and UKG for the academic session 2025-26 at Montessori School of Deputy Inspector General of Police, Group Centre, CRPF, Dadri Road, Sutiara, Greater Noida-201306...

PUBLIC NOTICE. This is to inform General Public and others that my client Radhey Shyam Vijay S/o Late Sh. Ram Swarup Vijay R/o RZ-421 Gali No. 13 Tughlakabad Extn. New Delhi - 110019 presently residing at H.No. 20/1 Gali No. 3, Malik Colony, Udhampur Singh Nagar, Uttarhand-263153 has severed his all relation from his son Om Vijay and his family and Disowned from all moveable and immovable properties with immediate effect.

PUBLIC NOTICE. Public is hereby informed that Mr. Lokesh Kumar has claimed to the DDA LG Flat No. A-4C/164, Situated in the layout plan of Housing Estate, Janakpuri New Delhi. And now, Mr. Lokesh Kumar and Mrs. Jagtamba Devi has approached the IDBI Bank Ltd. for loan against mortgage of above said property.

PUBLIC NOTICE. Be it known to all, that my client Ms. Manik Motors India LLP intends to purchase the property being Freehold Industrial Plot No. A-7, situated at Mohan Co-operative Industrial Estate, Mathura Road, New Delhi, measuring 1004.88 Sq. Yards, from its present owner Mrs. Mirza International Limited (formerly Mirza Tanners Limited).

THE PIONEER CLASSIFIEDS. CHANGE OF NAME. I, Bijender Singh, Father of No.10137044F Rfn Sonu, R/o-Vill- Koth Kalan, PO- Koth Khurd, Teh- Narnaund, Dist- Hisar, Haryana, have changed my name from Bijender Singh to Bijender Sharma, vide affidavit dated 19/04/2025 before Notary Public Delhi.

I, Kanta Devi, Mother of No.10137044F Rfn Sonu, R/o-Vill-Koth Kalan, PO-Koth Khurd, Teh- Narnaund, Dist- Hisar, Haryana, have changed my name from Kanta Devi to Kanta, vide affidavit dated 19/04/2025 before Notary Public Delhi. I, Laxmi Devi W/o-No. 6395722Y Hav Ravindra Singh, R/o-Vill-Adhurrpur, PO-Bishenmu, Teh-Bighapur, Dist-Unnao, U.P.-229503, have changed my name from Laxmi Singh to Laxmi Devi, vide affidavit dated 19/04/2025 before Notary Public Delhi.

Iran, US to hold second nuclear talks in Rome

PRESS TRUST OF INDIA ■ Rome

Iran and the United States prepared Saturday for a second round of negotiations over Tehran's rapidly advancing nuclear programme in Rome. The talks in Italy over Easter weekend again will hinge on US billionaire Steve Witkoff, the US Mideast envoy of President Donald Trump, and Iranian Foreign Minister Abbas Araghchi.



US special envoy Steve Witkoff

spiked over the Israel-Hamas war in the Gaza Strip and after US airstrikes on targeting Yemen's Iranian-backed Houthi rebels killed more than 70 people and wounded dozens more. "I'm for stopping Iran, very simply, from having a nuclear weapon," Trump said Friday.

MPL MAITHON POWER LIMITED. Registered Office: Corporate Center, 34 Sant Tukaram Road, Carnac Bunder, Mumbai 400 009, Tel: 91 22 67171232. Website Address: www.tatapower.com/mpl. PUBLIC NOTICE. Notice Inviting Suggestions/ Objections on Petition of Maithon Power Limited in compliance with Clause (7) of Regulation 23 of Central Electricity Regulatory Commission (Conduct of Business) Regulations, 2023 for determination of supplementary tariff for ECS (De-NOx System) for Control Period FY 2024-29.

Group sues Costa Rica over rights of 81 deported children

PRESS TRUST OF INDIA ■ Mexico City

A group of human rights lawyers is suing Costa Rica, alleging the Central American nation violated the rights of dozens of migrant children by detaining them in a rural camp for nearly two months after they were deported from the US in February. The children, some as young as 2, are part of a group of hundreds of migrants from mostly Asian countries - Afghanistan, China, Russia and others - who were deported from the US as part of a wider effort by the Trump administration to ramp up deportations.

Lack of resources hinder recovery after Myanmar's deadly earthquake

PRESS TRUST OF INDIA ■ Bangkok

Basic services have yet to be restored to the areas of Myanmar worst hit by a huge earthquake three weeks ago, and emergency workers recovering bodies and clearing debris are contending with regular aftershocks and lack of resources, humanitarian services say. A situation report issued late Friday by the United Nations Office for the Coordination of Humanitarian Affairs, or OCHA, said frequent strong aftershocks continue to shake central Myanmar almost daily, increasing fear and uncertainty among affected residents, disrupting response efforts and exacerbating the pressure on already limited resources and services.



When Walls Hold Stories

These homes show how vintage design can make spaces feel warm, lived-in and personal, says **SAKSHI PRIYA**

Step inside a home that tells a story and time slows down. The scent of polished wood, the soft glow of aged brass, the weight of a mirror with history in its frame—these are not impulse buys. They are chosen, kept and remembered. In a world driven by constant novelty, vintage interiors offer something far deeper: character. The design world has begun to shift. Clean, modern lines may still dominate, but they are often softened by a velvet armchair with studded legs or a table with claw feet. One, shaped by Anjaleka Kriplani through Angie Homes and the other, the deeply personal residence of Ragini Mehra, CEO of Silhouette Salon de Beauté at The Oberoi, New Delhi. Each holds a unique voice, yet both embrace history through objects and design choices that elevate lived experience over surface styling.

Vintage as a Way of Life

Anjaleka Kriplani approaches vintage interiors with a sense of permanence. Her curated collections feature teak sideboards, carved headboards, and low tables with intricate brass inlay. Spaces feel collected, not styled. Nothing is hurried; every element adds to the room's quiet confidence.

Textiles create warmth—mustard velvets, deep indigos, and brocade with gold tassels. Colours hold depth, often bold but never brash. Curtains fall with a certain weight. Armchairs in mohair or linen invite pause. Perfection is not the goal. Slight irregularities bring charm. A crack in a table leg, the worn polish of a wooden bench—these details add presence, not flaws. Lighting is selected with restraint. Linen lampshades cast a warm glow, echoing the gentle angles of mid-century design. Wooden rafters, carefully preserved, lend a lived quality to the room. This approach treats interiors as layered narratives rather than stage sets.

A Home That Holds Memory

Ragini Mehra's residence is where every corner tells a story, as she is a professionally trained Interior Architect. Known for her impeccable taste and strong design sensibilities, Ragini Mehra's home is a visual diary of textures, memories and artistic expression. Her journey began with a degree in Interior Architecture from the Rhode Island School of Design (RISD), where she honed her keen eye for aesthetics and detail.

From heritage-inspired statement pieces and modern minimal elements to unique décor accents sourced from her travels, the home strikes a balance between luxury and character. Persian rugs and Indian Carpets further enrich the space, adding texture and a sense of timeless elegance. The spaces are large, where both the empty and filled areas



blend to create an aesthetic and serene environment allow the design to breathe without feeling overcrowded. Furniture includes exquisite pieces from Bo Concept, Maitland-Smith, Baker and Henredon, each contributing its own character to the overall aesthetic. Each room is designed to look beautiful and feel lived-in, layered, and deeply personal. The unmistakable individuality of the space is shaped by her experiences, intuitions and affections.



THE BEAUTY LIES IN THE DETAILS, A TURNED LEG, A WORN HANDLE, AN OLD LIGHT SWITCH. THESE ARE HOMES THAT WELCOME, NOT IMPRESS. AT A TIME WHEN SPEED DEFINES MOST CHOICES, SPACES LIKE THESE CALL FOR THOUGHT



Wear What Reflects, Not Just Shines

BY TEAM VIVA

Is jewellery still about luxury or is it becoming something deeply personal? This is a question worth asking as more women turn to jewellery as a means of self-expression. No longer tied to tradition, ritual or display, jewellery has entered a new space of individuality.

This shift reflects a cultural change in how women engage with design. Jewellery is selected for its alignment with personality and purpose. Jewellery has become part of how women see themselves and how they wish to be seen.

Designer Janvi Sachdeva has embraced this evolving sensibility. Her new collection, **The Symphony of Wild Flowers**, captures a gentle strength. Working in 92.5 silver, she creates forms inspired by nature, floral shapes, delicate birds, textured leaves, shaped into pieces that are both elegant and wearable. There is no excess here, only attention.

A triangular purple gemstone necklace is one of the collection's highlights, where design precision meets a striking palette. Elsewhere, vivid birds set in silver pendants suggest joy and movement. These are thoughtful pieces, crafted for those who value detail and delicacy.

The collection stands out for its adaptability. Emerald-toned chokers pair with



matching bracelets and rings, creating harmony without repetition. Each stone, each clasp, each engraving is part of a larger dialogue between the wearer and the world around her. This kind of jewellery does not depend on excess or volume. It invites interpretation. It's a question worth asking: Are we entering an era where the value of jewellery is measured less in carats and more in character?

If so, the answer lies not in market trends but in the mirror. Woman is no longer waiting to be adorned — she selects, she curates, she defines. Jewellery, then, becomes her punctuation, graceful, sharp and entirely her own.



WHAT SHE WEARS, SHE MEANS — NOT FOR SHOW, BUT TO FEEL LIKE HERSELF, ALWAYS

A Bold Sequel Unmasking the Perils of Totalitarian Ideologies

BY TEAM VIVA

Crimson Crescent — The Last Quarter, a riveting 105-minute feature film by acclaimed filmmaker Mayank Jain, emerges as a powerful and timely sequel to the 2005 documentary **Bangla Crescent — ISI, Madrasas & Infiltration**.

The original film, launched by senior IPS officers Late KPS Gill, Prakash Singh and Late R.K. Ohri, was a path-breaking exposé of indoctrination and infiltration in the Indian subcontinent. Twenty-five years later, **Crimson Crescent** arrives with undiminished urgency. These 25 years have been largely wasted. Infiltration has not ceased. Indoctrination through madrasas has not slowed. And most alarmingly, the threats identified in **Bangla Crescent ISI, madrasas & Infiltration** have only metastasised — spreading far beyond borders.

A Global Canvas: From South Asia to Europe and the Middle East While **Bangla Crescent — ISI, madrasas & Infiltration** focused sharply on Bangladesh and Pakistan's role in radicalisation and infiltration, **Crimson Crescent — The Last Quarter** greatly expands its scope. The film explores the rising aggression in many European countries grappling with mass immigration from Middle Eastern, African and Pakistani regions. It captures the social unrest, ideological clashes and erosion of public safety emerging from these demographic and cultural shifts.



The documentary also covers the volatile Middle East, diving into the complex dynamics of Saudi Arabia, Iran, Syria and Israel. Here it examines not only the geopolitics but also the internal ideological conflicts and state-sponsored radical narratives that continue to destabilise the region. Encouragingly, signs of rationality and scientific thinking are beginning to emerge within the highest echelons of power—a welcome and much-needed development.

Crimson Crescent draws a provocative and compelling parallel between three major ideological threats of the past and present: Nazism, Communism and Jihadism. All three, the film argues, are driven by a thirst for absolute control and the destruc-

tion of dissent. Each has claimed millions of lives and eroded the moral foundations of societies they have touched.

Mayank Jain asserts that these ideologies thrive by silencing reason, glorifying violence and promoting absolute truth claims — often using religious or revolutionary fervour as a shield. The film is a cautionary tale of what happens when indoctrination replaces education and belief systems abandon dialogue in favour of dogma.

A central theme of the film is the insidious power of indoctrination through institutions like madrasas. It reveals how such education systems instil rigid ideological thinking, leading to intolerance, polarisation and often violent radicalisation. The film critiques societies that fail to challenge these systems and instead allow radical narratives to flourish in the name of tradition or religious freedom. A lesser-acknowledged but crucial aspect the film highlights is that Muslims themselves are often the first victims of Islamist extremism. From Shia Muslims targeted in Pakistan to the marginalisation and persecution of other minority Muslim sects, **Crimson Crescent** explores the deep fractures within the Muslim world.

Amidst the bleak landscape, **Crimson Crescent** also offers hope. It recognises the growing internal reform movements within radical Islam where bold voices from within the community are challenging violence and calling for rationality in discourse. The film uplifts these efforts, urging both policymakers and civil soci-

ety to support rational reformers rather than extremists. "Reason is humanity's shield against ideological tyranny," says Jain, reinforcing the film's core message: that education, critical thinking and open dialogue are the only long-term antidotes to radicalisation.

Resist Absolutism, Embrace Dialogue

This is not just a documentary. **Crimson Crescent — The Last Quarter**, is a call to action. It appeals to governments, communities and individuals to resist the growing appeal of absolutism and divisive ideologies. It advocates for education policies that foster rational thought and for a cultural shift toward Universalism, intellectual freedom and unity.

Mayank Jain is a renowned filmmaker with over 27 years of experience and more than 50 critically acclaimed films to his credit. His work spans governance, national security, public health and social reform and is known for tackling complex issues with intellectual rigour and cinematic clarity.

He rose to national prominence with **India Tomorrow — The Gujarat Miracle**, a documentary on Gujarat's development model under Narendra Modi. As Content Head of NaMo TV during the 2012 Gujarat elections, he shaped political communication strategies with high-impact visuals. Mayank's portfolio includes politically resonant films like **Gujarat Fast Track**, **Gujarat Tomorrow** and **No to Terror** and public health documentaries.

SUGGESTED BINGES



Logout
OTT — ZEE5
Cast — Babil Khan, Rasika Dugal



Khaur
OTT — Amazon Prime Video
Cast — Monika Panwar, Rajat Kapoor, Geetanjali Kulkarni, Shilpa Shukla, Chum Darang



Daveed
OTT — Zee5
Cast — Antony Varghese, Mo Ismail



Stranger Things: The First Shadow
OTT — Netflix
Cast — Kate Trefry, Stephen Daldry, Justin Martin

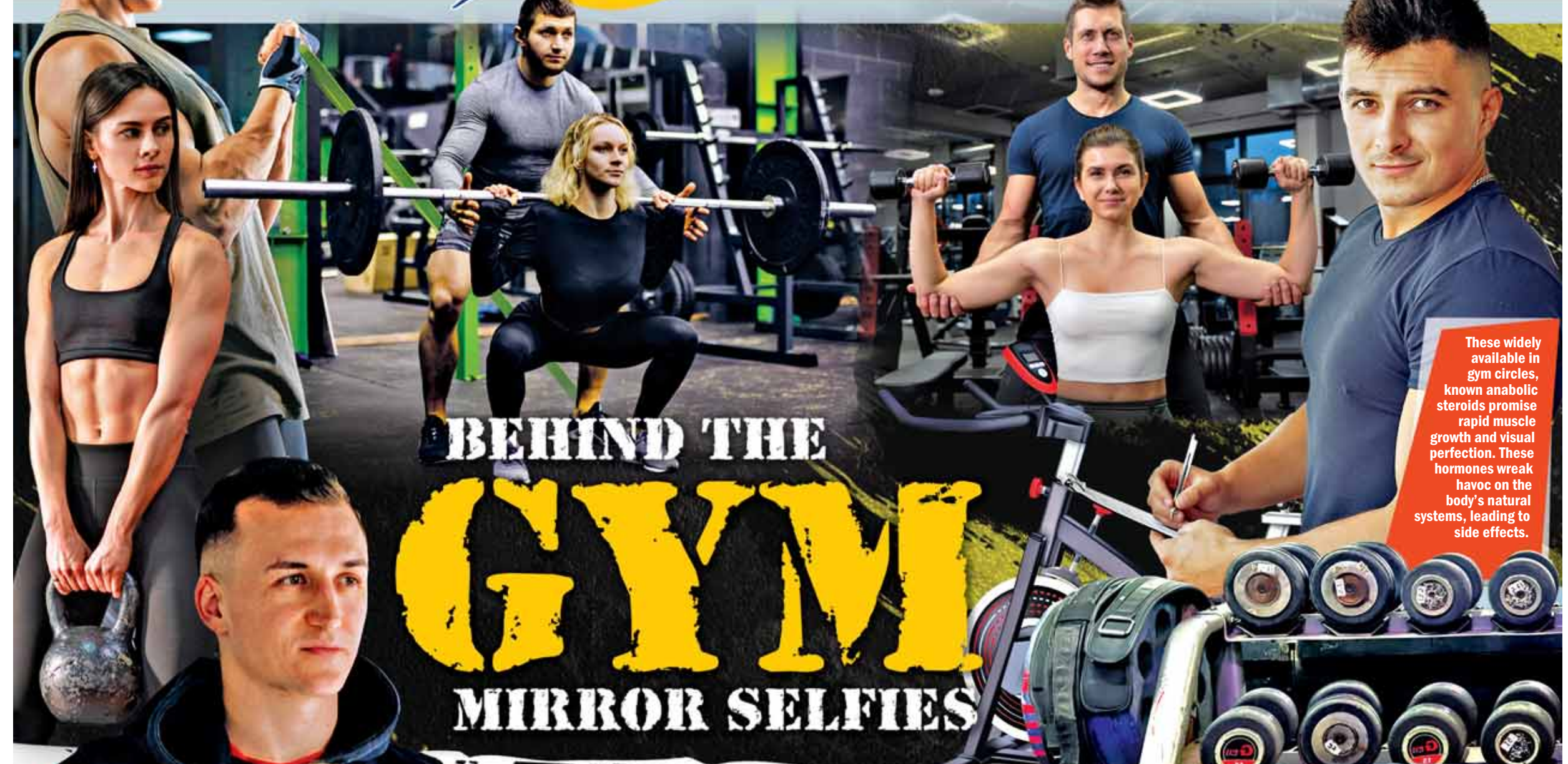


The Stolen Girl
OTT — JioHotstar
Cast — Denise Gough, Beatrice Cohen, Robyn Betteridge, Jim Sturgess



AGENDA

"Don't worry about what other people are doing. Worry about your own training" — Ronnie Coleman



BEHIND THE GYM MIRROR SELFIES

These widely available in gym circles, known anabolic steroids promise rapid muscle growth and visual perfection. These hormones wreak havoc on the body's natural systems, leading to side effects.

Beneath the neon lights and monthly memberships of the gyms, lies a reality we're not talking about enough, says **ABHI SINGHAL**

It is always talked about certified things while you train or build your body but it is equally important to choose the right place while you workout. The clang of iron plates, LED-lit workout zones, and neon signage screaming "TRANSFORM NOW", the gyms have become the modern sanctuaries of fitness. Across every urban block, new fitness centres sprout like cafés, each promising better bodies and faster results. What was once affair with morning walks in parks, yoga under the tree, or evening strolls around the neighbourhood with family or friends is steadily being replaced by treadmills and protein shakes.

More and more people are signing up for gym memberships, not just for health but often for aesthetics, validation and a fast track to physical change. The idea of fitness has shifted from functionality to form. The motto has shifted from feeling good to looking good within some years. But beneath the curated Instagram reels and sculpted abs lies a more pressing concern: *Are we choosing the right places to work out? And more importantly, are we trusting the right people to guide us through it?*

Gyms Are Everywhere, but Quality Isn't

Like not all that glitters is gold, not every gym with flashy equipment and discount deals is built for real fitness. The explosion of gyms across cities has brought with it a mixed bag — some well-equipped and guided by the certified professionals, others run by underqualified enthusiasts with little understanding of body or the process involved.

This boom in numbers doesn't guarantee quality or safety. While the fancy lighting and trending playlists may attract the crowd, the real test lies in the integrity of the space and the credentials of the trainers. A wrong choice can do more harm than good, both physically and mentally.

Fitness should energise the mind as much as it does the body. There are people who depend on external validation often spiral into cycles of anxiety, social withdrawal, or aggressive behaviour. The perfect body becomes a trap rather than a triumph. Unfortunately, many gyms are chosen based on popularity, influencer promotion, or peer pressure—not research or reliability. "People come to us saying, I just want a physique like a fitness influencer or a filmstar, they don't come in the gym for

fitness or health. The main purpose of today's generation is just getting a good physique," said *Piyush Aggarwal*, Owner of *HAMR Fitness Centre* at Shankar Chowk, Northwest Delhi for the past 16 years.

It is important that people keep a check on the trainers and advice provided by them. *Piyush Aggarwal* further added that there are cases where people don't even talk to trainers or experienced people and start following diets and steroids on their own for cost cutting, which leads to cheap quality items and, in turn, affects their body.

A Trainer Can Make or Break Your Body

This brings us to the second part of the question: Do we trust the right people to guide us through it? Trainers are your fitness compass. The right trainer knows when to push, when to pull back, and when to say rest. Yet, many gym-goers fall into the trap of trusting unqualified trainers who hand out one-size-fits-all workout plans and unrealistic expectations.

A certified trainer doesn't just have the responsibility of guiding; they have the responsibility of assessing and educating. They chart workouts based on your goals, physical limitations and lifestyle. More importantly, they know how to prevent injuries and manage progression before it's too late. Talking to *Ayush Singh*, a certified trainer practising in Delhi, he said, "Qualified trainers make a customised plan for different body types. But if you go to unqualified trainers, they will go on with the same plan they have learned from someone else or used on their own body. This is a major difference. If a product is not suitable to you, a qualified trainer will switch it, but an unqualified one will keep pushing the same because he doesn't have alternatives."

It's easy to get lost in filters and reels but fitness, was never meant to be a popularity contest. It was meant to empower and to strengthen the body and the mind. Prioritise your health over haste and don't fall for dangerous shortcuts. So, yes join the gym. Push yourself. Challenge your limits.

Fitness should be a celebration of your body. So, most importantly train for life, not for likes. Because strength built the right way doesn't just change your body, it transforms your life.

THE ILLUSION OF FAST RESULTS: THE STEROID SHORTCUT

In this pressure-filled ecosystem, where transformation pictures and social media likes serve as reward systems, people chase fast results and fall into darker traps. One of the most alarming trends is the misuse of steroids. "Nonprescription doses are usually many times higher than the doses prescribed for health conditions by your doctor. These doses have short and long term side effects when misused like high blood pressure, liver damage, heart attack, increased aggression, acne, and even depression. Young adults get attracted to improve body appearance which should not be done. These medicines should only be taken under medical supervision," said *Dr Paras Agarwal*, Clinical Director & Head - Diabetes, Obesity & Metabolic Disorders, *Marengo Asia Hospitals*.



CHECKLIST

It was equally important to speak to someone experienced who has practised gymming for years and competed at various levels. *Akshay Tyagi*, a fitness enthusiast, winner of many body building competitions like - *Mr. Delhi, National Dead Lift Championship, 7th Amberprix Mr. India*, said, "You have to keep a check from the start. The most important thing is the equipment. It should not be outdated, must be serviced regularly, and shouldn't be broken. Faulty machines can cause serious injuries. It's not always important to choose expensive gyms but to go to the right one where you can work out properly." Before signing up, consider these: verify gym credentials, observe the environment, ask for an assessment and listen to your body.



FITNESS FOR LIFE, NOT JUST FOR SOCIAL FEED

True fitness isn't built in 30-day challenges or shortcut supplements. It's a lifelong journey rooted in discipline, consistency, and informed choices. A healthy lifestyle isn't a trend but it's a personal investment. *Dr Indramani Upadhyay*, MPT (Ortho), HOD Physiotherapist at *The Centre for Knee & Hip Care*, says, "Overtraining or poor guidance from unqualified trainers can lead to both short- and long-term health issues. Some red flags in your gym trainer's guidance will be seen as persistent fatigue, recurring injuries, lack of recovery days and sleep disturbances."



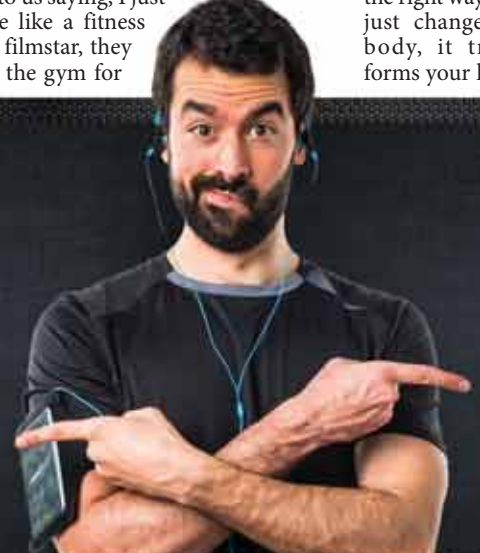
THE SIDE EFFECTS OF THE WRONG PROCESS ARE NOT JUST PHYSICAL; THEY CAN LEAD TO MENTAL, EMOTIONAL AND LONG-TERM HEALTH CHALLENGES THAT AREN'T WORTH THE TEMPORARY HIGH OF A PERFECT PHYSIQUE TO SHOW OFF

The most disgracing factor is that all the joiners are asked to do the personal training just for the money factor regardless the fact that they actually don't need it. People don't even ask for certification and follow routines that look effective on someone else.

MOVES TO KEEP IN MIND FOR YOUR GYM SUCCESS

- Your body is unique. Follow a plan that suits your fitness level, body type, goals and lifestyle and is ideally one crafted by a certified trainer or coach.
- Progress in fitness doesn't come overnight. Consistency beats intensity. Show up regularly, even if some days are light.
- Nutrition is key. Focus on balanced meals like protein, good fats, complex carbs, fibre. Stay away from fad diets or extreme calorie deficits.
- Learn the basics of anatomy, movement, and nutrition. It helps you make informed decisions and avoid blindly following trends.
- Stick to basic, tested supplements like whey protein, creatine, multivitamins — and only if

- needed. Always consult a trainer or a nutritionist.
- Seek guidance only from certified trainers (ACE, ISSA, ACSM, etc.). They are trained to guide you smartly — not push you into ham.
- Focus on your routine and stick to your plan. Avoid getting distracted by others or feeling pressured to do what they're doing.
- Ask questions from the trainers if you're unsure about how to use a machine or do an exercise, ask a trainer instead of guessing.
- Keep a track of your progress by using a journal, app, or progress pictures for your own self to stay motivated and track improvements over time.
- Dress comfortably and wear flexible gym clothes.



WORKOUT BLUNDERS YOU SHOULD SKIP IN GYM

- Steroids may promise faster gains, but they bring irreversible side effects — liver damage, hormonal imbalances, mood disorders, infertility, and more. They're not worth the risk.
- Avoid following gym "bros" or influencers who aren't qualified. What works for someone may harm you.
- Pro bodybuilders have years of experience and often unnatural aids. Their routines are not meant for beginners or average fitness goals. Don't try to be like them and follow them.
- Pain, dizziness, exhaustion, loss of motivation — these are all signs that something's wrong. Don't push through blindly.
- Starving your body will only weaken your immunity

- and metabolism. Long-term health always wins over quick fixes.
- Don't skip warm-ups or cool downs as this leads to stiffness, soreness, or worse that is injuries.
- Avoid texting or scrolling between sets as it disrupts your focus and slows your routine.
- Don't compare yourself constantly as everyone's fitness journey is unique. Celebrate your own progress, no matter how small.
- Don't rely on supplements alone as supplements are just the support systems but not the actual solutions. Real nutrition comes from real food.
- Don't neglect cleanliness. Always wipe sweat off equipment after use as it's basic hygiene.



A Toast to Taste

BY TEAM AGENDA

Somewhere between a laid-back hangout and a full-sensory culinary voyage, *Dos Delhi* is shaking up the city's bar culture, one artfully crafted cocktail at a time. Tucked into a lively corner of New Delhi, it is a mood. With its high-energy vibe, edgy design, and a menu that's unapologetically adventurous, this hotspot is redefining what it means to dine and drink in the capital. Now, the creative minds behind the concept — Chefs *Jatin Mallick* and *Julia Carmen De Sa* are raising the bar with the launch of a brand-new Beverage & Bar Snack Pairing Menu.

This isn't just about snacks that accompany your drink. It's a thoughtfully curated sensory experience where bold cocktails and inventive bites come together in a masterful dance of balance and contrast.

A sleek glass of *Truffle Spy*, made with gin, Martini Extra Dry, Cointreau, Campari, and a touch of truffle, paired with golden, crispy *Truffle Parmesan Fries* makes a day. What is refined, decadent, and almost too good to share are the fiery *Dos Me Up*, where tequila combines with wasabi, sour cream, cilantro, and basil. Its punch is balanced by the earthy calm of *Charcoal Grilled Snack Peppers with Yam Hummus*.

Each pairing feels like a little world of its own. The *Smirking Cacao*, with its heady mix of dark rum, vanilla liqueur, spiced vermouth, and cacao nibs, is like dessert in a glass. It is perfectly complemented by *Buttered Edamame with Thai Herbs and Lemongrass Ketchup*. Then there's the refreshing

Hot Russian Zombie, a vodka-apple-citrus-based drink that comes alive with Potato Lavash topped with Avocado, Salsa Macha, and Chipotle Cheese Sauce. And if tropical and smoky is your flavour, the *Sexy Lady Stunner*, a blend of whisky, Martini Bianco, and roasted pineapple, pairs beautifully with Mustard Marinated Fish Belly Fingers and lemon marmalade.

However, *Dos Delhi* isn't only about the drinks. The bar snack menu is a genre of its own - part street-style comfort, part global fusion, and entirely packed with surprises. Take the *Guntur Chilli Glazed Crispy Chicken Wings* for instance, bold and spicy, and ideal with whisky. Or the *Flash-Fried Sweet & Sour Green Candy Tomatoes* served with Yoghurt Tahina and Flour Crispies, which offer a tangy, crunchy contrast to citrus-forward cocktails. If you love bold umami flavours, the *Dos Magic Spiced Cassava Chips* with *Sriracha Cheese Ketchup* deliver a satisfying punch. And of course, there's the ever-popular Cheese Garlic Bread, warm, gooey, and comfortingly familiar — especially when enjoyed with red wine sangria or a smooth whisky spritzer.

The ambience is as much a part of the experience as the food and drink. Spread over two floors, with both indoor and outdoor seating, the space pulses with a modern, welcoming energy. Contemporary artwork adds visual intrigue, while live DJs set the tone, with music that shifts seamlessly from laid-back evening grooves to weekend party anthems.

At its core, *Dos Delhi* is about slowing down, enjoying good company, and celebrating the pleasures of flavour and connection. So whether you're winding down after work, reconnecting with friends, or seeking your next great cocktail discovery, Beverage & Bar Snack Pairing Menu invites you to sip and savour.

FACT SHEET:

Name: Dos By Tres
Address: Shop No. 9 & 10, Fourth Avenue Road, Lodhi Colony, New Delhi
Price for Two: ₹2,500/-
Timings: Mon - Thu, Sunday: 12:00pm to 12:00am
Fri - Sat : 12:00pm to 01:00am

Chill Mornings with Light Breakfast

BY TEAM AGENDA

Breakfast is often called the most important meal of the day and for all the good reasons. A wholesome breakfast fuels your body, sharpens your focus, and sets the tone for a productive day. Especially during summer, starting your morning with light, nourishing, and refreshing meals becomes

all the more essential to keep your energy up without feeling heavy.

In this spirit, we bring you two delightful breakfast recipes that are both satisfying and summer-friendly. First up is *Poha*, a light and flavourful dish made from flattened rice perfectly with a cup of chai. Then *Curd Upma*, a unique twist on the classic Upma that blends roasted semolina with curd.

CURD UPMA

Curd Upma, a dish combining the cooling effects of curd with the nutritional benefits of Upma, offers several advantages during the summer months. It helps to regulate body temperature, promotes digestion, boosts immunity, and provides hydration, making it a refreshing and healthy summer meal.

INGREDIENTS:

- 2 Cups sooji
- 1 tsp mustard seeds
- 10-12 Curry leaves
- 1 tsp urad dal
- 1 tsp chana dal
- 1 onion, chopped
- 1/2 cup vegetables of your choice, chopped
- 1 cup curd
- 1 tbsp ginger-garlic paste
- 2 Green chillies (slit)
- to taste salt
- to taste Red chilli powder
- for garnishing coriander leaves

INSTRUCTIONS:

- Roast sooji till fragrant. Keep aside.
- Heat ghee in a pan. Add mustard seeds, curry leaves, urad dal and chana dal. Wait till they splutter.
- Sauté onion and ginger-garlic paste.
- When onion browns, add the
- vegetables, cover the pan and let the vegetables cook.
- Add curd water and sauté for a minute. Add roasted sooji, 4 cups of water and let everything cook.
- Garnish with coriander leaves and serve hot.

POHA

Poha is a dish made from flattened rice, which is lightly steamed and cooked with onions, spices, and herbs. The term 'poha' refers both to the ingredient-flattened rice flakes, also known as beaten or

INGREDIENTS:

- 1 cup poha (flattened rice)
- 1 medium onion (finely chopped)
- 1-2 green chillies (slit or chopped)
- 1/4 tsp mustard seeds
- 5-6 curry leaves
- 1/4 tsp turmeric powder
- Salt to taste
- 1 tsp oil
- 1 small potato (optional, peeled and chopped small)
- 1-2 tsp sugar (optional, for a slight sweetness)
- 2 tbsp roasted peanuts
- Fresh coriander leaves (chopped, for garnish)
- Juice of half a lemon

INSTRUCTIONS:

- Rinse 1 cup poha in a colander under running water.
- Gently fluff it with your fingers and let it sit for 5-10 minutes to soften. (Make sure it doesn't become mushy)
- Heat 1 tsp oil in a pan, add mustard seeds and let them crackle.
- Add curry leaves, green chillies, and peanuts.
- Sauté for a minute and add chopped onions and sauté until translucent. (If adding potatoes, cook them until soft before adding onions)
- Sprinkle turmeric powder and mix well.
- Add the softened poha, salt, and sugar. Mix everything gently.
- Cover the pan and cook for 2-3 minutes on low heat.
- Turn off the flame, squeeze lemon juice, and garnish with coriander.
- Enjoy your poha with a hot cup of tea!



Brewing Innovation: Microbreweries

BY AJAY GOWDA

The craft beer industry thrives on passion, innovation, and an ever-evolving consumer palate. In a dynamic market like India, where beer culture is rapidly evolving, microbreweries must continuously adapt to remain relevant. This evolution goes beyond brewing exceptional beer as it requires innovation in menu offerings, immersive experiences, and customer engagement strategies. Leading microbreweries recognise that craft beer is more than just a beverage; it is an experience that fosters a deeper connection between consumers and the craft. Reinvention is not merely a business strategy but it is a commitment to consistently enhancing the customer journey, offering authenticity, novelty, and lasting impressions.

Craft beer lovers seek a holistic experience that extends beyond the pint glass. At our brewing company we have always believed that a microbrewery is more than just a place to drink — it's an immersive experience. This means that while our beer remains at the core, our food menu, ambience, and service must evolve to keep guests excited and engaged. Food and beer pairing is an area where we see constant innovation. The modern beer drinker wants to explore beyond traditional bar snacks, which is why we consistently experiment with our menu. A well-thought-out food pairing can enhance the flavours of a beer. Our recent menu refresh, inspired by global flavours while keeping our Viking



spirit alive, is a testament to this philosophy. Beyond food, microbreweries are also diversifying their beverage offerings. Craft cocktails, beer-based drinks, and even house-made non-alcoholic options ensure that there is something for every guest, making the microbrewery experience more inclusive and engaging.

The modern beer seeks variety. The rise of unique beer styles such as hazy IPAs, barrel-aged stouts, and fruit-infused sours, demonstrates that consumers are open to experimentation. Reinvention is about adapting to what our consumers want before they even know they want it.

— The author is Managing Director of Byg Brewski Brewing Company

THE FUTURE

The microbrewery industry in India is at an exciting juncture. With evolving tastes, rising consumer expectations, and a growing appreciation for craft beer, reinvention is no longer an option but it is a necessity. As we look to the future, our focus remains on pushing boundaries while staying true to our core values of quality, craftsmanship, and experience.

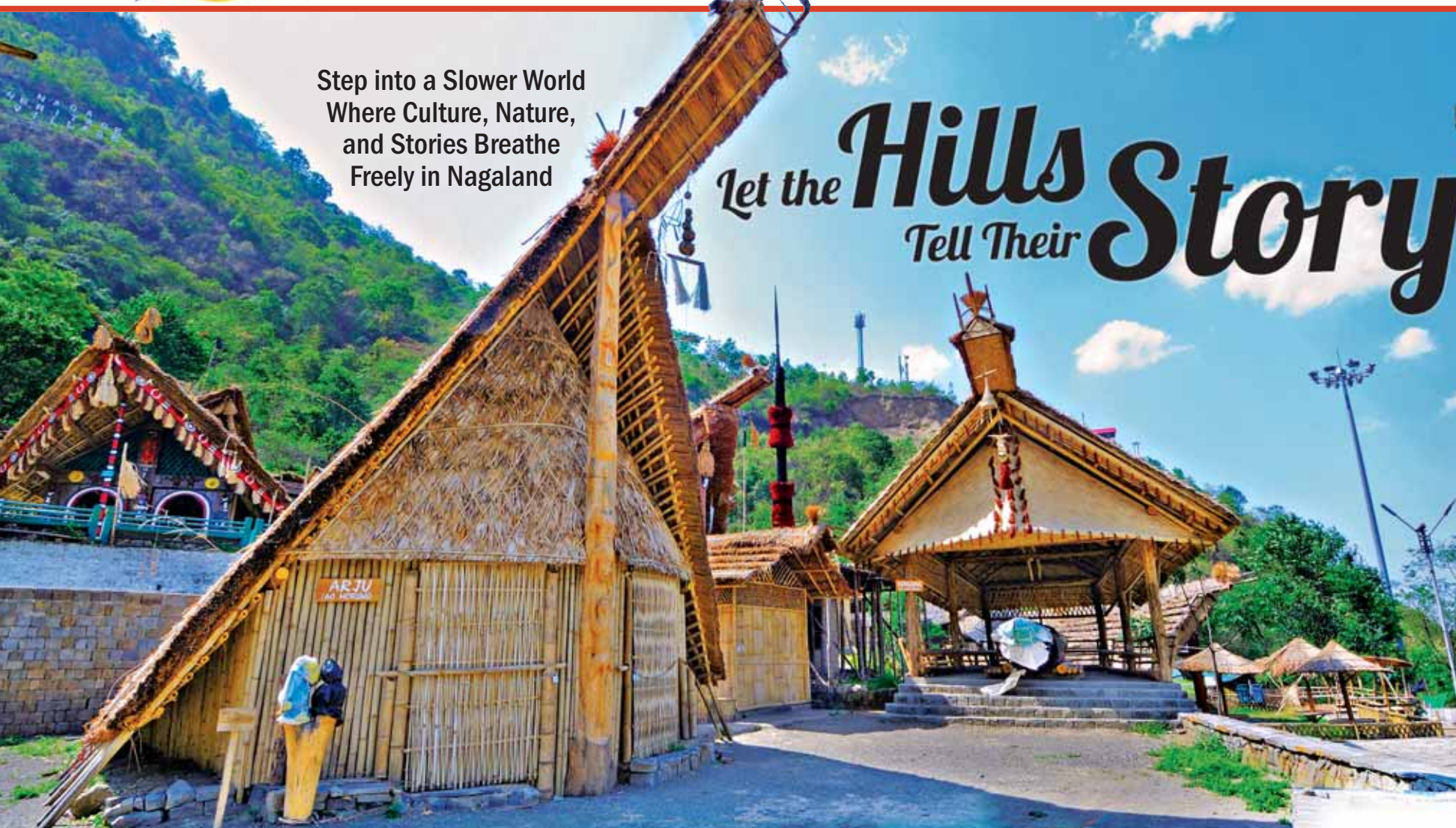
Step into a Slower World
Where Culture, Nature,
and Stories Breathe
Freely in Nagaland

Let the Hills Tell Their Story



CRAFTED MEMORIES

Souvenirs That Tell a Story Don't leave without picking up a bottle of Infamous-its bold character and striking design make it a gift worthy of your shelf. Handwoven Naga shawls, each tribe with its distinct pattern, ideal as a wrap or a wall accent. Tribal jewellery made from beads and brass-rustic, sustainable, and deeply symbolic. Bamboo and cane artefacts, from baskets to lampshades, crafted by local artisans. Smoked pork or dried bamboo shoot, vacuum-packed and available at select markets in Kohima. Locally grown wild Naga chillies, both fresh and in pickled form, for those who like their food fiery. Why Go Slow?



If you're weary of Insta-itineraries and whirlwind checklists, perhaps it's time to let Nagaland happen to you—slowly, deliberately, and with the grace of a place untouched by frenzy. This Northeastern gem invites not a race, but a pause. Here, you don't "do" a holiday; you dwell in it. The gateway to Nagaland is surprisingly accessible—courtesy of a direct flight from Delhi to Dimapur. No layovers, no fuss. From Dimapur, it's a picturesque 90-minute drive to Kohima, the state's capital, where the hills roll in like a lullaby and time decides to take the long road. For those who prefer to stay in Dimapur, you're still in the heart of it all—with the added advantage of being just 20 minutes from Khatkhati in Assam, where the spirit flows a little more freely (more on that in a bit).



PAWAN SONI
COLUMNIST
Food critic and founder of the Big F Awards



PANKAJ KUMAR

A Walk Through History

Kohima holds within it the whispers of the past. The Kohima War Cemetery, perched gracefully over green slopes, honours the brave who fought in one of the Second World War's fiercest battles. It's not just a site; it's a silenced storyteller. The epitaph that reads "When you go home, tell them of us," is reason enough to spend a moment longer in reflection. In December showcases all this and more—dance,

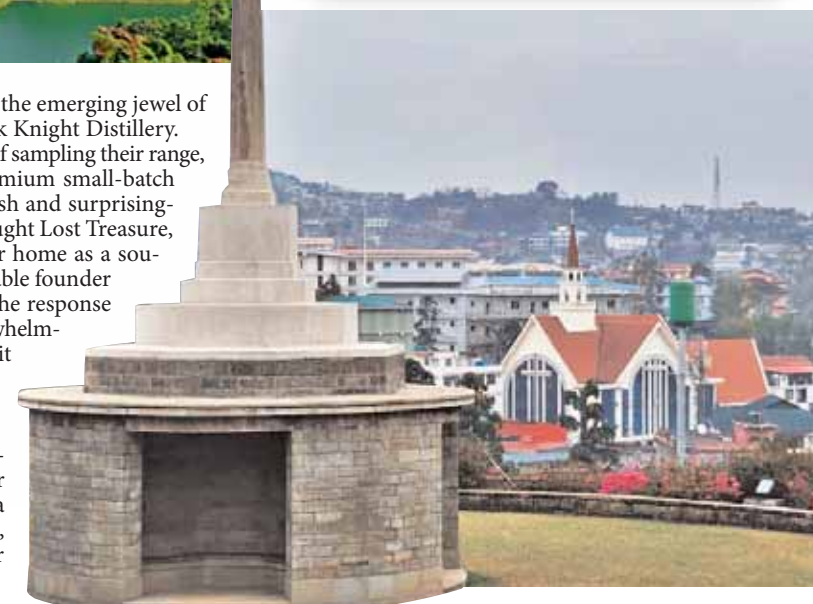
folklore, crafts, and cuisines that are as layered as the land. Now, here's the delightful surprise: while Nagaland's indigenous cuisine is a delight of lightly spiced, easy-to-digest dishes—think bamboo shoot pork, fresh river fish, sticky rice—there's no dearth of North Indian comfort food either. Craving choley bhature, jalebi, or a good old paratha? You'll find it in Kohima's modest eateries and hotels, served with the warmth of familiarity and a view to match.

Nagaland may be officially dry, but that doesn't mean you're cut off from your evening pour. A short ride to Khatkhati, across the Assam border, brings

you to a clutch of bars and the emerging jewel of the local spirits scene—Dark Knight Distillery.

Here, I had the pleasure of sampling their range, including Infamous, a premium small-batch whisky with a smooth finish and surprisingly nuanced profile, and bought Lost Treasure, a cold-brew coffee rum for home as a souvenir. Dani Chand, the affable founder of Dark Knight, stated, "The response to Infamous has been overwhelming. We're still keeping it small-batch to retain quality, but expansion plans are definitely brewing."

This place is about learning to savour again, whether it's a bite of Naga stew or a verse of war history. So, take that flight. Take your time. Let Nagaland linger.



HORNBILL VILLAGE AND THE 16 TRIBES OF NAGALAND

Nagaland is home to over a hundred tribes, each with its own dialect, traditions, and legacy. Among these, 16 are officially recognised as major tribes, and their presence is vividly brought to life in the Hornbill Village—a living museum where tradition stands tall. Here, tribal architecture tells you as much as the elders do. You can walk through authentically built morungs, see traditional weaponry once used in headhunting days, and witness daily practices that have survived centuries.

Luxury Beyond the Ocean's Horizon

BY AKANKSHA DEAN

As I boarded, the promise of an enchanting journey ahead filled the air. Flying Business Class with SriLankan Airlines transformed the journey into a memorable escapade. As I settled into my plush seat, the friendly flight attendants welcomed me with warm smiles and a glass of sparkling champagne that shimmered like the Indian Ocean below. Soon enough, we glided into Colombo, a city alive with culture and hues. Upon my arrival at the Anantara Peace Haven Resort, I was instantly lulled by the gentle sound of waves crashing against the shore.

The brutal noise of everyday life faded away, replaced by a peaceful ambience suffused with the fragrance of tropical flowers and fresh seafood grilling nearby. My luxurious villa had a private plunge

WAVES, WELLNESS AND WONDERS

My adventurous side thrived during watching a thrilling surf lesson with an extraordinary instructor, who transformed missteps into pointers—by the end of it, you could be riding waves like a pro. A session of restorative yoga against the backdrop of the sun dipping into the ocean was the perfect balance, allowing me to connect both mentally and physically with nature. It was a moment of pure zen. Every treatment I enjoyed led me deeper into tranquility, leaving me blissfully void of any worldly stress. Between flavours, surf and spa, I truly felt the essence of Sri Lanka's welcoming charm.

pool, which beckoned me for a refreshing dip. As I settled in, excited for what lay ahead, I could feel Sri Lanka's rich culture and bright spirit spilling from the very walls of this oasis.

CULINARY BLISS BY THE SEA

Let's start with the food—where do I even begin? My culinary journey kicked off at Journey's, the resort's breakfast haven. The vibrant buffet was as impressive as an art gallery, boasting an array of dishes from traditional egg hoppers to decadent pastries.

My taste buds danced with delight at the first bite of savoury fish curry paired with that unique hopper texture. Post breakfast, I lounged by the infinity pool, which effortlessly merged into the horizon—each glance towards the ocean felt like I was shifting between reality and a surreal painting.

The true joy of dining at Anantara lies not only in casual meals between sun-soaked hours but in the mystical dinner experience that awaited me at Verele, the beachside teppa-

nyaki restaurant. As the sun slipped below the horizon, live folk music curated a soothing backdrop to my BBQ feast.

I relished every moment as the skilled chefs prepared unique dishes, not just with ingredients but with love—a tradition handed down through generations. Each bite was an invitation into a world rich with history and vibrant flavours, a culinary dance of spices and textures that is quintessentially Sri Lankan.

Under the guidance of local chefs, I learned the secrets behind traditional Sri Lankan dishes, grating coconut and preparing aromatic curries. The air filled with laughter and the scent of freshly ground spices, and my creativity turned every dish into a small-plate masterpiece. Sharing what I cooked with fellow travellers over cocktails infused with innovative flavours like smoked Amaranac was the cherry on top of this wonderful day.

— The author is an independent food & travel writer, a chef, and a catalyst

IN THE END, IT'S THE LAUGHTER SHARED OVER SPICES, WAVES RIDDEN, AND PEACE FOUND AMIDST VEILS OF PALM TREES THAT MAKES THE ANANTARA EXPERIENCE TRULY UNFORGETTABLE





ARIES March 21-April 19
This week may bring some financial disappointments for you. If you've set high expectations, you might find that things don't unfold as anticipated. In your work environment, confusion prevails, leaving you unable to make decisive moves. Tasks remain unfinished, and your organizational efforts feel scattered. Procrastination may take over, especially regarding work or travel plans. However, by midweek, you'll find a renewed sense of stability, and you will begin to approach your tasks with a clearer mindset. Connections from distant places could offer some benefits. Your colleagues and subordinates will expect more involvement from you, and you will rise to the occasion. But the week concludes on a challenging note, with family issues or health concerns demanding your attention, which might affect your professional commitments and result in some losses.
Lucky number 17 | **Lucky colour** Yellow
Lucky day Thursday



LEO July 23-Aug 22
Work is the primary focus of your energy this week. You could feel overloaded with work and unable to find time for even small breaks. The feeling of working towards something seems permanently out of reach, and slow advancement only exacerbates the feeling. Midweek, your stability might be shaken by unexpected factors like the arrival or departure of someone important. It is essential not to make hasty choices, particularly when one is muddled or burned out. Travel of some sort is probable, providing a refreshing shift. When uncertainty grips you, a few minutes of quiet contemplation can invoke poise. Even though facing tough decisions with fairness is your forte, acting too quickly might make your efforts null—it's wisest to avoid needless expenditure.
Lucky number 29 | **Lucky colour** Purple
Lucky day Sunday



SAGITTARIUS Nov 22-Dec 21
This week emphasizes the need for organization, focus, and discipline. However, confusion may cloud your thoughts, and there could be a rift between partners. In some situations, answers are available, yet fear may prevent you from accepting the truth. You might hesitate to confront reality, worried that acknowledging it could worsen things. Midweek may bring legal challenges or situations beyond your control, potentially leading to disappointment. Be mindful of your health and avoid unnecessary confrontations. It's best to hold back from arguments and take some time to rest. Reflect on your actions in solitude, heal, and approach your challenges with renewed strength. Patience is key—this is just a temporary setback, and things will improve with time.
Lucky number 21 | **Lucky colour** Grey
Lucky day Sunday



TAURUS April 20-May 20
This week, a wave of positive energy surrounds you, bringing blessings from all directions. If you have children, expect their academic efforts to bear fruit, and any long-awaited projects will finally come to fruition. There's also a strong possibility of a new home entering your life, whether through a lucky break or a new opportunity. Your family and peers will be celebrating together further fortifying relationships and filling you with joy. You showcase personal magnetism, a trait which draws people toward you, making you an automatic leader within your community. With progression in the week, practices like meditation, prayer, or chanting will enable you to feel a greater connection to the divine, which in turn will increase the flow of creativity and also enhance further growth on the spiritual level.
Lucky number 30 | **Lucky colour** Orange
Lucky day Monday



VIRGO Aug 23-Sep 22
Analyse the upcoming days as them bringing growth, personal satisfaction and financial gains all in one. Your work ethic and application of knowledge is noteworthy. Everything about your work endeavors right now starting from discipline, attitude towards time, and fairness ensures a solid financial foundation which offers safety and comfort. Inheritances or windfalls, expected or unexpected, could come your way. Increased recognition will accompany your confidence through promotions and salary boosts, delivering them at this time. Taking the time to contemplate past accomplishments is recommended. In closing, new projects, tasks, or roles which are around the corner will enable the effective usage of resources. Welcome those insights and put them into action for your professional life. This along with youthful energy from your kids and younger individuals surrounding you will elevate your overall wellbeing.
Lucky number 14 | **Lucky colour** Brown
Lucky day Tuesday



CAPRICORN Dec 22-Jan 19
Your hard work will soon bear fruit. You are likely to focus on work-related issues during the first part of the week, paying attention to personal development as well. Your ability to progress and succeed will be determined by your attention to detail, how persistent you are, and how focused you are while handling what looks like overly complex challenges. Moreover, through this process, unwavering devotion will be rewarded, allowing you to appreciate the knowledge gained along the way, giving you a renewed sense of pride. This time frame also supports spiritual development and reconnection with higher guidance. Towards the week's end, you may undergo deep healing on a personal level and with others. This can mean finding acceptance within oneself in love, or for some, being proposed to—which marks a major milestone.
Lucky number 12 | **Lucky colour** White
Lucky day Wednesday



GEMINI May 21-June 20
This week encourages you to embrace all aspects of life: emotionally, spiritually, and materially. Initially, your financial goals will also be achieved, and there will be an increase in profits as the week progresses. Your bold approach, coupled with your caring nature, will allow you to foster warm relationships in the workplace. There's also a chance of travel for work or pleasure, which might include international or water-based travel. Midweek, you will focus on personal and professional life balance, handling household matters with a gentle touch. Toward the end of the week, you will gain the fruits of your toils which will manifest as good health, vitality, and creativity. The weekend leaves you a peaceful, pleasant time with to spend with family so you can recharge.
Lucky number 23 | **Lucky colour** Blue
Lucky day Saturday



LIBRA Sep 23-Oct 22
This week, you will begin with a mini period of self-exploration to find answers that help you mitigate problems and help you achieve your desired outcomes. You have a few more hurdles to overcome, but you are standing right at the precipice of success. Romance is bound to make an appearance midweek, so expect a surge of it which will help further bond with your partner or spouse. You will likely, by week's end, find yourself in favorable scenarios concerning your most crucial property decisions like buying a new home or an automobile. In this week, you will be one of many who are placed in a fortunate position where favorable opportunities are abundant. With the full support of your family, you are healthy, feeling vibrant, and energized.
Lucky number 26 | **Lucky colour** Black
Lucky day Friday



AQUARIUS Jan 20-Feb 18
Utilize this week as a timeline to achieve your goals and let your mental framework enhance your self-organization, gut feelings, and mental sharpness. Prepare yourself to receive an increase of love and joy as you are showered with riches and blessings. You can make remarkable strides in your goals and shift business outcomes magically. Claims and loved ones will become a main focus this week because all in your strife will finally come together. Fresh opportunities in your vocation or enterprise can come up too. Expect to feel vibrant and self-assured. Be at peace knowing that the universe is there to champion all your endeavors. Expect this week to provide richness not just in terms of finances, but your emotional, and personal development too.
Lucky number 27 | **Lucky colour** Sky Blue
Lucky day Thursday



CANCER June 21-July 22
Different shifts will give way to an undeniable feeling of amazement within your life. Suddenly, you find yourself in a situation where you feel composed, proud, and ready to accept the world. You will receive success in areas where there was once no hope of ever triumphing. You will gain respect for your achievements which will make you famous, winning both admiration and envy. True supporters will celebrate your progress. All areas that resonate best will align in your interests observing much progress. A challenge is now behind you, receiving the recognition of others towards your goals accomplished. You will be delighted because of the past, and by the end of the week, you will still revisit the positive moments and spend them with loved ones and younger people.
Lucky number 11 | **Lucky colour** Red
Lucky day Tuesday



SCORPIO Oct 23-Nov 21
This week, focus primarily on work and embracing the opportunities it brings. There's a strong potential to earn through your efforts, as the risk now presents itself as an opportunity. With a surge of creativity, you're equipped to push past any limitations. A challenge that has seemed insurmountable now becomes an achievable task, and your confidence will lead you to success. Midweek, expect guidance from a wise female figure in your life, such as a mother or mentor. Heed her advice, as it will bring valuable benefits. Strengthen your mind by engaging in intellectual activities like reading or puzzles, and prepare for a breakthrough that will deepen your spiritual understanding.
Lucky number 19 | **Lucky colour** Pink
Lucky day Wednesday



PISCES Feb 19-March 20
Success stems from collaboration and cooperation, fostering improved relations and understanding in your professional environment. This will allow you to appreciate your self-esteem and recognize your value, rejuvenating both your career and lifestyle with energy and creativity. Promising opportunities awaiting you look optimistic, including positive results from a recent endeavor. If you are working, perhaps a new employment opportunity will arise. Integration will be essential from a cooperation standpoint, and negotiations should go favorably. Spirituality and further divine creation are very relevant during this timeframe as well. For those waiting for joyful news, a happy family announcement for a new addition may be on the way. You, as a spearhead, are prepared to take on fresh challenges boldly and wholeheartedly without hesitation.
Lucky number 16 | **Lucky colour** Lemon
Lucky day Monday

Madhu Kotiya is a tarot card reader, spiritual healer, and Founder, MShezaim Institute of Tarot and Divination. Contact details: madhu@indiatarot.com, www.indiatarot.com, M: 9873283331

THOUGHTFUL INSIGHTS



Dr. Tanu Jain

Steps to Reconnect: Healing Relationships with Love

Have you ever experienced a friend suddenly stopping communication with you? Have you seen a loved one become distant, with no conversations for weeks or even months? Were these relationships always like this from the beginning? No. Every connection starts with warmth, affection, and mutual understanding. However, over time, misunderstandings, unresolved emotions, and changing circumstances can create distance, making communication difficult and eventually leading to broken ties.

Have we ever paused to reflect on why this happens? Is it simply because change is a natural part of life? What really transforms a relationship from closeness to estrangement? More often than not, we blame the other person for their changed behavior. But in reality, the root cause lies within the restless nature of our own minds. The human mind is inherently unsettled, untamed, and constantly moving from one thought to another. This restlessness influences how we perceive relationships, leading us to react impulsively, hold grudges, and drift away from people who once meant a lot to us.

Yet, deep within our hearts, we do not want our relationships to turn stale or bitter. We long for them to remain fresh, full of warmth and understanding. We wish to preserve the love and care that once brought joy into our lives. The good news is that it is possible to bring back the same delight and freshness we once had in our



relationships. But this requires us to train our minds, overcome inner resistance, and take conscious steps toward reconciliation and emotional maturity.

So, how can we nurture our relationships and restore lost connections? Here, are some essential steps to cultivate spiritual maturity in relationships:

Train Your Mind to Stay Present The mind is always wandering, overanalysing the past or worrying about the future. Teach your mind to stay in the present moment. If you consciously ask it to stay, it will listen. Allow yourself to go with the flow rather than

resisting change.

Be Mindful of Your Thoughts Observe how your mind functions. Meditation is a powerful tool to bring awareness to your thoughts and emotions. Instead of being consumed by mental restlessness, direct your focus to your surroundings, nature, or even the simple joys of life.

Let Go and Forgive Holding onto resentment only burdens your heart. Remember, life is fleeting — why waste it on grudges? Forgiveness liberates not only the other person but also yourself. It allows you to move forward with peace and clarity.

Overcome Prejudices and Assumptions Many relationships suffer not because of real harm done by others, but due to our own assumptions and prejudices. Our mind often magnifies problems, making them seem bigger than they actually are. Let go of unnecessary judgments and look at situations with an open heart.

Express Your Emotions in a Healthy Way Suppressing emotions leads to inner turmoil. Share your thoughts and feelings with someone you trust. If that is not possible, write them down or confide in nature. Releasing pent-up emotions helps in clearing mental clutter.

Take the Initiative to Reconnect If a relationship has turned cold, don't wait for the other person to take the first step. Muster the courage to reach out. A simple message, a phone call, or a heartfelt conversation can rekindle lost connections.

Free Yourself from Expectations One of the biggest barriers in relationships is the weight of expectations. We expect others to behave in a certain way and feel disappointed when they don't. Release yourself from the need for constant validation. Instead, focus on giving without expecting in return.

Respect People for Who They Are Every individual is unique. Instead of trying to mold others into what we want them to be, appreciate them for who they truly are. Accepting people as they are strengthens relationships and fosters deeper understanding.

Adopt a Positive Mindset Train your mind to see the good in people. Constantly finding faults leads to dissatisfaction and negativity. Make a conscious effort to switch to a no-complaint attitude, focusing on what is right rather than what is wrong.

Appreciate Strengths Instead of Focusing on Weaknesses Nobody is perfect. Instead of dwelling on a person's shortcomings, recognise their strengths. Celebrate their positive qualities, and you will find that relationships naturally become more fulfilling.

The beauty of life lies in meaningful, long-lasting relationships. True happiness does not come from material success or fleeting pleasures, but from deep, fulfilling connections with those around us.

Spiritual maturity in relationships requires self-awareness, patience, and a willingness to nurture bonds despite challenges. By training our minds and letting go of ego-driven conflicts, we can create a life filled with love, understanding, and harmony. In the end, relationships thrive not on perfection but on the effort we put into keeping them alive. Choose peace, choose connection, and above all, choose love. As Lao Tzu wisely said: "Being deeply loved by someone gives you strength, while loving someone deeply gives you courage."

— The author's views are personal. The author is a civil servant at the Ministry of Defence and a spiritual speaker