





#thatshot



**EXERCISE BOOSTS SURVIVAL IN COLON CANCER PATIENTS**  
Staying active is key to good health. And for colon cancer patients, it may also mean a longer life. A study published in the journal Cancer claims that regular physical activity after diagnosis can increase the lifespan and lower the risk of cancer recurring. Researchers tracked 3,000 patients over six years and found exercise to improve the survival rate.

**BELLY FAT A MUST FOR BRAIN HEALTH**

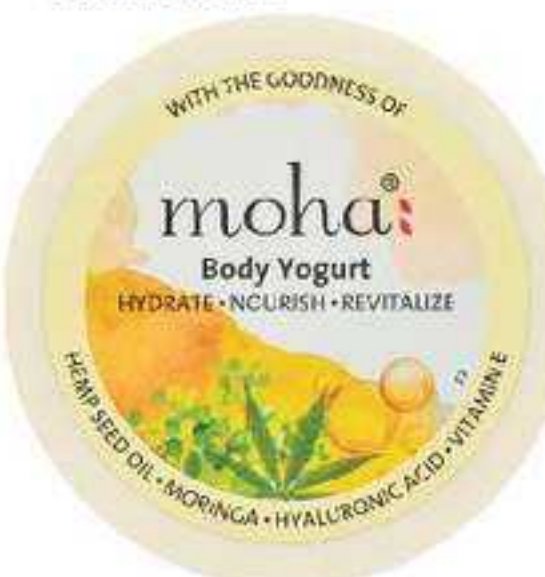
Belly fat has long been seen as harmful, but new research reveals a surprising benefit. A study in GeroScience suggests that visceral fat produces a protein that helps maintain brain health. Japanese researchers found that this fat supports memory and learning by boosting brain cell growth. However, having too much belly fat is still harmful. So, balance is key.



**GET YOGURT-LIKE SOFT SKIN**

It's no secret that yogurt helps keep skin soft and nourished. Moha Body Yogurt claims to revitalise and hydrate with hemp seed oil and moringa, protecting against dryness and ageing. It absorbs quickly, feels light and has a refreshing fragrance. With hyaluronic acid for extra moisture, it claims to keep skin smooth

and radiant.  
Available at: moha.co.in  
Price: ₹495



**SAY BYE, BYE TO INGROWN HAIR**

Smooth skin needs care. Exfoliating gently with Skinvest's Bye Bye Bumps mist is said to remove ingrown hair in two days. It helps treat strawberry skin, keratosis pilaris, acne, and razor bumps within weeks. This mist also reduces pigmentation and an uneven texture, leaving skin soft and clear.

Available at: skinvest.care  
Price: ₹799



PHOTOS: ADOBE STOCK AND SHUTTERSTOCK (FOR REPRESENTATIONAL PURPOSE ONLY)

Here is a breakdown of key health challenges women face in different phases of their life and how they can stay well. Timely medical intervention is key



A STEP AHEAD: ESSENTIAL HEALTH TESTS FOR WOMEN AT EVERY AGE

Akshita Prakash

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A woman's life is marked by distinct biological changes and challenges. Different stages in her life, namely adolescence, reproductive years, perimenopause, menopause are crucial because they represent critical periods of physical, emotional and hormonal change. As women navigate various stages of life, their physical, emotional and mental needs evolve. "By proactively monitoring key health markers, women can take charge of their well-being. Regular screenings at every life stage empower women to detect potential health concerns early and seek timely intervention," says Dr Shelly (Mittal) Mahajan, Lab Director & Clinical Lead at Mahajan Imaging Labs. She also recommends tests for women across ages to address health concerns. Ahead of Women's Day (March 8), let us focus on women's health and challenges, and how they can take charge of their health.



**ADOLESCENCE**

Adolescence is a challenging phase in a female's life. From irregular periods to heavy bleeding, there are several challenges a girl may face. Dr Kavitha Kovi, Obstetrician and Gynaecologist, Aster Women & Children Hospital, Bengaluru, shares, "Adolescent girls face challenges like PCOS/PCOD or acne due to hormonal imbalances. Many young women suffer from nutritional deficiencies, resulting in anemia and weak bones."

**Recommended measures and tests:**

- Iron and haemoglobin tests to screen for anemia, which is common in adolescent girls
- Ensure to keep Vitamin D and calcium levels essential for bone health and preventing deficiencies
- HPV vaccination and awareness help prevent cervical cancer later in life



**MOTHERHOOD YEARS**

The reproductive years come with significant changes due to pregnancy, childbirth, and child-rearing. Dr Nancy Nagpal, Consultant Gynaecologist, Salubritas Medcentre, says, "High-risk pregnancies, gestational diabetes, preeclampsia (a serious pregnancy complication) and postpartum depression are common concerns. The risk of breast lumps, cysts and infections increases.

**Recommended tests:**

- Complete blood count and blood sugar levels to detect anemia and diabetes risk
- Pap smear and HPV test for early detection of cervical cancer
- Mammogram or breast ultrasound to screen for early signs of breast cancer
- Pelvic ultrasound and hormonal profile (FSH, LH, prolactin) to assess reproductive health and fertility
- Urinary tests to detect UTIs
- Lipid profile and blood pressure monitoring to check cardiovascular health

**MENOPAUSE**

Menopause is defined as the cessation of menstruation for 12 consecutive months. Dr Nancy says, "Decline in oestrogen levels affects vaginal

lubrication, cardiovascular health, cholesterol, cognitive decline and increases the risk of colorectal cancer."

**Recommended tests:**

- Bone density test to monitor osteoporosis progression
- ECG and cardiac risk assessment
- Colonoscopy and cancer screenings: To detect colorectal cancer
- Eye exam to check for cataracts and glaucoma
- Thyroid function test as hypothyroidism is more prevalent during this stage



ILLUSTRATION: ADOBE STOCK

**BEYOND**

"After menopause, women face an increased risk of fractures, mobility issues and development of osteoporosis, arthritis as their bones weaken. They are at a high risk of Alzheimer's disease, dementia, Type 2 diabetes and bladder control issues as well," says Dr Nancy.

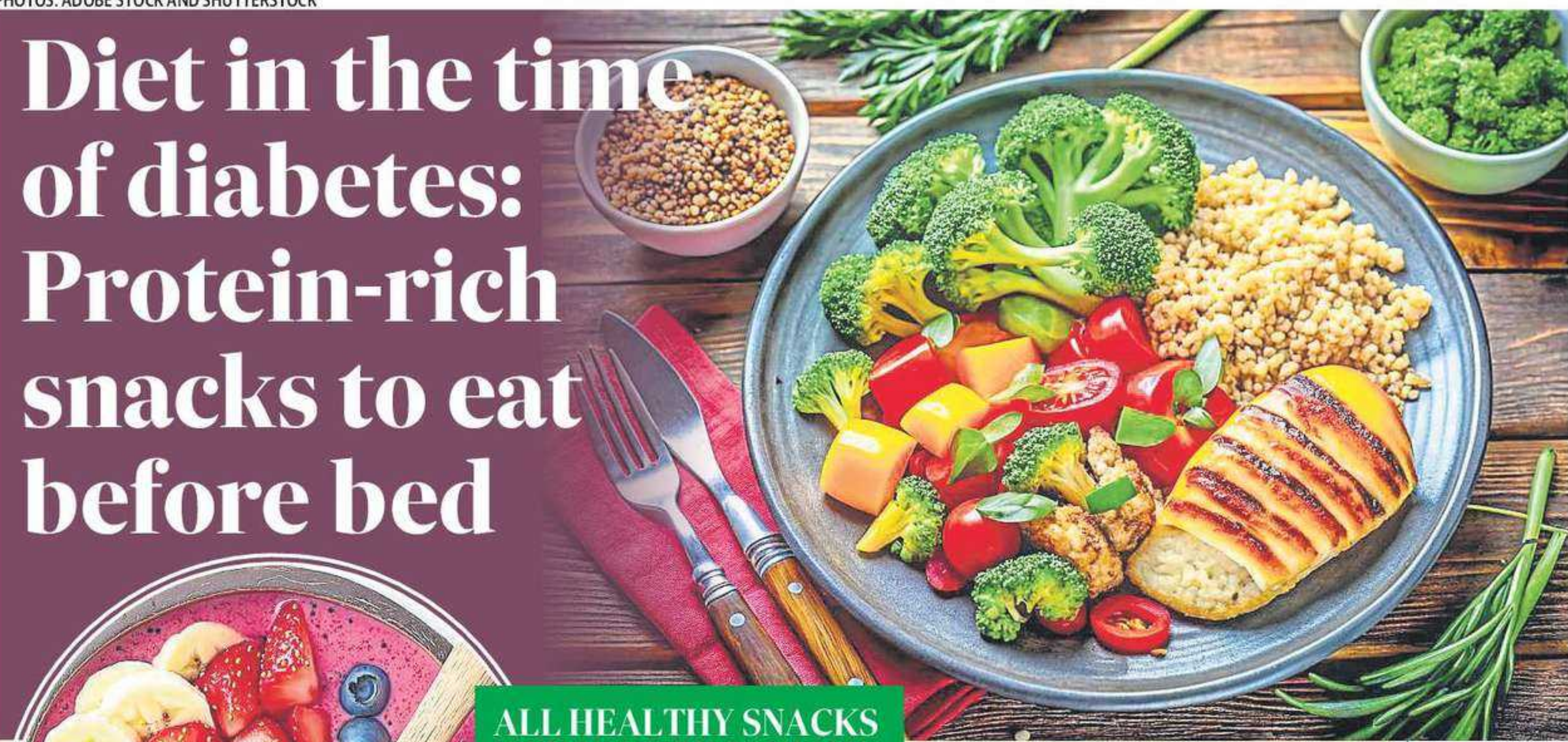
**Recommended tests:**

- Annual mammogram & breast self-exams to continue monitoring for breast cancer
- Regular blood sugar and lipid profile tests to keep metabolic health in check
- Cognitive and neurological assessments to screen for dementia or Alzheimer's
- Urinary and kidney function tests to detect urinary tract infections (UTIs) or kidney disorders



PHOTOS: ADOBE STOCK AND SHUTTERSTOCK

Diet in the time of diabetes: Protein-rich snacks to eat before bed



ALL HEALTHY SNACKS FOR DIABETICS MUST HAVE SOME PROTEIN CONTENT. AN INCREASED PROTEIN INTAKE CAN HELP MANAGE DIABETES BY NOT INCREASING PLASMA GLUCOSE LEVELS

would be ideal.

**BOILED EGG WITH HUMMUS**

A study published in the journal Food & Function observed that regular egg consumption resulted in improvements in fasting blood glucose. Eggs provide high-quality protein, and hummus offers fibre and healthy fats. It's best to consume one boiled egg with 1tbsp hummus 30-45 minutes before bed.

**ROASTED CHICKPEAS WITH YOGHURT**

Chickpeas are high in protein and fibre, and this helps regulate glucose release. Besides, yoghurt adds casein protein, which digests slowly and supports overnight glucose control. Consuming one-fourth cup (40g) of roasted chickpeas and 2 tsp of yogurt 45-60 minutes before bed is beneficial.

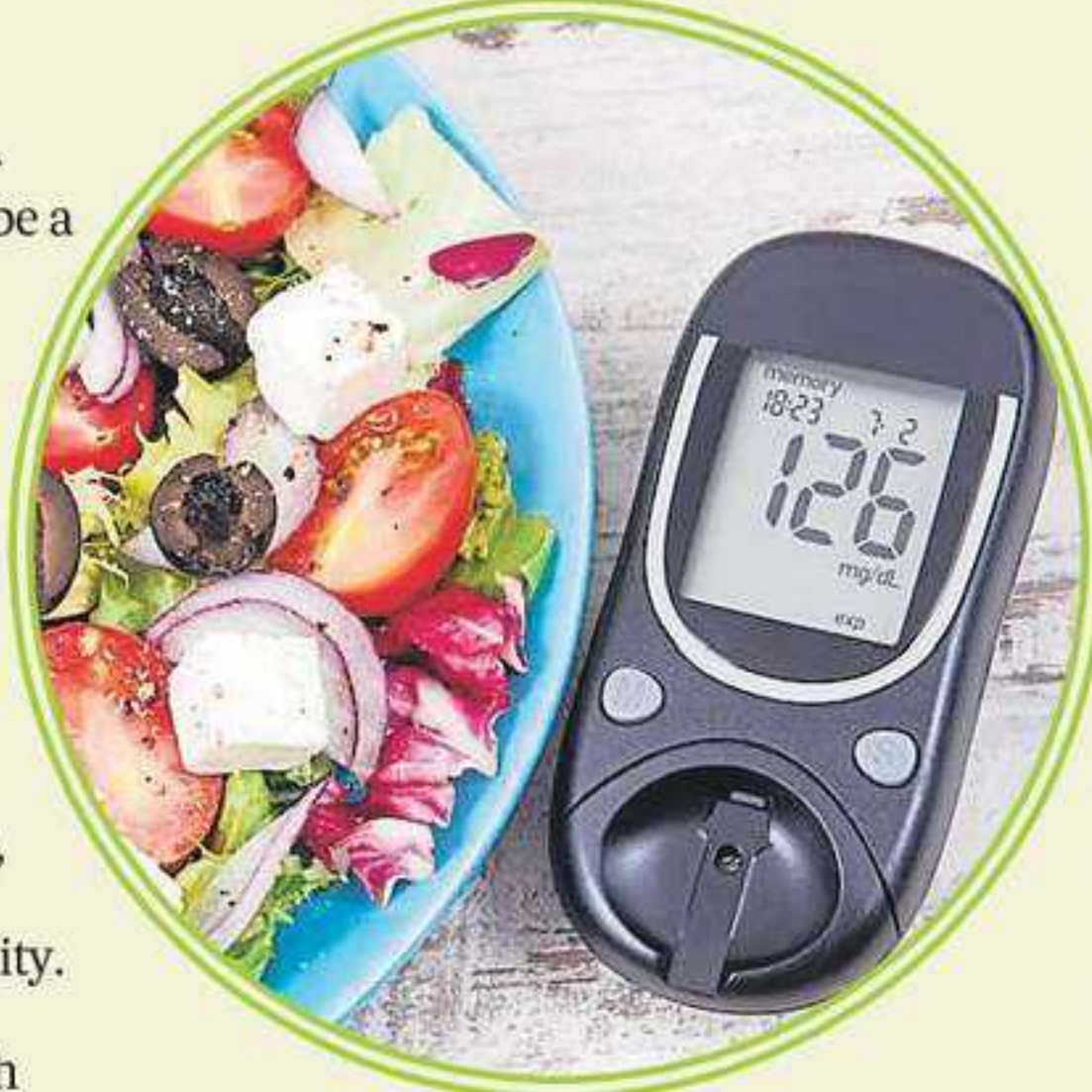
**PEANUT BUTTER ON WHOLE-GRAIN CRACKERS**

Peanut butter is one of the best snacks for diabetics as it contains protein and healthy fats that prevent nighttime blood sugar drops. However, peanut butter is high in calories and portion size must be monitored. This is high in calories. Whole-grain crackers provide complex carbohydrates for slow glucose release. Consuming 1tbsp peanut butter with two small whole-grain crackers 30 minutes before bed is recommended.

**MOONG DAL CHILLA WITH YOGHURT**

Moong dal (green gram) is rich in protein and fibre. This can help in keeping blood sugar stable. Yoghurt enhances digestion and prevents glucose spikes. Eating one small chilla (made from ¼ cup moong dal batter) and 2tbsp yogurt 45 minutes before bed can make for a wholesome snack.

For more such stories, follow healthshots.com



Anjuri Nayar Singh

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Diabetics are often advised to be mindful of their dietary choices. They are asked to avoid high-sugar, processed and refined foods, and opt for protein-rich foods instead.

"Increased protein intake can help manage diabetes by not increasing plasma glucose levels," explains dietician Kejal Shah. A modestly higher protein intake can help with better diabetes control, weight reduction and improvements in blood pressure. Therefore, all healthy snacks for diabetics must have some protein content.

While it's easy to follow a diabetes-friendly diet during the day, it might be a challenge when midnight hunger pangs strike! Here's a cheat sheet

**GREEK YOGHURT WITH FLAX SEEDS**

Greek yoghurt is rich in protein and probiotics, which support gut health and slow digestion. Yoghurt can also lower the risk of diabetes, states a study published in The Journal of Nutrition. As for flaxseeds, they provide fibre and omega-3 fatty acids, which improve insulin sensitivity. It is advisable to consume it 30-60 minutes before bedtime. Three-fourth

cup (150g) of plain Greek yoghurt as well as 1tsp ground flaxseeds is the ideal quantity.

**COTTAGE CHEESE WITH NUTS**

Cottage cheese, or paneer, is a slow-digesting protein source that stabilises blood sugar levels. It is low in glycemic index as well. It is one of the most wholesome snacks for diabetics as it has potassium, magnesium as well as Vitamin D. Nuts add healthy fats and fibre, preventing blood sugar fluctuations. Consuming 50g of paneer with five almonds or three walnuts 45-60 minutes before going to bed



{ DAILY HOROSCOPE }

Thursday, March 06, 2025

Dr Prem Kumar Sharma (Astrologer and Vaastu expert) can be contacted at: Delhi: 011-47033152, 40532026 (Sat to Mon); Panchkula: 91-172-2562832, 2572874 (Tues to Thurs); Mumbai: 09716145644 (Last week of every month)

PREMASTROLOGER

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**ARIES**

MAR 21-APR 20



A shift in your industry may prompt reflection; staying adaptable will be beneficial. Your immune system remains strong, supporting good health. A road trip will be steady.

**LOVE FOCUS:** Love may seem familiar today.  
**LUCKY NUMBER:** 9 **LUCKY COLOUR:** Saffron

**LEO**

JUL 23-AUG 23



Today's travels will bring joy, exploration, and unforgettable memories. Address discomforts early to prevent long-term issues. Financial gains from past investments boost confidence in your stability.

**LOVE FOCUS:** A simple gesture may mean more than an elaborate one.  
**LUCKY NUMBER:** 18 **LUCKY COLOUR:** Yellow

**SAGITTARIUS**

NOV 23-DEC 21



Financial discipline today lays the foundation for future prosperity. Health remains stable. Small adjustments to your routine can boost workplace productivity.

**LOVE FOCUS:** A well-balanced approach to expectations will keep romance flowing effortlessly.  
**LUCKY NUMBER:** 1 **LUCKY COLOUR:** Maroon

**TAURUS**

APR 21-MAY 20



A successful business deal or contract is within reach. Your energy remains steady. Family interactions will include support and expectations from elders. If travel beckons, ensure careful planning.

**LOVE FOCUS:** The early stages of your love story are magical.  
**LUCKY NUMBER:** 7 **LUCKY COLOUR:** Cream

**VIRGO**

AUG 24-SEP 23



Your presence at home will provide warmth and reassurance to loved ones. Career aspirations are coming to fruition. Customising your travel plans will create a fulfilling experience.

**LOVE FOCUS:** Shared experiences will strengthen your relationship.  
**LUCKY NUMBER:** 2 **LUCKY COLOUR:** Magenta

**CAPRICORN**

DEC 22-JAN 21



If taking a new loan, ensure that the repayment terms suit your financial capacity. Your energy remains high, keeping you active and productive. Prioritising tasks at work will help you meet deadlines.

**LOVE FOCUS:** Spontaneity in routines will refresh relationship.  
**LUCKY NUMBER:** 5 **LUCKY COLOUR:** Orange

**GEMINI**

MAY 21-JUN 21



A parent's viewpoint may differ from yours, but compromise will strengthen your bond. Work remains steady; patience is required for misunderstandings.

**LOVE FOCUS:** Juggling romance and responsibilities may be necessary.  
**LUCKY NUMBER:** 17 **LUCKY COLOUR:** Green

**LIBRA**

SEP 24-OCT 23



Workplace challenges will be managed smoothly today, thanks to your expertise and efficiency. Your body may signal need for rest.

**LOVE FOCUS:** Passion is high, but communication may need some fine-tuning.  
**LUCKY NUMBER:** 22 **LUCKY COLOUR:** Royal Blue

**AQUARIUS**

JAN 22-FEB 19



Pacing yourself early in the day will help maintain steady energy levels. Expanding financial prospects look promising, but patience is key for commitments.

**LOVE FOCUS:** A new romantic journey awaits.  
**LUCKY NUMBER:** 9 **LUCKY COLOUR:** Silver

**CANCER**

JUN 22-JUL 22



A smart financial choice could yield impressive long-term returns. A client's appreciation of your work may bring professional success. Before renting out property, address repairs.

**LOVE FOCUS:** Emotional connections deepen today.  
**LUCKY NUMBER:** 9 **LUCKY COLOUR:** Light Grey

**SCORPIO**

OCT 24-NOV 22



Home feels comfortable, though minor chores may need attention. Financial commitments remain a priority, but no immediate concerns arise. A sentimental memory from past romance may bring nostalgia.

**LOVE FOCUS:** Past romantic memories may bring a smile.  
**LUCKY NUMBER:** 8 **LUCKY COLOUR:** Brown

**PISCES**

FEB 20-MAR 20



Taking more downtime will support long-term healing and overall well-being. Professionally, expect a fulfilling and rewarding day. An unresolved family matter may resurface.

**LOVE FOCUS:** A shared responsibility may strengthen the bond.  
**LUCKY NUMBER:** 11 **LUCKY COLOUR:** White



# FROM PARIS WITH LOVE



PHOTOS: AFP, REUTERS AND AP

## #instastyle



**Rhea Kapoor with husband Sonam A Kapoor**

Cheers to another year! Actor Sonam A Kapoor rang in her sister, producer-designer Rhea Kapoor's 38th birthday on March 5. Rhea's midnight celebration took place in the presence of close friends and family. Later, Sonam also dedicated an Instagram Reel to her younger sister. She wrote, "Happy Birthday to my sister, my built-in bestie, and the only person who can boss me around (sometimes)! Work hard, play harder — it's the theme of our life! You better work, bch! (sic)"

Former footballer David Beckham and fashion designer Victoria Beckham

Actor Keira Knightley

Officially kicking off Paris Fashion Week, celebs turned up in full force at the Louvre museum's inaugural fundraising gala Le Grand Diner du Louvre on Tuesday. Here's a peek

Actor-singer Jisoo

Model Gigi Hadid

Rapper-songwriter Doechii



PHOTO: HTCS

(L-R) Chairman of ICMAT's Northern India Regional Council Santosh Pant, Lok Sabha Speaker Om Birla, MP Fagga Singh Kulaste, MP Bansuri Swaraj

## Realising the vision for a developed India

The Institute of Cost and Management Accountants of India (ICMAI) hosted a two-day symposium, *Adaptation in a Changing Landscape — My Viksit Bharat 2047* in Delhi. Organised by the institute's Northern India Regional Council, the event saw Lok Sabha Speaker **Om Birla** speak about a Parliamentary Committee that was established to address the complexities of the IT Act. "It will consult with stakeholders and cost and management accountants, thereby benefiting taxpayers," he said.

Chairman of ICMAT's Northern India Regional Council, **Santosh Pant** added, "We are committed to Prime Minister Narendra Modi's vision for a developed India." Parliamentary Committee Chairperson for SC-ST Welfare, **Fagga Singh Kulaste**, was the guest of honour. Also in attendance were MP **Bansuri Swaraj**, former Ambassador **Deepak Vohra**, Padma Shri mountaineer **Santosh Yadav**, **Rajendra Singh Bhatti**, **Chandrasekhar Tiwari**, **Amit Rautela**, Professor **Manoj Kumar Agarwal**, **Poonam Jaiswani**, **MC Bansal** and **Vineet Nahta**.

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PHOTO: X

## Kannada actor arrested at B'loru airport with nearly 15kg gold

Kannada actor **Ranya Rao**, known for films such as *Maanikya* (2014) and *Pataki* (2017), was arrested at Bengaluru's Kempegowda International Airport on Monday night after she was caught with 14.8kg of gold.

The actor has since been remanded to 14 days judicial custody by an economic offences court, PTI reported. Police are looking into whether the 31-year-old is part of a larger smuggling network after she travelled to Dubai four times in 15 days.

Interestingly, Ranya is the stepdaughter of the Director-General of Police of the Karnataka State Police Housing Corporation, **K Ramachandra Rao**.

HTC

## Confirmed: Ajith is not leading Dhanush's next directorial



Ajith Kumar; (right) Dhanush  
PHOTOS: INSTAGRAM

### Yashika Mathur

yashika.mathur@hindustantimes.com

After rumours of a potential collab between actor **Ajith Kumar** and actor-filmmaker **Dhanush** resurfaced, the former's manager has denied the claims, calling them "fabricated".

According to unconfirmed reports, the Dhanush-starrer *Idly Kadai* postponed its initial April release to allow Ajith's

actioner *Good Bad Ugly* a solo run in theatres. This comes months after a meeting between the two actors first set off rumblings that they were joining forces. Dhanush's prior directorials include *Pa Paandi* (2017) and *Raayan* (2024).

However, Ajith's manager **Suresh Chandra** tells us, "Fans have been waiting for both actors to come together, but as of now their commitments [have not made] this possible."

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The Outlook Conclave commenced with the lighting of the lamp by Union Minister Smt Annapurna Devi



Indranil Roy, CEO, Outlook Group extended a warm welcome to Smt Annapurna Devi, Union Minister for Women & Child Development (Go)

Sathyabama Institute of Science and Technology, a multi-disciplinary Deemed to be University, presented the Outlook Conclave on January 23, 2025 in New Delhi. The Conclave was powered by the prestigious GLA University in association with Guru Gobind Singh Indraprastha University, New Delhi, Prestige University, Indore and VIPS

As the Chief Guest of Outlook Conclave, Smt Annapurna Devi, Union Minister for Women & Child Development, (Go) elaborated upon the government's determination towards sustainable development of women and girls. Eminent personalities like Swami Sarvalokananda Ji Maharaj, Secretary, Ramakrishna Mission Ashram, New Delhi; Dr Ashwin Fernandes, Exec Director, QS; Prof Dr Mahesh Verma, VC, Guru Gobind Singh Indraprastha University; Dr Sher Singh Bhakar, Chancellor, Prestige University, Indore spoke on a holistic learning framework and equal opportunities. Prof Dr Gagan Deep Sharma, GGSIU, moderated a panel discussion with Sweta C Saxena, Director, UNECA; Amit Gupta, Partner, Deloitte; and Prof Yogesh Kochar, Your One Lite - on new-age learning. Prof TG Sitharam, Chairman, AICTE, spoke on improving the GER and embracing AI towards bridging the gender gap.



Dignitaries: (L-R) Indranil Roy, Dr Sher Singh Bhakar, Dr Ashwin Fernandes, Swami Sarvalokananda Ji Maharaj, Prof Dr Mahesh Verma, Union Minister Smt Annapurna Devi, Sandip Kumar Ghosh and Dr Kamal Pathak

PHOTOS: HTCS



Esteemed delegates on the knowledge sharing platform at the Outlook Conclave



(L-R) Prof Dr Gagan Deep Sharma, Prof Dr Mahesh Verma, Prof TG Sitharam, Sweta C Saxena, Prof Yogesh Kochar, Amit Gupta and Dr Kamal Pathak



Lamp Lighting by Prof TG Sitharam, Chairman, AICTE



Union Minister Smt Annpurna Devi and Indranil Roy



Book presentation to the Hon'ble Union Minister by Prof Dr Mahesh Verma and Dr Ashwin Fernandes

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