

CAP10 OF THE STEEL INDUSTRY

BSRM WINS THE BEST BRAND AWARD FOR THE 10TH TIME IN A ROW

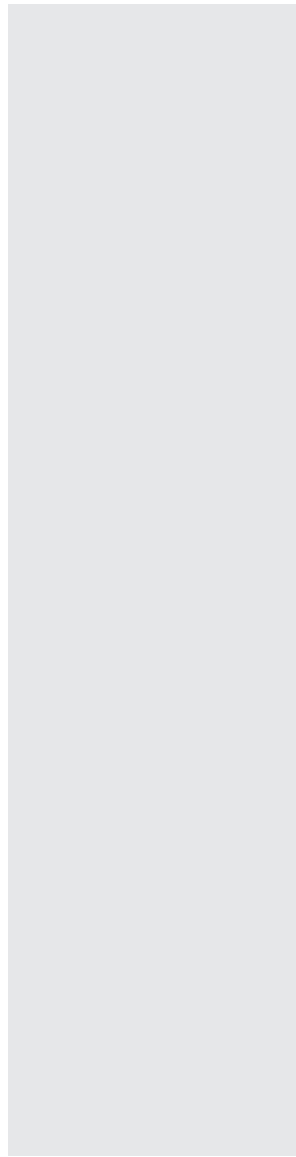
COUNTRY'S NO. 1 STEEL EXPERT

BSRM
building a safer nation

PADMA BRIDGE

Proud Construction Partner

SHAH CEMENT



Star HEALTHLINE

Know your deshi 'superfoods':
ASHWAGANDHA

STAR HEALTH DESK

Ashwagandha (withania somnifera) is an herbal shrub, the roots and berries of which are used for medicinal properties.

The herb has been revered by practitioners of Ayurvedic medicine for ages.

The following are some of its common usages:

Ashwagandha is known to relieve stress and anxiety. It is considered to be an adaptogen -- a substance which helps the body cope with stress.

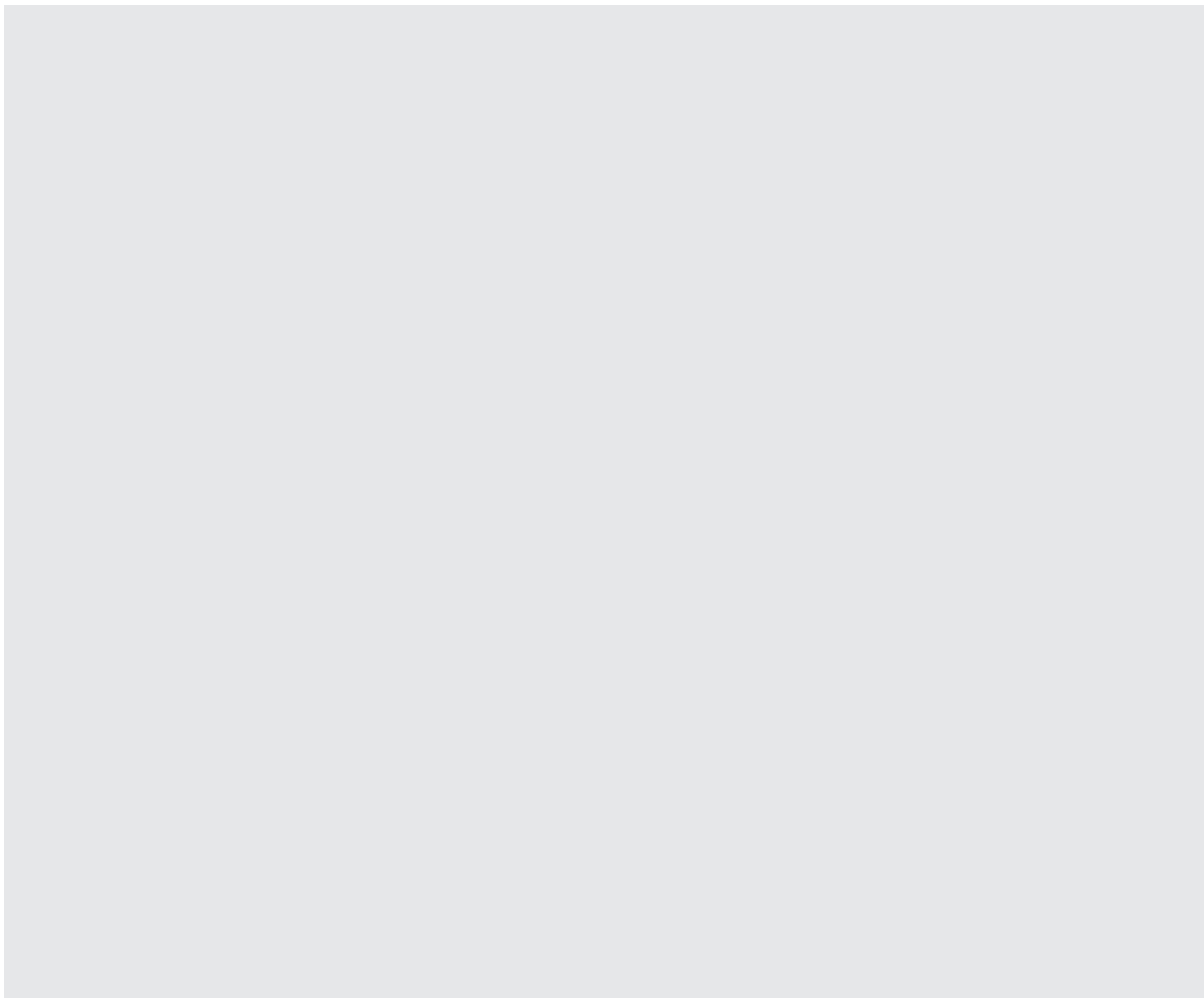
Consumption of the herb may help increase muscle strength. The herb may also enhance athletic performance during exercise.

It may reduce symptoms of mental health conditions like depression.

Some found ashwagandha to be helpful in reducing blood sugar levels and triglycerides, thus helping diabetes patients keep sugar in control.

The herb may help sharpen cognitive ability, focus and memory.

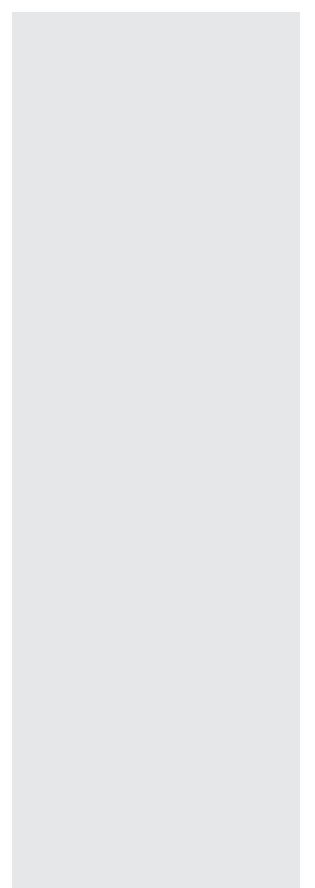
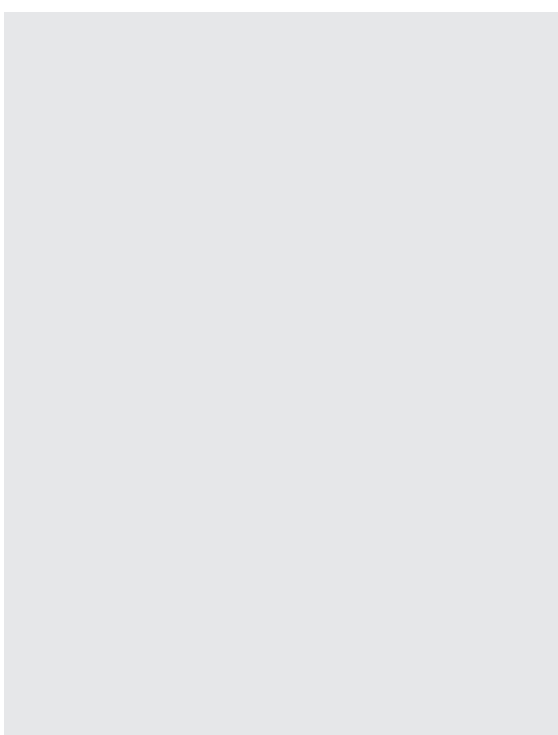
SEE PAGE 10



LANGUAGE MOVEMENT: IN THEIR OWN WORDS

Hyginex
Instant hand sanitizer

BEACON
Pharmaceuticals Limited



SEE PAGE 10