



Sunday
August 7, 2022

VOL. XXVII, NO. 206, PAGES 8, RS. 2

CIRCULATED IN DELHI, CHANDIGARH, PUNJAB, HARYANA, HIMACHAL AND J&K

NEWS BRIEF

Haryana IAS Officers Association gave a heartfelt farewell to six retired IAS officers

CHANDIGARH: The Haryana IAS Officers' Association gave a heartfelt farewell to the six retired IAS officers of Haryana cadre. Sh. Devender Singh and Sh. Rajiv Arora, who held the post of Additional Chief Secretaries, retired on July 31, 2022. Simultaneously, Sh. R.S Verma and Sh. Amarjit Singh Mann also retired. Apart from these, Sh. Amit Jha, who held the post of Additional Chief Secretary, retired in the month of June and Sh. Ajay Malik retired in the month of May. In the farewell function organized at the Haryana Civil Secretariat, Chief Secretary, Sh. Sanjeev Kaushal wished the officers good luck for the future. Praising the working style of the officers, Sh. Kaushal said that all of them were very good administrative officers. He added that they have always worked with the spirit of teamwork. Administratively, there were many ups and downs during their service, but everyone faced every difficulty with a smile and understanding. On this occasion, Chief Principal Secretary to Chief Minister, Sh. DS Dhesi, Principal Secretary to Chief Minister, Sh. V Umashankar, Additional Principal Secretary to Chief Minister, Dr. Amit Agrawal, Additional Chief Secretaries of various departments, Principal Secretaries, Directors and many other senior administrative officers were present. Chief Principal Secretary to Chief Minister, Sh. DS Dhesi said that he had a long experience working with Sh. Amit Jha, Sh. Rajeev Arora and Sh. Devender Singh.

Haryana Chief Minister gives bonanza of 21 development projects to Karnal

Building of Zilla Parishad, Karnal to be constructed at Rs 35.50 crore

SHIV KUMAR SHARMA
KARNAL, AUGUST 6

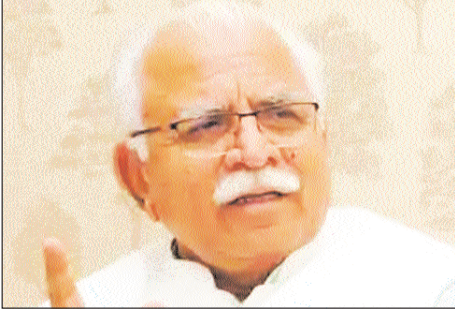
Haryana Chief Minister, Sh. Manohar Lal gave bonanza of development projects to Karnal today. He inaugurated and laid the foundation stone of 21 development projects of worth Rs 109 crores.

Speaking on the occasion, he said that it is a matter of great pleasure for district Karnal that out of 21 projects, laying the foundation stone of new building of Zilla Parishad is the biggest project which will be constructed at a cost of Rs 35.50 crore. Development and Panchayats Minister, Sh. Devender Singh Babli was also present on this occasion.

The Chief Minister said that a large area between the Western Yamuna Canal and Narwana Link Canals in Karnal remains deserted which has now been converted into a wonderful place after the construction of a park here. With this construction, people of ward number-17, 18, 19, 20 of Karnal will get the facility of enjoying daily walk and exercise etc. This place has been constructed at a cost of Rs 7.28 crore. Similarly, laying foundation stone and inauguration of projects in other assembly constituencies of Karnal district have been done including 12 development projects in Nilokheri assembly, 2 in Anshad, 3 in Karnal, 2 in Gharaunda and 2 in Indri.

48 Kos pilgrimage sites being renovated in a phased manner

The Chief Minister said that Haryana is considered to be the land of Lord Krishna, where he preached the divine scripture Bha-



gavad Gita. The pilgrimage sites of 48 Kos are being renovated in a phased manner. Remembrances and stories related to the Mahabharata period are still famous today. Some issues like renovation of roads, lake, toilets etc. are being improved. The land of Mahabharata is well known as Moksha Bhoomi. People from distant places use to visit Pehowa for Pind Daan. The Chief Minister said that Haryana Government has expanded the Gita Jayanti Mahotsav since 2016 which has now been celebrated at International level. Today, invitations are coming from across the world to celebrate the Gita Jayanti Mahotsav. In the coming September, the International Gita Jayanti Mahotsav will be celebrated in Canada. Similarly, there has been a demand from Australia to celebrate the Gita Jayanti Mahotsav.

No power shortage in Haryana

The Chief Minister, Sh. Manohar Lal said that there is no power shortage in Haryana. Today 24 hours power supply is being provided under the Mhara Gaon, Jagmag Gaon Scheme.

The Chief Minister said that the sportspersons who brings medals in Commonwealth Games will get prizes and other benefits as per the sports policy of Haryana Government. After the program, the Chief Minister also planted Triveni in the park built between the Western Yamuna Canal and Narwana Link Canals.

Projects inaugurated by Chief Minister
-33 KV Sub-station, Theri – Rs 4.48 crore
- 33 KV Sub-station, Chakda – Rs 4.29 crore
- 33 KV Sub-station, Gondar – Rs 5.43 crore
- 33 KV Sub-station, Khanpur – Rs 4.35 crore
- 33 KV Sub-station, Gangar – Rs 3.85 crore
- Furlak Road Gharaunda was made four-lane and about Rs. 9.32 crore for its maintenance.
- Multipurpose hall of Government College Sector-14 was built at about Rs.6.88 crore.
-Tarawari Bus Stand - Rs 3.6 crore
-Various development works in Guru Parashar pilgrimage site of village Bahalolpur- Rs 89.90 lakh
- Renovation work of Maharishi Ved Vyas pilgrimage site in village Bastali - Rs 55.91 lakh
- Development work of Western Yamuna Canal under Phase 1 and 2 of Karnal Smart City Mission - Rs 7.28 crore
- Inauguration of Sports Stadium at Majra Rodan – Rs 515.05 lakh
- Inauguration of sports stadium at Samana Bahu – Rs 462.70 lakh
Chief Minister laid the foundation stone of these projects
- STP construction of 2.50 MLD based on SBR technology in village Barsat – Rs. 7.28 crore 28 lakh

Aman Arora directs BDA to develop land of defunct thermal power plant in Bathinda



SHASHI PAL JAIN
CHANDIGARH, AUGUST 6:

Punjab Government led by the Chief Minister S Bhagwant Mann will develop the 1464 acres land of the now-closed Guru Nanak Dev Thermal Power Plant in a planned manner in Bathinda, said Mr. Aman Arora, Housing and Urban Development Minister, on Saturday, during his visit to Bathinda.

While inspecting the 793 acres of Ash Dyke Area of the defunct Thermal Plant, the Cabinet Minister directed the Bathinda Development Authority (BDA) officials that the survey of the land should be done by IIT Kanpur to ensure the optimum use of the land. Mann? Government will not leave any stone unturned to convert this eyesore of Bathinda into a land of opportunities, he added.

After holding marathon meetings with Resident Welfare Associations and Developers, the Cabinet Minister also visited the Urban Estate-6 and 7 and asked BDA officials to develop these sites within given time-frame so as to ensure the planned development. He said that Punjab Government has a crystal clear vision for urban development unlike previous governments, which created a mess in the name of development and haphazard development and illegal colonies were the result of their development plans but now people of Punjab will feel and watch the real planned development, he categorically said. The Cabinet Minister was accompanied by MLAs Jagroop Singh Gill, Amit Rattan and Balkar Sidhu, Principal Secretary Housing and Urban Development Mr. Ajay Kumar Sinha, Deputy Commissioner Bathinda Shaukat Ahmed par-ray, Additional Chief Administrator BDA R.P. Singh.

9-day dandiya extravaganza 'Rangratri - Dandiya Nights' announced

CHANDIGARH: Durgadevi Navratra Utsav Samiti, Borivali under the leadership of Sunil Rane, MLA Borivali today announced 'Rangratri - Dandiya Nights' – a dandiya extravaganza with Gujarat's sensation Kinjal Dave.



Poised to redefine the way Navratra is celebrated in the city, the 9-day-

long festival will witness the powerhouse performer Kinjal Dave swooning the audience with her fusion of traditional and modern beats.

Sunil Rane said, "Rangratri - Dandiya Nights will replete with great garba music, dandiya raas, multiple cuisine food stalls, beauty salons, and shopping stalls catering to


traditional jewelry, outfits & footwear."

Kinjal Dave said, "Performing in Mumbai, especially during Navratra, is something that I have always been looking forward to. We are trying to create a memorable 9-day festival and I really hope Mumkaibars shower us with their love and support."



ONE NATION. ONE EMOTION. ONE IDENTITY.
This Independence Day, bring home the National Flag and celebrate Azadi Ka Amrit Mahotsav

With
HAR GHAR TIRANGA



I respect the NATIONAL FLAG.
I will follow FLAG CODE.

13th to 15th August, 2022

by
displaying National Flag at your premises

Snap Your 'Tiranga Wali Selfie' & share at www.harghartiranga.com

Issued by: Department Of Cultural Affairs, Chandigarh Administration

MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN

Sector 36-A, Chandigarh, Phone: 0172-2603355, 2602042, 2624921
(Under the aegis of DAV College Managing Committee, New Delhi and affiliated to Panjab University, Chandigarh)

ADMISSIONS 2022-23



HIGHLIGHTS

- Re-Accredited Grade 'A' by NAAC
- 160 Top 10 positions in Panjab University Semester Examinations 2019-20 and 200 Top Ten Positions secured in 2020-21
- Ranked 1st in the country in Swachh Campus Ranking of HEIs-2018 under Residential Colleges Category
- 3rd in India under Swachh Sarvekshan 2019 in Citizens led Initiatives
- Ranked among top-most Colleges in India by the leading periodicals India Today, The Week and Outlook
- Winner of Panjab University General Efficiency Sports Shield 39 times
- Identified as a 'Mentor Institution' by NAAC to formally induct non-accredited Colleges
- Accorded Star College Status by DBT, Ministry of Science & Technology, Govt. of India
- First Training centre in the northern region providing GST Training under the aegis of National Skill Development Corporation, Govt. of India
- Vocational Education Nai Talim Experiential Learning (VENTEL) Action Plan Institution by MGNCRE, Ministry of Education, Govt. of India
- Ministry of Food Processing Industries, Govt. of India has nominated our institution as the only educational institution in Chandigarh for providing training in bakery & food processing in 2021
- Certificate of Appreciation received from MGNCRE, Ministry of Education, Govt. of India for successfully participating in, and completing the Largest Plantation Drive' in higher educational institutions across Chandigarh
- Bagged a rank in the 101-150 band in the National Institutional Ranking Framework (NIRF), an initiative of Ministry of Education, Govt. of India
- Received four star rating from Institution Innovation Council, Ministry of Education, Govt. of India during the year 2020 and 2021
- Awarded Certificate of Appreciation by Municipal Corporation, Chandigarh for securing First Position in Cleanest Office Category.
- Awarded Certificate of Appreciation by Department of Environment, Chandigarh Administration for Best Herbal Garden and Best ECO Club in Chandigarh.

COURSES OFFERED

RESEARCH PROGRAMME	UNDERGRADUATE DEGREE COURSES
◆ M. Phil and Ph.D. English	BA: General BA Honours: ◆ English ◆ Hindi ◆ Punjabi ◆ Economics ◆ History ◆ Political Science ◆ Psychology ◆ Public Admn. Sociology
POSTGRADUATE DEGREE COURSES	BSc: Non-Medical ◆ Computer Applications (Elective) ◆ Medical ◆ Microbial & Food Technology BSc Honours : ◆ Physics ◆ BCom
MA ◆ English ◆ Hindi ◆ Economics ◆ Psychology ◆ Sociology	◆ BCom Honours ◆ Accounting & Finance
MCom, MSc ◆ Chemistry ◆ Mathematics	Economics ◆ Management Studies ◆ BBA
POSTGRADUATE DIPLOMA COURSES	◆ BCA ◆ B.Voc.: Retail Management (Diploma, Advanced Diploma and Degree) (UGC-NSQF)
◆ Computer Applications ◆ Mass Communication	
ADD-ON COURSES	
◆ Communicative English ◆ Cosmetology & Beauty Care ◆ Floriculture & Landscaping ◆ French ◆ Interior Designing & Decoration ◆ Video Reporting	
UGC-NSQF SKILL BASED VOCATIONAL COURSE	
◆ Microbial Analysis & Food Safety	

ADMISSION SEEKERS ARE ADVISED TO GET THEMSELVES VACCINATED BEFORE ADMISSIONS 2022-23

Website: <https://mcndavcwchd.edu.in/>
E-mail: principal_mcndavcollege@yahoo.com

Dr. Nisha Bhargava (Principal)

I learned that we can do anything,
but we can't do everything... at least not at the same time.
So think of your priorities not in terms of what activities
you do, but when you do them. Timing
is everything.

Dan Millman

YUGMARG, CHANDIGARH, SUNDAY, AUGUST 7, 2022

SHORT TALKS

Haryana police crack double murder in 24 hours, 5 arrested

CHANDIGARH: Haryana Police has cracked a double murder case of Hansi police district that took place on August 4 within 24 hours of the crime. All the five miscreants were arrested from Rajasthan after a brief exchange of fire. While giving information here today, a spokesman of Haryana Police said that when the police team surrounded the accused and asked them to surrender, the miscreants started firing at the team. In retaliation, one of the accused got injured. Police has also recovered six illegal weapons and cartridges from them. In addition, a looted vehicle has also been recovered. The arrested accused include Monu alias Romeo, resident of Adarsh Nagar Hansi, Sachin resident of Ambekar Colony Hansi, Amarjeet resident of Bhatia Colony Hansi, Rinku resident of Sainipura and Gajju, a resident of Neemrana in Bhiwadi, Rajasthan. The accused of killing two women in Hansi had escaped after shooting another person in the leg. The Superintendent of Police Hansi Mrs. Nitika Gehlot constituted teams of CIA and Cyber Cell to crack the case.

Inauguration of Institute of Driving Training and Research (IDTR) in Karnal



SHIV KUMAR SHARMA
KARNAL: Chief Minister, Sh. Manohar Lal has given a big bonanza to the state by inaugurating the Institute of Driving Training and Research in Karnal. While speaking on the occasion, the Chief Minister said that the citizens of Karnal and adjoining districts will be greatly benefited by the establishment of

this centre. Every day 300 to 350 youth will be given training to drive light and heavy motor vehicles. He said that with good training in driving, we will get good drivers and road accidents will substantially lower down. He said that due to heavy traffic of commuters on roads the chances of accidents have also increased. In such a situation, the right

knowledge of road safety and traffic rules is the need of the hour. Expressing gratitude to the vehicle manufacturer Honda for the cooperation in the training centre, the Chief Minister said that this Driving Training Institute being started with the help of Honda Company will surely contribute significantly in this direction. The foundation stone of this institute was laid by the Chief Minister on March 29, 2018. He had also announced the opening of this institute in Karnal on December 14, 2016. This centre has been set up in collaboration with Honda Motor Scooter India Limited on 9.25 acres of land at a cost of about Rs. 34 crore. Designed on the basis of international standards, the institute has an automated driving test track, modern training equipment and computerized system with class rooms, workshops, engine rooms and electronic displays. Training for driving two wheelers, three wheelers, four wheelers, light motors and heavy vehicles will be given here. The centre will also have an automated driving test track to provide practical training on the test track and issue driving licenses.

Lord's Mark Industries launches Lords Sehat health ATM in Ambala



AMBALA: LordsMed, the global healthcare division of Lord's Mark Industries, has launched its health ATM, Lords Sehat at Ambala, Haryana. The walk-in health kiosk equipped with integrated point of care diagnostics has been inaugurated by Shri Anil Vij, Hon'ble Health Minister, Government of Haryana on August 4th, 2022 in the presence of Shri Prasantha Kumar Agrawal, Director General of Police, Government of Haryana, Shri Shrikant Jadhav, Additional Director General of Police (ADGP), Narcotics, Government of Haryana, Smt. Dr. Veena

Singh, Director General Health Service Government of Haryana, Jashn Randhawa, SP Ambala along with other key officials. While expressing his gratitude, Anil Vij thanked Lord's Mark industries for introducing the health ATM kiosk in Ambala city and said, "As the nation is on the path of digitalisation, this innovative health machine will strengthen the health care system at grass root level. The new modern machine will provide easy and convenient preventive health screening to the citizens of the city at large scale in the near future." Naitik Vyas, Director, Lord's Mark Industries Pvt Ltd who was also present at the inauguration event made a detailed demonstration of Lords Sehat and Dozee, an indigenously-developed contactless Remote Patient Monitoring device. Lords Sehat installed at Ambala Police Headquarters has been dedicated to Haryana Police. Lord's Mark Industries has made the first 500 diagnostic tests at Lords Sehat complimentary for the Haryana police personnel.

CLASSIFIED

I, hitherto Known as SONIA KUMARI W/O RISHI KAPOOR R/O. 455, Gali Lajpat Rai Durgiana Abadi Amritsar Punjab. have changed my name and Shall hereafter be known as SONIA KAPOOR	72737	I, hitherto Known as HARVEER KAUR MAAN D/O PARAMJEET SINGH W/O GURPREET SINGH GILL R/O. Kokri Kalan District Moga Punjab. have changed my name and Shall hereafter be known as HARVEER KAUR	72737	I, Satvir Singh Joshi S/o Ajit Singh R/o Vpo. Singhpura Teh-Kharar (SAS Nagar, Mohali) changed my name to Satvir Singh.	63372	I, Santosh Kumari W/o Vijay Kumar Bansal R/o Daula Gate, Gidderbaha, Distt Sri Muktsar Sahib (Punjab), have changed my name to Santosh Bansal.	63372	I Ramandeep Kaur W/O Kuljit Singh Sidhu H.N 222 Pal Master Wali Gali Jamal Wala Baghapurana (Moga) Have Changed My Name To Ramandeep Kaur Sidhu.	63372	I Lovepreet Suman s/o Hargopal VPO Padrana Tehsil Garhshankar Distt. Hoshiarpur declare that my name is Lovepreet and my surname is Suman.	900017	I, Kulvir Kaur Swaich W/o Harinder Singh R/o Dhamot Kalan changed my name to Kulvir Kaur.	63372	I Ramesh Rani W/O Sukhwinder Singh R/O Chak Dona Rahime Ke Distt. Ferozepur Have Changed My Name From Ramesh Rani To Ramesh Kaur.	63372
I, hitherto Known as TARUNA ARORA D/o VIMAL KUMAR ARORA W/o PANCHAM SAREEN R/o. 533, Basant Avenue District Amritsar Punjab. have changed my name and Shall hereafter be known as MEGHA SAREEN	72737	I, Hitherto Known As Satya W/O Bhupinder Singh R/o 885-c, Type-1, Hussainpur, Rail Coach Factory, Distt. Kapurthala - 144602, Punjab, India Have Changed My Name And Shall Hereafter Be Known As Satwinder Kaur.	72778	I, Sukhpreet Kaur Mander W/o Navjot Singh R/o Vill: Aloona Miana Po. Aloona Pallah Teh-Payal (Ludhiana) changed my name to Sukhpreet Kaur.	63372	I, Sukhwinder Singh S/o Buta Singh R/o Vill: Sadarpur Po. Baja Chak Teh-Dasuya (Hoshiarpur) changed my name to Sukhwinder Pal Singh.	63372	I Hitherto Known As Bayan Kaur W/O Gurmit Ram, R/O VPO Moron, Teh. Phillaur, Distt. Jalandhar, Punjab (India) Pin Code 144029 Have Changed My Name And Shall Hereafter Be Known As Bhajan Kaur.	63372	I, Aanchal W/o Parvesh Puri R/o, H.No 1348/39, Street No 6, Haibowal Khurd Ludhiana have changed my name from Aanchal to Aanchal Puri.	500018	I, Kashmir Singh S/o Tarlochan Singh R/o #C/542 Gurbakhsh Colony Bela Road (Rupnagar) changed my name to Kashmir Singh Bhangu.	63372	I Sunita W/O Deepak Bholewasia R/O Near Durga Mandir Mamdot Uttar Distt. Ferozepur Have Changed My Name From Sunita To Radhika.	63372
I, hitherto Known as DIYA SINGH BRAICH S/O GURSEWAK SINGH R/o. VPO Sukhanand Distt Moga Punjab. have changed my name and Shall hereafter be known DIYA SINGH	72737	I Amandeep Singh S/O Harphool Singh R/O Near Durga Shakti Mandir, Prem Nagar, Kotkapura, Distt. Faridkot -151204 (Pb.) Have Changed My Name From Amandeep Singh To Amandeep Singh Bar.	72778	I, Tarndeep Singh S/o Rajbhinder Singh R/o Phaphre Bhaikie (Mansa) changed my name to Tarndeep Singh Sidhu.	63372	I Manjit Kaur Duley W/O Jagdeep Singh R/O Village Boundal Po Ghungrali Sikhhan Tehsil Samrala Distt Ludhiana Have Changed My Name To Me Manjit Kaur.	63372	I Gurjot Singh S/O Parminder Singh R/O Amargarh (Bathinda) Have Changed His Name Gurjot Singh To Gurjot Singh Brar.	63372	I, Rajender Kumar s/o Sat Pal r/o Budhabar, hoshiarpur, punjab have changed my name from Rajender Kumar to Rajinder Kumar vide affidavit dt 20/01/2022 before EM Hoshiarpur and thereafter be called as Rajinder Kumar	900026	I, hitherto known as Paramjit S/o Charan Dass R/o Kot Ranjha Teh-Nawanshahr (SBS Nagar) changed my name to Paramjit Singh.	63372	I Manpreet Kaur W/O Sukhjinder Singh R/O Vpo Pandori Distt Ludhiana Have Changed My Name To Kaur Manpreet.	63372
I, hitherto Known as RITU GARG W/O SAVINAY GARG R/o. H.No. 23, New Friends Colony Barewal Road Rajguru Nagar Ludhiana Punjab. have changed my name and Shall hereafter be known BANDANA GARG	72737	I, Joginder Singh S/O Chanan Singh R/O Vpo Kakkon Hoshiarpur Have Changed My Name From Joginder Singh To Joginder Singh (Joginder Is My Given Name And Singh Is My Surname)	72778	I, Kashmir Singh S/o Tarlochan Singh R/o #C/542 Gurbakhsh Colony Bela Road (Rupnagar) changed my name to Kashmir Singh Bhangu.	63372	I, Poonam @ Poonam Bala @ Poonam Rani W/o Jagsir Singh R/o Vpo. Hari Nau (Faridkot) has known by above three names.	63372	I Kiranjit Kaur Muhar W/O Kulwant Singh R/O VPO Bajakhana (Faridkot) Have Changed His Name Kiranjit Kaur Muhar W/O Kulwant Singh Muhar To Kiranjit Kaur W/O Kulwant Singh.	63372	I, Vikram Singh S/o Om Prakash R/o VPO Reason, Sub Tehsil Nigdhru, District Karnal that I want to write Vikram in my passport given name and Singh surname.	100070	I, Harwinder Singh S/O Chamkour Singh R/O Village Pona Tehsil Jagraon Distt Ludhiana Have Changed My Name To Harvinder Singh.	63372	I, Mandeep Kumari Sharma W/O Sh. Avtar Singh Patti Lashkari Vpo Bhunder Distt. Bathinda Change Of Name Mandeep Kumari.	63372
I, hitherto Known as GURPREET KAUR BRAR W/O J A G D E E P S I N G H R/o.H.No.384, Agwad Wadda Fla, Ghal Kalan, Moga Punjab. have changed my name and Shall hereafter be known as GURPREET KAUR GILL	72737	I Sukhpreet Singh Sandhu S/O Surjeet Singh R/O Vpo Kot Fatta Tehsil & District Bathinda, Punjab Have Changed My Name To Sukhpreet Singh I,Manpreet W/O Rajvir R/O Bhadon, Tehsil Shahkot, Distt. Jalandhar Have Changed My Name After Marriage Manpreet To Manpreet Kaur	72778	I, Navkar Singh S/o Manmohan Singh Dhanjal R/o Ishwar Nagar Jagraon have changed my name to Navkar Singh Dhanjal.	63372	I, Manmohan Singh S/o Mohinder Singh R/o Ishwar Nagar Jagraon have changed my name to Ismeet Singh Dhanjal.	63372	I Kulwant Singh S/O Major Singh R/O VPO Bajakhana (Faridkot) Have Changed His Minor Boy Child Name Navkamal Singh Muhar S/O Kulwant Singh Muhar To Navkamal Singh S/O Kulwant Singh.	63372	I, Sanjeev Kumar s/o nand lal r/o 88- rose Avenue Kapurthala have changed name of my Minor son of jitesh Kumar to Kumar jitesh all concerned kindly note.	572724	I, Sita Devi W/O 6346049 Late L NK Hans Raj R/O H No 526, Chugitti By Pass Jalandhar Distt- Jalandhar have changed my name from Sita Devi to Sita Kaushik. Please note.	63372	I, Inderjit S/o Rattan Singh R/o Vill: Chauhra Po. Dagham Teh-Garhshankar (Hoshiarpur) declare that Inderjit and Inderjit Singh is one and the same person.	63372
I, hitherto Known as JASPREET SINGH KHANGURA S/O DALBARA SINGH R/o. Village Leehan, Lihan Bhundri Ludhiana Punjab. have changed my name and Shall hereafter be known as JASPREET SINGH	72737	I Gurlal Chattha son of Bachitar Singh, village Urlana Khurd, Tehsil Madlauda, Distt. Panipat have changed my name from Gurlal Singh to Gurlal Chattha.	98732	I, Manmohan Singh Dhanjal S/o Mohinder Singh R/o Ishwar Nagar Jagraon have changed my name to Navkar Singh Dhanjal.	63372	I, Kiranjit Kaur Muhar W/O Kulwant Singh R/O VPO Bajakhana (Faridkot) Have Changed His Name Kiranjit Kaur Muhar W/O Kulwant Singh Muhar To Kiranjit Kaur W/O Kulwant Singh.	63372	I, Anil Kumar S/o Dharmpal R/o Village Serhada Distt. Kaithal Have Changed My Name From Anil Kumar To Anil (Given Name) Kumar (surname). Concerned Please Note.	84451	I, Dipanshu S/o Kuldeep Singh R/o Village-Bhoot Majra, Tehsil-Ladwa, Distt.Kurukshetra (HR) have changed my name from Dipanshu to Dipanshu Sohi	98706	I, Sita Devi W/O 6346049 Late L NK Hans Raj R/O H No 526, Chugitti By Pass Jalandhar Distt- Jalandhar have changed my name from Sita Devi to Sita Kaushik. Please note.	63372	I, Inderjit S/o Rattan Singh R/o Vill: Chauhra Po. Dagham Teh-Garhshankar (Hoshiarpur) declare that Inderjit and Inderjit Singh is one and the same person.	63372
I, hitherto Known as JASPREET SINGH S/O DALBARA SINGH R/o. Village Leehan, Lihan Bhundri Ludhiana in state of Punjab. have changed the name of my minor son name M A N S E E R A T S I N G H KHANGURA AGE 13 YEARS and he Shall hereafter be known as MANSEERAT SINGH	72737	I, hitherto Known as NAVJOT KAUR BRAR D/O SHINDER PAL SINGH R/o.Village Sangudhaun District Sri Muktsar Sahib Punjab. have changed my name and Shall hereafter be known as NAVJOT KAUR	100060	I, Manmohan Singh Dhanjal S/o Mohinder Singh R/o Ishwar Nagar Jagraon have changed my name to Navkar Singh Dhanjal.	63372	I, Kiranjit Kaur Muhar W/O Kulwant Singh R/O VPO Bajakhana (Faridkot) Have Changed His Name Kiranjit Kaur Muhar W/O Kulwant Singh Muhar To Kiranjit Kaur W/O Kulwant Singh.	63372	I, Anil Kumar S/o Dharmpal R/o Village Serhada Distt. Kaithal Have Changed My Name From Anil Kumar To Anil (Given Name) Kumar (surname). Concerned Please Note.	84451	I, Dipanshu S/o Kuldeep Singh R/o Village-Bhoot Majra, Tehsil-Ladwa, Distt.Kurukshetra (HR) have changed my name from Dipanshu to Dipanshu Sohi	98706	I, Sita Devi W/O 6346049 Late L NK Hans Raj R/O H No 526, Chugitti By Pass Jalandhar Distt- Jalandhar have changed my name from Sita Devi to Sita Kaushik. Please note.	63372	I, Inderjit S/o Rattan Singh R/o Vill: Chauhra Po. Dagham Teh-Garhshankar (Hoshiarpur) declare that Inderjit and Inderjit Singh is one and the same person.	63372
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Are you just tired or is it vitamin deficiency?

CHANDIGARH : Our daily diet can fail to provide the right amount of nutrients, leading to symptoms such as fatigue which may be noticeable at first. A study by the National Institute of Nutrition found that nearly 50% of 'apparently healthy' Indian adults suffered from Vitamin B deficiency. Taking supplementations which contain the appropriate multivitamins prescribed by your doctor can help fill the nutritional gaps in your diet. It is no secret that as we age, our bodies go through several changes.



Some changes are distinct while others are subtle. Our bones tend to shrink, muscles become weak, skin feels dry and loose, and our hair starts thinning. According to Dr. Ajay Budhwar, Chief Consultant & CEO, Dr. Ajay Budhwar's Diabetes Clinic, Amritsar, Populations which are at greater risk for nutrient deficiency include elderly people, pregnant women, and people suffering from malabsorption. Consuming certain medications can also make people vulnerable to deficiency. Moreover, changing lifestyles and food habits have resulted in people in their twenties and thirties suffering from nutrient deficiencies. A multivitamin a day can keep disease away. Vitamins and minerals are nutrients that play a vital role in your body and ensure that you stay healthy. Taking multivitamin supplements can have many health benefits. The primary job of a multivitamin is to fill the nutritional gaps in our diet and provide us with nutrients like vitamins A, C, D, E and K, and minerals like calcium, magnesium, chromium, zinc, selenium, iron, and potassium. Though many options are available as far as multivitamins go, some benefits of consuming the right ones include boosting energy levels, keeping your nervous system healthy and fostering immunity. The pandemic also threw a spotlight on certain vitamins and minerals such as zinc which are needed to fight infections and boost immunity. Deficiencies can lead to unpleasant symptoms such as reduced concentration, fatigue, pain in the arms and legs, and numbness. Vitamin B deficiency can have a crucial impact as it is needed to help the body release energy from food and keep the nervous system and skin healthy. Vitamin B9 (Folic acid) and Vitamin B12 (cobalamin) are needed for the formation of healthy red blood cells and their deficiency can lead to anaemia. Vitamin B1 (thiamine), Vitamin B6 (pyridoxine), and Vitamin B12 (cobalamin) are also essential for the maintenance of a healthy nervous system.

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Bachpan Ki Mitrata Sabse Bemisaal!

CHANDIGARH : Friends are an integral part of our lives, and friendship is a bond that people cherish forever, no matter how old they get. On this Friendship Day, &TV artists talk about their childhood friends who are still their best buddies. These include Mouli Ganguly (Mahasati Anusuya, Baal Shiv), Kamna Pathak (Rajesh Singh, Happu Ki Ultan Paltan), and Vidisha Srivastava (Anita Bhabhi, Bhabiji Ghar Par Hai).



hasati Anusuya in &TV's Baal Shiv, shares, "This friendship day is dedicated to my buddy Rinku, who has been my closest friend since kindergarten. We have an unbreakable link, and I cannot picture life without her. Although she is now married and lives in Cuttack, we remain in contact and frequently speak over the phone and video calls. I have some crazy memories with her, like I remember how during our school times we used to walk home from school in the rain together. We loved splashing through flooded streets and arriving home late, covered in mud. We used to purposefully choose the longer route and then go back, pretending we had forgotten something.

NEWS

YUGMARG, CHANDIGARH, SUNDAY, AUGUST 7, 2022

Allen Chandigarh announces the launch of TALLENTX 2023; Biggest Talent Encouragement Exam in India

Students of Class 5 to 10 have a chance to win scholarships worth INR 250 crore and cash prizes up to INR 1.25 crore

CHANDIGARH, AUG 6

Allen Career Institute Private Limited (ACIPL), the pioneers of organized coaching for students in India, announced the launch of India's one of the biggest talent encouragement exam for students of classes between 5 to 10, named "TALLENTX 2023". The center head Mr. Sadanand Wani, Mr. Arun Sharma, HOD Pre-Medical Division, Mr. Sanjeev Kumar Singh, HOD Pre-Medical Division, Mrs. Manpreet Kaur, HOD Pre-Nurture Division and Allen Chandigarh team graced the launching ceremony held at Hotel K.L.G Starlite, Chandigarh. They unveiled the poster of TALLENTX 2023 and brochure.

Commenting on this encourage-



ment exam, Mr. Sadanand Wani Center head, ACIPL said, "TALLENTX 2023 is one of the biggest platforms that encourages talented students across India. This year, the

exam will be conducted offline in a single stage on 9th and 16th October, 2022. All those who have enrolled to the ALLEN classroom courses are eligible to appear for TALLENTX

Naye karnamo ka silsila

CHANDIGARH : This week, characters of &TV shows Baal Shiv, Happu Ki Ultan Paltan and Bhabiji Ghar Par Hai will have to pay for others' mistakes. About &TV's Baal Shiv track, Mahasati Anusuya shares, "Baal Shiv (Aan Tiwari) jumps and puts his feet on four camels, which then turn into four Sanad Kumar. Devi Saraswati tells Mahasati Anusuya (Mouli Ganguly) that all the four Sanad are her and Brahmdev's sons and reminds her of the promise that she will take care of them. Narad (Pranet Bhatt) informs Devi Parvati (Shivya Pathania) that Baal Shiv doesn't have his memory of Mahadev (Siddharth Arora), which makes her angry. On the way back home, Sanad Kumar insults Mahasati Anusuya and Baal Shiv. After reaching home, Baal Shiv goes



to meet Devi Parvati, but in anger, she refuses to meet him, which makes him upset, and he leaves. Meanwhile, Sukracharya finds the ashes of Bhasmasur and tells Tarkasur (Kapil Nirmal) to make a huge Asur, for which panch mahabhuta

must be mixed with Bhasmasur's ashes and it will be found in the Panchmahabhoot's Shrivling temple. Indra's (Kunal Bakshi) detective informs him that Tarakasur is about to attack the temple. Indra and other devta plead Devi Parvati to take Baal Shiv along and protect the Panchmahabhoot's Shrivling temples but she refuses. Will Tarkasur succeed in his evil plan?"

About &TV's Happu Ki Ultan Paltan, Katori Amma shares, "Katori Amma's (Himani Shivpuri) relative Adveer Bhaiya repays six lakhs to her for helping him in his bad time. This makes Rajesh (Kamna Pathak) anxious, and she starts fighting with Amma for not informing the family before lending the money. Happu (Yogesh Tripathi) intervenes and suggests everyone not help any family member finan-

cially. He then keeps all the money in the storeroom locker and ties the keys around his neck to keep the money safe. However, Gabbar approaches Rajesh and Bimlesh (Sapna Sikarwar) for two lakhs as he has lost a large amount in the bull race and now his home is at stake. Meanwhile, Happu gets a call from the Commissioner (Kishore Bhanushali) to inform him that he will not be able to come to the police station today as he must pay six lakhs to his brother-in-law. To impress the commissioner, Happu promises to help him by giving him all the money. Now that Rajesh has already taken 2lakhs to help Gabbar, Happu fails in his commitment to provide 6 lakhs to Commissioner. A situation arises when Amma is blamed for the missing amount and might land up in jail.

I have never been typecasted for the roles I essay, I like exploring new characters and different genre: Jiya Shankar

CHANDIGARH : It is said that appearance can be deceptive, for what looks like a braid of an angel, could be a rope of a devil. COLORS' latest supernatural drama 'Pishachini' unravels the tale of a family and their encounter with an evil demoness, Rani. An enchantress, she pretends to be a damsel in distress, but eventually entraps people and devours their souls with her enchanting beauty and dark energies. As her frightening shadow falls on the Rajputs, it is Pavithra who senses her demonic presence and chooses to help the family break free from Pishachini's evil powers. Produced by MAJ Productions and Shakuntalam Telefilms, the show will see Nyrrea M Banerji as Rani, Harsh Rajput as Rakshit and Jiya Shankar as Pavithra, "Pishachini" will premiere on 8th August and air every Monday to Friday at 10 pm on COLORS.

Jiya Shankar who plays the character of Pavithra in the show shared her thoughts on the show, her character, and much more.

1. What made you say yes to 'Pishachini'?

A. As an actor, I am always eager to try unique and challenging



roles that give me a chance to experiment with my capabilities. Pishachini is one such show! I have been a huge fan of supernatural shows and have admired the actors who have aced such difficult characters so gracefully. It is my first ever supernatural show and that's what made me say yes to it. 'Pishachini' is packed with a unique story, drama, romance, revenge, supernatural activities, and a lot more which made me fall for the show.

2. Were there any apprehensions about this role?

A. Not really. I've never played such kind of a character before. I am

absolutely kicked for this one as there will be a lot of challenges and twists in this story as well as in my character. It will be a whole new journey for me! Moreover, this is a new genre for me, the shots taken on green screen when edited gives great visuals and a different level of excitement. I totally love to see how it works magically on the screen.

3. How has it been working with your co-stars Harsh Rajput and Nyrrea Banerjee till now?

A. I am glad to work with two of the most renowned television actors Harsh Rajput and Nyrrea Banerjee in Pishachini. Both are very welcoming and great co-actors to work with. We have gotten along very well with each other and I must say our bond is getting stronger with each passing day. Moreover, the set of Pishachini gives me a homely vibe and doesn't let me miss my real home! All our co-actors are fun to work with since I get to learn a lot from each one of them. Everyone is extremely loving and caring and I truly enjoy my time being around them and shooting with them.

4. What can audience look forward to from the show?

A. I am sure each one of us have

watched a lot of supernatural shows and admired them at some point of time. COLORS has always been a pioneer in bringing some of the most exhilarating supernatural concepts which is one of the reasons why I am excited for this one too! I am certain that it is not going to be like any other mystic thrillers that audiences have watched on the screen before. Pishachini has been shot amidst the serene locations of Himachal Pradesh, has some larger than life aspects, interesting VFX and spooky costumes in it which makes the show stand out from the rest.

5. What are your thoughts on Supernatural dramas? What difference do you find in its portrayal on TV and films?

A. I must say that creating a supernatural show is way too different from any other genre. Since many sequences of supernatural shows are special effects, it becomes more challenging for an actor to deliver his/her performances. But at the end of the day, it's all about how well you bring out your emotions on the screen and get in the zone of your character to find the connection with the masses.

Raksha Bandhan gifting made easy with Melorra

CHANDIGARH : Melorra (www.melorra.com), one of India's fastest-growing D2C companies designing hallmarkd, affordable and fashionable gold jewellery for everyday wear has unveiled its Raksha Bandhan campaign #CloserWithMelorra. The campaign highlights the timeless and constant bond shared by a brother and sister. On this day, Melorra is making sure that distance does not diminish the joy of celebration and gifting on Raksha Bandhan.

From school days to adulthood and even after going their separate ways, the love between siblings stays intact. Celebrating this bond, Melorra is inviting millennial Indians to make the festivities even more special with its collections of over 17,000 lightweight and fashionable gold jewellery options that can be delivered anywhere in India or abroad.

Speaking about this, Saroja Yeramil, Founder and CEO, Melorra, said, "One of the biggest challenges for siblings in today's times is to be physically present with each other. Despite the undiminished love and support, life's commitments can make meeting and gifting a challenge. That's the gap we are aiming to plug at Melorra. Our customers can buy and deliver lightweight and hallmarkd gold jewellery inspired by global fashion trends anywhere in India or abroad at the click of a button. Through this campaign, we wish to tell every brother that Melorra can be whenever and wherever you can't be physically present."

Melorra currently has a physical presence in Bangalore, Pune, Bhubaneswar, Delhi, Lucknow, Mumbai, Bhopal, and Noida with the total number of stores standing at 15. The brand will also be expanding its retail footprints throughout India in the next few years. To ensure consumer trust, every product at Melorra is put through 25 quality checks before it is shipped out.



Significance of Nag Panchmi and its celebrations across various regions

CHANDIGARH : To worship the Serpent God, the Nag Devta, Nag Panchami is celebrated across India with great zeal and devotion during Sharavan month. In sync with the festive spirit, &TV artists talk about the significance of Nag Panchmi and its celebrations in their hometowns. These include Kapil Nirmal (Tarkasur, Baal Shiv), Kamna Pathak (Rajesh Singh, Happu Ki Ultan Paltan), and Soma Rathod (Amma Ji, Bhabiji Ghar Par Hai).

Kapil Nirmal, Tarkasur in &TV's Baal Shiv, shares, "There are quite a few interesting stories on worshipping the serpent deities which I heard from my grandmother. The tradition is present in several ancient cultures where snakes were seen as the holders of knowledge, strength, and renewal. People have strong beliefs and devotion that if they worship snakes on this day and feed them milk, they and their families will be saved from snake bites forever. It is also believed that Nag Panchami falls during the monsoon months because it is when snakes are most visible, seeking refuge in houses after their underground homes get filled with rainwater. With more snakes slithering around, the festival was forged to



appease the snake god and keep people safe. Stories about this festival are interesting, and I wish everyone a happy Nag Panchami." Kamna Pathak, Rajesh in &TV's Happu Ki Ultan Paltan, shares, "I am fascinated with stories in Indian mythology on snakes. During Nag Panchami, women in my family observe a fast, or vrat, where they abstain from food, signifying devotion, and discipline. It lasts from sunrise to sunset. Women also pray for the wellness of their brothers and family. On this day, cobras and other snakes are fed with milk and worshipped by light-

ing lamps, decorating temples with flowers, and offering sacrifices and sweets. In Indore, there is also some fun Mela organized where several skits are performed showcasing the tales and significance of this festival. But for me, this festival is my favourite for one reason: Maa ke hath ki kheer. She makes the yummiest dry fruit-loaded kheer on this day to offer in the temple, and I cannot wait for her to return. I finish the remaining prasad (laughs). To mark special celebrations, many people also prepare Til Ke Laddu, Narayal Mithai, Dind, Patholi with jaggery." Soma Rathod, Amma Ji in &TV's Bhabiji Ghar Par Hai, shares, "It is one of the most auspicious Hindu festivals celebrated in the month of Shravan. My mother used to fast on this day, and all the ladies in my colony would dress up traditionally and perform pujas at home or the nearest temple. My mother would sprinkle flowers and turmeric powder on the head of the snake and offer milk, which was quite a sight to see. Also, snake charmers sang local tunes to praise the serpent god. My mother always insisted on fasting and doing puja, but I was terrified of snakes."

Lenovo's new range of Yoga and Legion laptops are fueled with the power to Create and Play
CHANDIGARH : Lenovo has unveiled its next generation jewel-crafted Yoga series; the battle-ready Legion and IdeaPad gaming laptops, in India, empowering consumers to Do More, Their Way. The lineup includes Legion 5i, Legion 5i Pro, Legion Slim 7i and the IdeaPad Gaming 3i along with Yoga 9i, Yoga Slim 7i Pro, and Yoga 7i. All laptops are equipped with 12th generation Intel® Core™ processor, faster graphics, improved battery performance, and sustainable design to further Lenovo's Smarter Innovation for consumers. The new sustainable, jewel-toned craftsmanship and smart AI-powered Yoga laptops are designed to anticipate user interaction and push the limits of smarter, high-performance gaming and content creation. These ultra-slim and light laptops with immersive OLED display and integrate a comfortable edge design with humanizing soft contours for easier and more comfortable mobility and handling. The new Legion and IdeaPad gaming laptops bring peak innovation in performance and immersive gaming experience. The minimal design language meets effective thermal management to deliver a seamless gameplay experience.



Kaun Banega Crorepati kickstarts the 14th season with a befitting event to commemorate India's 75th year of Independence

CHANDIGARH : Indian television's longest running knowledge-based game show, Kaun Banega Crorepati is geared up to set the ball rolling for an all-new edition. In its 14th Season, the show promises to be more engaging & gratifying not only for the contestants



gracing the hot seat, but also the viewers alike. Produced by StudioNEXT, the show will premiere on Sunday 7th August, and will air every Monday – Friday at 9 PM thereafter. On occasion of the 75th anniversary of Indian Independence, the show will begin on a celebratory note with an extravagant event called Azadi Ke Garv Ka Mahaparv. Hosted by Mr. Amitabh Bachchan, the episode will be

graced by Kargil War Veteran Major D. P. Singh, Sena Medal Gallantry Col. Mitali Madhumita, along with Indian sports icons, Padma Vibhushan awardee MC Mary Kom & Padma Shri recipient Sunil Chhetri and Padma Bhushan awardee Aamir Khan. Furthermore, bringing alive the fervor of 75 years of Indian independence within the show, the makers have introduced a new padaav at 15th Question - 'Dhan Amrit', wherein the contestants are assured of prize money of INR 75 lakhs.

iQOO Announces Irresistible Offers During Amazon Great Freedom Festival Sale 2022

CHANDIGARH : Bringing exceptional performance and revolutionary power, iQOO, is all set with the sale of iQOO Smart-phones during Amazon Great Freedom Festival Sale 2022 from 6th August till 10th August 2022. For prime members on



Amazon.in, the sale is already live on the platform. iQOO smartphones promise to deliver power packed performance with industry leading experience to its tech savvy customers. iQOO 9T 5G is powered with Snapdragon® 8+ Gen 1 Mobile Processor with the efficiency of 4nm processor along with the astonishing AnTuTu benchmark score of 1115589,

which allows flagship level performance, advanced core architecture and stable chip function in the segment. Supported with 120W FlashCharge technology for the 4700mAh battery that helps in charging 100% battery in just 20 minutes. It is also equipped with an 120Hz E5 AMOLED Display and HDR 10+ that offers immersive visual effects, delivers peak operations and silky-smooth control in various gaming scenarios leading to less strain on your eyes. The iQOO 9T 5G is also equipped with V1+ Imaging Chip that exponentially improves image processing efficiency and power consumption in the smartphone leading to uninterrupted performance. The iQOO 9T 5G features an ultra-sensing photography system that comprises a 50MP GN5 ultra sensing main camera, 13MP ultra-wide-angle camera and 12MP IMX663 professional portrait camera.

Earlier this year, iQOO launched India's Most Advanced Flagship Series-iQOO 9 Series i.e., designed for on-the-go gamers and revolutionizes the smartphone user experience to match professional esports standards. iQOO 9 Pro, iQOO 9 and iQOO 9 SE are category-defining devices that are infused with best-in-class hardware specifications and software capabilities and promise to bring extreme performance with ultra-mobile gaming, superior camera, and multi-media entertainment experiences to consumers in India.

Indian exporters on Amazon Global Selling see approximately 50% business growth during Prime Day 2022

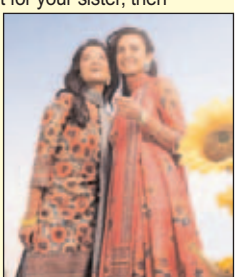
CHANDIGARH : During the Prime Day event held globally on July 12-13 this year, Indian exporters on Amazon Global Selling saw approximately 50% business growth, selling hundreds of thousands of Made in India products to customers across the world. Against the backdrop of economic upheavals faced by Indian businesses in recent times, this shopping event provided a big opportunity to bring more Indian exporters into the global ambit and boost Indian e-commerce worldwide. Several globally popular Indian brands such as Vahdam Teas, D'Moksha Homes, ITC, California Design Den, Slurrp Farm, Imagimake Toys, and Soufflower, among others, participated in Prime Day 2022.



"The global Amazon Prime Day 2022 was a great experience for us as we saw our business grow almost 5x compared to a regular day," says Puneet Nanda, Founder, Gu-rNanda, which offers a line of exquisite oils and diffusers. Dhvani Sheth, the founder of Skillmatics, a leading global education brand, also echoes a similar sentiment. "Prime Day 2022 was a huge success for us as we grew 4x compared to last year; we exceeded our planned numbers and were pleasantly surprised by the strong customer love for the brand," he says. "Prime Day has traditionally been a celebration for Prime members. We are happy this year we enabled Indian exporters on Amazon Global Selling to take hundreds of thousands of Made in India products to customers worldwide. With more and more people relying on e-commerce globally, we believe Amazon Global Selling will help accelerate the exports business for sellers of all sizes," says, Bhupen Wakankar, Director, Amazon Global Selling India.

Rakshabandhan Gifts for sisters: Celebrate the Occasion with Love and Surprises from BIBA

CHANDIGARH : What better way to express your affection for your sibling than Raksha Bandhan? In Indian tradition, a national festival that represents the love and trust that one sibling has for the other is a much-anticipated day. The exchange of a rakhi and gifts symbolizes one sibling's affection and attachment to the other. If you are looking for some lovely and memorable gifting options, then BIBA is here to help you with its latest collection of festive range, jewellery, handbags, footwear and last but not the least-spelle perfume. If you haven't bought a gift for your sister, then then these gifting options from the one stop shopping destination BIBA will help you choose the ideal Rakshabandhan gift for your sister. We have rounded some of the best Rakshabandhan gifts for your sister. So, surprise her with these adorable yet classy gifts. Look no further as BIBA has your back! Choose best gifts for your sister among our handpicked, Indian festive wear along with matching jewelry, handbag and footwear! Festive Grace with Sunflower Prints : Suit sets are grand, festive, and effortlessly dressed up clothes! They are perfect for any occasion that requires elegance. The multiple layers add grandeur to the attire. You can pick out fabulous suit sets from BIBA to slay the scene! This Rakshabandhan get your sleek on in a sage green straight kurta set with elaborately decked up wide border and dupatta. Also, look dainty and dressy in a fuchsia Anarkali with churidar and printed dupatta. Sage Green Cotton Straight Suit Set: INR 4,599. Fuchsia Cotton Anarkali Suit Set: INR 6,995. Elusive Looks:-How about gifting your sister a kurta that will enhance her overall look on Rakshabandhan. L-Mix traditional with trendy with this straight V-line, olive green kurta. It is the ultimate statement in comfortable fashion wear.



Editorial

China goes over the top
in Taiwan missile drills

In a massive show of its disapproval of US House of Representatives Speaker Nancy Pelosi visiting Taiwan, China has been flexing its military muscle for over two days with missile launches and military movement that could potentially blockade the island nation while also flying scores of fighter aircraft freely into its airspace. As China's moves are globally being viewed with apprehension, what Ms Pelosi has achieved in a largely symbolic gesture of solidarity with a fellow democracy with her visit appears relatively hollow.

Doubts also arise over whether American deterrence has been strong enough in the face of threats that its allies Taiwan and Japan are facing. It may have been of greater help to Taiwan if the US had been ramping up its defence in the air and over water as reassurance of assistance in the face of a Chinese invasion that the Taiwanese dread.

The missiles that China launched in the general direction of their neighbouring island nation landed not only somewhere in the vicinity of Taiwan but five of them also landed in waters that Japan claims as its exclusive economic zone. The crossing of a line farther away from China and Taiwan exposed the dangerous nature of the games that superpowers play. The rest of the world could only look on as spectators and hope that none of the players in this tussle lose their mind and light up a conflagration that none can afford.

Not for a moment can it be believed that China did not know that five of its missiles were landing closer to Japan which Ms Pelosi was visiting in the course of her explosive Asian tour. Given its claims of precision landing of its firepower in ballistic armaments, China must have been well aware of how far this provocation was intended to go.

If the Chinese President, Xi Jinping, has not crossed the Rubicon in starting any exercise to take token territory of the self-governing island of Taiwan that China claims, it is because he may be biding his time while awaiting his coronation ahead of an unprecedented third term. The world knows he sees unifying Taiwan with China as the primary goal of his career.

Xi Jinping is a long-term player in geopolitics over Taiwan whereas the term of Ms Pelosi, who played to her domestic constituency and audience in her visit defying Pentagon advice and President Joe Biden's wishes, could be over very soon if the Democrats were to lose their House majority in this winter's mid-term polls.

Parliament's Bag Ladies
and India's meme stakes

Mahua Moitra's bag replaced Ranveer Singh's butt in the meme stakes this week. Which is a good thing or a bad thing, depending on whether you are a bag or butt fanatic. I'm still trying to wrap my head around the fierce attack launched against one of our most articulate MPs for "hiding" her pricey LVMH bag from prying, all-seeing cameras in the House, during a heated debate on "mehngai" (rising costs). I was at a dinner in Pune when the controversy over the bag was peaking.

My host looked away dreamily and sighed: "Forget her bag... I really like Mahua... she's hot." The other guests were up in arms, especially the hostess who icily corrected her husband with a sharp put down, telling him the issue was much bigger than his crush on Mahua. Really? Was it bigger... or made extra big by people with nothing better to carp about than a lady's handbag? What is the issue? Do the critics mean lady parliamentarians, especially TMC types, should shun ostentatious displays and leave luxury bags at home when they attend Parliament? Why? It's the same old sniping that was heard back in the days when



Rajiv Gandhi and his Doon School buddies were mocked for wearing Rolex watches and Gucci loafers. Bollocks! We are fine with fake displays of austerity, but roil at accessories that cost a pretty penny. I thought we had left glorifying the hypocritical jhola culture well behind. Clearly not, going by the over-reaction to Ms Moitra's Rs 1.6-lakh bag. A few pertinent questions are worth rais-

ing here: One: Can Mahua, in her personal capacity, afford to buy such an expensive bag? The answer is "yes". She was a successful professional (V-P of J.P. Morgan in the UK), with declared assets of Rs 2.64 crores. Question two: Did she deliberately duck and push her bag under the bench? Who knows? The timing being what it was, it does appear as if she became aware of being on camera

and decided to keep the bag out of view. Good on her! Smart woman! She may have seen the irony of her luxury bag being prominently in the frame, when her colleague Kakoli Ghosh Dastidar was talking about the "mehngai". Give her marks for her presence of mind and agility.

The problem is not Mahua's bag or Ranveer's butt. It is our own double standards and excessive guilt. We can neither handle prosperity, nor nudity. And obsess over both.

These sort of distractions take away our attention from far more critical issues, like the rupee weakening by 44 paise this week to close at 79.16/\$ over concerns of a widening trade deficit (a record \$31 billion in July 2022). While the RBI's monetary policy committee's recommendations have fiscal market watchers on tenterhooks, here we are haranguing a woman over her choice of handbag. And look -- there's a belligerent Smriti Irani screaming herself hoarse in Parliament, eyes blazing, index finger wagging -- "Sonia Gandhi maafi mango..." during the "Rashtrapati" debacle... hoping nobody would go deeper into her own little hiccup in Goa, which was deftly sorted out

for Ms Irani by the Delhi high court. So sweet of the judges, na? Sach muchh such Silly Souls, all those going after the Union minister and her daughter Zoish.

The biggest bogey in India right now aren't the nastiest netas in the land but their attack dogs -- the ED. Remember that movie The Russians are coming... the Russians are coming...? Well, we should make our own version -- The ED is coming... the ED is coming...! From tycoons to politicians, it is the ED which is giving people sleepless night. Nobody wept for Sanjay Raut or Partha Chatterjee when they were arrested and marched off to cool their heels wherever they were taken. Raut was the snarling Rottweiler of the Shiv Sena, and even a section of loyal Sainiks celebrated seeing Raut cut down to size. No matter what the more political argument is (BJP's eventual goal to grab the BMC coffers and finish off the Shiv Sena), nobody was shedding tears for the jailed Raut. Ditto for Partha Chatterjee -- pity the woman who hurled her chappal at him, and missed the mark. But reports of a bevy of obliging handmaidens wiping the sweat off Partha's brow made most of us feel very ill, in-

deed.

Sonia Gandhi is not having the best time, either. But then, any surprises in the manner in which she's being treated? One wonders what took them so long? "Under siege", screamed Congress Party loyalists as the police barricaded the roads outside the Congress headquarters and the residences of Rahul Gandhi and Sonia Gandhi. A deserted Akbar Road (name change coming up??) and Tughlaq Lane alerted citizens that something major was afoot. The pictures of a partially padlocked Herald House by the ED and leaks about Sonia being questioned for 11 hours, etc, sounded more like a strategy to scare the hell out of others -- that is, virtually anybody who is not playing ball with the big guys.

This is what we'll be seeing much more of in the days and months to come. As a run-up to the celebrations (of India's 75 years of Independence), citizens have been asked to fly the flag from their homes ("Har Ghar Tiranga") -- lovely concept. Why not? I have been bombarded with forwards urging me to change my DP to a tiranga that also incorporates the letter of the alphabet representing my name.

Health

Brain Diet: Can certain foods
really stave off dementia?

Walnuts can improve cognitive function. Blueberries can boost memory. Fish oil supplements can lower your risk of Alzheimer's disease. You may have noticed these buzzy "brain food" claims scattered across online health articles and social media feeds. But can certain foods or diets really stave off or prevent dementia?

Experts say that while nutrition studies are notoriously challenging to carry out, there is a compelling and ever-growing body of research that does suggest that some foods and diets may offer real benefits to an aging brain. So we spoke with two dozen researchers and pored over the research to better understand the links between diet and dementia.

Pillars
Scientists don't yet know for certain what causes Alzheimer's disease, the most common form of dementia.

And there is no medication that can reverse it, said Dr Uma Naidoo, the director of nutritional and metabolic psychiatry at Massachusetts General Hospital, US, and author of This Is Your Brain on Food. "But," she said, "we can impact how we eat."

Research shows that people with certain conditions like heart disease, high blood pressure, obesity and diabetes are more likely than those without such conditions to experience age-related cognitive decline. And the risk of developing those conditions can be increased by poor diet and a lack of exercise, suggesting there are things you can do to lower the chances of



developing dementia, Naidoo said.

Two diets in particular, the Mediterranean diet and the MIND diet -- both of which encourage the ingestion of fresh produce, legumes and nuts, fish, whole grains and olive oil -- have been shown in scientific studies to offer strong protection against cognitive decline.

"Pretty much anything that will help keep arteries healthy will reduce the risk of dementia," said Dr Walter Willett, a professor of epidemiology and nutrition at the Harvard T.H. Chan School of Public Health in Boston, US.

Leafy greens

Leafy greens are packed with nutrients and fibre, and some solid evidence has linked them with slower age-related cognitive decline.

In one randomised controlled trial performed in Israel -- the results of the study were published this year -- for instance, researchers took brain scans of more than 200 people who had been split into three diet groups.

All about Omega 3 Fatty Acids

Omega-3 fatty acids are widely advertised as a panacea for many illnesses. Pharmaceutical sales agents and the media push for their use during pregnancy, lactation, for children and healthy as well as ailing adults. Unfortunately, most people are not very clear about what they are.

They are essential fatty acids of many kinds. They are available from both plant and animal sources. Most of them are not made in the body or stored in sufficient quantities, so the diet has to be nutritionally adequate to provide them.

Eicosapentaenoic acid or EPA is found in fish and fish oil. It reduces blood pressure, improves circulation, and keeps the heart and brain healthy.

Docosahexaenoic acid or DHA is found in high concentrations in the eye, brain, and sperm cells. It is advertised as an unproven supplement to improve sperm count and health. It is also purported to elevate mood, cognition, memory and learning. It is often added to health drinks, particularly for growing children. AminoLevulinic Acid or ALA is found in plant sources such as flax and chia seeds. It acts as a source of energy. Limited amounts can be



converted in the body to EPA and DHA but not very efficiently.

Increasing Omega 3 fatty acids in the diet by eating more fish, prawns or crabs, sprinkling flax and chia seeds on the food, or taking supplements has several health benefits.

Many adults have a de-ranked lipid profile with high triglyceride (TGL) levels. Adding Omega 3 fatty acids as capsules or liquid to the diet and the medications prescribed helps lower the TGL levels. It thus has the potential to prevent plaque build-up, heart attacks and stroke.

The entire human body is composed of interlinked cells. Damaged cell membranes can be repaired with a regular intake of Omega -3 fatty acids. In the skin, in particular, it prevents damage and dryness.

Fish oils amplify weight loss provided they are combined with a negative caloric balance and at least 30 minutes of exercise.

As a result, weight loss is faster and more likely to be maintained.

Dietary sources of Omega 3 fatty acids are fish, crabs, prawns, walnuts, cashews, sunflower oil, soya beans, soya oil, flax and chia seeds. The recommended dose of supplements is 250-500 mg/day. In coronary heart disease, the dose is 1,000 mg daily. If the TGL remains high despite medication, 2,000-4,000 mg daily can be added to the drugs. In pregnant and breastfeeding women, the recommended dose is 200 mg and 50-100 mg for infants and children. Most of this can be obtained from a balanced diet.

POEMS

Sit Smiling

I boasted among men that I had known you.

They see your pictures in all works of mine.

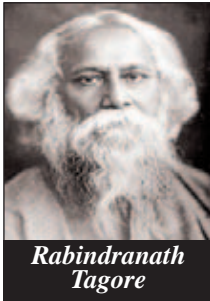
They come and ask me, 'Who is he?' I know not how to answer them. I say, 'Indeed, I cannot tell.' They blame

me and they go away in scorn. And you sit there smiling.

I put my tales of you into lasting songs. The secret gushes out from my heart. They come and ask me, 'Tell me all your meanings.' I know not how to answer them. I say, 'Ah, who knows what they mean!'

They smile and go away in utter scorn.

Rabindranath Tagore



"If youth has no respect for age It puts all heaven in a rage.

If fashion dominates your fate It predicts the ruin of the state

O Bachchoo though your words are wise Sometimes you have to compromise!"

From Kabhi Kabhi Meyrey Ghar Mein Polees Aajaatha Hai; by Bachchoo

Comrades, the UK Labour Party has taken the bold step of producing a report on what's gone wrong within its ranks. This "Forde Report" is 850 pages long -- only 83 pages shorter than the Penguin Classic edition of Joyce's Ulysses -- so there's a lot to remedy. Not that Labour has always been a calm lagoon with no

contrary currents and ideological waves.

Decades ago, members of the Communist Party and several Trotskyist groups infiltrated the Labour Party and attempted to push it leftwards, though they didn't succeed in causing more than some turbulence.

The decisive change in Labour in recent decades was the rise to the leadership of Tony Blair, who declared that he would delete Clause 4 from the party's constitution which specified that it was dedicated to the ownership of the means of production by the working class. Tony Blair's party would be, in keeping with the disposition of the late-twentieth-century population, a socialist-welfare democracy with no

Leninist ambition to abolish capitalism.

The left of the party was, understandably, outraged but, as the three subsequent elections which put Mr Blair in No. 10 testified, not quite in touch with the electoral instincts and inclinations of the electorate. If you participate in elections, it is surely to win?

Mr Blair proceeded with several initiatives in governance, not all of which comrades (OK! Gentle readers) I agreed with. For instance, he kowtowed to the United States and pulled Britain into the Iraq war, getting rid of the cat and encouraging the Islamicist mice to emerge from their labyrinths.

Mr Blair was replaced by Gordon

Brown, his chancellor of the exchequer, who then lost an election to a Tory-Lib Dem coalition. Labour cooled its heels in Opposition and then, in a surprising election, chose Jeremy Corbyn as its leader. Jeremy was and is outspokenly left-wing. He has always been pro-Palestine and against Israeli government policies. The Forde report says very clearly that under his leadership a certain amount of blatant anti-Semitism prevailed in the party. At the time very many of those accused of anti-Semitism protested that they were anti-Israeli government policies, but not anti-Jewish per se. The readers of the 850 pages are left to judge.

Under Mr Corbyn the factional fights

between the Left, who referred to anyone who disagreed with them as "Blairites", became irreconcilably bitter. The Forde Report sets out the detail and progress of this factionalism and, without being partial to either wing of the party, comes to the unchallengeable conclusion that the leadership of the party failed to deal with these divisions and instead exacerbated them.

The report confirms my judgment at the time that Labour had moved on from being a coalition of views to being two parties in one. Mr Corbyn's Labour suffered a massive defeat at the last election, handing over perhaps 80 seats which had always voted Labour to BoJo's Tories. The satirical magazine Private Eye jokes that BoJo's

retirement honours list will ennoble this and that person for services to the media, professions, charities, etc, and will make Mr Corbyn a peer of the realm "for services to the Conservative Party". One of the chapters in the Forde report is devoted to racism in Labour. The most prominent Afro-British MP is Diane Abbot, a senior and long-standing member of Labour and of Parliament. She and other black MPs say they receive racial abuse from members of their own party. It's true that Diane has been called "utterly disgusting" by members of the opposite faction of Labour, and she may have received specifically racial abuse -- of which I admit I have no evidence.

Four die as LPG
cylinder explodes on
a boat in Ganga river
in Patna

PATNA: Four persons died and over 20 injured after an LPG cylinder exploded in a motorboat in the middle of Ganga river in Patna's Maner area, an official said. The explosion took place due to leakage of LPG from the cylinder while one of its sailors was cooking food on the motorboat. As the motorboat did not drown in the river, other sailors managed to bring it to the banks of Ganga river at Maner. The injured were admitted to the local hospital in Maner. The motorboats are generally used for the transportation of sand. Majority of the boats are run by the sand mafia in the region.

Bihar: After Saran,
hooch claims three
lives in Vaishali

PATNA: After Saran, suspected spurious liquor claimed three lives in neighbouring Vaishali district of Bihar. As per local villagers, two others are critically ill. The tragedy occurred in two separate villages. While two men died in Sardei village, the third person succumbed in Dhadhua. Sunil Chaudhary and Vikash Chaudhary of the Sardei village were relatives. Two others are battling for their lives. They had consumed spurious liquor during "Chathi" (a celebration on the sixth day after the child is born) in Sardei village. Vikash's brother Shambhu Chaudhary also consumed liquor and stated to be critical. Another incident was reported in Dhadhua village under Jandaha police station in Vaishali district when a person named Karan Kumar consumed liquor on Friday night. He complained of abdominal pain on Saturday morning. The family members rushed him to a hospital in Jandaha where he succumbed. The district administration Vaishali has sent a medical team apart from police to investigate the incident. Sources say that some more people had consumed spurious liquor so the death toll may rise. Meanwhile, the toll reached 13 in the Saran liquor tragedy that occurred on Wednesday night. As many as 17 persons have lost their eyesight. The fatality is expected to rise further.

Rejig of CPI-M
ministers' portfolios
likely in Kerala

THIRUVANANTHAPURAM: The Kerala government is contemplating reshuffling a few CPI-M minister's portfolios with state Education Minister V.Sivankutty, caught in legal bind over vandalising the state Assembly in 2015, likely to step down, sources said. According to the sources, in order to ensure Sivankutty's honourable exit, Chief Minister Pinarayi Vijayan is giving him a key party post leading to a reshuffle of portfolios. Replacing Sivankutty as a minister would be Varkala assembly constituency CPI-M legislator V.Joy. Sivankutty, along with five top leaders, have been asked to be present in the court on September 14 in connection with the case, when their charge sheet would be read out, a source in the know of things said.

2 companies had registered offices at
Arpita Mukherjee's Belgharia flat

KOLKATA, AUG 6

Who are Mrinmoy Malakar and Ranesh Kumar Singh? They are directors of Ananta Textfab Pvt Ltd, a company registered on March 23, 2012. It is an active company that filed its annual returns and financial statements till March 31, 2021. Nothing wrong with all this till one checks the registered address of the company. Its Flat No. 8A, Block-5, Club Town Heights, Belgharia, Kolkata. This is the same address that the Enforcement Directorate (ED) raided on July 27 as part of its probe against former West Bengal minister and suspended Trinamool Congress secretary general Partha Chatterjee and his associate Arpita Mukherjee. The flat apparently belongs to Mukherjee. The raid yielded Rs 27.90 crore in unaccounted for cash and Rs 4.31 crore in gold, apart from incriminating documents. On Friday, the ED informed a Special Court about Ananta Textfab Pvt Ltd, claiming that Mukherjee maintained close association with Chatterjee's family members through this company. The Authorised Capital of this company is a mere Rs 2 lakhs and it has a Paid of Capital of Rs 1.5 lakh. The ED is now investigating whether this is a shell company used by Chatterjee and Mukherjee to launder the ill-gotten gains from recruitment of school teachers and non-teaching staff. Incidentally, Mrinmoy Malakar has links with several other companies. He is the director in at least two other existing companies.



Another arrest made in K'taka
BJP activist murder case

KARNATAKA, AUG 6

The Karnataka police has arrested from Kerala a man who allegedly harboured BJP youth wing leader Praveen Kumar Nettiari's killers, police sources said on Saturday. According to the sources, the accused who stayed in Uppala Sonkula village was in direct touch with the killers and gave shelter to them for two days. The accused had spoken to killers after the murder from his landlord's cellphone to avoid police attention. He is expected to provide more leads on killers and conspiracy of Praveen's murder. Meanwhile,



the National Investigation Agency (NIA) has taken over the probe following the Union Home Ministry's order. The Under Secretary of the Centre Vipul Alok has sent the copy of the order to the Chief Secretary of Karnataka government and DGP of State Police Department. Ruling BJP in Karnataka had come under severe pressure to handover the case to the NIA from all corners. Alleging soft stand by the ruling establishment, the Hindu activists have rebelled against the ruling saffron party. The activists had also laid a siege to the residence of the Home Minister causing severe embarrassment to ruling BJP.



reside, has a swimming pool. None of the ministers occupying these palatial bungalows during the Akali or Congress regimes had demanded the construction of swimming pools. The other demands include construction of an air-conditioned master bedroom on the first floor, replacing all the floor tiles in the bungalow, changing the curtains, replacing the existing furniture in all the rooms, 65-inch TV sets in all bedrooms,

HANUMANGARH, AUG 6

Charanjeet Kaur is an accredited social health activist (ASHA) from Sangariya town in Rajasthan's Hanumangarh, who goes from house to house to spread awareness about family planning, convincing the men to undergo sterilisation rather than their counterparts. This falls under her list of duties as the grassroots worker of the healthcare system under National Rural Health Mission. "But they are not ready. Instead, they push their wives to get it

new mattresses, 8-seater dining table, chandeliers in all rooms, redoing of cupboards, setting up of glass cabin with new furniture, and laying of synthetic grass in the first-floor verandah, etc.

According to a rough estimate prepared by an engineer, the renovation as demanded by the minister would cost more than Rs 2 crore. The PWD will have to get the rough estimate sanctioned by the finance department. She has been allotted bungalow number 953, which was earlier occupied by Raj Kumar Verka, a cabinet minister in the Congress' Charanjit Channi government. Repeated attempts made by India Narrative to talk to the principal secretary PWD for his comments went unanswered. However, a

8 students injured as bus skids off
road in J&K

JAMMU: Eight students were injured on Saturday in a road accident in Jammu and Kashmir's Udhampur district. Police sources said that a bus going from Udhampur town to Barmeen village skidded off the road at Massora. "Eight students were injured in this accident. They were shifted to Udhampur district hospital for treatment", the sources said, adding that further details are awaited.

Delhi deputy CM Manish Sisodia writes to CBI
over former LG's stands on liquor policy

AGENCY
NEW DELHI, AUG 6

Delhi Deputy Chief Minister Manish Sisodia on Saturday said he has written to the CBI to probe the changing stands of former LG Anil Baijal on opening of liquor shops in unauthorised colonies in the capital city. Sisodia alleged: "Why was the decision changed 48 hours before all the liquor shops were set to open in last November? Which shopkeepers got benefitted and under whose pressure LG reversed his decision, all these should be answered". Because of the former LG's sudden change of decision, around 300-350 shops did not open. Those who were taking this decision, should be investigated, Sisodia alleged in a press conference.

"I have written to the CBI to probe ex-LG's change of stance on opening of liquor shops in unauthorised areas," he said.

The Deputy CM said that the AAP government had passed the new excise policy in May 2021, according to which the number



of shops in the whole of Delhi was to be 849 as it were earlier.

"But in the policy, the liquor shops were not equally distributed so, we put special emphasis on the equal distribution of the liquor stores in each wards", he said. Sisodia said that when the file was sent to former LG Baijal, he suggested many things which were considered and later the file was again sent to him in June last year and he approved. The new policy emphasised that if the liquor shops were divided

equally, there would be 2-3 shops in each ward, he said.

He further alleged that the former LG didn't make any objection regarding the opening of liquor shops in the unauthorised area when the file was sent to him. But, when the file of opening the shops was sent to him during the first week of November, he suddenly changed his stand. The shops were scheduled to open from November 17, but LG put a condition on November 15 that DDA's approval is needed to

Nepal ruling parties agree to extend poll
alliance ahead of November elections

NEW DELHI, AUG 6

With 106 days left for holding the federal and provincial elections, Nepal's ruling coalition on Friday agreed to go to the polls under an electoral alliance.

A meeting of the five ruling parties decided to finalise seat-sharing arrangements as early as possible for the federal and provincial elections slated for November 20 this year. The Nepali Congress Party, chief ruling party, has CPN (Maoist Center), CPN (Unified Socialist), Janata Samajbadi Party and Rastriya Janamorchha as partners. The coalition came into existence in July last year succeeding the then government led by KP Sharma Oli. Oli is now the opposition party leader.

"The parties in the coalition government will now fight elections under the alliance," Narayan Kaji



Shrestha, a senior leader of the CPN (Maoist Center), told India Narrative Friday evening. The ruling coalition's decision comes a day after the government headed by Sher Bahadur Deuba announced to conduct elections in the third week of November in a single phase. "Today's meeting also formed an 11-member cross-party taskforce with a mandate to finalize electoral seats among them for the upcoming elections," the

senior leader said. The top leaders of the ruling coalition will finalize seat-sharing arrangements among the ruling parties once the cross-party taskforce submits its report.

"Seat-sharing arrangement among the ruling parties is going to be a herculean task for the task-force," leader Shrestha further said. According to Nepal's Election Commission, the country will vote to elect 275 members for the House of

Representatives--165 under the direct election system and 110 under the proportional representation (PR) system on November 20. Simultaneously, 550 members for the seven provincial assemblies will be elected--330 under the direct election system and 220 under the Proportional Representation category on the same day. With Friday's decision to forge the electoral alliance among ruling parties, chances for alliance between the two largest communist parties--the CPN (Maoist Center) and the CPN (UML), have disappeared, observers said. Earlier in July, Pushpa Kamal Dahal, chairperson of the CPN (Maoist Center), a key partner in the current coalition government, floated the idea of having electoral alliance under the banner of a "Socialist Center" among the like-minded communist forces.

Congress protest: FIR lodged
against partymen for obstructing,
hurting public servants

NEW DELHI, AUG 6

Delhi Police has registered an FIR against Congress party workers for allegedly obstructing and hurting police personnel during their protest march in the national capital, an official said on Saturday.

"We have registered an FIR under sections 186 (Obstructing public servant in discharge of public functions), 188 (Disobedience to order duly promulgated by public servant), 332 (voluntarily causing hurt to deter public servant from his duty), 34 (common intention)," a senior Delhi Police official told IANS. The Congress party on Friday carried out a nationwide protest against the policies of the Central government which has allegedly led to rise in unemployment and inflation in the country. As many as 65 Congress lawmakers, including Rahul Gandhi, were detained from the Vijay Chowk, close to Parliament while in total 335 protesters were detained under section 65 of the Delhi Police Act in order to maintain law and order in the area.

Special Commissioner of Police, L & O Division, Dr Sagar Preet Hooda informed that the Congress party protested at various sites of New Delhi, including Akbar Road, Vijay Chowk and Jantar Mantar.

He said that the protesters were appropriately warned about the prohibitory orders in force in the area and repeatedly requested to disperse from the area, however, they continued the protest, thereby violating prohibitory orders under section 144 CrPC.



Parliamentary Affairs Department, which was under Chatterjee's control since 2011 when Trinamool came to power in West Bengal for the first time ousting the 34-year-long Left Front rule. Acharya had been under the Enforcement Directorate's (ED) scanner, since the central agency took over the investigation of the multi-crore West Bengal School Service Commission (WBSSC) recruitment irregularities scam. He had been detailed and questioned a number of times and his residence was also raided by the probe agency. On the other hand, according to state personnel & administrative reforms department sources, there had been no such central agency action against Bandopadhyay so far. "But the instructions of sending them on compulsory waiting for an indefinite period has come from the topmost level.



**11 die in hooch tragedy
in dry Bihar; five held,
SHO suspended**

CHHAPRA (BIHAR): Eleven people have died and 12 have fallen seriously ill, many of them losing their eyesight, after consuming spurious liquor in Saran district of dry Bihar, officials said.

According to District Magistrate Rajesh Meena and Superintendent of Police Santosh Kumar, five people have been arrested for their alleged involvement in the manufacture and sale of hooch, while the SHO of the police station concerned and the local chowkidar have been suspended.

Information was received on Thursday about two people dying and many taking ill after consuming some drink. The incident was reported from villages falling under Phulwariya panchayat in Maker Police Station area, they claimed. "A team of police, excise and medical officials were sent to the spot and those fallen ill were admitted to the Sadar Hospital here. Those whose condition worsened were rushed to PMCH hospital in Patna," they told reporters during a joint press conference in Chhapra town on Friday.

Nine died while undergoing treatment at Patna Medical College and Hospital, one at a private health facility and another person was cremated before the administration came to know about the incident, they said.

"Twelve people are still undergoing treatment here and in PMCH," the officials said. It has come to light that the villages have a tradition of liquor consumption on a festival during the Hindu calendar month of Shravan. The festival was held on August 3 when locals consumed spurious liquor, according to the officials.

The SHO and the chowkidar have been suspended and departmental proceedings have been initiated against them since they failed to take note of the local custom and take preventive action, the senior officer said. Sale and consumption of alcohol were completely banned in Bihar by the Nitish Kumar government in April 2016. Nonetheless, since November last year, the state has reported a number of hooch tragedies in which more than 50 people have died.

**Woman, 4 children jump into
well following family dispute
in Rajasthan's Ajmer**

JAIPUR: A woman, along with her four children, jumped into a well following a family dispute in Rajasthan's Ajmer district, police said on Saturday. Of the four children, the youngest was a one-month-old baby. While all four died, their mother Matia (32) was pulled out alive late on Friday in Mangaliyawas police station area, they said. SHO Sunej Tada identified the children as Komal (4), Rinku (3), Rajveer (22 months) and Devraj (one month). While the bodies of the three elder children were recovered in the night, the infant's body was fished out this morning, he said, adding they were kept in the mortuary for post-mortem.

**No education, rarely stepped out of house: Afghan
Sikh woman recounts life under Taliban rule**

NEW DELHI, AUG 6

Manpreet Kaur, a mother of two, rarely stepped out of her house following the swift Taliban takeover of Afghanistan last year and her children barely had any idea of the world outside.

Their grim existence of nearly a year changed on August 3, when they arrived in India as part of a group of 28 Afghan Sikhs with the help of the Shiromani Gurdwara Parbandhak Committee, Indian World Forum and the Central government.

Recounting the hardships of living under Taliban rule, Kaur said, "Being a minority, there was a constant fear of being targeted. The Sikh and Hindu fami-

lies in Kabul have been spending sleepless nights. The places of worship are not safe. The Gurdwara Kartar-E-Parwan was attacked by terrorists on June 18." "We used to think 10 times before stepping out of our houses. For our children, going out was out of the question. If we had to step out, we covered our faces," she said.

She claimed most of the minorities in Afghanistan have no access to education as sending children to schools means "risking their lives".

"If a child goes to an educational institute there they will be harassed. Those who want to study, mostly come to India," Kaur said. Taranjit Singh, another Afghan Sikh who

YUGMARG, CHANDIGARH, SUNDAY, AUGUST 7, 2022

**Sri Lanka asks China to defer
visit of 'spy' ship**

NEW DELHI, AUG 6

In an about-turn, the Sri Lanka Government has requested the Chinese Government to defer the visit of its research vessel Yuan Wang 5 at the Hambantota port "until further consultations" on the matter.

The denial of permission reportedly came after India, Sri Lanka's biggest benefactor in its current economic turmoil, let it be known that the vessel's arrival would have security implications.

"We are aware of reports of a proposed visit by this vessel to Hambantota in August," External Affairs Ministry spokesperson Arindam Bagchi had said last week. "The govern-



ment carefully monitors any development having a bearing on India's security and economic interests and takes all necessary measures to safeguard these. I think that should be a clear

message," he had added. He could be indicating India's resolve to closely shadow the research vessel if after leaving Hambantota it enters its exclusive economic zone (EEZ) without

prior permission.

This happened in September 2019 when Indian vessels forced a Chinese research vessel to leave its EEZ near the Andaman & Nicobar Islands.



JAMMU: Army Chief General Manoj Pande on Saturday visited the forward areas along the Line of Control (LoC) in the Poonch and Rajouri districts of Jammu and Kashmir and reviewed the operational preparedness, an official said. The Chief of Army Staff (COAS) reached Jammu on a two-day visit on Friday and was briefed about the prevailing security situation, the official said.

"General Manoj Pande, #COAS visited the forward areas of Poonch & Rajouri Sectors and reviewed the operational preparedness along Line of Control. #COAS also interacted with all ranks & exhorted them to keep working with the same zeal & enthusiasm," the Additional Directorate General of Public Information (ADGPI) of the Indian Army tweeted.

**PAGE
7**

**Dhanbad judge murder
case: Autorickshaw driver,
his aide get life term**

DHANBAD (JHARKHAND), AUG 6: A special CBI court in Jharkhand on Saturday sentenced an autorickshaw driver and another person to life imprisonment in connection with the murder of a Dhanbad court judge last year.

CBI court judge Rajnikant Pathak on July 28 held autorickshaw driver Lakhman Verma and his associate Rahul Verma guilty of murdering 49-year-old additional sessions judge Uttam Anand. The quantum of punishment was pronounced on Saturday.

Besides imprisonment till death, the bench slapped a fine of Rs 20,000 on both convicts under IPC Section 302 (murder). The CBI judge also sentenced the duo to seven years in jail and imposed Rs 10,000 fine on each under IPC Section 201 (causing disappearance of evidence of offence, giving false information to protect offender).

Both the sentences will run concurrently. Anand was hit by a heavy autorickshaw on July 28 last year at Randhir Verma Chowk close to district court while he was on morning jog at around 5.30 am.

**NOTICE INVITING TENDER
HPPWD KANGRA**

Sealed item rate tenders on form 6 & 8 are invited by the Executive Engineer, Kangra Division, HP: PWD, Kangra on behalf of the Governor of Himachal Pradesh from the approved and eligible contractors/firms enlisted in HPPWD in the appropriate class for the work mentioned below on 25.8.2022 up to 10.45 A.M. and will be opened on the same day at 11-00 A.M. in the presence of intending contractors or their authorized representatives. The tender forms can be obtained from his office on cash payment (non refundable) on any working day from 23.8.2022 to 24.8.2022. The applications for the issue of tender forms will be received latest by 23.8.2022 up to 12.00PM. The applications for issue of tender forms accompanied with enlistment letter/or renewal letter and the earnest money in the shape of National Saving Certificates/Saving Account/Time deposit Account in any of the Post Office in Himachal Pradesh duly pledged in favour of Executive Engineer, Kangra Division, HPPWD, Kangra.

The conditional tenders and the tenders received without earnest money will summarily be rejected. The offer of the tender shall be kept open for 120 days.

Work No.1:- C/O Foot Path from Kangra Bohar Kawaloo road to Jayanti Mata Mandir at Kangra (SH: - C/O R/Wall) Estimated cost: Rs. 350008/- Earnest Money Rs. 7000/- Time Limit Three months Cost of tender 350/-

Work No.2:- Repair and maintenance of Judge Residence at Kangra (SH: - C/O Water tank pedestal, painting, brick work and WS & SI) Estimated cost: Rs. 199198/- Earnest Money Rs. 4000/- Time Limit Two months Cost of tender 350/-

Work No.3:- C/O Link road Daulatpur to Janyankar km.0/00 to 4/00 (SH: - C/O U-shape drain at RD.1/00 to 1/150 (R.H.S.) & 3/415 to 3/437 (L.H.S.) Estimated cost: Rs. 322197/- Earnest Money Rs. 6500/- Time Limit Three months Cost of tender 350/-

Work No.4:- C/O Link road to Rajiana Band to Churan Surani road from km.0/00 to 3/600 (SH: - C/O 3.00mtr RCC slab culvert at RD.3/600) Estimated cost: Rs. 499960/- Earnest Money Rs. 10000/- Time Limit Three months Cost of tender 350/-

Work No.5:- Balance work of Health Sub Centre Nandrol at Kangra (SH: - C/O R/Wall, Boundary wall) Estimated cost: Rs. 397506/- Earnest Money Rs. 8000/- Time Limit Two months Cost of tender 350/-

Work No.6:- C/O Additional class room 2 Nos at Govt. High School Kohala Distt. Kangra (SH: - C/O Building portion) (Part-I) Estimated cost: Rs. 499990/- Earnest Money Rs. 10000/- Time Limit Three months Cost of tender 350/-

Work No.7:- C/O Link road to Village Chheeb area km.0/00 to 0/750 (SH: - Extension of 1.00mtr span RCC culvert at RD.0/200) (Deposit work) Estimated cost: Rs. 181433/- Earnest Money Rs. 3700/- Time Limit Two months Cost of tender 350/-

Work No.8:- Balance work restoration of rain damage on Daulatpur Har Jalari Khart road from km.0/0 to 7/ (SH: - Balance work of wire grate with P.C.C. pusta at RD.6/590 to 6/20) Estimated cost: Rs. 222166/- Earnest Money Rs. 4500/- Time Limit Two months Cost of tender 350/-

Work No.9:- Restoration of rain damage on Kangra Zamanabad Shamirpur road from km.0/00 to 4/500 (SH: - C/O 2.00mtr span culvert at RD.0/665) Estimated cost: Rs. 471605/- Earnest Money Rs. 9500/- Time Limit Two months Cost of tender 350/-

Work No.10:- C/O Link road from Daulatpur to Janyankar km.0/00 to 4/00 (SH: - C/O U-shape drain at RD.1/00 to 1/150 R/S & C/437 L/S) Estimated cost: Rs. 396541/- Earnest Money Rs. 8000/- Time Limit Three months Cost of tender 350/-

Work No.11:- Repair & maintenance of Type-II qtrs. at Kangra (SH: - Providing wood work, plaster, paint & W.S. & S.I. etc.) Estimated cost: Rs. 160497/- Earnest Money Rs. 3200/- Time Limit Two months Cost of tender 350/-

Work No.12:- C/O Link road from Nandrol Kangra Block (SH: - C/O formation cutting at RD.0/00 to 0/135) Estimated cost: Rs. 163626/- Earnest Money Rs. 3300/- Time Limit Two months Cost of tender 350/-

Work No.13:- RRD from Tiarra Dehrian Shamirpur road from km.0/00 to 2/565 (SH: - C/O R/Wall at RD.2/480 to 2/505) Estimated cost: Rs. 301883/- Earnest Money Rs. 6050/- Time Limit Two months Cost of tender 350/-

Work No.14:- RRD on Link road from Daulatpur to Har Jalari Khart road km.0/00 to 7/00 (SH: - C/O R/Wall at RD.6/228.50 & U-shape drain at RD.6/590 to 6/790) Estimated cost: Rs. 413665/- Earnest Money Rs. 8300/- Time Limit Two months Cost of tender 350/-

Work No.15:- C/O Link road Chhoti Behi to Baddi Behi Gramble road from km.0/00 to 7/030 (SH: - C/O V-shape drain with E/Wall at RD.2/740 to 2/805) (Right side) (MNP) Estimated cost: Rs. 274760/- Earnest Money Rs. 5500/- Time Limit Two months Cost of tender 350/-

Work No.16:- C/O Link road Har Salari Dadoli Bassi road km.0/00 to 5/500 (SH: - C/O U-shape drain with Edge wall at RD.4/675 to 4/735) Estimated cost: Rs. 244183/- Earnest Money Rs. 4900/- Time Limit Two months Cost of tender 350/-

Work No.17:- C/O Link road Jheerballa via Shamshan Ghat Bassi Nallah Culvert on Rait Saloi road (SH: - C/O Hume pipe culvert 900mm dia at RD.0/00 to 1/180) Estimated cost: Rs. 424421/- Earnest Money Rs. 8488/- Time Limit Three months Cost of tender 350/-

Work No.18:- Special repair to Gaggal Tiaru Lungrata Surian (SH: - Repair of rain shelter road) Estimated cost: Rs. 118281/- Earnest Money Rs. 2400/- Time Limit One month Cost of tender 350/-

Work No.19:- C/O Link road Janyankar to Old Dispensary Ward No.5 (SH: - F/Cutting, hume pipe culvert at RD.0/250) Estimated cost: Rs. 451984/- Earnest Money Rs. 9100/- Time Limit Three months Cost of tender 350/-

Work No.20:- C/O Link road Janyankar to Old Dispensary Ward No.3 (SH: - Providing & Laying G-I, G-II) Estimated cost: Rs. 499953/- Earnest Money Rs. 10000/- Time Limit Three months Cost of tender 350/-

Work No.21:- Restoration of rain damage on link road from Kothru to Bhatti km.0/00 to 2/800 (SH: - C/O E/Wall cum U-shape drain in C.C. 1:3:6 at RD.0/165 to 0/215) Estimated cost: Rs. 170323/- Earnest Money Rs. 3400/- Time Limit Two months Cost of tender 350/-

Work No.22:- C/O Link road from Jalari to Janyankar Ward No.3 from 0/00 to 0/600 (SH: - Providing & Laying G-I, G-II & 900mm dia hume pipe etc.) Estimated cost: Rs. 499953/- Earnest Money Rs. 10000/- Time Limit Three months Cost of tender 350/-

TERMS & CONDITIONS:-

- The contractors/firms should be registered as or/dealer under GST Act 2017.
- The intending contractors/firms shall have to produce the copy of latest enlistment and renewal enlisted in HPPWD.
- The contractors are required to submit an affidavit for not having more than two works in hand in the shape of affidavit duly attested by the competent authority.
- If any of the date mentioned above happened to be Gazetted Holiday the same shall be processed on next working day.
- The contractor should quote the rates of all the items in the tender both in figures and in words failing which tender is likely to be rejected.
- The copy of Employees Provident Funds (EPF Number) should be attached with the application.
- Minimum one similar work done of amount not less than 40% (forty percent) of the estimated cost (without Liquidated Damage or compensation) in last five years).
- The Earnest Money for the above works should be required at the time of sale of tender forms.
- All the required document should be submitted with the application otherwise single application may be rejected.
- The Executive Engineer reserves the right to accept/reject any tender/application or all tenders without assigning any reason.

**Sd/
Executive Engineer,
HPPWD, Division, Kangra,
Distt. Kangra (H.P.).
(On behalf of Governor of Himachal Pradesh)**

DPR-HP-3030/2022-2023

**Danish Akhtar Saifi, who essays Nandi's character in &TV's Baal
Shiv, reveals, 'The Great Khali' has trained me for wrestling'**

CHANDIGARH: Danish Akhtar Saifi is currently essaying the role of Nandi in &TV's Baal Shiv and is a fitness enthusiast. The actor, who was a wrestler before becoming an actor, has a soft spot in his heart for wrestling. The actor essayed various mythological roles during his acting career. But his love for wrestling has never faded away. With his unmatched talent, conviction, and experience, Danish has consistently delivered a flawless performance and won the audience's trust on-screen and in the wrestling ring. In a candid chat, Danish reveals how he manages his acting, wrestling, and much more.

1. What motivated you to be a wrestler?

I hail from Bihar, where Kushti is enjoyed by many. And in a similar vein, I used to be fascinated by wrestling. I was young when I decided to be a wrestler, and it was my father who I told for the first time. He, too, was amazed by my de-



cision but motivated me for it. He made me go through years of intense training and a strict regimen, which greatly helped me get that kind of fitness and energy in my body. I admired WWE a lot and wanted to become an international wrestler. Since facilities were not available in my city to learn wrestling, I went to Jalandhar and started taking the training. Later, I also got an opportunity to be there, but destiny had other plans.

2. How did fate turn you from wrestler to acting?

In 2010, I went to the National School of Bodybuilding, Jalandhar and took a six-month training which



helped to gain a wrestler's body and then moved to Delhi and initially started working as a gym trainer. While in Jalandhar, I connected with The Great Khali's brother. So, one day he called me and said selectors are coming from WWE, and I think you are a good fit for it. So, can you come back to Jalandhar for it and? I decided to go back in no time. Khali Sir had personally trained me for six months before the selection in his academy CWE (Continental Wrestling Entertainment). I remember around four to five thousand people had come for the selection, out of which only five or six

were shortlisted, and I was one of them. But due to some paperwork, I could not fly to America then. After that, I came to Mumbai, and my acting career began.

3. How did you get your first break as an actor?

For a mythological show, auditions were happening; the makers were looking for someone tall, extremely strong, and muscular, with a clean image. A casting friend of mine suggested I go for the audition, and in the very first audition, I got selected for Hanuman's role. I never thought that I would end up in this field. It was Director Nikhil Sinha's vision that convinced me to try out for this role. I had to work a lot on my acting skills, and for almost three months, I studied the character to portray it in the desired way.

4. How has your experience with Baal Shiv?

I am playing Nandi in the show, who is the guardian deity of Kailash, the abode of Shiva.

NORTHERN RAILWAY

**1st Corrigendum to Tender Notice
no. 98-W/Dy. CE/C/UMB/2022-23, Dated: 03.08.2022**

OPEN TENDER NOTICE

S. No.	Name of Work & Location
1.	Carrying out feasibility study, survey, preparation of GAD, diversion plan and related structural drawings in connection with raising of existing ROB no. 2-C, 108-A, 145-A, 164-A, 167-A, 181-A, 193-A, 220-B & 238-A on LDH-JHL section & ROB no. 256-A on LDH-BTI section.

The tender mentioned above which was scheduled to be opened on 27.08.2022 now will be opened on 29.08.2022 at 11.30 hrs. due to technical reason.

Above 1st corrigendum is also available on www.nr.indianrailways.gov.in

No.: 98-W/Dy. CE/C/UMB/2022-23 Dated: 06.08.2022 2028/2022

Serving Customers with a Smile

AXIS BANK			
Branch Office - Axis Bank Limited, SBB LOMY CENTER SCO-221, 2nd Floor, Parmjeet Tower, Sector-12, Karnal-132001 Corporate Office: 3rd Floor, Block-B, Bombay Dyeing Mills Compound, Pandurang Budhakar Marg, W. Mumbai-400 025 Registered Office: Trishul, 3rd floor, opposite Samartheswar Temple, Law garden, Ellisbridge, Ahmedabad-380006			
POSSESSION NOTICE			
Whereas The undersigned being the Authorized officer of Axis Bank Limited under the Securitization Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 and in exercise of the powers conferred under section 13 (12) read with Rule 9 of the Security Interest (Enforcement) rules 2002, issued a demand notice mentioned below to repay the amount mentioned in the notice within 60 days from the date of receipt of the said notice. The borrower having failed to repay the amount, notice is hereby given to the borrower and the public in general that the undersigned has taken Symbolic Possession of the property described herein below in exercise of powers conferred on him/ her under Section 13(4) of the said Act read with Rule 8 of the said on the below mentioned dates. The borrower in particular and the public in general is hereby cautioned not to deal with the property and any dealings with the property will be subject to the charge of AXIS BANK LTD.			
Sr. No	Name of Borrower/Co-borrower	Description of mortgaged Property	Date Of Demand Notice
1	Mr. Ankit Choudhary, S/o Jagvinder Singh, R/o 18, Ward No. 01, Village Bhukhri, Po Shalpur Nurd, Naraingarh, Ambala, Haryana-134203	All Piece & Parcels of Residential Property admeasuring 1 Kanal 1 MARLA 7 SARSAI comprising in Khewat No 46 Min Khatauni No 60, Kharsa No 120/21(8-0) of 1961/1440 share i.e. 1 Kanal 1 MARLA 7 SARSAI out of Total land measuring 8 Kanal situated at village Bhukhri, H.B. No 130, Tehsil Naraingarh District Ambala, owned by Mrs. Nisha Rani W/o Ankit Choudhary vide Transfer Deed Bearing No 553 Dated 24-June-2020. NORTH - 10% owner vacant Plot - SOUTH - 90% 93% Road/ Rasta & other owner House Sh. Nirmal, EAST - 53% 53% Other Owner House WEST - 58% 58% Street/ Gali.	25-MAY-2022 03-Aug-2022 Rs.31,40,805/- (Rs. Thirty One Lakh Forty Thousand Eight Hundred Five only)
2	1. Mr. Ashok Kumar S/o Mr. Ronki Ram Char No 421, Village Dukhri, Ambala Tehsil & District Ambala, Haryana-133004 2. Mrs. Renu W/o Mr. Ashok Kumar, Char No 421, Village Dukhri, Ambala Tehsil & District Ambala, Haryana-133004 3. Mrs. Irami, W/o Amar Singh, Village Sultanpur, Tehsil Sadhura, District Yamunanagar, Haryana-133204	All Piece & Parcels of Residential Property admeasuring 6 MARLA 4 SARSAI Yard i.e. 6 % Marla comprising in Khewat No 33 Khatauni No 42, Kharsa No 37(1-11) 13/62 share i.e. 6 MARLA 4 SARSAI Yard i.e. 6 % Marla out of Total land measuring 1 Kanal 1 11 Marla situated at village Sultanpur, Tehsil Sadhura District Yamuna Nagar, owned by Mrs. Renu W/o Mr. Ashok Kumar vide Transfer Deed Bearing No 1272 Dated 05-March-2020. Boundaries as Per Sale Deed: NORTH - 40% Street SOUTH - 40% Street STREET EAST - 45% House of Jyoti Ram WEST - 45% Street	19th-MAY-2022 03-Aug-2022 Rs.18,05,251/- (Rs. Eighteen Lakh Five Thousand Two Hundred Fifty one only)
3	1. Mrs. Seema Chauhan W/o Mr. Randir Singh Chauhan, House No 52, Rana Complex, Village Babai, Tehsil Ambala Centt., District Ambala, Haryana-133005 2. Mr. Randir Singh Chauhan S/o Sh. Ajmat Singh, R/O Same as Above	All Piece & Parcels of Residential Property House No 52 admeasuring 222 Sq. Yds. i.e. 7 Marla 4 Sarsai comprising in Khewat No.1079 Khatauni No.1713, Kharsa No 33/18/1(1-12) 4/32 Share out of Total Land 01 Kanal 12 Marla i.e. 4 Marla Khewat No.1080 Khatauni No.1714 Kharsa No 33/17/3 (0-5) 1/10 share out of Total land 00 K 5 Marla & 4 Sarsai and Khewat No.1081 Khatauni No.1715, Kharsa No 33/17/2, (1-5) 3/25 Share out of Total Land 01 Kanal 5 Marla i.e. 3 Marla situated at situated at village Babai H.B. No. 63, Sub-Tehsil, District Ambala Centt. HARYANA owned by Mrs. Seema Chauhan W/o Mr. Randir Singh vide registered Transfer Deed Bearing No 558 Dated 23-May-2017. Boundaries as Per Sale Deed: NORTH - 60% Other Owner House SOUTH - 66% Other Owner House EAST - 30% Other Owner House WEST - 30% Road/Rasta 22 Wide	17-MAY-2022 03-Aug-2022 Rs.31,59,462/- (Rs. Thirty one Lakh Fifty Nine Thousand Four Hundred Two only)
The above-mentioned borrowers(s)/ co-borrower(s) / guarantors(s) are hereby given a 30 days' Notice to repay the amount, else the mortgaged properties will be sold on the expiry of 30 days' from the date of publication of this Notice, as per the provisions under the Rules 8 and 9 of Security Interest (Enforcement) Rules 2002.			
Date: 03-08-2022, Place: Karnal		Authorized Officer, Axis Bank Ltd.	

I learned that we can do anything, but we can't do everything... at least not at the same time. So think of your priorities not in terms of what activities you do, but when you do them. Timing is everything.

Dan Millman

NEWS

YUGMARG, CHANDIGARH, SUNDAY, AUGUST 7, 2022

SHORT TALKS

Sunday entertainment is jam-packed! Only on Zee Punjabi, enjoy "Sass Meri Ne Munda Jamya" and "Dil Diyaan Gallan"



CHANDIGARH: Your Sunday entertainment package, "Sass Meri Ne Munda Jamya," will delight you at 1:00 PM this afternoon with its comedy and a shocking turn. The main characters, Dilpreet Dhillon and Bhumika Sharma married despite opposition from their respective families. You will be astonished by the story's main twist, which remains a mystery. Parmish Verma and Wamika Gabi's "Dil Diyaan Gallan," the second movie to feed your love addiction, centers on Natasha, an internet sensation who hires Laddi, a photographer, to capture her trip for her and her followers, making it the best memory. You must watch this film, which will be broadcast on Zee Punjabi at 8:30 tonight, to find out how their travel spreads the aroma of their love.

Prit Kamani-The cola ad fame lad

CHANDIGARH: Since yesterday, an intriguing video has been doing the rounds on the internet where a young boy was spotted labelling all the love signs in Mumbai with a board that read middle class. It left everyone wondering about the middle class boy who was taking over the city's love signs. The boy in question, is none other than the cola ad fame lad, Prit Kamani.

Ad-film actor, Prit Kamani, has gone around Mumbai city's public selfie points, coffee shops and even stores which had the word love in their name and pre-fixed it with a middle class sign board. Armed with a ladder and boards which have the words 'Middle Class' written on it, actor Prit Kamani was seen placing these boards on top of the letter 'Love' all over the city including Bandra, Jogeshwari, Goregaon, Andheri, and Santacruz where the 'I Love' signs have been erected for a while now.

That's not all, Prit also visited coffee shops, general stores and stores which had the word love in their name and was seen placing these boards reading 'Middle Class' on it right before the word love. What's more, the actor was also seen crashing a popular show on love at a radio station. Prit teamed up with the show's host known as Love ka Mahaguru and dispensed some middle class truths. His antics left us wondering what else does Prit have up his sleeves. What's the reason behind him hijacking love? Is he doing this to drive home a point about a brand, show or a film? Talking about hijacking the love signs across cities with 'Middle Class' sign board, the actor says, "Yes, I am bathing the city's love signs in the hue of middle class. Are you wondering why? What's middle class got to do with love? Well, you all will get to know this in just a few days as something interesting is coming your way! Prit's antics have given rise to a lot of anticipation. It also left people intrigued about his actions. It's clearly a guerrilla activity carried out to highlight something that's going to drop soon. While we will have to wait to know more about that, we can be sure about one thing — Prit's attempt at breaking the clutter by building intrigue around his next project."

Samsung to Launch New Foldable Phones on Aug 10

JALANDHAR: Samsung Electronics will unveil the next generation of its foldable smartphones at the Galaxy Unpacked event at Samsung Opera House in Bengaluru on August 10. Customers can pre-reserve the next Galaxy smartphones ahead of the event to be eligible for early access. To pre-reserve the next Galaxy smartphone, customers have to pay a token amount of Rs 1,999 on Samsung.com or at Samsung Exclusive Store. Customers who pre-reserve the next Galaxy smartphones will get additional benefits worth INR 5,000 after delivery of the device. Samsung has been pushing boundaries and defying conventions of what a smartphone can do. Samsung believes meaningful innovations go beyond technical, providing a platform upon which our everyday lives become richer and more versatile.

Radhe International to hold Panchkula Janmashtami Utsav



PANCHKULA: Radhe International has announced to organize the Panchkula Janmashtami Utsav at the Community Centre (Opposite market), Sector 20 here between August 9 to 21. The Utsav will present an array of entertainment, food, and shopping bazaar. The chief guest of

the inaugural function will be Shri Gian Chand Gupta, Hon'ble Speaker Haryana Vidhansabha. Various activities have been planned for the entertainment of children and elders alike, such as swings, Mickey Mouse, Giant Wheel, Columbus, break dance, swing care,

dragon train, moon star, caterpillar, camel ride, etc. According to Mohan Rana, the organizer of the Panchkula Janmashtami Utsav, a variety of stalls for women visitors will be set up at the event, where handloom garments, Banarasi suits, and sarees, Bhagalpur suits, Lucknowi chicken suits, Khadi shirts, handmade jewelry, carpets, furniture, etc will be on display. There will be a wide variety of kitchen items, crockery, toys, clothes, and handicraft items as well.

Co-organizer, Raman Bawa said that the Panchkula Janmashtami Utsav has been planned to keep in mind the festival season. Apart from kids, there will be many shops and recreational activities for elders as well.

CHANDIGARH: Open-Source Chandigarh community was inaugurated at Chitkara University's Punjab campus today for the youth of the Tri-city region.

The Open-Source Chandigarh community, powered by Chitkara University, has been started with the vision to create a rich demography of open-source practitioners in the Tricity region. GitHub India, Apache Community Initiatives, Docker Inc. and OpsTree are the community partners of Open-Source Chandigarh community and they will be conducting various workshops for students of Chitkara University and other student too.

Present on the inauguration



were Mr. Dhiraj Gyani, Director Education, GitHub India; Mr. Swapnil Mane, Vice President, Apache Community Initiatives; Mr. Ajeet Singh Raina, Docker Captain and Developer

Relations Manager, Docker Inc.; Mr Sandeep Rawat, Co-founder and Chief Technology Officer, Ops Tree and Dr. Monit Kapoor, Professor and Dean, CSE, Chitkara University; along with

Dr. Kuldeep Sharma, Director, Industry Alliances from Chitkara University.

Emphasizing on the significance of Open Source, Dr. Monit Kapoor, Professor and

79 widows benefited with ration kits

Chandigarh, In wake of empowering widows, the monthly ration distribution program being organized by Balmaji Das Tandon Charitable Foundation continues for the third year, on Sunday wherein a total of 79 widows were benefited with a one month ration kit. Foundation President Sanjay Tandon said that a ration card is issued to the widow family for 10kg Flour, Rice, Sugar, Pulses, Mustard oil, Salt, Tea, Spices, Toiletries, Confectionaries, Vegetables and other forms of households. He informed that the count of beneficiaries has increased to 79, with the aim of empowering these women. He said that in the near future, the foundation will continue to strengthen this scheme by adding more widows under this program. A total of 1923 widows were given monthly ration kits from January 2020 till date by the foundation.

9-day dandiya extravaganza 'Rangratri Dandiya Nights' announced



CHANDIGARH: Durgadevi Navratra Utsav Samiti, Borivali under the leadership of Sunil Rane, MLA Borivali today announced 'Rangratri - Dandiya Nights' - a dandiya extravaganza with Gujarat's sensation Kinjal Dave.

Poised to redefine the way Navratri is celebrated in the city, the 9-day-long festival will witness the powerhouse performer Kinjal Dave swooning the audience with her fusion of traditional and modern beats.

Sunil Rane said,

"Rangratri - Dandiya Nights will replete with great garba music, dandiya raas, multiple cuisine food stalls, beauty salons, and shopping stalls catering to traditional jewelry, outfits & footwear."

Kinjal Dave said, "Performing in Mumbai, especially during Navratri, is something that I have always been looking forward to. We are trying to create a memorable 9-day festival and I really hope Mumkaibars shower us with their love and support."

Thank You India Campaign reaches Amritsar, Wagah Border



AMRITSAR: After the launch in Devbhoomi Rishikesh, Capital of India Delhi, to ignite the Nation's Love amongst the citizens, Ontologist & Relationship Expert

Aashmeen Kaur Munjaal' #ThankYouIndia campaign have reached its benchmark 3rd stop Amritsar, the Holy Heart of Punjab. Today the event started by Thank you

Mass Ardaas at Golden Temple, along with the Langar Sewa and then the campaign took place at Jalianwala Bagh for the Thank you talk and lastly had Thank you Josh

Walk at Atari Wagah Border. Following the motive to make citizens aware about consciously being GRATEFUL to MOTHER INDIA alongwith other things we have in life, Shukrana Gratitude Foundation have launched this initiative which includes online and offline activities. Talking about the same, Aashmeen Munjaal, founder of Shukrana Gratitude Foundation stated, "I feel deeply privileged that I am an Indian. I love my country, with all my heart and with all its welts and warmth. This initiative is also curated with online & offline activities to generate awareness about the Gratitude Journey which can be a great role play by each citizen to witness the great abundance in our country as SONE KI CHIDIYA back with high intellectual powers of VISHVA GURU BHARAT." She also added, "We all are grateful to our current Leaders with whom we are able to witness the Amrit Kaal of INDIA. The Golden Glory hitting back with major development in our country."

108 Ambulance Continues to Provide Immediate Assistance to over 18,000 People in Amritsar

AMRITSAR: Ziqitza Healthcare Limited responsible for handling emergency life-saving cases, has served immediate assistance to 18,039 people from January 2021 to June 2022 in Amritsar. The 27, ERS 108 Ambulance fleet consists of, 25 Basic Life Support (BLS), 1 Advanced Life Support (ALS), and 1 Negative Pressure Ambulance. 18 Ambulances are stationed in rural areas and 9 in urban areas. Ambulances managed by capable staff continue to ensure that each case is managed well by timely admission to the hospital by ensuring service in the golden hour and thereby saving precious lives.

To ensure the best possible emergency support, 108 Ambulance has assigned one more ambulance at the GT Road - Beas to Amritsar, and one Ambulance is assigned on a daily basis at Wagha Border in the evening for retreat ceremony, with the prime



objective of serving people in distress.

By rendering selfless service to people in need, 108 Ambulance has worked round the clock, and in 1.5 years, it has provided medical assistance to over 3045 accidental cases and handled over 4410 pregnancy cases in Amritsar.

Sharing his views, Mr. Manish Batra, Project Head, 108 Ambulance said, "108 Ambulance has always

committed itself to serve the people in distress. We have developed our emergency service in such a way that we stand firm on our goal of saving every life possible in such cases. The dedicated EMT staff and Medical Team continued to ensure that each case is managed well with full compassion, empathy & attention, with no scope of deviations; this is what we continue to train our employees for.

Humble Motion Pictures and Omjee Star Studios reveal trailer date of 'Yaar Mera Titliian Wargha'

CHANDIGARH: Humble Motion Pictures and Omjee Star Studios's next Punjabi film, 'Yaar Mera Titliian Wargha' is already creating a lot of buzz and excitement with their first song 'Iko Ik



Dil' launched yesterday. And now the team has announced the release date of their much awaited trailer. It's all set to release on 10th August, 2022

(Wednesday). It will be available on Gem Tunes YouTube channel at 9 AM. Starring Gippy Grewal and Tanu Grewal in lead roles, the film promises to be a complete family entertainer. From the first look itself, it is evident the film will offer the audience a great deal of laughter, sprinkled with some family drama. Speaking about the film, here's what Actor-Producer Gippy Grewal has to say, "Yaar Mera Titliian Wargha will surely be a fun filled ride for the audience. It is full of elements that the audience loves - comedy, emotions, drama and of course, fun bantering."

Yaar Mera Titliian Wargha also stars Karamjit Anmol, Raj Dhaliwal, Gurtug Singh and others in prominent roles. Produced by Gippy Grewal, Ravneet Grewal and Ashu Munish Sahni. Directed by Vikas Vashisht and written by Nareesh Kathooria, it will hit the theatres on 2nd September, 2022.

Relive the best Antakshari moments of Antakshari today



CHANDIGARH: Zee Punjabi show Antakshari 2 once again filled the weekend of its fans with lots of joy and great entertainment from Season 2. Every week, different relationships participated in the show, paired with Jodis flaunting their love for music, and, ultimately, one of the pairs won the musical show Antakshari 2 and named the trophy to themselves. Like every week, this show came up with new bushes to make our weekend memorable, in the same way, Antakshari is coming back at the end of this Saturday but this time Pani is bringing a box of memories that will have some unique and emotional moments of Antakshari 2. of toll. A bunch of moments that will take us on a ride to the memories of this season. Watch your evening shine on Zee Punjabi this Saturday at 7:00 PM as Antakshari 2 provides us all with yet another dose of amusement.

Gillco International School, Mohali hosts Li'l Picasso - Inter School Art Competition

MOHALI: Gillco International School, Mohali organised a drawing and colouring competition to bring out the creativity in students on Friday, 5 August 2022.

The theme of the event was 'Monsoon Draw and Colour'. It was held along with the workshop 'Getting Creative with Crayons' where the art department teachers taught different techniques of colouring. Different schools were invited to the competition, with an opportunity to enhance the creativity of students throughout the city.

A total of 99 students, under the guidance of Mrs Gursimran Khosla, Headmistress, participated in the competition from different schools. All of them exhibited the best of their skills, leaving everyone stunned by their efforts. Kavnoor Kaur from AKSPIS secured the first position in the competition by showcasing the best



drawing on monsoon, followed by Jasmine Kaur from the same school, securing the second position. The third prize was shared by Avleen Kaur from Oakfields and Meherban Singh from Lil Scholars. Consolation prizes and certificates of participation were given to all.

Mrs. Ruchi Sharma, Principal blessed the tiny tots, and expressed her immense pleasure to welcome an enthusiastic participation from various schools. The students performed really well, showcasing mesmerising pieces of art. The school plans to organise more of such events in future.

Samsung to Launch New Foldable Phones on August 10

SHIMLA: Samsung Electronics will unveil the next generation of its foldable smartphones at the Galaxy Unpacked event at Samsung Opera House in Bengaluru on August 10. Customers can pre-reserve the next Galaxy smartphones ahead of the event to be eligible for early access. To pre-reserve the next Galaxy smartphone, customers have to pay a token amount of Rs 1,999 on Samsung.com or at Samsung Exclusive Store. Customers who pre-reserve the next Galaxy smartphones will get additional benefits worth INR 5,000 after delivery of the device. Samsung has been pushing boundaries and defying conventions of what a smartphone can do. Samsung believes meaningful innovations go beyond technical, providing a platform upon which our everyday lives become richer and more versatile. Galaxy Unpacked will be live streamed on Samsung Newsroom India at 6:30 pm IST on August 10, 2022.

Dean, CSE, Chitkara University said, "Open Source is a community where original source code designed by various authors is made freely available to others who would like to view that code, copy it, learn from it, alter it, or share it. Today, it is the need of the hour."

"Open source community is the best way to learn and grow in this field. Keeping this in mind, we made sure that students, industry professionals, IT companies or any academic institutes could take membership of the Open-Source Chandigarh community through its website. This initiative will connect open-source contributors on one forum and also serve as a launch pad for enhanced employment.