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

Russia intensifies attack on Ukraine with cruise missiles, five dead



AGENCY
KYIV, OCT 10

Multiple explosions rocked Ukraine's capital Kyiv on Monday morning local media reported citing the city's mayor.

Plumes of smoke were seen billowing out from several areas in Kyiv.

Explosions also reported in the cities of Lviv, Zhytomyr, Khmelnytsky, Dnipro and, Ternopil. Multiple explosions are being reported in cities all across the country. Eyewitnesses are reporting powerful explosions and power outages in Kyiv, according to the local media, The Kyiv Independent.

Dramatic footage of BBC correspondent Hugo Bachega who was reporting live from the area ducking as explosions were heard in the capital Kyiv, soon began to be circulated on social media. Suddenly, several explosions were heard from behind following which the reporting was cut short.

Ukraine's local media portal Kyiv Independent quoted city mayor Vitali Klitschko stating that there had been multiple explosions and that the emergency services were on site. Klitschko said further details would follow, the portal added.

The explosions came in the wake of the attack on the Kerch bridge on Saturday where a truck exploded, causing seven fuel tanks of a train heading to the Crimean Peninsula to catch fire. Three people were killed in the blast, which also led to the partial collapse of two spans of the road bridge, according to media reports.

1275 new buses to be added to Haryana Roadways' fleet

CHANDIGARH: In a bid to provide better transportation facilities to people in the state, as many as 1275 new buses will be added to Haryana Roadways' fleet. These include 1000 non-Ac buses, 153 AC buses and 128 minibuses. Besides this, approval was also given for the purchase of 33 buses to be separately purchased for the police department. A decision in this regard was taken in the meeting of the High Powered Purchase Committee (HPPC) and Department High Powered Purchase Committee (DHPPC) chaired by Chief Minister, Sh. Manohar Lal held here today. During the meeting approval for the purchases of goods and items to be procured by various departments worth more than Rs. 2500 crore were approved. Transport Minister Sh. Mool Chand Sharma, Power Minister, Sh. Ranjit Chautala, Cooperation Minister, Dr. Banwari Lal, Urban Local Bodies Minister, Sh. Kamal Gupta and Minister of State for Labour and Employment, Sh. Anoop Dhanak also remained present during the meeting. Later addressing the media persons, Sh. Manohar Lal said that a total of 31 agendas of 11 Departments namely Transport, Irrigation, Police, PHED, HVPNL, DHVBN, UHBN, HPGCL and various Government Departments, Boards and Corporations were tabled in the meeting. Out of which 24 agendas were approved. Most of the agendas were related to Power, Transport, and Irrigation departments, he added.

Pb VB arrests two female POs wanted in forgery

CHANDIGARH: The Vigilance Bureau Punjab on Saturday has arrested two accused ladies who were proclaimed offenders (PO) and wanted in a forgery case registered by the Bureau the year 2017. Disclosing this here today a spokesperson of the state Vigilance Bureau (VB) said the duo accused Anita and Ambika, both resident of Sultanpur Lodhi, district Kapurthala were declared POs in January 2021 in a case already registered under FIR No 05 dated 09.03.2017 under section 409, 420, 467, 468, 471, 120-B of IPC and 13(1), 13(2) Prevention of Corruption Act at VB police station Jalandhar.

3 US economists win 2022 Nobel Prize in Economics

STOCKHOLM: The Royal Swedish Academy of Sciences announced Monday that three US-based economists won the 2022 Nobel Memorial Prize in Economic Sciences "for research on banks and financial crises".



The winners are Ben Bernanke, former head of the US Federal Reserve and currently with the Brookings Institution in Washington DC, Douglas Diamond of the University of Chicago and Philip Dybvig of Washington University in St. Louis, Missouri. The winners share a prize of about \$900,000. The nobelprize.org put out a release saying: "Their discoveries improved how society deals with financial crises. This year's laureates in the Economic Sciences, Ben Bernanke, Douglas Diamond and Philip Dybvig, have significantly improved our understanding of the role of banks in the economy, particularly during financial crises. An important finding in their research is why avoiding bank collapses is vital.

SP founder Mulayam Singh Yadav is no more

AGENCY
LUCKNOW, OCT 10

For a long time, Mulayam Singh Yadav, a veteran politician who saw Uttar Pradesh go through many ups and downs during his five-decade-long career, remained synonymous with the politics of the state.

In fact, he was so well-versed in the politics of the most populous state of India that he was fondly called "Netaji" by his admirers as well as his detractors.

Born on November 22, 1939, in Saifai village of Etawah district, Mulayam Singh Yadav rose quickly in politics and became



the Chief Minister of Uttar Pradesh thrice; he also served in the Union Government once as the Defence Minister. He was elected 10 times as MLA and 7 times as Lok Sabha MP. As long was his political career, a similar number of controversies surrounded it.

His was the story of a politician who almost became the Prime Minister of India.

In 1996, when the United Front was poised to form the government, Mulayam Singh's name was floated to lead the alliance. It was opposed by leaders, including Lalu Prasad Yadav. He again saw an opportunity in 2014 but the election results damp-

ened the possibility forever. People close to him said that the Samajwadi patriarch nursed a grievance that he could not become the Prime Minister of India despite being the chief minister of the most-populous state three times. His career began when he was elected an MLA in 1967 at the age of 28, he founded the Samajwadi Party on October 4, 1992, and soon turned it into a regional party based in Uttar Pradesh. His son Akhilesh Yadav took over the reins of the party later and is now its president. In 1990, his supporters claim, Mulayam Singh was set to arrest LK Advani when the latter's Rath Yatra entered Uttar Pradesh.

Our Heritage, Our Pride

Our heritage once ushered golden age of India. This rich heritage is the proud inheritance of every Indian.

New India is proud of its culture and equally confident of its ability. New India has heritage as well as development.

- Narendra Modi



Strengthening citizens' faith

- Reconstruction of various places associated with **Kedarnath temple complex**; grand renovation of **Baba Vishwanath Dham**
- A glorious and splendid temple dedicated to Lord Ram is being built at **Ayodhya**
- Beautification of **Somnath temple complex**; development of facilities for pilgrims in **Shaktipeeth Ambaji Tirthdham**; renovation of **Kalika Mata temple at Pavagadh**
- Development of **Baba Baldyanath Dham** at Deoghar; inauguration of **Jagatguru Sant Tukaram Maharaj Shila Mandir**, Dehu, Pune

Yoga and Ayush – India's invaluable offerings to the world

- International Yoga Day** takes Yoga global; Yoga being embraced world over for healthy lifestyle
- An unprecedented effort to preserve our traditional medicinal knowledge associated with AYUSH; **Global Ayush Summit** to promote global investment and innovation
- WHO Global Centre for Traditional Medicine** in Jamnagar

Remembering and honouring the heroes of the freedom movement

- Decision to celebrate Bhagwan Birsa Munda's Jayanti as the **Janajathya Gaurav Diwas**; 10 new museums are being setup for tribal heroes of the freedom movement
- Five prominent sites associated with Dr. B. R. Ambedkar redeveloped as the **"Panchteerth"**
- Netaji Subhash Chandra Bose's birthday being celebrated as **"Parakram Diwas"**; establishment of Biplabi Bharat Gallery at Kolkata's Victoria Memorial & a new museum at the Red Fort

Prime Minister Narendra Modi to
dedicate **Shri Mahakal Lok** to the nation

Ujjain, Madhya Pradesh, 11th October 2022, 6:00 PM onwards



केन्द्र व हिमाचल की डबल इंजन सरकार ला रही सुखद बदलाव

“ईमानदार नेतृत्व, शांतिप्रिय वातावरण, देवी-देवताओं का आशीर्वाद और परिश्रम की पराकाष्ठा करने वाले हिमाचल के लोग सभी अतुलनीय हैं। हिमाचल के पास तेज विकास के लिए जरूरी हर चीज मौजूद है। समृद्ध और सशक्त भारत के निर्माण में हिमाचल अपने योगदान का निरंतर विस्तार करता रहे यही मेरी शुभकामनाएं हैं।”
नरेन्द्र मोदी, प्रधानमंत्री

आयुष्मान भारत

- 4.33 लाख परिवारों के गोल्डन कार्ड बनाए गए
- 1.60 लाख लाभार्थियों का 201.54 करोड़ रुपये खर्च कर किया निःशुल्क इलाज

मुख्यमंत्री हिमाचल हेल्थकेयर योजना-हिमकेयर

- 6.43 लाख परिवार पंजीकृत
- 3.42 लाख लाभार्थियों के इलाज पर 325.58 करोड़ रुपये खर्च

प्रधानमंत्री उज्ज्वला योजना

- 1.38 लाख परिवारों को निःशुल्क गैस कनेक्शन दिए गए
- 28.15 करोड़ रुपये खर्च

मुख्यमंत्री गृहिणी सुविधा योजना

- 3.35 लाख परिवारों को निःशुल्क गैस कनेक्शन दिए गए
- 2.67 लाख लाभार्थियों को दिया एक अतिरिक्त गैस रिफिल

प्रधानमंत्री किसान सम्मान निधि योजना

- राज्य के 9.83 लाख से अधिक किसानों को दिए गए लगभग 1931.63 करोड़ रुपये

प्रधानमंत्री कृषि सिंचाई योजना

- 41.71 करोड़ रुपये खर्च
- 1563.40 हेक्टेयर भूमि सिंचित
- 7622 किसान लाभान्वित

प्रधानमंत्री स्वनिधि योजना

- 3426 लाभार्थियों को 3.64 करोड़ रुपये के ऋण दिए गए

प्रधानमंत्री गरीब कल्याण अन्न योजना

- कुल 1,26,825 मीट्रिक टन खाद्यान्न वितरित
- 841 करोड़ खर्च, 30,07,653 लोग लाभान्वित

प्रधानमंत्री आवास योजना (ग्रामीण)

- वर्ष 2018 से अब तक 58.09 करोड़ रुपये खर्च कर 7,893 लाभार्थियों को मकान स्वीकृत

प्रधानमंत्री आवास योजना (शहरी)

- 5,717 आवास निर्मित
- 133.07 करोड़ रुपये खर्च

सामाजिक सुरक्षा पेंशन

- 7.21 लाख लाभार्थियों को मिल रही पेंशन

जनमंच

- विभिन्न चरणों में 256 स्थानों पर जनमंच आयोजित
- 55,249 समस्याएं प्राप्त
- अधिकांश का किया समाधान

प्राकृतिक खेती-खुशहाल किसान योजना

- 1,71,063 किसानों ने अपनायी प्राकृतिक खेती, 58.46 करोड़ रुपये खर्च
- 9,464 हेक्टेयर क्षेत्र प्राकृतिक खेती के तहत लाया गया

जल जीवन मिशन

- 8.65 लाख घरों में नल से पहुंचाया जल
- वर्ष 2021-22 के लिए 4,111 करोड़ रुपये आवंटित

मुख्यमंत्री सेवा संकल्प हेल्पलाइन-1100

- 4.46 लाख से अधिक शिकायतें प्राप्त
- 97 प्रतिशत का किया निपटारा

NEWS AT A
GLANCE

**Speaker expresses grief
over demise of Mulayam
Singh Yadav**



CHANDIGARH: Punjab Vidhan Sabha Speaker Mr. Kulbir Singh Sandhwan has expressed deep grief over the demise of Samajwadi Party founder and former Chief Minister of Uttar Pradesh Mr. Mulayam Singh Yadav, who passed away in a hospital in Delhi this morning. S. Sandhwan said that Sri Mulayam Singh Yadav was a grassroots leader who played an important role in carrying forward the socialist ideology. He said that Mr. Yadav devoted his entire life to protect the rights and interests of the downtrodden and left a significant mark on the politics of India. Sandhwan shared his grief with the members of the Mr. Yadav family and prayed to God for the peace of the departed soul.

**Cong workers stage dharna
demanding dismissal of
Minister Fauja Singh Sarari**



BAHADURJEET SINGH RUPNAGAR: The Congress workers led by Punjab Youth Congress president Barinder Singh Dhillon staged a dharna outside district administrative complex Rupnagar demanding the dismissal of Fauja Singh from the government due to his viral audio of cabinet minister Fauja Singh Sarari. On this occasion, Congress leaders said that corruption is clearly visible from the audio of Cabinet Minister Fauja Singh Sarari, but despite this, the Aam Aadmi Party, which calls itself a staunchly honest party, has not taken any action. On the occasion Barinder Singh Dhillon said that the Aam Aadmi Party leaders are looting Punjab by becoming pirates. He said that today the people of the state are realizing that the leaders whom they thought were honest are dishonest. He said that they have come to power by misleading the people of the state.

**Free checkup camp for
heart diseases on Oct
12 at Sood Hospital**

MAHAVIR GOYAL AHMEDGARH: A free checkup camp for heart diseases is being organized at the Sood Multispecialty Hospital Ahmedgarh



on October 12, 2022 on Wednesday from 11 am to 3 pm. MD of the hospital Dr. Rajiv Sood gave information and said that Dr. Harmanpreet Singh MBBS, MD, a specialist in heart diseases. Will check for heart diseases. He said that heart attack, shortness of breath, chest pain, excessive sweating, fatigue are common symptoms of heart diseases. He appealed to the people and said that as many people as possible should reach out and benefit from this camp.

CM reviews arrangement for G-20 summit slated to be held in Amritsar

**SHASHI PAL JAIN
CHANDIGARH, OCT 10**

Punjab Chief Minister Bhagwant Mann on Monday reviewed the arrangements for the prestigious G-20 summit slated to be held at holy city Amritsar in March 2023.

Chairing a meeting in this regard here at his office in Punjab Civil Secretariat, the Chief Minister said that this summit will take place in the month of March and leading countries of the world will be participating.

He asserted that the state is fortunate to have got the opportunity to host this mega event in which deliberations will be held on Education by the leading countries from across the world. Bhagwant Mann said that elaborate arrangements have to be put in place for making this global event a huge success. The Chief Minister said that for making this event a huge success the entire holy city will be divided into five major sectors. He



said that senior officers of the state Civil and Police administration will be deployed in these sectors for effective management. Bhagwant Mann said that these officers will be responsible for the smooth conduct of the entire activity during the summit in the area under their jurisdiction. The Chief Min-

ister also constituted a Cabinet Sub Committee comprising Local Government Minister Dr Inderbir Singh Nijjer, Public Works Department Harbhajan Singh ETO, Education Minister Harjot Singh Bains and Tourism Minister Anmol Gagan Mann. He said that the Cabinet Sub Committee will mon-

itor the day to day arrangements of the event to ensure its flawless execution. Bhagwant Mann also constituted a high powered committee headed by Chief Secretary Vijay Kumar Janjua to facilitate the Cabinet Sub Committee in smooth and hassle free conduct of the mega event.

Nagar Kirtan from Akal Takht Sahib on Prakash Purb of Sri Guru Ramdas



**CHARNJIT SINGH ARORA
AMRITSAR, OCT 10**

The Shiromani Gurdwara Parbandhak Committee (SGPC) with support of the Sabha Societies and the Sangat, decorated a large Nagar Kirtan (religious procession) dedicated to Prakash Purb (birth anniversary) of Sri Guru Ramdas Ji, the fourth Sikh Guru. This Nagar Kirtan was started as per tradition from Akal Takht Sahib after Ardas (Sikh prayer) amid the resonance of nagara, narsingha and jaikaras. At the start of the Nagar Kirtan, when Head Granthi of Sachkhand Sri Harmandir Sahib enshrined the holy saroop (scripture) of Guru Granth Sahib, a large number of Sangat present showered flower petals. On this occasion, Jathedar of Akal Takht Sahib, Giani Harpreet Singh was also present among prominent personalities. The Nagar Kirtan was taken on the traditional route of old entrance gates connecting Amritsar city, where in different places the Sangat welcomed it warmly. Sabha societies and Sangat also honoured Panj Piaras (five beloved ones) at different places and langar were also organised. The Sangat attending the Nagar Kirtan were reciting Satnam Waheguru on the route to express their devotion to the fourth Guru. Jathedar Giani Harpreet Singh and Giani Jagtar Singh congratulating the Sangat on Prakash Purb of Guru Ramdas Ji motivated them to live life as per the teachings of the Guru.

Gurmat Samagam organised by Sarbat Khalsa at Gurdwara Singh Sabha Abrol Nagar

**SHARANJEET
PATHANKOT, OCT 10**

On behalf of Sarbat Khalsa, Gurmat Samagam was organized under the supervision of Jathedar Gurdeep Singh Gulati, the chief manager of the organization, in the Gurdwara Singh Sabha Abrol Nagar Pathankot with the cooperation of the Sangat.

In the ceremony, Bhai Baldev Singh, the famous narrator and preacher of the cult, explained the on-going bani very well, after which the ragi group of Bhai Datar Singh performed melodious kirtan to the sangat delighted. The chief manager of the organization Jathedar Gurdeep Singh Gulati also in-



spired the sangat to become Guru Wale by drinking nectar, in the end the langar of Guru Sahib was distributed. On this occasion Jathedar Gurdeep Singh Gulati, Jathedar Kulwant Singh, Gursharan Singh, Surinder Kaur Padda, Vassan Singh Kalhon, Advocate Jagdish Singh, Dr Balbir Singh, Manmohan Singh, Surinder Singh, Davinder Singh Baba, Manas Kaur, Rajwinder Kaur, Balkar Singh, Harbhajan Singh,

Inderjit Singh, Bhupinder Kaur, Surinder Kaur, Sucha Singh, Gurdev Singh, Ajit Singh, Joginder Singh, Kamaljit Singh, Surinder Singh, Hardev Singh, Ritu Kaur, Parminder Kaur, Deedar Singh, Gurmeet Singh, Jaswinder Singh, Malkit Singh, Jaswant Kaur, Jathedarni Ranjit Kaur, Ramma Kaur, Jaswinder Kaur, Sukhdeep Singh Bedi, Inderpreet Singh, Pawanpreet Kaur Bedi, Kashmir Singh etc.

Police bust five terrorist modules, arrests 17 terrorists in 10 days

CHANDIGARH, OCT 10

Adopting a pro-active approach against anti-social elements on the directions of Chief Minister Bhagwant Mann, Punjab Police has busted five major terrorist modules after arresting 17 terrorists in the last 10 days.

The Police have also recovered four rifles including AKs/MP-9/MP-5 and 25 revolvers/pistols from their possession. Apart from this, the Police teams have also recovered three hand grenades and one IED, he added.

Inspector General of Police (IGP) headquarters Sukhchain Singh Gill, while addressing his weekly press conference here on Monday said that as per the vision of Chief Minister Bhagwant Mann, Punjab Police has not been leaving any stone unturned to ensure maintain peace and harmony in the state. He said that in the last 10 days the Police teams have managed to strike a major blow to the ter-



rorist modules being operated by Gangsters-turned-Terrorists including Lakhbir Singh alias Landa, Harvinder Singh alias Rinda and Arsh Dala from out of India.

On October 1, Punjab Police busted a module after arresting three operatives of an ISI-backed terror module jointly handled by Canada-based Lakhbir Landa and Pakistan-based Harvinder Rinda after recovering one sophisticated AK-56 assault rifle along with two magazines, 90 live cartridges, and two bullet shells from their possession, he said, adding that earlier on September 28, an op-

Applications sought from Anganwadi workers for selection of supervisor

CHANDIGARH: The Punjab Chief Minister Bhagwant Mann's government is committed to the welfare of employees. Under this series, applications have been requested from the Anganwadi workers of Punjab state for the selection of supervisor among the Anganwadi workers. Minister for Social Security, Women and Child Development Dr. Baljit Kaur gave further information and said that applications have been requested from the Anganwadi workers for the selection of supervisors from among the Anganwadi workers working in the Anganwadi centers being run in the state of Punjab. Under this selection, the benefit of reservation will be given as per the reservation policy of the state government. The Cabinet Minister said that Anganwadi workers who want to apply in this regard can apply at the office of the concerned Child Development Project Officer by 21 October 2022. Applications received after the specified time will not be considered.

People enjoying regional Sars Mela



**SUMER GARG
SANGRUR, OCT 10**

Singer Jordan Sandhu's songs were well received in the 'Star Night' during the Regional Sars Mela. The audience, including children, youth, captured the songs of their favorite singer in their mobiles to make them part of the eternal memory and enjoyed the song music with full enthusiasm till the night.

It may be mentioned that thousands of people are enjoying the Saras Mela held at the official Ranbir College ground throughout the day. Art lovers are shopping the interesting wares displayed at the stalls in the mela and there is no dearth of people relishing the regional cuisine at the food stalls. Jordan Sandhu started his musical evening with his popular songs and left a deep impression on

the audience with his melodious melodiousness. Meanwhile, Deputy Commissioner(DC), Sangrur, Jitindra Jorwal; SSP, Mandeep Singh Sidhu; ADC, Varjit Walia; ADC, Anmol Singh Dhalival along with the judicial, administrative and police officers of the district also enjoyed the festive evening. Jordan Sandhu entertained the audience for about one and a half hours with popular songs like 'Free Style', 'Muchhi Khali Aye', 'Do Vaari Jatt Marya', 'Positivity', 'Teje Week' etc. It is worth mentioning that under this Saras Mela organized by the district administration, Harbhajan Shera on October 11; Sunanda Sharma on October 12; Jaswinder Brar on October 13; Armaan Dhillon, Prabh Bains, Jashan Inder, Sophia Inder, Basant on October 14 in star night.

NCB raids in Tarn Tarn District for drug possession

BHIKHIWIND (GURMEET SINGH VALTOHA): The Punjab Police has issued an alert across the Punjab regarding the consignments of weapons, narcotic substances and explosive materials arriving through Pakistani drones and has started searching for the accused associated with the Pakistani module. Now (NCB) Narcotic Control Bureau raided on the second day again at Rasulpur and Sheron villages of Tarn Tarn district. After the Rasool given by the S.S.O.C team of Amritsar in the district, two accused including the son of the policeman stationed at the police line have been rounded up. According to the information, I.E.D. recovered in Haryana after that, many consignments of heroine and ammunition have been recovered by the district police. Arsh Baqi, a resident of village Rasulpur, named in various cases, is being searched by the police for a long time, whose father Nishan Singh was posted in the district police and has died. SSP Ranjit Singh Dhillon of the district reached the police line and interrogated the employee Sukhwinder Singh for about half an hour after he was found with Arsh, the son of the police officer Sukhwinder Singh posted in the respective district. After questioning, the S.S.O.C. team of Amritsar has rounded up two persons, including the son of policeman Sukhwinder Singh, Arsh. This operation has been carried out after the arrest of persons along with a large quantity of weapons were recovered in the town of Valtoha on Saturday morning. From this, it can be inferred that the persons rounded up may be related to Pakistani smugglers, which is being investigated by the police. On the other hand, N.C.B. team once again knocked at the house of a person named Jaskaran Singh, who runs a laboratory business at village Sheron, at village Rasulpur. According to sources, the NCB of the family members present in the house. After filing a statement by the team of the village panchayat, the locks of the laboratory at village Sheron, which was closed, were started to be broken.

Regional Sars Mela to be held from Nov 4: ADC



**KULJIT SINGH
JANDIALA GURU, OCT 10**

Regional Sars Mela Dussehra is being organized at Ranjit Avenue from November 4 to November 17 with the support of the Center and Punjab Government. In which artisans from across the country will showcase their skills and more than 300 stalls will be set up.

While holding a meeting regarding the preparations of the Regional Sars Fair, Mr.

Ranbir Singh Mudhal, Additional Deputy Commissioner (Rural Development) said that in this fair, artisans and self-help groups from across the country will exhibit their handmade products. He said that people from different states will also set up their food stalls in this fair, which the people of Amritsar will be able to take advantage of. He said that the main purpose of this fair is to encourage small artisans across the country to sell their products.

DC inaugurates new machines received by Atma Kisan Hut



HOSHIARPUR (DALJEET AJNOHA): Deputy Commissioner Sandeep Hans today inaugurated the new machines received by the Atma Kisan Hut established at the main gate of Hoshiarpur, Department of Agriculture and Farmers Welfare. While inaugurating the Atma Kisan Hut, the products produced by the existing self-help groups were praised by the Deputy Commissioner. On this occasion, while addressing the visiting farmer members, he said that the problems and legitimate demands of the farmers will be solved on priority basis. He said that the district administration has provided funds to Atma Kisan Hut to buy a big fridge, a fruit juicer and a juicer for extracting sugarcane juice. Chief Agriculture Officer Gurdev Singh welcomed the Deputy Commissioner on his arrival at Atma Kisan Hut and told that with this initiative, quality agricultural commodities are provided to the users at a reasonable price. He said that this Atma Kisan Hut district administration in collaboration with the Innovative Farmer Association started on September 5, 2014 to provide direct marketing facility to the group of farmers to solve the problem of self-marketing and for value addition of farmers' products.

Demand to release Bandi sikhs gets support from every religion and section

**MAMOON RASHID
MALERKOTLA, OCT 10**

The demand for the release of Bandi Sikhs, who have completed their sentences in various jails of the country, is now getting support from other groups and sections. To wake up the BJP-led union government from its slumber, a massive protest was held by human rights organizations in the Muslim-majority city of Malerkotla today. A large number of people from the Muslim community participated in this protest. Addressing this protest, the state president of the Punjab Human Rights Helpline Bibi Jaswinder Kaur Sohail said that the issue of the release of captive Sikhs is not only a personal issue of Sikhs, it is also a violation of human rights. Like the Sikhs,



Many Muslim brethren are also under undecleared sentences in different jails of the country. All this shows the communalist and dehumanizing thinking of the Bharatiya Janata Party. She said that the Muslim organizations and people of the entire Muslim society have started walking together in favour of human rights against the oppression of the governments of the country, which is a good start from the side of humanity. We all should rise above caste and adopt the religion of humanity. We all should become one voice and appeal to humanity that the Sikhs and Muslims

who have completed it, should be released. According to the Indian Constitution, when one's sentence is completed, the release is his human right. Bibi Sohail said that although voices are being raised by various political parties and Sikh organizations for the release of Bandi Sikhs in their ways, the Shiromani Gurdwara Parbandhak Committee has also started a mass movement on a large scale. It is pertinent to mention that under the leadership of the human rights organization, candle marches are being held at various places across the state for the release of Bandi Sikhs.

Unemployed PTI teachers' union warns of stir



**ISHWAR GARG
TALWANDI SABO, OCT 10**

The local leaders of the PTI Teachers Union today disclosed that on October 12, newly unemployed PTI teachers union will hold a meeting with Education Minister Harjot Singh Bains and other officials of the department in connection with making the portal of 2000 PTI posts online. In a press note, state president

Amandeep Kamboj said that if a fixed date for making the portal of 2000 posts online is not released by the education department or the portal is not made online, then the union will launch an agitation. The leaders said that Chief Minister Bhagwant Mann and Education Minister Harjot Singh Bains will be responsible for the consequences if the teachers were forced to adopt an agitational path.

Shanti Devi College student represents Punjab in Indian Parliament

**JASPOONAM KOHLI
DINANAGAR, OCT 10**

Kumari Simran of BA Social Studies, 1st Semester of Shanti Devi Arya Mahila College, Dinanagar was selected to participate in the program organized by Ministry of Education, Youth Welfare and Sports.

The program was organized in coordination with the Department of Youth Welfare and Sports, Government of India, Parliamentary Research and Democracy Training Institute, Lok Sabha Secretariat on the theme "Participation of the youth of our country in paying tribute to our national leaders on their birth anniversary at Parliament House". The first program was dedicated to the birth an-



niversary of Mahatma Gandhi and Lal Bahadur Shastri on October 02, 2022. Kumari Simran won the district level quiz competition organized by Nehru Yuva Kendra and after that expressed her views on Lal Bahadur Shastri by participating in the online debate program. After which she was elected to the Indian Parliament to pay tribute to the national leaders. She was the only student representing

Punjab. Giving the above information, College Principal Dr. Reena Talwar said that it is a matter of great honour for the college that the student of Shanti Devi College was representing Punjab in the Indian Parliament. One representative was chosen from each state with Simran being the youngest. At the age of just 17, Simran got the opportunity to stand in the Central Hall of Parliament.

Photo voter lists
published: DC

UNA: The photo voter lists of the five assembly constituencies of the district, Chintpurni, Gagret, Haroli, Una and Kutlahar, have been finally published on the basis of the qualifying date on October 1, 2022. Giving this information, District Election Officer and Deputy Commissioner Una Raghav Sharma told that the photocopy of the voter list would be available for free inspection at the District Election Office, Una and the offices of the concerned Electoral Registration Officers/Assistant Electoral Registration Officers. Apart from this, a copy of the voter list of the concerned polling station will be available with the deputed booth level officers at all the designated places for free inspection of the general public for seven days from the date of publication. The DC told that the voters must confirm their name is registered in the voter list. He said that any citizen/voter can get information about electoral registration officers, booth level officers and election related activities by dialing toll free number 1950 or 01975-1950 and can also register their suggestions and complaints.

Selfie point installed
for voting



JOGINDER DEV ARYA BANGANA: Selfie point was installed in Atal Bihari Vajpayee Government College, Bangana today with the aim of making people aware about voting in the upcoming Vidhan Sabha elections 2022 to be held under Sweep (Systematic Voter Education and Electoral Participation) program of the Election Commission of India. During this, the students took their selfie and took a pledge to ensure their participation in the elections to be held this year. There is a lot of enthusiasm among the students to vote for the election. On this occasion, Professor Sikander Negi, Nodal Officer of Sweep Mahavidyalaya said that most of the students will exercise their vote for the first time in the upcoming assembly elections.

HIMACHAL/JK

YUGMARG, CHANDIGARH, TUESDAY, OCTOBER 11, 2022

Women are only safe
under BJP's rule: Smriti

PANKAJ BHAARTIYA
HAMIRPUR, OCT 10

Union Women and Child Development Minister Smriti Irani on Monday gave a clarification call to women in Himachal Pradesh to rally behind the BJP in the upcoming Vidhan Sabha polls to ensure "crushing" defeat to the Congress and others who harm their cause. She said "women are only safe under the BJP's rule".

Irani called women backbone of society while addressing a massive women "sammelan" 'Nari ko naman (Salute to women)' at Bijheri kaswa of Hamirpur district.

Union Information-cum-Broadcasting Minister, Anurag Thakur and district BJP chief, Baldev Sharma, were also present at the rally.

Irani said women have played a major role in elections all over India and this time too they were "playing the same game and helping the BJP to return to power in the state".

Irani claimed it is the BJP



government that gave them reservation in all the Panchayati Raj and urban body institutions. "And women were performing well there by occupying high posts of Chairpersons and Vice chairpersons of Zila Parishad, Block Samitis and gram panchayats," she added. The central minister said the double-engine government in Himachal has given new dimension to the state's development and the Modi government at the Centre and the Jairam Thakur government have done a great

job together to give a boost to the overall progress of the state.

While the Congress only makes people dream as is their tradition, Irani said, adding it was the Thakur government that has given benefits to all sections in the state. She hailed Prime Minister Narendra Modi for giving a new vision to national politics and taking care of and giving respect to the women of the nation. She hit out at the Congress saying that "the party always ditched people and time is teaching them a lesson".

Sonia Gandhi in Shimla

SHIMLA: Congress President Sonia Gandhi arrived in the Himachal Pradesh capital on Monday on a private visit. She was expected to stay at Charabara with Congress party leader and her daughter Priyanka Gandhi who is in the town for last one week, police officers posted on protocol duty told UNI. Sonia Gandhi reached Chandigarh by air and then took the road to Shimla. The 75-year-old party chief recently attended the Bharat Jodo Yatra of Rahul Gandhi. Gandhi's visit to Shimla comes at a time when the party central screening committee is taking final call on tickets for the upcoming Assembly Elections. Priyanka Gandhi has a cottage near the Rashtrapati Niwas at Chharbara outskirts of Shimla town and she celebrated Deepawali there last year.

Cong-BJP pushed
Kasumpti backward:
CPI-M's Kuldeep

AGENCY
SHIMLA, OCT 10

CPI(M) candidate and Himachal Pradesh Kissan Sabha president Kuldeep Singh blamed Congress and BJP for dividing people of Kasumpti into two princely states to cover up the lack of development under their rule.

Despite being nearest to the state capital here, Tanwar rued the Kasumpti assembly seat's backwardness, as he addressed a press conference here on Monday.

The condition of education is such that there are no teachers in the schools, he said. "Many school buildings are in dilapidated condition. There is no staff in the school for more than 15 years, he said.

There are shortage of language and physical education teachers. No School could offer education to students in science and commerce subjects. To study these subjects, students have to go to the neighbouring district of Solan or 20-25 km moreover no buses are available for them, he alleged.

He blamed both the parties for being equally responsible for



the lack of development of Kasumpti assembly constituency.

Congress is leading in this area for last 20 years and BJP has also formed government in the state twice but neither the rural area of Kasumpti developed nor did the parties do anything for its urbanisation, he said. The CPI(M) candidate said the state of education, health, road and transport in 36 panchayats of Assembly segment was worse than many inaccessible panchayats in the state.

Roads -- the lifeline of any area -- deteriorate every rainy season and winters, he said, adding that it was people themselves who maintain rain affected roads every year by investing their own money.

Central BJP leaders are
misleading the public: RS Bali



SANJAY AGGARWAL
DHARAMSHALA, OCT 10

In Himachal Pradesh, the second phase of the Congress's Rozgar Sangharsh Yatra began on Monday from Kachiyari village. The yatra was started by National Secretary RS Bali, Congress candidate from Nagrota Bagwan assembly constituency. Thousands of women including men also participated on this occasion, a bike rally was also taken out by the youth from Kachiyari village to Nagrota Bagwan. During this, from Kachiyari to Nagrota Bagwan, Congress National Secretary RS Bali was also given a warm welcome by the local people. The passenger stoppage of this Rozgar Sangharsh Yatra will be at Jwalaji and after offering prayers at Jwalaji temple in the morning, it will go to Nadaun, Hamirpur, Sujampur, Alampur, Thural, Maranda and Palampur on October 11, 2022, after which this journey will return to Nagrota Bagwan. Regarding the Rozgar Sangharsh Yatra, RS Bali said that the big leaders of the Central BJP are trying their best to mislead the people of the state regarding the Vidhan Sabha elections.

Support to political party solving wage
discrepancy of Fire workers: Mukesh Jaswal

KISHORI LAL BAINS
UNA, OCT 10

The employees posted in the emergency fire brigade department of the state have expressed hope that the salary discrepancy will be resolved in the cabinet meeting of the government. The union has said that they have full hope of resolving the pay discrepancy in the meeting to be held on October 11. Moreover CM Jai Ram Thakur has this department, so he will definitely take a decision regarding the emergency services of the technical staff and will provide justice to this Department. It has also been said that in the coming elections, we will support the same political party which will solve their pay discrepancy. District Una Fire Brigade Employees Union President Mukesh Jaswal has said that he is hopeful that the government



will definitely resolve the salary discrepancy of the fire workers in the cabinet. He said that in the coming assembly elections, the working class will support the same political party which resolves the pay discrepancy of the fire brigade workers. Today is the 21th day of the work-to-rule of the fire brigade in the state. During this, the employees are providing eight hours of service. So far, the government has not taken any decision regarding the salary

discrepancy of the fire brigade staff. Due to which the union has expressed hope for a decision in the cabinet meeting on October 11. Let us inform that the issue of salary discrepancies of technical employees of Himachal Fire Brigade and revised pay scale of basic pay 10300 grade pay 3200+34800 has not been resolved yet despite raising several times before the Chief Minister. Implemented in January 2022, given since 2016. In the outgoing pay scale, the technical staff of the fire wing is getting salary equal to that of the fourth employees. Now, in protest against the non-solving of the salary discrepancy of the employees, on the call of the HP State Level Fire Brigade Union, it has been decided to do duty only for eight hours under the work-to-rule in all the fire stations, sub fire stations, fire stations in the state.

Candidates will be announced after the
code of conduct: Devendra Rana

SANJAY AGGARWAL
DHARAMSHALA, OCT 10

While talking to the press in Dharamsala, BJP's co-poll in-charge Devendra Singh Rana said that the candidates will be announced after the Model Code of Conduct is implemented. This time the tradition will change in Himachal. He said that for the first time after the country's independence in 2014, strong leadership has been received. Devendra Singh said that PM Narendra Modi is known not only as a big leader of the country but of the world. He said that India has become strong in economic terms, and is in fourth place in the world. The charge said the United Kingdom has also been left behind. At the same time, now the defense has also become very strong, and there is peace in the troubled Jammu and Kashmir, and



there is a situation to reduce the force from there. Attacking the opposition, he said that someone is connecting India, someone is breaking it. While your organization is not strong. He has sympathy for the Congress worker that is running without leadership. He said about Himachal that in the last five years, the government of double engine has written a new script of development, it will continue in the coming times as well. He said that the infrastructure

in Himachal has also developed in a big way. Taking a dig at Himachal Congress, he said that every big political leader is trying to become the Chief Minister by winning his 35. Congress people are running here and there. Congress leaders have direction or condition. He said that the state Congress president Pratibha Singh has accepted her defeat before the elections. He said that the candidate of tickets in the BJP is the right thing for the democracy festival.

CM will virtually inaugurate and lay foundation
stones of projects worth 69.96 crores

UNA, OCT 10

Chief Minister Jai Ram Thakur will give a gift of Rs 69.96 crore to Una district through virtual mode on October 11, whose live broadcast will be shown through LED in Zilla Parishad Hall Una. Giving this information, Deputy Commissioner Una Raghav Sharma said that during this time the Chief Minister will inaugurate Rs.39.68 crore, including six type two quarters in the Una campus of Regional Hospital, Una, constructed with Rs.1.36 crore under Una assembly constituency, Chintpurni-Talwara road from Rs.16.15 crore. Road from Bharwai to Pakka Tiala, Rs 16.93 crore to be lifted from Behad Jaswan, Dharamshala Mahant, Bijapur and Talwal water supply project, Rs 1.46 crore to lift water supply scheme Saluri and Rs 3.77 crore to lift water supply scheme Gram Panchayat Nehri-



Nauranga and Salana-Maslana are included. Apart from this, Chief Minister Jai Ram Takur will also lay the foundation stone for various developmental works to be constructed with Rs.30.27 crore, including staff quarters building, Chintpurni, to be constructed with Rs.2.82 crore, for the missing villages under Haroli assembly constituency with Rs.11.73 crore. Beet Irrigation Project, a project to set up 12 tube wells in Dangoh, Bhadrakali, Nakdoh, Bawehar, Marwari and Raipur under Gagret assembly at a cost of Rs 7.23 crore, eight tube wells in Jeetpur Behari, Kuneran, Gonpur Banehra, Kad and Badoh villages with an investment of Rs 5.29 crore and works like strengthening of various water supply projects and creation of basic infrastructure in Gagret VS with an outlay of Rs.3.18 crore.

Suresh Kashyap criticises AAP
Guj President Gopal Italia

DINESH AGARWAL
SHIMLA, OCT 10

Aam aadmi party state President Gujarat, Gopal Italia came under fire after the BJP state president Suresh Kashyap slammed him for allegedly calling the Prime Minister "neech aadmi" and for his remarks where he purportedly used profanities.

The derogatory remarks shows the narrow and Disgusting mindset of aam aadmi leaders.

The aap leaders have not only humiliated the prime minister but have also humiliated the 135 crore



people of the country.

Suresh Kashyap said using such profanities and abusing Gujarat's pride and son of the soil is an insult to every Gujarati, who has voted for him and the BJP for

27 years.

Kashyap said PM Modi's connect at the grassroots level is matchless. He has been one of the most popular leaders in the history of Indian politics. He is not only popular in the country but he has a tremendous global appeal. Global rating agencies like Pew and Morning Consult have corroborated his charismatic leadership appeal over the years.

He has once again topped the global rating amongst world leaders with an approval rating of 75 per cent, according to a Morning Consult survey from October, 2022.

Anganwadi workers
raise demands

ANWAR HUSSAIN
NALAGARH, OCT 10

The Nalagarh unit of Anganwadi Worker and Helper Union raised the demands. Taking out an outrage rally in Nalagarh.

Union through Naib Tehsildar sent a memorandum to the government. During this, the workers refused to accept the demands, raised slogans against the government. Head of the unit addressing the rally Nirmal Kaur said that the central and state government were ignoring Anganwadi workers. Implementation of the recommendations of the 45th and 46th Labor Conferences is not being done. According to the order of the Supreme Court, Anganwadi workers will be given gratuity and other features not restored on the basis of seniority of graduation. There was a demand to fill the posts of Supervisor. Naib Tehsildar ID Sharma told that he has received a memorandum which has been sent to the concerned forum for further action.



Now three doctors will be posted in
Takipur Health Institute: Pawan Kajal

SANJAY AGGARWAL
DHARAMSHALA, OCT 10

MLA Pawan Kajal inaugurated the upgraded CHC in Takipur on Monday. Now three doctors will be posted in this health institute and on Monday, dentist Abhishek Thakur also joined duty. Kajal said that with the blessings of Chief Minister Jai Ram Thakur, approval has been given to upgrade four health institutions in Changar area and open a new PHC in Ranital. Within two days, all these health institutions will start



functioning, doctors and other staff have been deployed in all. He said that with the launch of Government Degree College at Takipur, ITI in Daulatpur, now with the opening of CHC, people of Changar area will get relief from going to Medical College Tanda or Civil

Hospital Kangra for treatment of their ailments. He said that ambulance facility has also been provided in the hospital for 24 hours and the facility of Ayushman and Him Care Card started by the state and central government will also be available to the patients here. Kajal said that

the construction work of 24-hour drinking water scheme in Changar area at a cost of Rs.32 crore is going on on a war footing. And in the coming time, the drinking water problem of the residents of the eight panchayats of Changar area, including Takipur, will be resolved. He said that notification of half a dozen schools upgraded by Chief Minister Jai Ram Thakur on September 13 in Kangra assembly constituency has also been issued and within two days he is trying to start classes in these schools too.

Nadda attends Panch Parmeshwar sammelan

DINESH AGARWAL
SOLAN, OCT 10

BJP National President Jagat Prakash Nadda attended a meeting of the Panch parmashwar in Nauni University solan. BJP State President Suresh kashyap, National vice President Saudan Singh, Co in-charge Sanjay Tandon, MLA Dr Rajeev Bindal, ministers Rajeev Sehjal, Suresh Bhardwaj and BJP Vice president purshottam guleria attended the meeting. BJP National President Jagat Prakash Nadda gave tips to all the panchayti Raj members and discussed the complete role of these members in the upcoming general elections. He said that Panchayati Raj is the base of the three tier system in India and it plays a vital role in the development of India. BJP has always focused on the development of the rural areas across the country and today India is heading to



become New India. Prime minister Narendra Modi has put India on a progressive path and we are become a leading nation across the world. Other countries are seeing India growing leaps and bounds in the leadership of Prime minister Narendra Modi. BJP State President Suresh kashyap said that we welcome BJP national president Jagat prakash Nadda to Himachal. There is a huge enthusiasm in the panchayati Raj members attending this programme and

the guidance received by the national president is very vital for all the members. Panchayati Raj institutions are the pillar of our country and BJP has always played a positive role for the overall development in this particular area. National vice President Saudan Singh said that the representation of the panchayati Raj members in the programme is overwhelming and the gathering shows that BJP is heading of a mission repeat in himachal pradesh.

100 participate in dance competition

RAJ SADOH
ABOHAR: To carry forward the mission of IFFCO former chairman Surinder Jakhar, the trust dedicated to his memory organised a spectacular dance competition here at the Nehru Park with the help of Allah Dance Aerobics Zumba Society. About 100 dancers performed their art. Mayor Vimal Thatai, the special guest of the program, while addressing the people said that the Jakhar Trust has been making continuous efforts to make the youth aware of sports by organizing various types of competitions. He said that in order to keep the youth away from drugs, various types of competitions such as cricket tournaments, marathon races, volleyball matches, fitness competitions are organized by Jakhar Trust in Abohar and surrounding villages, so that the attention of the younger generation is developed for good health and positivity.

Lord Valmik's birth anniversary celebrated at Lachkani



RAKESH JINDAL
NABHA: Dalit Samaj Seva Organization Punjab Raj and Gram Panchayat Lachkani under the leadership of Chairman Karamjit Singh Lachkani celebrated the birth anniversary of Lord Valmiki at Lord Valmik Mandir, Lachkani, with great devotion and fanfare. In which eminent social worker Bibi Paramjit Kaur Momi, director of Old Age Ashram Rongla and patron of the organization, participated as the chief guest. She said we should follow the path shown by Bhagwan Valmik ji and Babasaheb Dr. Bhim Rao Ambedkar for the good of the society. Children should be educated as much as possible to realize their dreams. On this occasion, meritorious students of Law University and Government Secondary School Lachkani were also felicitated. Later, during the event under the leadership of organizer Karamjit Singh Lachkani, social worker Paramjit Momi was specially honored. On this occasion, Sachin Bawa's bhajan troupe sang the praises of Lord Valmiki and the Guru served langar at it. On this occasion, Mahant Kausulinder Nath, Harnes Singh Hiyaana, President Dalit Samaj Seva Sangthan Punjab, Sarpanch Manpreet Kaur Lachkani, Joint Secretary Chaudhary Ajay Kumar, Senior Vice President Rakesh Kumar, Vicky Mattu Secretary Punjab, Siddarpal Majra, Sonu Bagan District Chairman, Monu Joint Secretary, besides Devinder Singh Kairon, Ravinder Gagat, Beant Singh, a large number of the entire community and villagers were present.

FCR directs Jalandhar DC home for action

ASHOK KAURA
PHAGWARA: The Punjab financial commissioner revenue (FCR) has directed Jalandhar Deputy Commissioner (DC) to act to complete the building of the Nurmahal police station. Superintendent in the officer of FCR while forwarding all complaints of Jalandhar district said in an official commination said that Dilbag Singh 's representation sent to the chief minister on May 27,2022 is sent to you in original for necessary action as per government rules/policy and a report be sent within a month to FCR and complainant should be informed directly about the action taken. Dilbag Singh, social activist, and a resident of Baina Pur village in a reminder representation to the chief minister Bhagwant Singh Mann had said that the director of Local Government had told the Nurmahal Nagar council that its resolution number 40 passed on 11-06-2012 for transferring 6 kanals 18 marlas land to the police department for the construction of the building for Nurmahal police station had been rejected as per a decision of the Supreme Court of India.

MCM holds camp for linking Aadhar with EPIC



CHANDIGARH: The Electoral Literacy Club of Mehr Chand Mahajan DAV College For Women, Chandigarh, in collaboration with Election Department, Chandigarh Administration, organised a Special Camp for staff and students to link Aadhar card with EPIC (Voter Card). During the camp, new voters' registration was also done. More than 70 students and staff members benefitted from the camp. Principal Dr. Nisha Bhargava expressed appreciation for this endeavour of the Electoral Literacy Club for sensitising students about the importance of voting. She expressed hope that the process of linking Aadhar and Voter Card will help in cleaning up the electoral rolls by weeding out duplicate entries, bogus voters and making the electoral process more credible.

YUGMARG, CHANDIGARH, TUESDAY, OCTOBER 11, 2022

UT Adviser reviews progress of IAF heritage centre

SHASHI PAL JAIN
CHANDIGARH, OCT 10

Adviser to the Administrator reviews the progress regarding setting up of Indian Air Force Heritage Centre The Adviser to the Administrator, U.T. ,Chandigarh held a review meeting with Indian Air Force Officers and Chandigarh Administration Officers regarding setting up of Indian Air Force Heritage Centre which is a joint initiative between Indian Air Force and Chandigarh Administration. At the outset, Vinod P Kavle, IAS, Secretary Culture Chandigarh Administration briefed about the duties and responsibilities of IAF and Chandigarh Administration in setting up of this Centre.

Then the Officials of the Engineering Department, Chandigarh Administration briefed that the tender of the Civil and Electrical works to be carried out at the site has been opened on 7th October, 2022 and work will be allotted this week.The Adviser to the Administrator directed the Officials present in the meeting to work in close co-



ordination and get the works completed at the earliest so that the Centre can be inaugurated at the earliest. Nitin Kumar Yadav, IAS, Home Secretary, Dr. Vijay N Zade, IAS, Secretary Engineering , Sh. Sorabh Kumar Arora,

PCS, Director Cultural Affairs, Chandigarh Administration, Sh. Kapil Setia, Chief Architect, Chandigarh Administration, Officials of Engineering Department and Indian Air Force attended the meeting.

Students of Arya Women's College win medals in the Taekwondo Championship



PATHANKOT (SHARANJEET): In the Taekwondo Championship organized by GNDU Amritsar, students of RRMK Arya Women's College, Anita have brought laurels to the college by winning silver medal, Anamika, Kajal and Himanshu won bronze medal. Principal Dr. Gurmeet Kaur honored the girl students by wearing medals and while congratulating the heads of departments Shama Kashyap and Rajni Sharma said that the way she is working hard and hard.

In the same way, continue to illuminate the name of the college. On this occasion Dr. Narinder Kaur, Dr. Rupinderjit Kaur, Suruchi Sharma, Madam Kusum were present.

Pb govt is committed to comprehensive dev work in state: Harbhajan Singh

VERMA
BATALA, OCT 10

Harbhajan Singh E.T.O. the Minister of Power and PWD, Punjab Government, inaugurated the 66th KV Sub Station Thattha (Fatehgarh Chudris) constructed at a cost of Rs 4.66 crore today.

On this occasion Suhinder Kaur wife of Cabinet Minister Harbhajan Singh ETO, Bal Krishna Chief Engineer Border Zone, Sanjeev Prabhakar and Sanjeev Sood (Chief Engineer) Arvinderjit Singh Boparai, Jagjit Singh and Ramesh Sarangal (Deputy Chief Engineer) Wen Mohtam Singh , Lovepreet Singh Block President AAP Party and villagers were present in large numbers. On this occasion, Cabinet Minister Harbhajan Singh ETO., a sapling was also planted in the complex of the sub station. On this occasion, Cabinet Minister



Harbhajan Singh ETO spoke to the media. said that the Punjab government led by Bhagwant Singh Maan is carrying out comprehensive development works for the benefit of every section and fulfilling the promises made to the people. He further said that fulfilling the promise made by the AAP government to the people, 600 units of electricity have been provided to every house free of charge and the bill of 50 lakh houses has come to zero. Talking about zero tolerance against corruption by the Punjab government, Cabinet

Minister Harbhajan Singh ETO, said that Punjab government will not tolerate corruption at all. He said that the campaign against illegal occupation by the Punjab government is continuing and the basic needs of the people are being met in the state. Cabinet Minister Harbhajan Singh ETO while dedicating 66 KV Sub Station to Thattha, he said that the long-standing demand of the people has been fulfilled. He thanked the village panchayat for the one and a half acre land provided for the sub-station.

Shree utsav fair organised by Terapanth Mahila Mandal



PANCHKULA (SUMER GARG): Women throughout history have shared great knowledge and wise thoughts with a multitude of audience. 9th October 2022, yesterday was the day when all the beautiful women came forward. Terapanth Mahila Mandal (TMM), Panchkula under the guidance of President Surjeet Singla and Secretary Renu Jain with their whole team has organised a beautifully managed fair at local Terapanth Bhawan.

The fair was inaugurated by Ms. Gurmali Kaur, local MC. She was welcome by TMM with whole hearts. She was so happy to see all the women entrepreneurs to have handled all the stalls and the fair. She congratulated TMM for the successful event and was delighted to see women grow in every sector. The main attractions of the fair were the stalls. Total 32 stalls were set up and every stall was unique in its way and style. Paintings, Resin art, Silver Jewellery, Organic Items, Cosmetics, Papad Namkeen, Readymade garments, Unstitched suits and many more stalls were organised. Some delicious food stalls were there to ease the hunger of the people, Bhel Puri and Chai Stall was set up by Terapanth Yuvak Parishad, Fun games stalls were also organised to entertain the public.

Postal week being celerbating: Manisha Bansal

CHANDIGARH, OCT 10

Press Conference was held by Manisha Bansal Badal, Postmaster General, Punjab Circle to apprise the media about the activities being undertaken by Punjab Circle during the Postal Week w.e.f 09.10.2022 to 13.10.2022. The conference focused on all the initiatives taken by Punjab Postal Circle to provide all types of services to the public.

She also intimated the media that 9th October is celebrated as 'World Post Day' all over the world to commemorate the setting up of Universal Postal Union in 1874 in Berne, Switzerland . Punjab Postal Circle also organized Swatchhta Campaigns in Post offices and Postal colonies. On 10.10.2022, which is celebrated as Vittiya Sashaktikaran Diwas, Savings camps are being organized in various schools and colleges to spread awareness about the benefits of savings and insurance among the youth. Efforts are being made to open Sukanya Samridhi accounts of



all girl children and PPF accounts of boys by organizing savings bank camps in Government and Private Schools. She also interacted with their customers for the best postal experience On 11.10.2022, i.e Philately Day, the circle is organizing seminars, quiz and workshops to spread awareness about Philately as a hobby. Students of various schools will be sensitized to participate in Dhai Akhar and SPARSH campaigns. On 12.10.2022 i.e Mails & Parcel Day, Parcel packaging facility will be expanded to more post offices and efforts will be made by postal marketing executives to enroll more and more speed post, BNPL, Parcel customers. Special

focus will be made on exporters to register them under Postal Bill of exports, which provides fast and hassle free custom clearance to exporters through India Post Online Portal. On 13.10.2022 i.e Antyodya Diwas, Adhaar Awareness camps will be held by postal employees at Schools, Colleges, Residential colonies, Government offices to facilitate people for Adhaar enrolment and updates at their doorstep.

Special focus will be made on mandatory adhaar updations of children aged 5 years and 15 years. Apart from the activities under postal , comprehensive camps are also being organized in nooks.

Ivy Hospital launches state-of-art IVF center



LK BANSAL
MOHALI, OCT 10

Ivy Hospital, Mohali has launched a state-of-art IVF center on Monday. Talking to media during a press conference here today, Dr. Gursimran Dhaliwal , senior consultant-IVF & programme head at IVY Fertility Center said that the centre is equipped fully to offer range of services which includes IUI, IVF ,ICSI, laser hatching, egg donation programme, onco fertility (gamete preservation before oncology treatments) , egg for fertility preservation (social egg freezing) , gamete vitrification, ovarian rejuvenation for poor

ovarian reserve. The center will also have a PGT-A to detect baby anomalies and special launch of Andro and Recurrent Art Failure Clinic which is a new concept to help couples with male factor & previous IUI / IVF failures, informed Dr. Priyanka Bhadana, senior consultant obstetrics & gynecology, IVF. According to Dr Kanwaldeep, MD Ivy Group of Hospitals IVF, the centre was a missing link in our mother & child care department. With one stop solution for all fertility issues & under one roof, we plan to give fertility treatment of international standards but within the reach of every individual & to help plan the gift of parent-

Ram tableau taken out by RSS on Maharishi Valmiki Jayanti



CHETRAM RATTAN
NAWANSHAHR, OCT 10

The tableau of Ram temple depicting social harmony was taken out by Rashtriya Swayamsevak Sangh on Maharishi Valmiki Jayanti. On this occasion, a grand procession by volunteers was welcomed at Nehru Gate Chowk by showering flowers.

Manoj Kanda said that it is the biggest need of today's time to take the message of Maharishi Valmiki's life in his life and take it to the masses. He gave the concept of a civilized society away from sect and caste. He told that this tableau has been taken out in the procession organized in the form of social harmony on

Valmiki Jayanti. Pradeep Sharda, the district head of the Brahmin Sabha said that it is necessary to bring harmony and love towards the conduct of Lord Ram and society in our lives. He told that Maharishi Valmiki is not only the author of Ramayana but also Adi Kavi. He said that if human beings start living according to the life of Lord Shri Ram, then discrimination and untouchability can be eradicated from the society. Gori Shankar wished everyone on the occasion of Lord Maharishi manifest festival and while throwing light on the life of Lord Maharishi, said that today the whole society should study the holy Ramayana written by Lord Maharishi.

ASSOCHAM to organise two days conference

LUDHIANA (SHARMA): Associated Chambers of Commerce and Industry of India (ASSOCHAM), is organizing a conference cum interactive session with delegation from Hamriyah Free Zone Authority, Sharjah, UAE, on 13 and 14 October at Hyatt Regency Hotel. Mr. Vijay Garg, Chairman Punjab state council, ASSOCHAM and Managing Director, Vivachem said, "Ludhiana is a major industrial centre of northern India famous for its Apparel industry, Manufacturing woollen garments and hosiery apparel, hand tools and industrial equipment, bicycle manufacturing..

The upcoming session will provide some very good insights to business owners from Ludhiana . He added that the conference and B2B meetings that will be held on October 13 & 14, will help city-based industrialists.

Inauguration of waiting hall at GMSH-16

GAURAV GOEL
CHANDIGARH, OCT 10

Dharmpal, IAS, Adviser to the Administrator, U.T., Chandigarh inaugurated the Waiting Hall at GMSH-16, Chandigarh for patients' attendants in the presence of Sh. Yashpal Garg, IAS, Secretary Health, U.T., Dr Suman Singh Director Health Services Chandigarh, Ms Sagatika Jain Executive Director Vardhman group of Industries and other senior Officials of the health department.

The Health Secretary apprised the Adviser about the waiting hall constructed through the aegis of Vardhman Textiles Ltd., Ludhiana as a part of their Corporate Social Responsibility (CSR) initiative approximately at a cost of about Rs. 43 lakhs. Ms Sagatika Jain Executive Director Vardhman group of Industries stated that



their company would like to further associate with the Chandigarh Administration for CSR activities particularly in Health Sector.

Director Health Services, U.T., Chandigarh, stated that the waiting hall has a capacity to seat about 150 patients/attendants at any given time and the waiting hall has a provision for cross ventilation, is well lit and airy with an adequate lighting, fans and water cooler with for public comfort and convenience. A large screen television is also available to entertain and educate those waiting about the various programmes and initia-

tives of the Health Department. Dr. V.K. Nagpal, Medical Superintendent, GMSH-16 made special mention of the pre-fabricated, neat and clean separate toilets for men and women. Shri Dharmpal, IAS, Adviser to the Administrator, U.T., Chandigarh while welcoming this novel initiative, appealed to the public to obtain maximum benefits of the waiting hall to avoid unnecessary crowds, especially in the emergency wing in order to allow medical professionals to do their duties more efficiently and to be able to deliver even better patient care.

Worldwide Head of Ahmadiyya Muslim Community inaugurates Baitul Ikram Mosque in Dallas

GURDASPUR (VERMA): The Ahmadiyya Muslim Community is pleased to announce that the World Head of the Ahmadiyya Muslim Community, the Fifth Khalifa (Caliph), His Holiness, Hazrat Mirza Masroor Ahmad inaugurated the Bait-ul Ikram Mosque (House of Honour) in Dallas, Texas, with his weekly Friday Sermon earlier today.

During his Friday Sermon, His Holiness spoke about the obligations associated with Mosques. His Holiness arrived at Dallas Fort Worth International Airport late afternoon local time on Sunday 2 October 2022. His Holiness proceeded directly to the Baitul Ikram Mosque in Zion. Upon arrival at the new Mosque, His Holiness was greeted by hundreds of Ahmadi Muslim men, women and children who were overjoyed at seeing their beloved Imam. Unveiling of plaque and tree planting On Monday, 3rd October, His Holiness unveiled a commemorative plaque to mark the opening of the Mosque. His Holiness also graced a barbecue arranged by the local Ahmadi Muslims as a means of love and encouragement. On Tuesday, 4th October, His Holiness toured the Mosque complex and planted a tree outside the mosque. Waqf-e-Nau Class (Boys) Following the meeting, Waqf-e-Nau boys aged 12 and above also had the honour to have a sitting with His Holiness. One of the Waqf-e-Nau asked His Holiness how young people should maintain their identity when people mock them for their beliefs.

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Vigilance arrests Assistant Registrar of Cooperative Societies red-handed taking bribe Rs. 20,000

JASBIR SINGH SODHI (BUNNY SODHI) JALANDHAR: The Punjab Vigilance Bureau on Monday arrested Davinder Kumar, Assistant Registrar, Co-operative and Marketing Societies, block Dasuha, District Hoshiarpur red-handed for accepting a bribe of Rs.20,000. Disclosing this here today, a spokesperson of the Vigilance Bureau (VB) informed that the above said accused Davinder Kumar has been arrested on the complaint of complainant Tajinder Singh of village Bercha, district Hoshiarpur, who has been employed as Manager in Cooperative Society Tanda, Hoshiarpur. The accused has been supervising 70 Cooperative Societies in block Dasuha including the above said at Tanda . He added that the complainant has approached the VB and alleged that during his posting as Manager, Co-operative Society, Tanda, then Davinder Kumar, Assistant Registrar, Co-operative and Marketing Societies block Dasuha, now holding Additional Charge as Deputy Registrar, Cooperative Societies, district Hoshiarpur had filed a case of an embezzlement against him. On his appeal against this case, the Registrar, Co-operative Societies, Punjab, Chandigarh had decided in his favour. The complainant further informed to the VB that the said accused Devinder Kumar, did not allowed him to join on duty but opened another investigation against him regarding recovery of funds. The complainant further informed that the above said accused Davinder Kumar had already taken Rs 5,000 as a bribe from the him and demanding Rs 50,000 more in lieu of favouring him in the present case. After probing the allegations submitted by the complainant, the VB has arrested the accused for accepting a bribe of Rs. 20,000 from the complainant in the presence of two official witnesses.

MRS-PTU organises expert lecture on sikh architecture

ANIL VERMA
BATHINDA, OCT 10

The Giani Zail Singh School of Architecture (GZSSA), Maharaja Ranjit Singh Punjab Technical University (MRS-PTU), Bathinda organised an expert lecture on "Sikh Architecture" for the students of Architecture department.

The key speaker was Dr. Karamjit Singh Chahal, Professor of Architecture at Guru Nanak Dev University (GNDU), Amritsar. He holds a PhD degree from GNDU for his research on the topic "Understanding Sikh Architecture through Sikh Shrines in East Punjab". Dr. Chahal began his lecture by quoting, "Amongst all the religions of the world, Sikhism is the youngest one and yet Sikh Architecture remains a field very less researched". He educated the students about



how the Sikh history revolves around Sikh shrines, the structure narrates the making, destruction, and re-making throughout the history. The architectural vocabulary also changed with time and reign of various people. In general, the spaces were encapsulated in strict spatial order in both Hindu and Muslim architectures. Due to missing encapsulated forms for the different spaces, the Sikh architecture defines itself as non-encapsulating architecture. The architectural forms were simulated in quite a different manner. The Sikh architecture got a differ-

ent dimension added to the philosophy. Dr. Chahal also discussed during his lecture, how structure, design and built forms of "Gurudwaras" have evolved over the years beginning from the misl period to current day and date including examples ranging from Anandpur Sahib, Kiratpur Sahib, Dera Baba Nanak, Amritsar, Fatehgarh Sahib, Khadoor Sahib and various others. Dr. Singh concluded the lecture quoting that "New architecture styles get inspired by the prevailing architectural styles and don't get imported elements as alien, both existing.



HARPREET SINGH LEHAL
JALANDHAR: The Director of Innocent Hearts Multi-speciality Hospital, Dr. Chandra Bowry, and Dr. Sumit Gupta were felicitated with the award during the Pioneer of Medical Science - Health and Wellness Conclave for their continuous efforts towards the health of the people in the society, organized by SRS Foundation. The Foundation honoured Mrs. Veena Gupta (NLP, Mind and Wellness Coach) from Jalandhar, chaired to the post of Deputy Director. On the occasion, the Foundation's MD Mr. Anmol Luthra said that they have signed an agreement with the World Book of Records, London and Kids Care Foundation Vancouver, and will soon launch a state-level campaign against drugs in Punjab with the support of this foundation. SRS Foundation has been working in North India since last many years and leading film personalities are also associated with this organization. Foundation founder Dr. Sajjan Sharma said that the way Dr. Chandra Bowry and Dr. Sumit Gupta are helping the needy people in society by organizing medical camps from time to time and distributing free medicines to them is applaudable.

Apeejay College students excel in B.Voc. E Commerce result



JALANDHAR: Principal Dr. Neerja Dhingra of Apeejay College of Fine Arts, Jalandhar announced that students of B. Voc. E Commerce and Digital Marketing have excelled in GNDU Semester examinations and brought laurels to their institution. Shivam Nayyar of Second Semester scored 667 marks out of 800 and bagged 2nd position in University. Akshita and Mimansa of 4th Semester scored 756 and 730 marks out of 800 respectively and clinched 1st and 2nd position in University respectively and Jaspreet Kaur of Semester 6th scored 2190 marks out of 2425 and bagged 1st University position. Principal Dr. Neerja Dhingra congratulated these outstanding students, their parents and their mentors - Dr. Manisha Sharma and Ms. Poonam Verma for this achievement.



YUGMARG, CHANDIGARH, TUESDAY, OCTOBER 11, 2022

Pakistan-based drug syndicate's role emerges in 200kg heroin seizure

AGENCY
NEW DELHI, OCT 10

Among the series of high-profile drug busts by security agencies in India, the recent seizure of 200kg of 'high-quality heroin' by the Indian Navy stands out for its signature link to Pakistan-based networks.

The large-scale drug bust traces its origins to a Pakistani drug syndicate operating in the Afghanistan-Pakistan region.

Indian intelligence agencies have been closely monitoring the activities of the Pakistan-based transnational narcotics trafficking syndicate 'Haji Sali' drug syndicate. According to sources, intelligence agencies had received inputs on September 2022 of an Iranian vessel working in the Indian Ocean region on behalf of the



Pakistani network.

Based on the leads, the Indian Navy intercepted the Iranian vessel on September 29 approximately 500 nautical miles South West of Male, the capital of Maldives, and recovered 200kgs of 'high-quality' heroin. In the bust, six

Iranian crew members were also apprehended.

The seizure was a culmination of meticulous tracking of the Iranian vessel and timely sharing of intelligence inputs with the Indian Navy, who intercepted the boat as it was on its way to collect its drug

Sur Sangam's 'Great Musical Treat' captivates audience at Yavanika Open Air Theatre

SD SHARMA

PANCHKULA: Ten accomplished specialist doctors, all gifted singers of merit, from the region administered an overdose of melodic Bollywood songs in the 20th edition of a musical treat organized by leading cultural organization 'Sur- Sangam' at the Yavanika open air theatre here till late evening yesterday. The highlight of the event was a rare noble gesture of imparting and Sharing Health Tips to the audience. Leading by the example Allergy specialist Dr Pardeep Bhardwaj, president Sur Sangam opened up with a filmy hit 'Mein aya hoon' which melted into 'Ye jawani deevani before Dr Rozy Aneja partnered him for ' Kora Kazaz tha mann mera'. She also presented Suno Sajna papihe ne and Ye dil aur unki nighahon ke saye.



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Priyak Gupta takes over as SDPO of Baddi

S GAUTAM
BADDI, OCT 10

IPS officer Priyak Gupta has taken over the charge of SDPO in Baddi. Priyank Gupta has also been made media in-charge by SP Mohit Chawla. Priyak Gupta, who belongs to Kangra, had earlier also been the DSP headquarters of Kullu. After assuming charge, he said that it would be his endeavor to make the coming Legislative Assembly elections peacefully. Due to being adjacent to the border of Haryana and Punjab, the police will put up nakas at 22 places. Six major Nakas are running day and night. During the elections, para military force will be deployed at these posts. Under the leadership of SP Mohit Chawla, Baddi has already won awards for crime detection through CCTV cameras and women awakening. But now taking forward this campaign under the leadership of SP, Nalagarh area will be further strengthened by



connecting it with CCTV cameras. He said that Baddi Police is soon going to launch the e-beat book app. Under which the data of an entire BBN area will be put in the app after eliminating the beat system, so that any major police officer can get information simultaneously through the app. Work is going on this and it will be implemented soon. Baddi Police has succeeded in reducing crimes by adopting new methodology. There were 126 cases of illegal mining last year, 326 have been registered in this only 9 months. There has been a reduction in the number of road accidents.

Badminton player Ritul of DAV School Chalwara selected in national competition



DAULAT CHAUHAN
JAWALI, OCT 10

Ritul Thakur, a resident of Gram Panchayat Chalwara under Jawali Vidhan Sabha, has brought laurels to his school and locality by winning the trophy in Under-14 state level badminton competition and now this player will participate in national level competition. Ritul Thakur of Class IX of Dayanand Adarsh Vidya Public Sr. Secondary School was accorded a warm welcome by the Panchayat Pradhan Srishtha Devi, Chairman of the School Management Committee, Ratan Singh Kathu, Vice Chairman Manmohan Singh and the school staff with bandwagons and he will be given a national level in the future. On this occasion, Ritul Thakur has given the credit of his achievement to his hard work, school staff and coach. On this occasion, Vice Chairman Manmohan Singh said that it is a matter of pride for our school. The school staff and coach deserve congratulations for winning the trophy in badminton in the Under-14 state level competition. He urged the children to participate enthusiastically in sports along with studies.

Gotan institute wins overall trophy at IPSC literature meet



RAKESH JINDAL
NABHA, OCT 10

The first two-day-long Indian Public Schools' Conference (IPSC) literature conference concluded today at Punjab Public School, Nabha. Teams from top thirteen schools from across the country participated in IPSC's first Literary Summit:- Army Public School Dagshai, Pine Grove School Dharampur, Mew College Ajmer, Daly College Indore, Emerald Heights School Indore and Raj Kumar College Raipur etc. Dr. Sudeep Bhangu, former principal of Mahindra College, Patiala, was the chief guest on the first day of the literary conference. LK Singhania Education Center Gotan won the overall trophy of the Sahitya Sammelan. Various competitions related to English and Hindi subjects were organized in the Sahitya Sammelan. Similarly, Dr. Rajesh Sharma, Head of Department of English, Punjab University, Patiala played the role of chief guest in the closing ceremony of the Sahitya Sammelan. He awarded the students with certificates and trophies. The chief guest while addressing the students said that students should participate more and more in such competitions.

GM reviews performance of Northern Railway

NEW DELHI, OCT 10

Ashutosh Gangal, General Manager Northern Railways held a performance review meeting with the departmental heads of Northern Railway and DRMs at Baroda House, NR headquarter office in New Delhi. Amongst many issues deliberations were on Safety on tracks, enhancement of speed, pre-departure detention of freight trains, and Freight loading. Apart from performance review the GM also presented Safety Awards to 5 vigilant employees for their contribution towards maintain high standards for safety and security of passengers and railway property. The GM emphasized on improving the maintenance standards of tracks, level crossings and construction of boundary wall along the track in high



speed sections. He took serious note of the trespassing on line. He also advised to make efforts to clear encroachment near the railway tracks to ensure safety. The GM said that utmost care should be given to prevent rail/weld fractures. The visual examination and lubrication of rail joints and welds should also be completed on priority. He also instructed that night patrolling should be enhanced. He stressed upon the minimizing the human failure in train operation. He also instructed the department heads and DRMs, to maintain the punctuality and keep pace for freight

loading with safety as priority. He also informed that, loading of food grains & other items have steadily increased with every passing month. He further said that the monitoring system or progress of construction projects should also be a prime focus area as the development/improvement of railways are very much dependent on these projects. He told department heads to expedite and complete the work in stipulated time manner in particular construction projects. Northern Railway is committed to provide safe, smooth and efficient services to its customers.

Pen down strike by ministerial workers begins

KULDEEP SOOD
BARNALA, OCT 10

On the invitation of the Punjab State Ministerial Services Union from 10-10-2022 to 16-10-2022 pen down strike has been 100 per cent successful in district Barnala. This was expressed by District President Punjab State Ministerial Services Union Tarsem Singh Bhattal during the gate rally held at the Deputy Commissioner's office Barnala. He said that striking is not our hobby but it is a compulsion. If an MLA who has been an MLA for two months is entitled to a pension, then a government employee who works up to the age of 58 years is also required to have a pension. He said that the Aam Aadmi Party government has adopted a passive attitude towards the rightful and legitimate demands of the employees



despite holding four zonal rallies and blowing effigies of the government. To wake up the sleeping government, on the invitation of the Punjab State Ministerial Services Union, the pen-down strike has been announced from 10-10-2022 to 16-10-2022. Resham Singh President Office Deputy Commissioner Barnala, Nirmal Singh General Secretary Office Deputy Commissioner Barnala and Ravinder Sharma General Secretary Punjab State Ministerial Services Union Barnala said that The ministerial staff of Punjab has been coming forward with sincerity for

their rights and the struggle given by the organization is giving a good and good sign of the unity of the Jamaat and on a large scale, many fraternal organizations are joining this strike very fast. He said that the Punjab government is renegeing on the rightful and legitimate demands and promises made during the elections such common demands include the restoration of deductions of employees, the release of DA instalments of 10 per cent on the central pattern, restoration of the old pension scheme, implementation of 6th Pay Commission as amended.

Govt ignoring problem of unemployed in state: Inj Sidhu

KULDEEP SOOD
BARNALA, OCT 10

The youth of the country is going abroad and the situation is bad with drugs. The Chief Minister of the state is telling lies upon lies. To mislead the people, he went to Gujarat and Himachal and said that he gave jobs to 20 thousand people. We have completely eradicated corruption from Punjab. In such circumstances, where the condition of the state is bad, it is very unfortunate to keep 1056 retired Patwaris on contract for 35 thousand rupees per month till the age of 67 years in place of the youth. Releasing this information to the press, the former state president of Sainik Wing and senior leader of BJP, Engineer Gurjinder Singh Sidhu said that Instead of keeping these retired Patwaris who also get pensions, the Punjab



government should employ only the youth working with each patwari because each patwari has kept with him five to seven thousand rupees per month for youth help, who also has a complete secret of work. The government would have given 15,000 rupees to those youths, but those youths should have adjusted to these jobs. Sidhu said that the government should not mislead the people by telling lies. They talk big every day by catching the officials who are doing corruption, but the problems of the people remain as they are. He

demand from the government that the government should be serious about people's issues and not tell lies, otherwise people will do the same to Akalis and Congress in 2027 as Aam Aadmi Party. On this occasion, Warrant Officer Balwinder Singh Dhindsa, Warrant Officer Avtar Singh, Lieutenant Bhola Singh Sidhu, Subedar Sarabjit Singh, Subedar Gurtej Singh, Hauldar Kuldeep Singh, Hauldar Gurmair Singh Dhuri, Hauldar Basant Singh, Hauldar Diwan Singh and many other ex-servicemen were present.

AAP Cabinet minister corruption audio issue, Congressmen lashes out



KARNPREET DHANDRAL

BARNALA: Under the direction of Punjab Pradesh Congress Committee President Amarinder Singh Raja Waring, on Monday Congress leaders and workers of Barnala led by Constituency Incharge Manish Bansal and District President Gurpreet Lucky Pakhon in front of the DC office. While staging a dharna, they demanded the dismissal of Cabinet Minister Fauja Singh Sarari and handed over a demand letter to the administrative officials in the name of Honorable Governor Punjab Banwari Lal Purohit. Addressing on this occasion, Constituency In-charge Manish Bansal said that in the case of Punjab's freedom fighters, military welfare, food processing and horticulture minister Fauja Singh Sarari's audio viral, his OSD Tarsem Lal Kapur has also confirmed that this audio is genuine and in which he has a conversation with the minister, under which he is plotting to collect money.

Cabinet Minister approves new spot for water tubewell



KULJEET SINGH
JANDIALA GURU, OCT 10

In Jandiala Guru's ward number 7,8 and 11, about 700 houses were supplied with water from a tubewell installed in front of Jania Hospital, but due to the failure of this tubewell for the last 2-3 years, the supply of drinking water to the people of this area There was a complete halt. Due to which people were struggling with the problem of drinking water. Today cabinet minister Harbhajan Singh ETO inaugurated the tube well in Ward No. 10 to be installed from 24.75 lakhs. He said that due to the installation of this tubewell. The drinking problem of the people of the three wards of Jandiala Guru will be removed. On this occasion, he was accompanied by his wife Suhinder Kaur, Sarabjit Singh Dimpy, Satinder Singh, SE Inderjit Singh, Exin Inderjit Singh, BDPO Malkit Singh Babbu, Sarabjit Singh Dimpy, Sunaina Randhawa, Rajesh Pathak, Rajkumar Malhotra, and others.

National conference on inter-religious understanding and programming for sustainable goals of equality and fraternity held



RAWEL BHINDER
PATIALA, OCT 10

A two day National Conference on Inter-religious Understanding and Programming for Sustainable Goals of Equality and Fraternity being organized by Institute of Objective Studies New Delhi in collaboration with Guru Gobind Singh Department of Religious Studies and Baba Farid Centre for Sufi Studies Punjabi university Patiala on

October 10th 2022. This conference was held in both offline and online mode. The conference is spread over five business sessions based on the major themes, Peace in the context of Religions and Sustainable Development, Religion, Gandhi and Non-violence; Inter-religious understanding and Indian Constitution; Dialogue for Social Change and Inclusiveness, and The Concept of Langar and Idea of Human Equality.

Karva Chauth spells fast buck for beauty parlours

VINOD KUHAAR
GANNAUR, OCT 10

There are very few days left for Karva Chauth. As such, women are engaged in their preparations. From beauty parlors and mehndi to jewelry shops, the market for women is getting crowded. In this way, the craze for visiting a beautician and getting that beautiful look is very high among women. Every woman wants her face to shine like the moon. Women do not want any kind of compromise in the matter of grooming. Booking has already started in the parlours. At the same time, the parlour directors are also engaged in spurring the enthusiasm of women. Attractive packages from Karva Chauth to Diwali are included. According to Hinduism, the fast of Karva Chauth is very important for brides. Karva Chauth festival is celebrated on the fourth day of Krishna Paksha of Kartik month. By observing Karva Chauth fast, the husband gets a long life and married life becomes happy.



It is our collective responsibility to pass on the glorious past of India's glorious history: Governor



RANVIR PRASHAR

KAITHAL: Haryana Governor Bandaru Dattatreya said that it is our collective responsibility to pass on the glorious history of India to the present generation from the Vedic and ancient point of view. Indian society has a golden history. Golden History presents a beautiful picture of the ethics, governance system, etc. of the society in front of us. The research being done in Maharishi Valmiki Sanskriti Vishwavidyalaya will serve to present a mixture of archaeological and historical evidence. Research is an integral part of our culture. People, especially the youth, need to come forward and work for research. Governor Bandaru Dattatreya was speaking in Dr. Bhim Rao Ambedkar's capacity as the chief guest at the International Seminar on Review of Indian History in the Light of Archeological and Literary Evidence organised under the joint aegis of Maharishi Valmiki Sanskriti University and the Indian Council of Historical Research.

EDITORIAL

Mulayam: Soft at heart,
but a man of steel

Jalwa jiska kayam hai, uska naam Mulayam hai!" For a long, this was a war cry for the Samajwadi Party. The slogan was enough to shake the confidence of any rival who entered any SP bastion, which Mulayam Singh Yadav created with his political grit in India's most populous state, Uttar Pradesh.

Mulayam may sound soft like his name, but he was a man of steel. He had a politically sharp mind and the qualities of a wrestler, which he indeed was in his early days. Born on November 22, 1939, in a farmer family in Etawah district to Murti Devi and Sughar Singh Yadav, Mulayam's rise in politics was not meteoric. Mulayam's father wanted to make him a wrestler but destiny had its own plans, helping the short man to finally become a 'Netaji'.

After completing his masters in Political Science from BR College in Agra University Agra, Mulayam took up a government job as a teacher. But Mulayam continued with wrestling. It was during a wrestling match that he met his first mentor Nathu Singh, who suggested to him to embrace politics. Mulayam did that. But even before that, in 1954, he went to jail for participating in an agitation held on the call of veteran socialist Dr Ram Manohar Lohia at age 15. Mulayam first contested the Uttar Pradesh assembly election from Jaswant Nagar seat in Etawah in 1967 on the ticket of Socialist Party and won. He was re-elected in 1974. During the Emergency, Mulayam too was arrested and jailed. He was freed after 19 months.

He was elected the Uttar Pradesh President of the Lok Dal and named a Minister in the Ram Naresh Yadav and Banarasi Das governments. After the fall of Banarasi Das government,

Mulayam donned the role of Leader of the Opposition. He was again elected to the Assembly in 1985 and remained the Leader of the Opposition in 1989. Assembly elections in 1989 brought a new dawn in the political life of Mulayam. Though initially he was aligned with Vishwanath Pratap Singh, who was the Prime Minister, he quickly changed sides after the fall of the and shook hands Chandra Shekar. Mulayam continued in the office till 1991 when Congress withdrew its support extended to his government. This was when Mulayam changed the political equation in UP by introducing MY (Muslim and Yadav) factor. On October 30, 1990, security forces opened fire at Ayodhya, killing a large number of Kar Sewaks who wanted to raze the Babri mosque. After defending the police action again and again, Mulayam, 27 years later in 2016, expressed regret: "I regret giving orders to shoot Kar Sewaks in Ayodhya."



China's hypocrisy on Ukraine

China's sugar-coated diplomatic remarks at the UN platforms pertaining to the war in Ukraine hold no value as Beijing is in fact "spitting fire" from behind by lending indirect support to Russia, chiding the West for its arms aid to Kyiv and also exploiting the situation to work in its favour economically, media reports said.

China has been two-faced when it comes to the Ukraine war. It has abstained from voting on resolutions on the issue in the United Nations Security Council, but its diplomats have regularly spoken about the situation in Ukraine.

Speaking on safeguarding the sovereignty and territorial integrity of all countries, China's UN Ambassador Zhang Jun said that "legitimate security concerns" should also be taken "seriously". It was in connection to the weapons supply to Ukraine by other countries.

Earlier as well, in September, Li Zhan-shu, Chairman of China's National People's Congress, expressed support for Russia's efforts to protect its interests in Ukraine during a meeting with the deputies from Russia's State Duma, reported Geo-Politik.

China was also very keen to thank Moscow for its support on the Taiwan issue. Notably, there has been a longstanding dispute between Taiwan and China. Taiwan says it is a sovereign country, but China asserts territorial claims on the island nation.

China is also using the Ukraine war to unleash its anti-West stance. During a meeting with the Russian State Duma Speaker Vyacheslav Volodin, Li indicated that the Ukraine conflict is Russia's befitting response to 'American provocation'.

China-Ukraine relations have gone for a toss recently. Ukrainian Embassy in Beijing organized a forum in which Ukrainian diplomats were set to promote 'vast investment opportunities in Ukraine'.

However, in an unsurprising turn of events, on September 5, a state-backed trade expo 'China International Fair for Trade in Services (CIFTIS)' cancelled the forum. The forum was to be held at China National Convention Centre in Beijing, reported Geo-Politik. The speech by Ukrainian diplomats was expected to be given at the expo aimed



at advancing cooperation between Ukraine and China. However, as the event was purposefully cancelled, the Ukrainian Embassy in Beijing had to post the speech and presentation on the expo on the Chinese media platform Weibo. In yet another instance exposing China's doublespeak on the Ukraine conflict is the Chinese Embassy in Kyiv trying to put hurdles in the creation of the 'Taiwan Friendship Group.' It was a courtesy to the China-Taiwan sour relations. The move was taken by the use of diplomatic channels and creating influence in Ukrainian political circles. In protest, Ukrainian parliamentarians rejected any intervention from representatives of other countries including China, on the issue. To China's distaste, on August 18, Ukrainian parliamentarian Merezhko an-

nounced the formation of the 'Taiwan Friendship Group.' The group comprises 15 Ukrainian parliamentarians including members of the ruling party. Beijing had earlier lodged a protest against this group at the Ukrainian Embassy in China.

China has been pressing hard to undermine the west for its defence supply to Ukraine. China's Deputy Permanent Representative to the UN Geng Shuang, while speaking at a UNSC Meeting on Ukraine said that supplying weapons is against peace and added that it worsened the humanitarian crisis. He pushed for diplomacy but besides that did not miss the opportunity of speaking at the UN platform about the "concerns over possibilities of weapons and ammunition falling into the wrong hands." The diplomat

said that aiding Ukraine with weapons will end up creating "security risks" in Ukraine and in the entire region. China is also crippling the Ukrainian economy and bringing it to its knees. Ukraine is suffering massive losses due to fraud by Chinese businessmen. According to the data, these businesses are placing bogus orders for grain cargo shipped from Ukraine to ports in the Mediterranean Sea. Because of these fake orders and bills, the dispatched ships are unable to unload their cargo at Mediterranean Sea ports. Other Chinese businessmen are exploiting the situation and purchasing these cargoes at cheap prices and selling it to Egyptian and Jordanian businessmen at high prices.

This is hurting the revenue of the Ukrainian government.

Setting sleep schedule can help
adolescents get more sleep

According to the National Sleep Foundation and the American Academy of Sleep Medicine, most adolescents get less than eight, especially on school nights, even though they need eight to 10 hours of sleep per night to maintain physical health, emotional well-being and school performance.

Newly published research from RUSH in the journal SLEEP sheds light on how adolescents can get more shut-eye.

"There are a lot of changes a teen goes through," said Stephanie J. Crowley, PhD, associate professor of psychiatry and behavioural sciences and the director of the Pediatric Chronobiology and Sleep Research Program at RUSH. "One specifically is a change to sleep biology that happens during puberty."

"The brain systems that control sleep change in such a way that it's easier for an adolescent to stay awake later into the evening. One of these systems -- the 24-hour circadian clock -- shifts later in time," Crowley said. So there are two competing forces: one to go to bed earlier for the school schedule and the other a biological change that happens naturally to a teen's body. Because of this com-



plex conflict, RUSH researchers set out to test a two-week intervention that targets the circadian system with different behavioural measures and tries to help the teens figure out a better nighttime routine.

To combat teen sleep deprivation, the researchers used bright light therapy on two weekend mornings for a total of 2.5 hours. The bright light cues the internal clock to wake up a little earlier. This shift should make it easier for the teen to fall asleep at an appropriate time.

Less tired, irritable Crowley and her team then helped counteract sleep deprivation by providing time management tools and addressing barriers to an earlier bedtime, like limiting certain after-school activities. Researchers were able to shift the teens' bedtime by an hour and a half earlier, and their total sleep time increased by approximately an hour.

Mediterranean diet improves
immunotherapy response rates



A Mediterranean diet high in fibre, monounsaturated fatty acids, and polyphenols has been linked to improved immunotherapy response rates and progression-free survival in patients with advanced melanoma, according to a new study. Experts anticipate that the diet will play an important role in the success of immunotherapy and trials are being expanded to investigate outcomes for different tumour types, including digestive cancers.

A Mediterranean diet, containing mono- and polyunsaturated fats from olive oil, nuts and fish, polyphenols and fibre from vegetables, fruit, and wholegrains, was significantly associated with an improved response to immunotherapy drugs called Immune Checkpoint Inhibitors (ICIs). ICIs, which have been highly successful in treating melanoma, work by blocking immune system checkpoints,

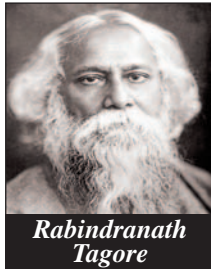
which then force the body's own T-cells to attack cancers.

The new multi-centre study by researchers from the UK and the Netherlands, recorded the dietary intake of 91 patients with advanced melanoma, who were treated with ICI drugs and monitored their progress with regular radiographic response check-ups. As well as having a significant association with overall response rate, a Mediterranean diet was significantly associated with progression-free survival at 12 months. Laura Bolte, author of the study and PhD candidate under supervision of Prof. Rinse Weersma from the University Medical Center Groningen, Netherlands, commented, "ICI has helped to revolutionise the treatment of different types of advanced cancers. Our study underlines the importance of dietary assessment in cancer patients starting ICI treatment."

POEM

Senses

Deliverance is not for me in
renunciation. I feel the
embrace of freedom in a
t h o u s a n d
bonds of
delight. Thou
ever pourest
for me the
fresh draught
of thy wine of
various colours and
fragrance, filling this
earthen vessel to the brim.
My world will light its
hundred different lamps
with thy flame.



Rabindranath Tagore

Rousseau -AnInfamous intellectual and philosopher

'Man is born free'; and everywhere he is in chains'

Since time immemorial, Philosophers, Political Thinkers, religious leaders and intellectuals have been an integral part of the society and thus shaped and influenced the destiny of civilizations. Their impact may not be instant one but as constant drizzling ultimately fills the localities with water and in the same way, history unfolds how small groups swell into mobs and become instruments in overthrowing the well established authorities.

Take the example of the great Chanakya who on being insulted by the ruler Mahabodhiramsa of Nanda Dynasty, took revenge, by getting his protégé Chandragupta Maurya installed as King. The same happened in Europe, where three Philosophers -Voltaire, Rousseau and Montesquiere, played a significant role against the Feudalism by sowing the seeds of their famous and most propounding slogan of "Liberty, Equality and Fraternity" and ultimately



their efforts bore fruits in the form of French Revolution freeing France from the clutches of monarch system, paving way for democratic setup.

Rousseau was born on June 28, 1712 at Geneva, then an independent state

and died on 2nd July 1778, Frome Neville, France having Isaac Rousseau, Suzanne, as parents, the former was in watchmaking business and also taught dance for a short period Whereas the latter was well educated lady and lover of music. Unfortunately she died only after 9 days of Rousseau birth due to puerperal fever which Rousseau described as the first cry of my misfortune "All the information about his youth comes from his posthumous publication of his great book "Confession"

His first encounter with fame and his Brilliance erupted when he participated, in an essay contest conducted by Academy of Dijon in 1750 with his philosophical work, A Discourse on the Science "where he argued that the progression of Science and Arts has caused Corruption of virtue and morality won him instant fame and recognition. His second work 'The discourse on the Origin of Inequality' could not get prize but it was widely

read but established him as a significant intellectual figure of Europe. His another book "Social Contract" regarded as his masterpiece starting with the opening well known quote "Man is born free and everywhere he is in chains"

One thinks himself the master of others is still remains a greater slave than they. The Social Contract is a theory concerning the legitimacy of the state over the individual. Who have consented either explicitly or tactically to surrender some of their freedom and submit to the authority (Ruler) in exchange for freedom of their remaining desires or maintenance of the Social order. But its publication resulted into his exile from France for several years and condemned by the Parliament of Paris severely and attached by Voltaire, one time his friend. His last work Confession" published after his death and considered as the classic Modern Autobiography and whatsoever world knows

about his early life and personal life has been derived from this very unique and mammoth volume running into twelve books. Having details of his life and how his own experiences shaped his personality views neuroses and imperfections it is a very bold disclosures otherwise a normal human being avoids such personal revelations. Besides this, having friendship with Denis Diderot, who is most famous for creating the world's first encyclopaedia, contributed considerably first by submitting several articles on music and later on penned more articles on other topics most famously on political economy. Rousseau was not only an exceptionally brilliant and famous person but also the most feared man in Europe and also one of the most unhappy and lonely man. He had a good number of friends of high stature including David Hume, Voltaire, James Boswell etc. who helped him a lot but his friendship was never lasting rather a matter of few months. That is

a reason that Europe was glad to know that he has gone but his cult did not die for half a century. His name, Rousseau could send chilling tremors down the spine of Authorities. This may not be the totally true picture of his character and it has been generally observed that persons having sharp tongue and hard outlook are sometimes tender at heart. Rousseau's behaviour might be the outcome of him not getting mother's love as she died only after nine days of his birth and also lack of affection from his surroundings. Following two quotes may justified my opinion and otherwise also these will be tribute to his passionate lovable feelings.

"To write a good love letter, you ought to begin without knowing what you mean to say ;

and to finish without knowing what you have written."

"All my misfortunes come of having thought too well of my fellows." .

Jaspal Garg

Kotak Mahindra Bank's Big Festive Dhamaka: Khushi Ka Season Reloaded

Chandigarh: Kotak Mahindra Bank Limited (KMBL/"Kotak")today announced launch of the fifth installment of its exclusive Khushi Ka Season (KKS) range of offers ahead of the festive season.KMBL has over 10,000 offers lined up on a host of brands across categories like dining, travel, online fashion, grocery, retail stores, jewellery, malls, online delivery, healthcare and home services, among others. Customers can purchase a range of products like electronics and smartphones from Samsung, OPPO, Xiaomi, iFBeit., using EMI optionson KMBL debit and credit cards. Mega discounts and cashbacks are available during sale on platforms like Amazon.in, Flipkart, Reliance Digital, MyJostore, Croma, Myntira, AJIO, PUMA, Zomato, EasyDiner, DMart, Jiomart.com, bigbasket, MakeMyTrip,EaseMyTrip, Cleartrip, Yatra, Urban Company, TATA 1mgand many more.

Festive Season Riding High: All Eyes on Real Estate Sector

Amid four repo rate hikes and rising property prices, the real estate sector has its eyes set on the festive season purchases to sell unsold inventories and create buzz around new project launches. Defined as a profit-making season for the real estate business, it holds even more relevance after the Covid hull to make up for the losses incurred during the pandemic. Many would argue whether the property markets have revived post the Covid downturn and market slump. The answer to that would be a yes. Residential activity has picked up very well, with sales of units growing from one quarter to the next. The robust pre-festive momentum will be continued in the festive season as well. Mr. Prateek Mittal, Sushma Group, said, ""The festive season has elevated demands for high-quality homes and branded homes. Buyers are making a headway to the markets with aspirations to make their dream homes a reality. The festive season always sees a marked uptick in enquiries. We are confident that this festive season will set the pace for buoyant demand in the real estate segment in the upcoming quarters." Talking about the new offer, Mr. LC Mittal, Motia Group, said, "Market sentiments are buoyant and is flooded with new property buyers.

University of Canberra unveils Advanced Engineering Lab

CHANDIGARH: The University of Canberra, officially launched a brand-new, state-of-the-art Advanced Engineering Lab today - the latest initiative in the University's efforts to significantly boost skills training in the Australian Capital Territory (ACT) and surrounds. The new lab will provide students with hands-on, practical ways to engage with new technologies. "This lab will provide an invaluable boost to the University's local pipeline of job-ready graduates for industries in the ACT region," said Professor Janine Deakin, Executive Dean of the University's Faculty of Science and Technology. "Globally, there is such a need for people with skills in robotics and IoT [Internet of Things] - this new teaching space provides the Faculty of Science and Technology with an incredibly flexible, open space for teaching with technologies such as drones,

Tata Motors Group global wholesales at 3,35,976 in Q2FY23

CHANDIGARH/LUDHIANA: The Tata Motors Group global wholesales in Q2FY23, including Jaguar Land Rover, were at 3,35,976 nos., higher by 33%, as compared to Q2FY22. Global wholesales of all Tata Motors' commercial vehicles and Tata Daewoo range in Q2FY23 were at 1,03,226 nos., higher by 16%, over Q2FY22. Global wholesales of all passenger vehicles in Q2FY23 were at 2,32,750 nos., higher by 43% as compared to Q2FY22.Global wholesales for Jaguar Land Rover were 89,899 vehicles (**JLR number for Q2FY23 includes CJLR volumes of 14,592 units). Jaguar wholesales for the quarter were 16,631 vehicles, while Land Rover wholesales for the quarter were 13,268 vehicles.

Nissan registers wholesales of 7265 vehicles in Sept 22

Chandigarh: Nissan Motor India announced cumulative wholesales of 7265 units, with domestic wholesales of 3177 units and export wholesales of 4088 units, in the month of September 2022. The cumulative wholesale YTD growth stood at 18% as compared to the same period last year. Rakesh Srivastava, MD Nissan Motor India, commented, "The festive season has contributed to an increase in demand for the Nissan Magnite across markets on the strength of its value proposition. We are hopeful the momentum will continue with improvement in supply and customer sentiments." Nissan India continues to drive customer centric efforts to cater to customers' demands as per the highest standard aligned with the Global Nissan way. A more recent initiative in this area is the Quality Month campaign starting September 26 till 11th November across India for all sales and after sales customer touch points.

Royal Stag Barrel Select Large Short Films presents 'Baj Gai Seeti'

KARNAL / AMBALA : Royal Stag Barrel Select Large Short Films today released its latest short film titled 'Baj Gai Seeti', starring Bollywood's veteran Badman Gulshan Grover in a new humours avatar, critically acclaimed actor Manu Rishi Chadha and new generation actors from Kota Factory, Mayur More and Alam Khan and Sonu Ke Titu Ki Sweety fame Pritiann Jaiswal. Directed by Dheeraaj Jindal and produced by Sunday Films, the short film is a light-hearted entertainment narrating the tale of two gullible thieves portrayed by Gulshan Grover and Manu Rishi Chadha, who are planning to retire from thievery and plan to plot one last robbery to have enough money to live for the remainder of their lives. However, fate has something else planned for the duo when they are forced to give refuge to three engineering college students, played by Mayur More, Alam Khan and Pritiann Jaiswal, in the same house they are about to rob. What happens next is the ultimate 'Twist' in the tale.

Apollo Hospitals to acquire a 60% stake in AyurVAID

Amritsar October 10:- Apollo Hospitals Enterprise Ltd. (NSE: 508869 / NSE: APOLLOHOSP) (AHEL), pioneers in healthcare and India's first multi-specialty chain of hospitals today announced the execution of definitive agreements to acquire a 60% stake in leading classical Ayurveda hospital chain, AyurVAID, in a combination of primary and secondary capital infusion. AyurVAID is a classical Ayurveda medical care provider, differentiated by rigorous, professional and contemporary care pathways, with Precision in Protocols, Documentation, Clinical Outcomes and Safety. These values make it the perfect vehicle for Apollo Hospitals' effort to strengthen its holistic and integrated care offering for patients, and to mainstream Integrated Medicine at scale in India. Commenting on the development, Dr Prathap C Reddy, Chairman, Apollo Hospitals, said "Our acquisition of a majority stake in leading Ayurveda hospital chain AyurVAID is a natural corollary to our mission to bring healthcare of international standards within the reach of every individual. "Today, medicine, wellbeing and holistic health are inter-twined, and there is a need to serve individual and community health needs through the most appropriate combination of treatments and lifestyle interventions, across a period of time.

NEWS/BUSINESS

YUGMARG, CHANDIGARH, TUESDAY, OCTOBER 11, 2022

Go back to sleep, other ways to kick your food cravings

Everyone gets food cravings. Dietician Anisha V Ranjan has some strategies to help you kick them to the curb Always end up eating sweets and fast food, even though you've resolved not to? Cravings are common. And a single person can have different kinds of cravings. It might be something you saw, smelled or heard that sets off a craving - like when you see an ad for chocolate and you just have to have it.

Dietician and Nutritionist Anisha V Ranjan decodes the factors responsible for cravings... Say Hello To Hormonal Changes Hormonal changes, especially during menstruation, play a major role in triggering junk food cravings in women. When a woman is about to start her menstrual period, the levels of oestrogen and serotonin in her body drop. Serotonin is a chemical in the brain that is responsible for keeping a person calm and relaxed. When its level drops, cravings for carbohydrates and fat-rich foods such as cakes, chocolates, potato chips and cookies are triggered. Go Back To Sleep Sleep deprivation increases our hunger levels, and especially our cravings for sweets and snacks. It triggers ghrelin, the hunger control hormone that causes you to eat more. A sleepless night can leave you feeling irritable, fatigued and groggy. Lack of sleep also suppresses leptin, a hormone that regulates fat storage. The longer you are sleep deprived, the worse the cravings get. Stay Away From Stress In this fast-paced, chaotic world, your body produces high levels of the stress hormone cortisol, which triggers cravings for salty, sweet and fried

foods - foods that will give you a burst of energy and pleasure. However, not all stress is the same, and our body responds differently to different types of stress. Stress increases appetite too. You can prevent stress by finding healthier options that fit



into your lifestyle. Say 'No' To Nutrient Deficiencies

Sugar drops, or a deficiency of chromium or phosphorus, can also lead to sugar cravings. Similarly, a basic deficiency of sodium will make you crave salty foods such as chips. An iron deficiency will leave you with very low energy and you will find yourself beset with cravings, because the body needs quick energy to boost itself up. Don't Ignore Dehydration Dehydration makes it difficult for your body to metabolise glycogen for energy. Glycogen is the converted form of glucose that is stored by the muscles and liver. Without enough glycogen, the body will crave sugar for an energy boost. So, the next time you crave sugar and sweets, drink a glass of water. It will help you not give in to your sugar cravings. Be A Protein Pro Though it might seem like a good idea to limit yourself to carrot sticks for lunch, this can deprive your body of protein and lead to low energy levels.

NEET, JEE 2022 toppers felicitated



CHANDIGARH: Top achievers of NEET and JEE 2022 from Panchkula were felicitated during a roadshow by Aakash BYJU'S. Among other achievers, Yagyam Sethi from Panchkula, who secured AIR-59 in NEET 2022 and is also the Chandigarh topper was felicitated for their achievements . From Panchkula branch, 107 students qualified for the NEET-2022, 38 students cleared JEE Main 2022 & 14 students qualified the JEE Advanced 2022.

Celebrate the #Ritualsoflove on Karwa Chauth with Nykaa

Chandigarh,October 2022: Everybody celebrates their love in their own unique way. Be it the simple act of sharing a meal every day, running errands together or saving up for that one special holiday every year. These small rituals are what strengthens our bond every day. Historically, that ritual of love in the Indian context has always been KarwaChauth. Newlywed millennial couples are reinventing Karwa traditions to resonate better with the emotional core of it - while others still enjoy the festivities and cultural significance of age-old Karwa traditions and rituals. Afterall, traditions are bound not just by values but also by love. This year celebrate the beautiful #Ritualsoflove with Nykaa. And that's not all, don't forget to check out the Karwa Chauth Takeover Sale for amazing deals only on 13th October,2022. Nykaa Cosmetics is offering upto 50% off on their range of products and a free kajal worth Rs. 170 on Rs. 649 and free liquid lipstick worth 899 on Rs 899. Shop for some amazing offers here.Here is a Karwa Chauth look break down to flaunt a gorgeous look with these amazing products from Nykaa: Start your skincare prep with the SKINRX 10% Vitamin C Serum and follow it up with a prep me up primer to give a flawless base to the makeup to stayHide those imperfections with a Correct and Conceal palette from NykaaThen move on to create an even base with an All Day Matte Foundation that keeps your base intact.



Pilot scheme capable to generate up to 3 kw of clean, green power completed

Shimla : In what could trigger a revolution of generating power using a flowing stream of water, Shimla Jal Prabandhan Nigam Limited (SJPNL) and Kirloskar Brothers Limited (KBL) have successfully completed a pilot scheme capable of generating upto 3 kilowatts of clean and green power. The pilot project was undertaken at a water treatment plant in Ashwani Khad by SJPNL where KBL's PICO product, which is a micro hydropower generator, was put to use. This innovation has the potential to electrify remote locations and villages. PICO is a compact and sophisticated version of 'Pump as Turbine' (PaT) which are small bundled units capable of generating power upto 5 kW by using flowing stream of water from any source like a river or even can be operated using reject water from a WTP or an STP. A spokesperson of Kirloskar Brothers Limited said, "With this innovative solution, we can help consumers generate hydropower of upto 500 kW from running water stream with suitable head and flow availability. It is basically a pump running in reverse mode (as a turbine) which uses water to generate electricity. With decreasing coal reserves and rising levels of air pollution we are more and more inclined towards harnessing natural, renewable resources for generating power. Our company has always been striving to develop and promote innovative products. Developed by our R&D team, PICO Micro hydropower generator can be used in hilly areas and even in process industries as small hydropower generation plants."



Food which uplifts your mind, body and soul only at 'Ekyam'

Ambala: If a meal at a regular restaurant leaves you with the guilt for indulgence with deep fried and processed food, here is your chance to enjoy 'Sattvic' food which is not only luscious but also facilitates deep sleep, a calm mind and abundance of energy. Realising the need for food which nourishes the body and makes digestion effortless, 'Ekyam', a restaurant based in Ambala, has conceived a food menu that offers a unique variety of sattvic food every day. At 'Ekyam' each dish has been curated carefully which does not use maida, processed sugar and everything is air fried and cooked exclusively in cold processed oil. The sattvic food thalis have been priced to suit every one's desire to eat a healthy and balanced diet. The Yogic thali at 'Ekyam' starts at just Rs 99, Mitahara thali at 199 and Poorna thali, which offers 12 variety of dishes, only for Rs 250. For all those who take their



starters very seriously, the restaurant offers a rich variety of baked papri chaat, non-fried dahi bhallas, steamed khaman dhokla, baked vegetable tikki, non-fried polli samosa, air fried hara-bhara kabab and roasted paneer tikka. According to the ancient scriptures, sattvic food is believed to propel our thoughts towards good deeds in life. In order to achieve the right mind, body and soul synchronization, 'Ekyam' provides a free meal to an underprivileged person on every Thali sold at the restaurant. Mr. Rishi Verma, Director, Ekyam, said, "For years, dining-out has been a thought of conflict for the quality of ingredients and cooking practice that goes into preparing the food.

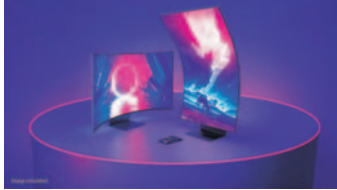
Aakash BYJU'S Chandigarh organises felicitation ceremony for JEE, NEET achievers



Chandigarh: Aakash BYJU'S North Region organised ACHIEVERS - FELICITATION CEREMONY on 8th October 2022 to felicitate and honour students who achieved meritorious positions in JEE Advanced & NEET 2022 examinations with Star Wrestler, Olympic Medalist & Padma Shri Yogeshwar Dutt as the Chief Guest and Regional Director of Aakash BYJU'S for North India Mr. Parmeshwar Jha as the Guest of Honour. The Event was held at Auditorium, GMCH, Sector 32 Chandigarh. All 76 students from Haryana, Punjab, Chandigarh, J&K and HP were honoured along with their parents. Among them, 7 students in top 100 AIR in NEET 2022 and 6 students in the TOP 500 AIR in JEE Advanced 2022 were felicitated by the Chief Guest and Guest of Honour. Distinguished principals of various schools were also honored and felicitated during the event. Both Chief Guest and Guest of Honour not only congratulated the successful students but also conveyed that students going further should keep hard work and should contribute positively towards their society and nation. A jam packed auditorium with more than 1000 audience not only enjoyed the event but got motivated and inspired.

Experience a Whole New Level of Gaming with Samsung Odyssey Ark

Chandigarh : Samsung, India's largest consumer electronics brand, launched the world's first 55-inch 1000R curved gaming screen, Odyssey Ark, adding a completely new form factor to the industry-leading Odyssey line-up. Odyssey Ark delivers a 165Hz refresh rate and 1 ms response time, plus an all-new Cockpit Mode and an exclusive controller, the Ark Dial, offering the ultimate window into the world of gaming with unparalleled immersion. A new frontier in gaming, Odyssey Ark offers incredible cinematic experiences, superior gaming performance, and an interface that offers completely optimized flexibility. The large 55-inch screen wraps around the user's field of view with its 1000R curvature, filling their peripheral vision, and allowing gamers to view the entire screen at a glance without moving, for an immersive experience. Further, the Cockpit Mode lets gamers experience a new kind of immersion as if they are in a cockpit, especially when enjoying vertical content created for mobiles. This mode enables the screen to rotate with a HAS (Height Adjustable Stand), tilt, and pivot for an optimal screen setup. Along with a 165Hz refresh rate, the Odyssey Ark brings together 4K resolution featuring a 1 ms response time with AMD FreeSync Premium Pro, maximizing on-screen accuracy and giving gamers a competitive edge in fast-moving environments.



United Sikhs' staff & volunteers extend condolences to family of victims of kidnapping

Chandigarh: This week 4 members of a Sikh family were kidnapped at gunpoint from a business in central California. The police identified the victims as Arochi Dhri, 8 months old, her mother Jasleen Kaur, 27, her father Jasdeep Singh, 36, and Amandeep Singh, 39 as the persons taken. Yesterday, Wednesday October 6, 2022, the Merced County Sheriff stated that the victims had been found. They had been killed and left in an orchard in rural Merced County, in California. No motive has yet been uncovered but a suspect has been arrested. Detectives identified the suspect as 48-year-old Jesus Salgado. We are informed that the Department of Justice (DOJ) is monitoring this crime. "We reached out to the DOJ because this is a crime that may fall within the FBI's jurisdiction but also because this crime follows too many other heinous and random crimes against members of the Sikh community that occur with no apparent motive and which police have not been able to resolve," states Manvinder Singh, UNITED SIKH'S Director of Advocacy. "UNITED SIKHS staff members and volunteers offer prayers to the victims and condolences to their families. We are communicating with police and the Department of Justice (DOJ) seeking a quick response to why this occurred. We are deeply concerned and seek answers on our community's behalf," said Manpreet Singh, Director of Community Affairs based out of Tracy California.



Octapad player Mandeep Singh is rich in talent

Chandigarh - Music is such a river in which the more you go on drowning, the more one's art gets refined. Such is the story of the budding young Octapad player Mandeep Singh who has been active in the world of Punjabi music for the last eight years and has made a different identity for himself. Octapad player Mandeep Singh told during a meeting that he hails from Nathpukur, a village in district Tam Taran Post Gandwihar and his love for music was from childhood. He liked to play the octapad from the very beginning. Born on June 1991 in Punjab, this promising musician Mandeep Singh, after passing the Plus Two examination from the Senior Secondary School in the district, decided to try his luck in the field of music with the help of family members and friends. Mandeep Singh, a hardworking artist with a cheerful disposition, said that in the last few years, he has done stage programs with many famous singer-artists of Punjab in different cities and his art has been appreciated by the audience. The names of these singer artists include Jaspal Mann, Sardar Ali, Maqbool and Balraj. Mandeep Singh aspires to contribute to the music of a Punjabi film as well.



NEWS AT A GLANCE

Stubble Management: Helpline number issued by district administration

KULDEEP SOOD
BARNALA: Regarding stubble management, the district administration has issued a helpline number to provide information about fire cases. Sharing information in this regard, Deputy Commissioner Barnala Dr Harish Nayar said that a control room has been established in this regard so that information about the incident of those who set fire to the paddy straw can be given to the administration by the general public. This information can be given on the number 7087300295. He appealed to the farmers not to set the stubble on fire but dispose of it according to the instructions given by the Agriculture Department.

DAV College organises an exhibition on theme "Turning Trash to Treasure"



JALANDHAR: Bansi Lal Mathematical Society of Department of Mathematics, DAV College, Jalandhar organised an exhibition on the theme "Turning Trash to Treasure" to commemorate the birth anniversary of Father of Nation Mahatma Gandhi ji. The event was an endeavour of mathematics students to Swach Bharat Abhiyaan.. Principal Dr Rajesh Kumar urged students to follow the 5 R's Reduce, Reuse, Recycle, Recover and Refuse. Dr.S.K.Tuli, Head, P G Dept of Mathematics while welcoming the Principal urged the students that if they know that they are reasure they will never settle for trash. In the exhibition on the theme "Turning Trash to Treasure" Satjeet of M.Sc II bagged 1st position, Nurdeep of B.Sc. (Non Med) got 2nd position and Sunil of XIth Class bagged the 3rd position. Seven consolation prizes were also awarded to Ritika (BCA1), Shyam(+1 NM), Anshika (BSc III NM), Shubnum (MSc II), Jyotsana (BSc II CSc), Komalpreet and Aniket (BSc III CSc), Bhavneet (BSc III CSc). Dr Seema, President of the Bansi Lal Mathematical Society expressed her gratitude. Dr P.K. Sharma, Prof Anju Chhabra, Prof Monish Kumar, Dr Ashu, Prof Rajesh Prashar, Prof Sahil, Prof Ranjita, Prof Jasmeen, Prof Preeti and faculty members of other departments also participated in the event and appreciated the hard work of students.

Mauritius MP inaugurates blood donation camp



JASWINDER SHARMA
KARNAL: A blood donation camp was organized under the auspices of NIFA under the Amrit Mahotsav of Independence at Guru Nanak Khalsa College here. On this occasion, MP of Mauritius and former Minister of Tourism, Agriculture and Foreign Affairs Nand Kumar Bodha was the chief guest. He inaugurated the blood donation camp by cutting the ribbon. He said that he was very happy to come to India and Guru Nanak Khalsa College and NIFA are doing excellent and holy work. Nand Kumar Bodha along with his wife, Satyama Bodha encouraged all the blood donors. The college principal, Dr. Gurindra Singh welcomed everyone and said that it is a matter of pride for us to have hosted the former minister of Mauritius at the college. NIFA Chairman Pritpal Singh Pannu said that the aim of NIFA is to help the needy by collecting 6000 units of blood. Students of NSS and NCC donated blood under the leadership of NSS Program Officer Dr. Bir Singh and NCC Officer Lt Dr. Devi Bhushan. On this occasion Prof. Manish, Dr. Krishnam, Dr. Krishna Arora, Prof. Praveen, Prof. Kuldeep, Dinesh Bakshi, Dr. Deepak and Monica Kapoor, team NIFA and Kaipana Chawla from Government Medical College, were also present. President of the College Management Committee, Kanwarjit Singh Prince congratulated the principal and staff for this achievement.

Hry Speaker Gyan Chand Gupta welcomes President

RAJENDER KHATRY
CHANDIGARH, OCT 10

Haryana Legislative Assembly Speaker Gyan Chand Gupta welcomed President Draupadi Murmu at the Punjab Raj Bhavan. Gupta presented him a flower bouquet, a picture of Mata Mansa Devi, chunari, prasad and a memento of Lord Krishna and Arjuna giving the message of Gita. During this, many important topics were also discussed between the Speaker of the Legislative Assembly and the President. Gyan Chand Gupta said that the President of the country has reached Chandigarh, the capital of Haryana for the first time. On



this occasion, many topics related to the country and the

state have been discussed with him. Gupta said that the Mahabharata crusade was fought on the holy land of Haryana. On this occasion, the divine message of Gita which established religion was also given here. It is the biggest gift given by Haryana to the world in the form of the message of Gita. A memento containing the message of Gita has been presented to President with the aim of honoring the state's history and values of life. Panchkula is considered to be the land of Mata Mansa Devi. The arrival of the President of the country here immediately after the Navratras is an auspicious sign in itself.

Rahul Gandhi embarked on an 'India Jodo Yatra' from Kashmir to Kanyakumari: Kiran Choudhary

SHIV KUMAR SHARMA
JIND, OCT 10

Former Haryana cabinet minister and Tosham MLA Kiran Chaudhary said about the factionalism going on in the Congress that she does not believe in any kind of factionalism. Today, some workers in the party are feeling neglected. In such a situation, she is becoming the voice of the workers. She is doing programmes at the door of the workers to make them active again so that the Congress party becomes stronger. MLA Kiran Choudhary was talking to reporters at the local rest house on Monday. He was accompanied by former ministers Subhash Batra and Krishna Murti Hooda. Congress leader Kiran Chaudhary said that for the Adampur by-election, earlier a meeting of senior Congress leaders was called for the



selection of the candidate. In the meeting, after consulting senior leaders, the name of the candidate for the ticket was finalized, but this time it has not happened so far regarding the Adampur by-election. He has not even received any invitation for this meeting yet. Despite this, if she is called to campaign in the Adampur by-election, she will go to campaign in favour of the Congress candidate. On the victory of the Congress candidate, he said that till now he had neither been called there nor visited Adampur. Only when she goes there will she be able to say anything about the victory of the Congress candidate. He said that Congress leader Rahul Gandhi has embarked on a Bharat Jodi Yatra from Kashmir to Kanyakumari for brotherhood and goodwill in the country.

Lord Valmiki gave the message of social harmony: Azad Singh

SHIV KUMAR SHARMA
KARNAL, OCT 10

Azad Singh, current member of the Haryana State Sanitation Commission, said that Lord Valmiki, the Trikaladarshi, has been the initiator of the era of the people of India. Sri Ramayana, the world's first epic, was composed by Lord Valmiki. Sri Ramayana, India's greatest text, made a big and significant change through its essence. He said that all the differences of today's modern era are hidden in Ramayana Granth. To be believed, people who recite Ramayana often mention that there is a formula in Ramayana from making needles to making airplanes. Azad Singh said this while referring to the grand function organized on the occasion of Lord Valmiki's birth anniversary day at Karnal Vihar in Karnal on Sunday. Addressing the people present in the program, Azad Singh said that Lord Valmiki has given the message of harmony to the whole society by joining the thread of unity. If we understand the hostel system of today's age, the cottage of Lord Valmiki of Treta Yuga was a hostel for Lord Sri



Ramachandra's son Love and Kush. Love and Kush received all their education from Lord Valmiki's house. Be it martial arts skills or horse riding. Be it social knowledge or culture education. Mother Sita always gave Lord Valmiki the status of father, then Lord Valmiki sheltered Mother Sita as a daughter in her cottage during her exile. On this occasion, Azad Singh said that the Prime Minister of the country, Narendra Modi, started a cleanliness drive from the Valmiki temple in Delhi and changed the mindset of the people by giving the message of making the country clean. This change is not easy. From the nursery class student to the old age at

the end of life, Prime Minister Modi has changed the mentality of the country towards cleanliness. On the other hand, while addressing the people in the context of Haryana Chief Minister Manohar Lal, he said in clear words that Chief Minister Manohar Lal's thinking is very positive towards the oppressed and deprived society. His heart is engaged in doing something new every moment towards all the deprived society including Valmiki society. On this occasion, area councilor Neelam Nautana and councilor representative Bhupendra Nautana said that they have seen such a joint event for the first time. Having such an event in their Ward-4 teaches social harmony to the people of Karnal. The people of the entire Karna Vihar area worked wholeheartedly to make this program a success. Among those present on the occasion were Veer Singh, former Sub Inspector Surajbhan, former Sub Inspector Satbir, Valmiki Education Society Chief Convenor Ramesh Kumar Stondi, Ved Prakash, Surajbhan, Brahma, Rameshwar, Kiranpal, Jaipal, Vijay, Santosh, Sangeeta, Leela, Salindron, Usha, Sunita and Anita.

Bent electric transformer dangerous

RINKU GONDAR
NISSING, OCT 10

Behind Block C of the city's grain market, the bent transformer is inviting a major accident by falling to the ground. Mahindra, Rajpal Sharma, Sushil Goyal, Ramveer Sharma, Raju, Mahindra, Mohan, Deepak among others, amongst the Mandi agent and laborers, accused the employees of the Electricity Corporation that on October 7 the load was placed on the electric pole and the angle of the transformer bent down. Till date it has not been fixed. He



said that the paddy season is in full swing in the grain market and from morning till late night, labourers, brokers and farmers are reaching there with paddy. The swinging transformer placed behind the shop number 204 in C block can fall down at any time. He has demanded from the employees and officers of the Electricity Corporation that the angle of this transformer should be rectified soon. In this regard, SDO Kismat said that the JE has been informed and the transformer will be rectified soon.

KULBHUSHAN SHARMA
GUHLA CHEEKA, OCT 10

MLA Ishwar Singh directed the officers of the paddy procurement agencies to immediately buy the paddy of the farmers and also make arrangements for lifting it from the market after the purchase is done properly so that the farmers would not get any kind of problem. He was interacting with farmers and arhtiyas after inspecting paddy procurement work at Anaj Mandi-Sub Yard Aranoli on Monday. He said that the government has already given orders to the officers regarding the necessary parameters related to the procurement, in this matter no laxity will be tolerated at any level. He directed the officers of the market committee to make arrangements for providing



basic facilities to the farmers during the paddy season, while also directed the procurement agencies to procure paddy as per rules. He said that regular sanitation should be ensured in the grain markets during the entire season and the provision of electricity and drinking water should be ensured. He also requested the farmers to bring dry and clean paddy to the mandis so that their paddy can be procured at the earliest. On

this occasion Secretary of Market Committee Narendra Singh, Inspector Jai Bhagwan, Farmer Sita Ram, Prem Singh, Ujagar Singh, Kashmir Singh, Darshan Singh, Rama, Kaka Singh, Dr. Balkar Singh Shahzadpur, Mohan Singh, Man Singh, Manjit Singh, Resham Singh, Avtar Singh Jodhua, Kewal Singh, Gagandeep Kaur, Darshani Devi and officers and employees of the concerned departments were present.

Canara Bank holds awareness camp

RK KASHYAP
CHHACHHRAULI: Canara Bank Chhachhrauli branch organized a farmers' awareness meet and credit camp at village Damoli. About 55 farmers and women beneficiaries participated in the camp. Sandeep Kumar, Divisional Manager of RO, Panchkula informed the farmers about the agricultural schemes and social security schemes i.e. PMSBY, PMJJBY, Atal Pension Yojana under the financial and digital literacy program of the bank. Apart from this, women were made aware of various schemes like SHG, JLG etc. and were encouraged to start some business activities. Farmers were apprised of various new agricultural infrastructure projects by AEO.



MLA Kashyap gets people's grievances redressed

MAINPAL KASHYAP
INDRI, OCT 10

MLA Ramkumar Kashyap holds a public hearing program every Monday at the rest house of the Irrigation Department and solves the problems and complaints of the people of the constituency. He listened to the people's grievances and said that his effort is to solve the problems as soon as possible. Kashyap said that every Monday in the public hearing program, hundreds of people come to him with their complaints and problems and he does his best to resolve the issue confronting the public. The issues and complaints related to the administration are dealt with and instructions are given to the concerned authorities for quick resolution so that the people do not face any kind of problem. He said that in the public hearing program before him, the people were concerned about



streets, drains, grant money, drinking water, waste water disposal, grant for construction of Chaupal, police related issues, employment, electricity and water, relocation, pension, ration. It brings with it many problems like providing, fixing the electricity bill, building a solid house. Ramkumar Kashyap said that sometimes he brings the issues to the notice of Chief Minister Manohar Lal. He called upon the people of all sections to take advantage of the public welfare schemes run by the government in public interest. The state government has run many public welfare schemes during its tenure, he said.

78 families join BJP in Chhachhrauli

RK KASHYAP
CHHACHHRAULI, OCT 9

In the program held at Leda Khadar's Valmiki Dharamshala, 36 Scheduled Caste families joined the BJP leaving various political parties. Similarly, 42 Brahmin and Gurjar families accepted the membership of BJP in the program organized in village Raipur. Education Minister Kanwarpal while welcoming everyone to the BJP party said that every worker in the Bharatiya Janata Party is given full respect. BJP is a party of workers. Education Minister Kanwarpal said that data is being collected for all the families through the BJP government's family identity card scheme and the family identity card scheme has



many benefits, such as at the age of 60 years, an old age pension will start. So far, under this scheme in Haryana, more than 10,000 people have received old age pension on their own without having to visit any government office. Under the PPP scheme, voter ID cards will be made after the age of 18 years, many government schemes have been linked through PPP and many more schemes are also being linked. Kanwarpal Gurjar

said that under the Ayushman Bharat scheme, treatment of up to Rs 5 lakh is being provided free of charge to the needy eligible BPL members. Under the Pradhan Mantri Free Food Distribution Scheme, about 80 crore people will be given 5 kg per person. Food is being provided free of charge, a new record has been set by distributing free tablets to over seven lakh students studying in government schools in Haryana from

Class 9 to Class 12. Children studying in government schools are also now preparing in a good way with the help of modern technology. The Education Minister said that Chhachhrauli area has been given the status of sub division which will greatly benefit hundreds of villages around the area. During this time, Mandal President Kalyan Singh, Bank Director Ramjatan Damoli, BJP leader Ajaib Singh Ledakhadar, District Vice President Rampal Numberdar, Shakti Center Head Rajkumar Tughalpur, Fakir Chand Youth Leader Ravish Gurjar, BJP Leader Nischal Chaudhary and BJP District Media Head Kapil Manish Garg were present.

800 patients examined at free medical camp

RAKESH JINDAL
NABHA, OCT 10

A free medical check-up camp was organized by Bhai Ghanaya Sports Welfare Club at local Rotary Club, Nabha, during which around 800 patients were examined free of charge. During the camp, Health Minister Punjab Chetan Singh Jodi Majra attended as the chief guest and Constituency MLA Gurdev Singh Dev Mann as a special guest and asked that social service organizations should come forward for Naroy Samaj. On this occasion, in the presence of Club President Gurbakshish Bhatti and office-bearer Ranveer Singh, Amarjit Singh, Charanjit Singh Walia, Pawan Bansal, Binderpal Verma, Mana, Raj Kumar Gupta, Rakesh Kumar Singla, Anil Bansal, Bhupesh Bansal Pasi etc., Health Minister Punjab Chetan Singh Jaudemajra and Dev Mann



said that this is the second free medical check-up camp dedicated to the memory of Sarguneet Canada who was the beloved daughter of former Nabha council president Gurbakshish Singh Bhatti and current councilor Pritpal Kaur. Bhai Ghanhaiyya Ji Welfare Club and Gurbakshish Singh Bhatti's socially useful initiative of organizing a free medical check-up camp on the occasion of his daughter's annual anniversary is commendable. On this occasion, the chief guest, Punjab Health Minister

Chetan Singh Joudemajra and Constituency MLA Devman were honored by the club. The ceremony of distribution of testimonials by the club was performed by Health Minister Punjab Chetan Singh Jodemajra. In this camp Dr. Arpit Garg (thyroid and diabetes specialist), Dr. Manshu Mittal (Dental Specialist), Dr. Manoj Goyal (Paediatrics Specialist), Dr. Jashpreet Singh (Bone Specialist Civil Hospital Nabha) examined the patients. Free medicines were also distributed to the patients during the camp.

Life is successful if it is of use to others: Chetan Dev



SHIV KUMAR SHARMA
KARNAL, OCT 10

The first Havan Yagya was performed at 5 in the morning on the second day of the Kartik month story going on in the Mata Rampyari temple located in the Uttam dispensary. In this yagya, Vaidya Devendra Batra and his wife Darshana Batra and hundreds of devotees participated. The Havan Kund was circumambulated and Om Namo Bhagwate Vasudevaya was chanted. Pandit Chetan Dev narrated the story of Kartik. Pandit Chetan Dev said that a man's life can be successful only when he is useful to others. Serving others, being useful in the The person who does such deeds all his sins are erased and there is infinite grace of God. Pandit Shekhar Sharma also praised the glory of God. He said that keeping fast in Kartik month is very fruitful. Taking a bath in the morning and lighting a lamp in front of God with the name regularly brings happiness and prosperity. The programme was conducted by Bhandara Pradhan Bharat Bhushan Kaku.



NIRMAL SAINI
RADAUR: A big game of overloaded vehicles loaded with mining material is going on in the area. All the roads in the area are full of overloaded vehicles. Overloaded vehicles have taken the lives of many people. Despite this, the wheel of overload is not stopping. Advocate Waryam Singh, who has filed a public interest litigation in the High Court against illegal mining and overloading, has alleged that the main reason behind the non-action on the overloaded vehicles running on the roads is that some officers are involved in this game of overload due to which overloaded vehicles loaded with mining material are plying indiscriminately on the roads. On this network of overload, Vigilance has now taken action and caught three touts in the district. Not only the RTO department but also the officers of other departments are involved in this illegal work. Illegal work worth crores is being done every month.

Tenders for Kapal Mochan works opened



PRITI SAINI
SADHAURA: Tenders for works related to Kapal Mochan Mela were opened with transparency in front of bidders and general public in the auditorium of Mini Secretariat Bilaspur. Videography of the entire process was also done. Bilaspur SDM Jaspal Singh Gill said that tenders were sought for the arrangements for the famous religious and historical interstate Shri Kapal Mochan, Shri Adi Badri Mela-2022 to be held from 4 November to 8 November 2022 at Teerthraj Kapal Mochan in Bilaspur, the work place of Maharishi Ved Vyas which was opened today with transparency. He said that in Shri Kapal Mochan Mela, lakhs of devotees from different states of the country come to take a sequential bath in the three holy lakes Kapal Mochan Sarovar, Loan Mochan Sarovar and Surajkund Sarovar. Efforts should be made by all such officers to get maximum facilities to the devotees coming to Kapal Mochan Mela. In the fair, arrangements for cleanliness, medicines, temporary toilets, drinking water arrangements, repair of roads, electricity, food items, milk supply, barricading, police arrangements will be completed on time. He informed that in the historic Kapal Mochan Mela, demonstration stalls will be set up by various departments. In the exhibition, information about the achievements of the state government will be given and a cultural platform will be built in the middle of the exhibition site. Shrine Board members Dataram, Subhash Gaur, Vipin Bansal, Naib Tehsildar of Bilaspur Daljit Singh Kundu, Pratap Nagar Deputy Tehsildar Anand Rawal, Sadhaura Deputy Tehsildar Bharat Bhushan, BDPO Ankit Chauhan, CHachhrauli BDPO Jogesh Kumar, MC Sadhora Secretary, Surendra Malik, SDO from Public Health Zafar Iqbal, Superintendent Virendra Singh and many other dignitaries were present on the occasion.

Alto car stolen near sabji mandi

VIRENDER JANGRA
TARAORI: An Alto car was stolen from near the gas agency located at Taraori Sabji Mandi. Police have started investigation by registering a case in this matter. In the complaint given to the police, the complainant Balwinder Singh resident Dairy Mohalla Ward No-12 Taraori said that he had parked his car in front of the gas agency in the vegetable market, but later it was stolen. Balwinder Singh said that he searched the car at many places.

Mauritius MP Bodha expresses desire to work with Hry in field of agriculture

BUREAU
CHANDIGARH, OCTOBER 10

Mauritius MP, Sh. Nandcoomar Bodha, who is currently on a seven-day visit to India, met the Haryana Chief Minister and discussed the friendly ties between India and Mauritius.

Sh. Nandcoomar Bodha has previously held several ministerial positions including Foreign Affairs, Tourism, and Agriculture in the Republic of Mauritius. Referring to the International Gita Mahotsav organized by the Haryana Government in Mauritius in the year 2018, Bodha thanked Sh. Manohar Lal for successfully organizing the biggest Gita festival in Mauritius.

He said that this event has created a special awareness about the teachings of the Bhagavad Gita in his country. He also expressed his desire to set up a Gita Kendra on similar lines to the already established Ramayana



Centre in Mauritius.

The Chief Minister welcomed and honoured Sh. Nandcoomar Bodha and his wife Smt. Satyabhama Bodha by presenting shawls.

Sh. Manohar Lal also shared memories of his stay in the Republic of Mauritius, which is called Mini-India, during the International Gita Festival. He expressed hope that now people there will celebrate the Gita Mahotsav every year at their level and will work to take the universal message of harmony and brotherhood as

taught in the Bhagavad Gita to the entire humanity.

Notably, Sh. Nandcoomar Bodha, who came to India on a personal visit with his wife Smt. Satyabhama Bodha shared that about 52 per cent of the population in Mauritius is Hindus, whose ancestors had gone to Mauritius 160 years ago at the behest of the British in search of work and a good life, but were treated like bonded labourers.

Later, with their educational strength and hard work, they moved forward in life and made a special place in Mauritius. Today, in Mauritius most Indians are serving the top positions including the Prime Minister and the President.

Lauding Haryana, Sh. Nandcoomar Bodha said that today State is at the forefront in the field of agriculture. He also expressed the desire to work with Haryana in the field of agriculture in Mauritius.

Maa Bhagwati Jagran held

VIRENDER JANGRA
TARAORI: On behalf of Shri Bala Sundari Seva Mandal Taraori, the 10th Vishal Maa Bhagwati Jagran and Bhandare was organised at Krishna Bhawan in which social worker Pooja Bansal from Charu Trading Company attended as the chief guest and lit the lamp. Councillor Desraj from ward number-6 of the municipality participated as a special guest. Bhajan singers Sunny Punjabi, Devi Dayal Sharma and Vinod Goel sang the praises of the mother's gifts in their melodious voices. Hundreds of devotees who reached Jagran were seen dancing on the offerings of the mother. Mother's beautiful court was lavishly decorated. Beautiful tableaux also attracted all the devotees. The artists of Sata Jagran Party also praised Mahamay's offerings. Earlier, a huge Bhandara was organised in the ward, in which hundreds of devotees took prasad.



Hooda felicitated by Sikh community



SHIV KUMAR SHARMA
KARNAL, OCT 10

Former Chief Minister and Leader of Opposition Bhupinder Singh Hooda has said that the government should conduct early elections of a separate Gurdwara Management Committee for Sikhs. The government would soon form an ad-hoc committee with the consensus of the Sikh community. He said that Baba Deep Singh was a Yuga Purush. He sacrificed his life in the interest of the country and society. His sacrifice will always be remembered by the nation and society along with the cult. Bhupinder Singh Hooda was speaking on the occasion of Gurmata Samagam dedicated to the martyrdom of Baba Deep Singh at Gurdwara Singh Sabha Baba Deep Singh, Karnal today.

On this occasion, Sikh Sangat from all over the state felicitated former Chief Minister Bhupinder Singh Hooda by presenting him with a headscarf and kirpan. On this occasion, Ragi

Dhadi preachers who came from far and wide threw light on the life of Baba Deep Singh and made Sikh sangat come from all over the state happy. In Gurmata Samagam, former Chief Minister Bhupinder Singh Hooda offered prayers to the Gura by bowing before the Guru Granth Sahib. Programme coordinator Tarlochan Singh and former assembly speaker Kuldeep Sharma, Ashok Arora said that Bhupinder Singh Hooda deserves the credit for the rights which have been given to the Sikh society of Haryana. The people being felicitated were actually against the Haryana Sikh Gurdwara Management Committee. These people had opposed this law inside and outside the assembly.

The outgoing Sarpanch of Rukhsana Jodh Singh conducted the stage in Gurmata Samagam. On this occasion, Ashok Arora, former Assembly Speaker Kuldeep Sharma, MLA Mewa Singh, former MLA Narendra Sangwan, former Minister Bhim San Mehta, former MLA Jilaram Sharma, for-

mer MLA Rakesh Kamboj, senior Congress leaders Bullesha Panipat, Raghubir Sandhu, Ashok Khurana, Krishna Bastara, Satpal Jani, Kamalman Ranpal Sandhu, Ramswaroop Jambaj, S. Hoshiaz Singh, Karnal Singh, Gurbaz Singh, Nirvar Singh, Kuldeep Singh, Gulzar Singh, Gurmukh Singh, Davinder Singh Mattoo, outgoing Sarpanch Sukhwinder Singh, Jatinder Singh Dachar, Jaswant Singh Khedisarfali, Gurpreet Singh Thal, Mukhtyar Singh, Harpreet Singh Cheema, outgoing All Congress workers including Sarpanch Amar Singh Jhinda and a large number of Sikh Sangat was present.

Hooda said that the Congress candidate will be declared soon in the Adampur by-election. He said that there is no factionalism in the Congress. Whatever the decision of the organisation in the Congress is acceptable. In response to a question, he said that Punjab is an integral part of India. There is no such thing as Khalistan.

Health check-up camp held for disabled children



VINOD DHIMAN
JAGADHARI, OCTOBER 10

Today, under the World Mental Health Day programme at Uthtan Sansthan, the doctors' team of Civil Hospital, Yamunanagar, as per the instructions of CJM, conducted a health check-up of all the disabled children of the school. Health check of physically challenged, mentally retarded and deaf and mute children was conducted during the camp. The children were given medicine according to their illness and they were also given instructions. Dr Jasmin and Dr Akanksha, who came from the civil hospital while conducting medical examination of the children said that the parents of those children whose medical certificates have not been made so far should reach the civil hospital and get the certificates made so that they could take advantage of various schemes being run by the government for the disabled. Director of Uthtan Sansthan Dr. Anju Bajpai welcomed the visiting doctors and thanked them and said that only with their cooperation.

Devotees witness Shri Krishna Leela

RUBY PAJAPATI
SHAHABAD MARKANDA: Shri Krishna Leela and Maharas were organised by Shri Markandeshwar Mandir Sabha on the occasion of Rishi Markandeya Prakashatiya Diwas and Sharad Purnimain in which Bhajanik Vandana, who came from Mathura with international fame, gave a musical and emotional performance. Lord Krishna and the Gopis walking in the streets of Nand by becoming a peacock was the centre of attraction.

MP Naib Saini and Chief Minister's Political Secretary Krishna Bedi lighted the lamp. Chief guest Krishna Bedi said that the example of how much power there is in devotion can be taken from the devotion of Rishi Markandeya. He said that Markanda city is a holy city and he feels proud that he represents this holy city. Earlier, on behalf of the temple assembly, Principal Rishi Gambhir, Baldevraj Chawla, Sunil Bhasin, Upendra Gambhir, Mayank Chawla, Ramesh Dang welcomed the guests. On behalf of the temple assembly, souvenirs were presented to the chief guest MP Naib Saini, Chief Minister's political secretary Krishna Bedi and Bhajanik Vandana by the head Rishi Gambhir and the members. Devotees including Pt. Prahlad Mishra Ramayana, Pt. Ajay Shukla, Pt. Shyam Sundar, Ashutosh Garg, Pradeep Sharma, Rajendra Bhargava were present on this occasion.



Anita wins slogan contest



RUBY PAJAPATI
SHAHABAD MARKANDA: A slogan and poster making competition was organised under the joint aegis of Rotaract Club, Road Safety Club and Red Cross Society at Arya Kanya Mahavidyalaya on Monday. College Principal Dr. Aarti Trehan said that these competitions were organised on the topic of blood donation. Describing the importance of blood donation to the girl students, he said that only 35 per cent of the population of the country is eligible to donate blood. But even among them only less than 10 percent donate blood every year. He said that blood is the most valuable gift given to us by nature. In poster making competition, Neeru Khushmeet and Jaspreet and in slogan competition Anita, Sugandhi and Priyanka got first, second, third place respectively. The role of the jury was played by Dr. Priyanka Singh, Santosh, Kiran Khewra. Dr. Pushpa Sharma, Usha Gupta, Dr. Sonia Malik, Poonam Siwach, Hema Sukhija, Ramnik and Preeti were present on this occasion.

Single use polythene making us vulnerable to cancer: Krishna Goel

VIRENDRA JANGRA
TARAORI: Krishna Goel, a social worker and MD of Goyal International Private Limited, said that single-use polythene is not only making our fertile land barren but is also making us vulnerable to cancer. He said that the polythene along with the vegetable residue is going into the stomachs of the cow mothers, which is taking them to death. He said that we should come forward to renounce the thing which is causing so much harm to our lives. He said that it is easy to discard polythene as we only have to remember to carry a cloth or jute bag from home while going to the market. He said that due to polythene, our sewerage and drains are getting clogged and the land where this polythene reaches with dirty water makes the land barren. He said that it is the duty of every person to be self-aware and make people around them aware by giving



information about the damage being done to the environment due to polythene. He said that the shopkeepers of the city will also have to cooperate in this, and every customer who comes to the shop for shopping will have to be motivated to bring a jute bag from home, as the habit does not leave in a day. He also appealed to the government to not only make the general public aware of polythene but also put a check on the factories manufacturing polythene so that the spread of polythene could be reduced.

Kanya Poojan by Bharat Vikas Parishad



NIRMAL SAINI
RADAUR, OCTOBER 10

Kanya Poojan programme was organised by the women members of Bharat Vikas Parishad branch Radaur at Arya Samaj Bhavan in which small girls were worshipped and gifts were presented to them. The programme was presided over by the provincial women chiefs Savita Aron and Rasmee Kaur. Women co-coordinators Meena Matia, Neetu Chopra, Pravesh Kamboj, Neelam Sachdeva, Urmil Saini, Preeti, Manisha, Sushma, Anita, Sunita Kamboj, Rakhi Sharma, Sunita Garg, Mamta Gupta and Neetu Garg participated in this programme.

Celebration of Guru Ramdas Gurburab at GNG College

RAJNI SONI
YAMUNANAGAR : The birthday of Guru Ramdas Gurpurab was celebrated with great pomp and reverence at GNG College, Santpura. The college was established in 1973, so this year it completed 50 years. To celebrate this golden jubilee, the college staff started the Sehej Path of Guru Granth Sahib ji on April 18, 2022, which is the birthday of the college founder, Sant Pandit Nischal Singh Ji Maharaj. The Sehej path was completed on October 10, the day of Gurpurab of Guru Ram Das Ji.



The event was organised by the College Management Committee. It was attended by the President of the college, Mahant Karamjit Singh Ji, and the General Secretary, Sardar M.S. Sawhney. Singh Sahib Ranjit Singh Ji, Head of Granthi, Gurdwara Bangla Sahib, Sant Surinder Singh Ji from Mitha Tiwana, Bhai Satvinder Singh Ji Santar from New Delhi, and Head of Jathebandi Bhai Balbir Singh were present to grace the event with their mesmerising kirtan and enlightening Katha. In his Katha, Bhai Giani Ranjit Singh from Bangla Sahib emphasised the importance of kirat and advised the youth to work hard and lead a life of self-respect. Addressing the sangat, Jathebandi Bhai Balbir Singh urged everyone to lead a moral life. The students of the college also presented their views on the life of Guru Ramdas Ji. At the end of the program, College Director Dr. Varinder Gandhi and Principal Dr. Anu Atreja thanked everyone for being a part of the programme and said that the benign presence of Kirtan Jathas and Katha-Vachak was a great blessing for the college.

Ten day beauty workshop completed in Girls College Cheeka

KULBHUSHAN NARMA
GUHLA-CHIKA: The ten-day beauty workshop concluded today at Government Girls' College, Cheeka. At this workshop, the Principal of the college, Prof. Rajendra Kumar Arora, graced the occasion as the chief guest. In which in his address, he informed the students about the immense possibilities of employment in the field of beauticians in this ten-day workshop. He said that such workshops pique the interests of the female students in their profession and prepare them for self-employment. Along with this, the women's cell committee of the college was also congratulated for making the workshop a success. In the ten-day workshop, the female students were taught how to do bridal makeup for women with face, skin, and nails, along with tips to en-



hance the beauty of their hair. On this occasion, Vinay Kumar, beauty trainer, told the girls about keeping healthy and beautiful nails.

Prof. Meenakshi said that the main objective of this workshop is to educate the female students of the college as well as how to get employment in the field of beauty specialists. On this occasion, Miss Anku, (Gra-

cious Salon) Cheeka helped many girl students to become proficient during their training.

More than 150 female students from the college participated with enthusiasm in this workshop. At the end of the workshop, Prof. Preeti Rani, Prof. Shalini, Prof. Manish Goyal, and Prof. Phool Kumar will be present.

Blood donation camp held

SHIV KUMAR SHARMA
KARNAL, OCT 10

A blood donation camp was organised on behalf of Guru Nanak Khalsa College, Karnal, as part of the ongoing nationwide blood donation campaign by the social organisation National Integrated Forum of Artists and Activists. A total of 41 blood donors donated blood in the blood donation camp organised in the library hall of the college, in which a large number of NCC cadets also participated. The camp was inaugurated by Dr. Nand Kumar Bodha, Member of Parliament of the Republic of Mauritius and former Minister of various departments, including Foreign Affairs, Tourism, and Agriculture. He was accompanied by his wife, Satyabhama Bodha. He honoured the students who donated blood by putting up



batches with their own hands and giving them citations. Nandbodha congratulated Guru Nanak Khalsa College and NIFA, describing blood donation as the most virtuous act. He also promised to interact with the college students during his next visit to India. Dr. Gurinder Singh, Principal of the College, honoured the international guests with bouquets and spoke about furthering India-Mauritius friendship. He encouraged the blood donors and said that the students of Khalsa College are always ready

for this noble cause. NIFA Founder President Preetpal Singh Pannu, while referring to the blood donation camps running continuously for 75 days, said that every section of society is joining in this effort to celebrate the elixir of freedom through blood donation. Pannu said that he has been an alumnus of Guru Nanak Khalsa College and has also been the general secretary of the student union. He is feeling proud to come to the blood donation camp organised at his own college.

Vice Chancellor: The world's largest research centre will become the world's largest research centre

RAMAN GUPTA
KAITHAL: Today, under the auspices of Maharishi Valmiki Sanskrit Vishwavidyalaya, Kaithal and the Indian Council of Historical Research, New Delhi, a three-day international conference (dated 9-11 October, 2022) was inaugurated by His Excellency Mr. Bandaru Dattatreya (Governor, Government of Haryana)

At the beginning of the program, the Vice Chancellor of the University, Prof. Ramesh Chandra Bhardwaj, ji, honoured His Excellency Governor Shri Bandaru Dattatreya with a Saraswati picture and a flower bouquet and, while felicitating all the dignitaries, said that the university was filled with joy due to the arrival of the Chancellor.

Vedic culture flourished in Kaithal And on the land of this Kaithal, the Katha-Kapithal branch has also been worshipped.

The name of this university is after Maharishi Valmiki, so this university will establish and publish the Valmiki literature existing in the world in one place.

He said that after assuming the post of Vice-Chancellor, we have resolved to do three tasks, which are: firstly, the revival of the



Kath Kapisthal branch; second, to make the university the biggest research centre in the world; and thirdly, to cooperate in the development of Saraswati civilization.

When archaeologists and Sanskrit scholars do not say the same thing together, history will not be confirmed.

His Excellency Governor Shri Bandaru Dattatreya ji, the program's chief guest, expressed his delight at visiting Sanskrit University. I hope that the academic world will get a lot of benefit from this conference. History is the teacher of man, and the study of history makes society fully dynamic.

History keeps a beautiful picture of its behavior, governance system, etc. on our table on the basis of contemporary society.

MLA Ramkumar Kashyap pays homage to Maharishi Valmiki



INDRI (MAINPAL KASHYAP) : MLA Ramkumar Kashyap paid homage to Maharishi Valmiki ji by attending the festival of lights organised on the occasion of Maharishi Valmiki Jayanti at Valmiki Temple in Ward No-7 of Indri and celebrated Maharishi Valmiki Jayanti with the people present in the program. Best regards, MLA While speaking at the program, Ramkumar Kashyap said that the upliftment of society is possible only by following the thoughts and education of Adikavi Maharishi Valmiki. He stated that Maharishi Valmiki's message of human welfare will serve as a guide for Indian society for centuries. Through his creation, Ramayana, he has given the immortal message of Shri Ram's ideals, sacrifice, and humanity. Thus, the philosophy of life of Maharishi Valmiki is relevant even today. We get many lessons from his life. MLA Ramkumar Kashyap said at the function that the teachings of the great saints and great men of the country are the heritage of the entire human society. He said that Adikavi Maharishi Valmiki ji composed the epic Ramayana, which is the biggest book for the entire society today. He stated that the BJP government's decision to commemorate the anniversaries of all great men at the state level is a bold step in and of itself.