





PARI BAJAJ

KARNAL: Deputy Commissioner Anish Yadav said that the Chief Minister's Health Survey Scheme will kick off on Tuesday for the health-related facilities of the Haryana government.

Nagar Kirtan welcomed by Adesh hospital



GOLDY CHUGH

SHAHABAD: On the martyrdom day of Shri Guru Tegh Bahadur ji, after walking from Gurudwara Sheesh Ganj Sahib Chandni Chowk Delhi to Mohadi village of Shahabad, the Nagar Kirtan was welcomed by Adesh Hospital and Medical College with show of flowers.

Sugarcane crushing season to kick off today

SHIV KUMAR SHARMA ASANDH/KARNAL: The 15th sugarcane crushing season (year 2022-23) of Hafed Sugar Mill Asandh will be inaugurated on Tuesday at 2:15 p.m.

Kailash Bhagat, President of Hafed, will be the chief guest on the occasion of the inauguration of the 'pirai' season and will formally inaugurate the 'pirai' season. Deputy Commissioner Karnal Anish Yadav will also be present on this occasion.

Lakshmi Kant Sharma performs yagna after long illness



DALBIR MALIK

KURUKSHETRA: Senior Congress leader and State Spokesperson Lakshmi Kant Sharma after recovering from a long illness performed Havan Yajna at Shri Dakshinmukhi Prachikan Hanuman Mandir and sought the blessings of Lord Hanuman.

President Murmu to gift medical college to Sirsa

BUREAU CHANDIGARH, NOV 28

The people of Sirsa will get another health bonanza as President of India, Smt. Droupadi Murmu will lay the foundation stone of Sirsa medical college on Tuesday.

Smt. Droupadi Murmu who will especially be invited to attend International Gita Mahotsav (IGM)-2022 being held at Kurukshetra will lay the foundation stone of this medical college to be built at a cost of about Rs 1090 crore.

Sharing more information in this regard, an official spokesman said that as envisioned by Chief Minister, Sh. Manohar Lal the Government Medical College, Sirsa is being established



The spokesperson said that MBBS student and intern hostel block would be made in this medical college. It is proposed that accommodation for 500 students (300 for boys and 200 for girls) and 100 interns will be provided in double seating arrangement in this college.

This 539-bed medical college will be built on about 22 acres and will cost around Rs 1090 crores. The college will have 100 MBBS seats. The college will be only 2.6 kms from Sirsa Railway Station and 1.9 kms from Sirsa Bus Stand.

Horti centre holds workshop on women empowerment

SHIV KUMAR SHARMA KARNAL, NOV 28

A one-day workshop on women's empowerment was organized in collaboration with Israel on Monday at Horticulture Training Institute Uchani Karnal. Joint Director of the Institute, Dr. Jogindra Singh presided over the workshop.



contributing a lot in the field of horticulture and agriculture in Haryana. In this workshop, attache's friend Yasail and female expert from Israel, Eren Soshan Tamer, Dr. Tal Ita Silo, Press Officer Sneha Santara, Snehal Tripathi, Training Coordinator of the Month of Israel Anumeha Bhardwaj,

Project Officer Brahm Dev, Keynote Speaker Mohamad Ahib, Female subject matter expert from Tropical Fruit Center Ladwa Dr. Sevani Kamboj, Dr. Dr. Pooja Rani, Integrated Beekeeping Center Bhavna Bhatt and Park Officer Karnal Raveena Panwar participated.

Ranveer Hooda was a true companion of Ambedkar: Vaidya



DARSHAN SHARMA

NILOKHHERI: Bhim Rao Ambedkar wrote the constitution of the world's largest democracy and made India proud in the whole world, and on this day, November 26, the constitution was prepared and it is celebrated as Constitution Day.

OPD closed in Karnal due to doctors' strike

JASWINDER SHARMA KARNAL, NOV 28

According to the emergency information from the State IMA, today all the doctors of Karnal have closed their OPD services from 8 am to 8 pm.

This information was given today by Dr. Sanjay Khanna, President of the Indian Medical Association, Karnal. This morning all the doctors gathered at Kalpana Chawla Medical College at 11 am and together with all the students sitting on dharna opposed the bond policy by the government.

Senior Dr. Arvind Bhai said that this policy of the government will create a lot of pressure on the coming new generation of doctors.



Doctors in Haryana are angry against this policy. Secretary Dr. Rajat Mimani said that today we have given a memorandum demanding the government to the

appropriate sir of Karnal, in which a memorandum was given to withdraw the bond policy implemented by the government. Today its effect was seen on 10,000 OPD services in about 100 hospitals in the entire Karnal district.

German MP Rahul Kamboj inaugurates Rana Tiles Factory



NIRMAL SAINI

RADAUR: A programme was organised at Rana Tiles Factory in Palwala village. Rahul Kamboj, Member of Parliament from Germany was the chief guest in the programme.

Geeta Jayanti celebration to be followed by cultural programs: SDM



SANJAY VERMA

PEHOWA : Sub-Divisional Officer Citizen Sonu Ram said that district level programmes will be organized under Geeta Jayanti Mahotsav from December 2 to 4 under Amrit Mahotsav of Independence in subdivision Pehowa.

World Acro Dance Group brings laurels



PARI BAJAJ

KARNAL: On November 26 and 27 the Gymnastics World Acro Dance Group brought laurels to Haryana and India at the international show 3Illi (International Indian Icon) to be held in New Delhi.

Gita Jayanti Inspiration Week celebrated at IG National College

NARESH GARG LADWA, NOV 28

Geeta Jayanti Inspiration Week was celebrated on the occasion of Geeta Jayanti from November 21 to 26 by the Youth and Cultural Department at Indira Gandhi National College, Ladwa, as per the orders of Chancellor, Kurukshetra University, Kurukshetra.

on the occasion. College students participated enthusiastically in these competitions. College Principal Dr. Ravish Kumar Chauhan said

Shubham, Mehak Sharma and Aditi Verma stood first, second and third respectively in the essay competition.



that the students should participate in all the competitions held in the college. One should not think about success and failure. He said that Gita contains the essence of all the Vedas.

Tamanna stood first, second and third respectively in the painting competition. Harsh, Simranjeet and Nancy stood first, second and third respectively in the clay modelling competition. In the Rangoli competition, Muskaan & Associate, Pooja & Associate and Mehak Sharma & Associate stood first, second and third respectively. Pawan Garg, head of the College Management Committee, sent congratulations and best wishes to the winners of the competitions.

Literary conclave organised



NIRMAL SAINI

RADAUR: A Literary conclave was organised on the premises of DAV Public School, Radaur. The theme of which was Business Fest. Dr. RK Singla was the chief guest in the program.

Children of DPS Kids School visits Shahbad Markandeshwar Dev Maharaj



NARESH GARG

LADWA: The students of KG class of DPS Kids School located on Ladwa-Pipli road visited Shahbad on Monday and visited Shahbad Markandeshwar Dev Maharaj and toured the entire temple premises.

All villages falling in ward 7 will be developed equally: Panjeta



LADWA (NARESH GARG): Jasbir Panjeta Jainpur, the newly elected member of ward no. . Newly elected member Jasbir Panjeta said that 24 villages of Ladwa block fall in Ward Seven of Zilla Parishad and he would try to live up to the promises he had made to the voters of all the villages before the elections.

5 day child awareness camp held



RAJNI SONI

YAMUNANAGAR: With the inspiration of Art of Living founder Sri Sri Ravi Shankar, a 5-day child awareness camp was organised for 55 children studying in Khushi Unnati Kendra from November 22 to 26 under various service programmes for social uplift done by Gaurav Chowdhary.









## EDITORIAL

### Bluer pastures

White-collar or high-skilled emigration from India is not new. As per the World Migration Report 2020, India is the country of origin of the largest number of international migrants, with 17.5 million Indians living abroad, followed by Mexico and China. But what is perhaps new and interesting is that Indians are now choosing new countries to immigrate to. While the top destination is still the United States of America, the European Union with its blue card has emerged as a formidable competitor.

Interestingly, Germany has so far welcomed the most number of white collar immigrants from a third country to live and work there as blue card holders and Indian migrants top the chart. Data released by Institut der deutschen Wirtschaft show that between 2010 and 2020, the total number of Indians in Germany (57.6% of whom are white-collar immigrants) has increased from 48,000 to 1,51,000. The number of Indian students joining German universities has gone up in the last two years from 25,149 to 33,753. It is thus safe to say that the blue card is gaining popularity among Indians. It would not be ambitious to project that this number will continue to grow given the current unemployment rate in India and the labour shortages in Germany.

There are several reasons behind the popularity of the blue card. It not only offers work permits to potential employees but also to their spouses. The immigration pathway is less bureaucratic as well; for instance, migrants are able to move as a family (unlike in other cases where they have to apply for a family reunion visa which takes months to process). This framework has been popular among Indians in their mid-30s, who move with small children and partners with careers. The blue card is thus highly in demand among Indians choosing to emigrate to Germany for sophisticated labour laws, equality in gender relations, and less political polarization affecting everyday lives. In a post-pandemic global order, immigrants are increasingly interested in long term opportunities rather than short-term gains, and family matters continue to weigh as much as employment. In the light of this, Germany has emerged as a popular destination for Indians because of the work-life balance. It is also interesting to witness that Indian students are choosing Germany, often over other popular education destinations. This is because the tuition fees at German universities are nominal in comparison to, say, the US. In the last 10 years, Germany has been more open to English language programmes at university levels. But the Indian students emigrating to Germany for higher education are future blue card holders.

# Pak economy continues to remain in shambles

Pakistan's economy continues to deteriorate due to structural imbalances as several decisions regarding the economic policies like taxes, subsidies etc in the South Asian country have remained unaddressed over time, Dr Sakariya Kareem said while writing for Asian Lite.

Islamabad's foreign exchange crisis has worsened as reserves have been depleted to a critical low of USD 8 billion, compared to over USD 20 billion in August 2021, undermining the country's ability to make international payments. Foreign Direct Investment (FDI) fell by 52 per cent in the first four months of the current fiscal year FY23, showing the country's dismal economic health. A sustained drop in remittances is adding to Pakistan's currency woes.

Remittances totalled USD 9.9 billion in July-October 2022, down 8.6 per cent from USD 10.827 billion in the same period last year. If the current trend continues, overall remittances in FY23, which ends in June, are expected to be close to USD 30 billion, down from USD 31 billion in FY 2022, Asian Lite reported.

Meanwhile, Pakistan's textile exports have fallen to a 17-month low since May 2021, owing to a global economic slowdown in textile and clothing demand in Europe, the United Kingdom, and the United States, as a result of elevated price inflation, rising energy expenditure, and surging credit costs in the West.

Pak export earnings reached a historic high of USD 19.35 billion last year. However, the export outlook for this year remains bleak due to the foreign reserve crisis. Pakistan's textile exports may fall by USD 3 billion, according to Asian Lite. Although the overall trade deficit of Pakistan shrank to USD 10.8 billion in the first four months of FY 2023 as compared to the deficit of USD 13.75 billion in the same period of the previous fiscal year, there is no reason for complacency as it is primarily due to decline in imports which is a sign of economic slowdown.

Despite Pakistan's finance minister Ishaq Dar's repeated assurances for Sukuk payment, the international market is not willing to trust the assurances as the nation's economy struggles to avoid default by borrowing more from the markets, donors, commercial banks and friendly nations.

The talks between IMF and Pakistan government due to begin in early November have been postponed until the third week of November, Dawn reported. The talks will resume after Pakistan works on its commitment to adjust sales tax on petroleum products and takes other measures needed under a loan agreement revived earlier this year.



Officials sources, who spoke to Dawn, revealed that the talks between IMF and Pakistan were rescheduled after World Bank's report on flood damages in Pakistan which was released in October. Pakistan is due to pay USD 1 billion on December 5 against the maturity of five-year Sukuk, or Islamic bonds. Despite Pakistan's finance minister Ishaq Dar's repeated assurances for Sukuk payment, the international market is not willing to trust the assurances as the nation's economy struggles to avoid default by borrowing more from the markets, donors, commercial banks

and friendly nations. The financial sector has stated that the Fund was calling for new taxes to increase liquidity and avoid fiscal deficit expansion. The government needs at least Rs 800 billion, which as per the report could be achieved through new taxes which could be difficult for the government amid the economic situation and political turmoil. Pakistan has been gripped by political turmoil since Imran Khan was removed from office through a vote of confidence in April. Pakistan Tehreek-e-Insaf Chief Imran Khan accused the United States of planning his ouster.

## Khadi India Pavilion registers sale of Rs 12.06 crore at India International Trade Fair'



Khadi India Pavilion, showcasing premium Khadi garments, and village industry products produced by Khadi artisans in rural surroundings recorded a massive sale of Rs 12.06 crore at India International Trade Fair 2022 in New Delhi on Sunday.

Muslim khadi from West Bengal, Pashminas from Jammu and Kashmir, Patola silks from Gujarat, Banarasi silks, Bhagalpuri silks, Phulkari from Punjab, Kalamkari from Andhra Pradesh and many other types of cotton, silk and woollen products were showcased in the fair and purchased by the visitors in large amounts, the Ministry of Micro, Small and Medium Enterprises said in an official statement. Supply orders of various products were received

by the entrepreneurs, which would be beneficial for marketing their products in future. Taking the Khadi of Gandhiji's dreams to the global level, with the vision of Prime Minister Narendra Modi, Chairman, KVIC, Manoj Kumar felicitated all the artisans and participants by giving them certificates and thanked them for their participation in the trade fair. Khadi and Village Industries Commission (KVIC) organized a "Khadi India Pavilion" in India International Trade Fair 2022, Hall no. 3 to showcase the finest handcrafted Khadi and Village Industries products. It contextualized the vision of "Vocal for Local, Local to Global" of Prime Minister Shri Narendra Modi through the Khadi India Pavilion.

## China announces to provide free fuel to farmers, fishermen in Sri Lanka



Over 12,32,749 farmers will be provided with fuel and over 3,796 fishing vessels in Sri Lanka.

"The 10.6 million litres of diesel donation by #China will be provided free of cost to 1232,749 farmers for harvesting 342,266 hectares paddy fields across in Maha season 2022/23 (20L/hectare). 2all the 3,796 fishing vessels below 40 feet in (1,000L/vessel)," the Chinese Embassy in Sri Lanka tweeted.

As per a recent report by Geo-Politik, China has been extensively taking interest in Sri Lanka as the report revealed that the communist nation is investing in the sea-cucumber farms in Sri Lanka, that has the

capability of boosting exercise performance and have anti-fatigue effects.

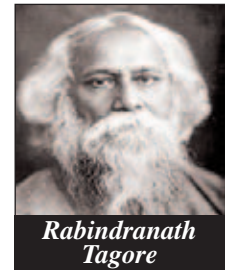
China also wants to facilitate the export of the species from Sri Lanka to China. However, there have been reports of protests by the local farmers saying that these aquaculture projects are likely to have an adverse impact on their livelihood, the local marine ecology and the land, reported Geo-politik.

The world knows that there are no bounds to Chinese ambitions, but their pursuit of becoming the most powerful in the world is likely to cause tremendous harm to vulnerable countries such as Sri Lanka.

## POEM

### The Wicked Postman

Why do you sit there on the floor so quiet and silent, tell me, mother dear?  
The rain is coming in through the open window, making you all wet, and you don't mind it. Do you hear the gong striking four? It is time for my brother to come home from school.



Rabindranath Tagore

Rabindranath Tagore

# TikTok encourages toxic diet culture among teens: Research

The most popular TikTok content related to food, nutrition, and weight perpetuates a harmful diet culture among teens and young adults, according to new research from the University of Vermont, and expert voices are largely absent from the conversation.

The study, which was just published in PLOS One, found that TikTok is largely dominated by weight-normative messaging or the notion that a person's weight is the most significant indicator of their health. The most popular videos on TikTok glorify weight loss and present food as a means of achieving health and thinness.

The findings are particularly alarming in light of prior research showing a link between social media use and disordered eating and negative body image in adolescents and young adults.

"Each day, millions of teens and young adults are being fed content on



TikTok that paints a very unrealistic and inaccurate picture of food, nutrition and health," said senior re-

searcher Lizzy Pope, associate professor and director of the Didactic Program in Dietetics at UVM. "Get-

ting stuck in weight loss TikTok can be a really tough environment, especially for the main users of the platform, which are young people."

The study is the first to look at TikTok content on a scale related to nutrition and body image. The conclusions are based on a thorough analysis of the top 100 videos from 10 trending hashtags for nutrition, food, and weight, which were then coded for major themes. When the study started in 2020, each of the 10 hashtags had more than a billion views; the hashtags chosen have increased significantly as TikTok's user base has grown.

"We were continuously surprised by how prevalent the topic of weight was on TikTok. The fact that billions of people were viewing content about weight on the internet says a lot about the role diet culture plays in our society," said co-author Marisa Minadeo '21, who conducted the research as part of her undergraduate thesis at

UVM. The Nutrition and Food Sciences Department at UVM has moved away from a weight-normative mindset in recent years and adopted a weight-inclusive approach to dietetics instruction. The method rejects the notion that there is a "normal" weight that is achievable or realistic for everyone and instead focuses on using non-weight markers of health and well-being to assess a person's health. Pope claims that if society upholds weight normativity, fat bias will continue to exist.

"Just like people are different heights, we all have different weights," said Pope. "Weight-inclusive nutrition is really the only just way to look at humanity."

As a more comprehensive method of assessing someone's health, weight-inclusive nutrition is growing in popularity. Minadeo, a UVM health and society major, and her advisor Pope were curious to learn more about the function of Tik-

Tok as a resource for knowledge about nutrition and healthy eating habits. They were shocked to learn that TikTok creators who were thought to be influential in the academic nutrition space weren't having much of an impact on the overall nutrition content landscape.

Most of the content analyzed in the study was produced by white, female adolescents and young adults. The researchers defined expert voices as people who self-identified with credentials like registered dietitians, doctors, or certified trainers. Very few creators met these criteria.

"We have to help young people develop critical thinking skills and their own body image outside of social media," said Pope. "But what we really need is a radical rethinking of how we relate to our bodies, to food and to health. This is truly about changing the systems around us so that people can live productive, happy and healthy lives," said Pope.



YUGMARG, CHANDIGARH, TUESDAY, NOVEMBER 29, 2022

Best, worst sleep positions for health

Sleep plays a major role in the way we look, feel and function. The word 'sleep' has now become synonymous with the word 'immunity', hence a healthy seven- to eight-hour sleep is recommended by experts for your body's immune system to be good.

allow your body to maintain neutral spine position while you sleep. There is a higher risk of hurting your neck as it puts your head and spine out of alignment which might result in twisting of your neck.

side and creates a natural curve of the spine. This position is great for lower back pain and pregnancy. It is however advised to not curl up your body too tightly as it can put strain on the joints, constrict breathing and hamper blood flow which can lead to severe health issues in the future.



Sleeping In Fetal Position The fetal position is when your body is curled up on the

Aditi Bhagat to play Ashwin's boss

Chandigarh : Mansi RaidhanSony SAB's Pushpa Impossible has garnered immense love and unwavering support from the audience. The storyline of the show is filled with thrills, twists, and adventure, which entices the audience and keeps them engaged.

portray a young intelligent businesswoman who is assertive, stubborn, and ambitious. She was born and raised in Canada and owns a chain of motels in the United States and Canada, as well as other international ventures. Mansi is a sophisticated woman who despises cheaters and liars.



Chandigarh :After setting foot in films, television, OTT, and theatre, actor Indu Prasad is all set to join &TV's Ek Mahanayak - Dr B. R. Ambedkar. The actress will be seen essaying the role of Aarti, who works under a British officer and whose ideologies do not match with Bhimrao (Atharva).

AWS Makes Water Positive Commitment to Return More Water to Communities Than It Uses By 2030

Chandigarh: Today at AWS ReInvent, Amazon Web Services, Inc. (AWS), an Amazon.com, Inc. company (NASDAQ: AMZN), announced it will be water positive (water+) by 2030, returning more water to communities than it uses in its direct operations.

SSUD Life appoints H.S. Prannoy as Brand Ambassador

Chandigarh; Star Union Dai-ichi Life Insurance (SUD Life), a joint venture between two of India's leading public sector banks, Bank of India and Union Bank of India, and Dai-ichi Life Holdings Japan has appointed Arjuna award-nominated badminton champion H.S. Prannoy as a Brand Ambassador.

Prez of India Conferred National Florence Nightingale Award to Dr Elsa Sanatombi Devi

Chandigarh: Dr Elsa Sanatombi Devi, professor & QMR at Manipal College of Nursing and FAIMER faculty at MFIPIIPE, Manipal Academy of Higher Education (MAHE), was presented with the National Florence Nightingale Award 2021 by President of India Smt. Draupadi Murmu on 7 November 2022 at the Rashtrapati Bhavan, New Delhi.

S-ILF calls for focus on youth as Ambassadors for leprosy on its 16th Foundation Day

Chandigarh : Marking 16 years of its establishment, Sasakawa-India Leprosy Foundation (S-ILF), an organisation dedicated to the social and economic empowerment of persons affected by leprosy and their families, launched the national chapter of its alumni networks.

Premium tyre brand 'Reise' launched in India

Chandigarh: Reise Moto, a division of Mahansaria Group, on Monday announced the launch of their premium two-wheeler tyre brand 'reise' in India. Developed and designed to bring international quality tyres to the Indian roads, Reise is a natural extension of synergies and convergence of the strong pedigree of the Mahansaria group and its tough and rugged DNA.

Ather Energy inaugurates its second manufacturing facility in Hosur

Chandigarh : Ather Energy, India's leading EV scooter brand, today inaugurated its second manufacturing facility in Hosur, Tamil Nadu. The facility spread across 300,000 sq. ft will help the brand expand its production capacity to 420,000 units per annum, further enabling the company to fulfill the increasing demand for its flagship scooters - the Ather 450X and 450 Plus.

Ziqitza Healthcare Limited shows a token of duty and care to their Amritsar staff crew, distributes winter wear!

Amritsar: As winter approaches, temperatures plummet, days become shorter, and much of the north is plunged into chilly weather, the conditions pose a unique set of challenges for the crew to operate through winter months and work round the clock to serve patients in need.

Amway India Repositions its Premium Skincare Brand Artistry to Visibly Healthy Beauty

Chandigarh/Amritsar: Amway India, one of the country's leading FMCG direct-selling companies, announced the repositioning of its premium skincare brand Artistry to Visibly Healthy Beauty by foraying into skin nutrition with Artistry Skin Nutrition™ line in India.

Spatial Audio driving content consumption on on-the-go devices amongst consumers in India

Chandigarh : Immersive audio experiences have gained importance over the pandemic years for consumers on smartphones and other 'on-the-go devices', including tablets, and wearables. Amongst Digital Natives, essentially tech-aware users spending >20 hours online on content consumption, there has been an impressive double-digit growth of 11% in seeking premium spatial audio over the past three years.

Bhandara organised in Panchkula

Panchkula: "No one becomes poor by donating. God bestows more wealth and gains to the donor. You will get what you give, this is the law of nature. The biggest donation is to feed the hungry," said Shri Amitabh Rungta, from Shri Shyam Karuna Foundation.

Spin Wheels on Gedi Route With Abhay Singh's Latest Heartbeat Dropper Track, "Land Cruiser"

With his most recent song, "Land Cruiser", released under the Gold Music Factory label, Abhay Singh, a rising star in the Punjabi music industry, has amassed a huge fan base. He is an amazing musician whose songs are making listeners around the world sit up and take notice.

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Ashi Singh's sweet gesture will surely melt your hearts

Chandigarh :Zee TV's popular fiction show, Meet, has made a special place for itself in the audience's hearts since its premiere. The inspirational show presents the story of Meet Hooda (Ashi Singh), who mirrors several women across the nation, who are fighting social norms of gender roles regarding work and responsibilities.

General (Dr.) Vijay Kumar Singh launched Mission Radiology India with a commemorative Postage Stamp

Chandigarh: Minister of State for Road Transport & Highways and Civil Aviation, Government of India, General (Dr) V. K. Singh (Retd.), launched Mission Radiology India (MRI) with a customised "My Stamp" of Mission Radiology India.

GD Goenka Toddler House, Zirakpur celebrates 2nd Annual Day 'One World One Future'

Chandigarh: GD Goenka Toddler House, Zirakpur celebrated its second cultural fiesta themed as " One World One Future" with pomp and show at Mahatma Gandhi Institute Of Public Administration ,Sector 26, Chandigarh.

Rashi's actions to cause havoc on the Patel family's life in Sony SAB's Pushpa Impossible

Chandigarh : We all have great memories of school - some about the fun times and some about the challenges. Being a victim to bullying is one of the memories most people would want to forget.



forward for holding Bhandaras. Anupama Rungta, Chaitanya Rungta, Pragati Rungta, Deepali Rungta, Rachna Kajal, Mohan and Nidhi Sukhpal Singh etc. were also seen helping in the distribution of food to the needy.



Abhay Singh performing on stage during his 'Land Cruiser' music video shoot.



Ather Energy staff members standing in front of their new manufacturing facility in Hosur.



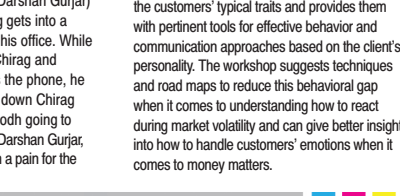
Ashi Singh at a social gathering, surrounded by friends and family.



General (Dr.) Vijay Kumar Singh holding a commemorative postage stamp for Mission Radiology India.



Children performing on stage during the GD Goenka Toddler House annual day.



A scene from the TV show Pushpa Impossible showing Rashi Patel in a dramatic moment.

## Bhandara of Rahim Baba Khalifa Deen Pathan Wale held

### MAINPAL KASHYAP

INDRI: Like every year, Rahim Baba Khalifa Deen Pathan Wale Baba Peer Urs Bhandara will be organized on Birwar by Gramin Yuva Ekta Manch in village Ramgarh Channo. Giving this information, the head of Gramin Yuva Ekta Manch, Vijay Kashyap said that like every year, Bhandara will be organized in the village on Birwar with the help of all the villagers of Rahim Baba Khalifa Deen Pathan Wale. People reach this Bhandara from far off places and ask for their wishes after seeing the forehead on Baba's tomb, all their wishes are fulfilled. He told that after Bhandara, Baba's chadar will be offered with great fanfare in the evening.



# Passenger safety Railway's prime focus, says Northern Railway GM

NEW DELHI, NOV 28

Ashtosh Ganga, General Manager, Northern Railways, held a performance review meeting with the departmental heads of Northern Railway and DRMs at NR headquarter office in New Delhi today. Amongst many issues under deliberations were preparedness for winter season precautions, safety on tracks, enhancement of speed, train operations keeping in mind the upcoming foggy season and freight loading.

The GM emphasized that Railway should be prepared for winter season precautions and 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.

Safety is the prime focus of



Railways. 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 online. He also advised to make efforts to clear encroachment near the railway tracks to ensure safety of passengers.

He also emphasized on

focusing on electrical safety on tracks as well as safety in relay and panel rooms for error free movement of trains. He stressed upon the minimizing the human failure in train operation. He also instructed the department heads and DRMs, to improve the punctuality and keep pace for freight loading with safety as priority.

He further said that, the

monitoring system of 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.

The GM took stock of the outreach of the Business Development Units. He also instructed that BDUs should create an environment of trust, support and confidence amongst the customers. He added that the initiatives and concessions offered by the Railways should reach the clients. He also informed that, loading of food grains & other items have steadily increased with every passing month.

Northern Railway is committed to provide safe, smooth and efficient services to its customers, he said.

## Khalistan will be built on our dead bodies: Shandilya



NIRMAL SAINI RADAUR, NOV 28

National President of Anti Terrorist Front India Viresh Shandilya arrived in a private function at Royal Garden of Radaur today. Shandilya's front in-charge Sachin Shandilya, Mohit Balyan, Nishank Nehra, Golu Mandan, Goldie Pandit, Pradeep Mandan, Aditya Badhan, Several Front members including Neeraj Sharma, Sonu Balyan, Karn Singh Balyan welcomed. Talking to reporters, Shandilya said that the Front will soon meet the Home Minister of India Amit Shah to stop the forces from spreading terrorism again in Punjab. He said that in Punjab, Amritpal Singh, posing as Jarnail Singh Bhindranwala, wants to instigate the Sikh

youth of Punjab to make the streets of Punjab red with blood in the name of Khalistan, and in this conspiracy Amritpal is backed by Pakistan's ISI and terrorists. The people running the organisation and the entire Khalistan Movement are with him. So action will be demanded from the Central Government on this. Viresh Shandilya said that ever since the AAP government was formed in Punjab, the era of terrorism has started again in Punjab and this time the face is Amritpal Singh, who is running the campaign of Jarnail Singh Bhindranwala. Amritpal Singh is conspiring to intimidate the Hindus of Punjab, against whom Punjab Chief Minister Bhangwant Mann did not utter a word, which is a matter of grave concern.

## 4 Dhaba operators challaned during night checking

VICKY BHABAT ZIRAKPUR, NOV 28

On the orders of DC Mohali, the local police checked the dhabas, hawkers and vehicles that were open till late night. During which the police have registered a case against four dhaba operators. The police have registered a case under 188 against all the dhabas. Giving information about the matter, SHO of Police Station Sadar Zirakpur Deepinder Singh Brar said that on the orders of DC Mohali, unnecessary roaming dhabas, halwais and vehicles are being checked till late night. A case has been registered against four dhaba owners.

The first dhaba operator has been identified as Karthik Lutawa resident of Sigma City Extension, Lohgarh, who was running a dhaba named Tandoori Jaka at Preet Colony, Zirakpur, the second has been identified as Amir Khan, resident of Preet Colony, Shere Punjab Dhaba, Patiala Road, the third was identified as Satveer Singh alias Billu resident of ITI Banur who runs Sethan Ka Dhaba, the fourth accused was identified as Nishant Singh resident of Shakti Nagar Derabshi who was running Chandra Vaishno Dhaba on Chandigarh Ambala Road.

Meanwhile, Inspector Deepinder Brar said that strict action has been taken against those who open hotels and dhabas after 12 o'clock on the orders of DC Mohali and SSP Mohali. This action has been taken to enforce them strictly. If anyone violates the orders of DC Mohali, strict action will be taken against him.

## Lt. Dr Devi Bhushan honoured by Education Minister as one of best ANOs



SHIV KUMAR SHARMA KARNAL, NOV 28

Lt. Dr. Devi Bhushan, Associate N.C.C. officer brought laurels to Guru Nanak Khalsa College, Karnal and 7 HR NCC BN Karnal as he was felicitated as one of the best ANOs by the Haryana Education Minister Kanwar Pal at a state level programme organised by NCC Group Headquarters in collaboration with DGHE, Haryana at S.D.College, Ambala Cantt. on the occasion of the 75th NCC Day Celebration. Lt. Dr. Bhushan was honoured due to his immense services rendered in the field of NCC. During his training at Officer Training Academy, Kamtee, he won the prestigious Commandant Silver Medal. The NCC cadets motivated by him have shown their excellence at International and National Levels. His cadet Ridhi Phor was also felicitated. In this Programme as the best NCC cadet being the international Archer. Cadet Rohit was also felicitated for his Cultural performance performance. Kanwarjit Singh, Prince, President College Governing Body kudos to Lt. Devi Bhushan, Ridhi and Rohit said that the college NCC Unit is doing excellent work under the leadership of Lt. Bhushan. Col. Naresh Arya, Commanding Officer 7 HR NCC BN said that the Lt. Bhushan was not only motivating his cadets but also helpful to the B.N. Adm Officer, Col. Nixon Harnal said that G N Khalsa College NCC unit is undoubtedly doing excellent work.

# Mahatma Phule showed path of harmony: Saini

SHIV KUMAR SHARMA KARNAL, NOV 28

Hundreds of people attended Mahaparivran Divas of Mahatma Jyotin a Phule at Mahatma Phule Chowk. He was remembered on Mahaparivran Divas of Father of the Nation Jan Nayak Mahatma Jyoti Ba Phule, who raised voice against caste system along with oppression of women in the country. He was offered floral tributes by the representatives of all the societies. The main programme was organised at Mahatma Phule Chowk on Hansi Road. This program was organised by Rashtriya Saini Sabha Karnal Unit and National Backward Classes Scheduled Castes Tribes and Minorities Federation. The chief guest in the programme was Ramesh Saini, state general secretary of Rashtriya Saini Sabha. The people present garlanded the portrait of Mahatma Phule. On this occasion, Ramesh Saini said that before the birth anniversary of Mahatma Phule, the statue of Mahatma Phule will be established at the Chowk. He said that in today's era, politicians remember Mahatma Phule for the sake of votes, but they keep distance from programmes organised on his birth anniversary or Maha Parivran Divas. He said that Mahatma Phule and his wife Savitri Phule launched a public awareness campaign. They worked for women's education. On this



occasion, social worker Amar Singh Patliyan said that today there is a need to follow the path shown by Mahatma Phule. Social worker Krishna Kutel said that Dr. Ambedkar also took inspiration from Mahatma Phule. Such great men are born after many centuries. Rashtriya Saini Sabha district head Rakesh Saini said that the youth should learn from the lives of Mahatma Phule and Savitri Phule. Everyone should commit to the underprivileged society. On this occasion, Coordinator of Haryana Pradesh Congress OBC Cell Surjit Saini, Daya Prakash, Khurshid Alam Rohit Joshi Saini General Secretary of Sabha Bhavan Dr. Vinod Saini, Meenakshi Saini social worker Mukul Saini, Om Prakash Jauria, Mrityunjay Saini, Praveen Saini, Rajeev Saini, etc. were also present.

## 2nd Annual Sports Day celebrated at Sacred Souls School



KULWINDER KARWAL SARDULGARH, NOV 28

Sacred Souls School Kauriwara is being run under Bhai Bhagwan Das Educational Society. Management members Baldev Singh, Dilbar Pal Singh, Alambir Singh and Bhagatpreet Singh were also present on this occasion. Sunit Inder Singh Walia Directorate General of GST Intelligence, Chandigarh (Deputy Director) was the chief guest on this occasion. The special guest Gurbjot Singh Rimpri Brar who has been an international basketball player and also a national gold medalist graced the event. Manjinder Singh Julka also became a part of this program. On this occasion, children's race competition 100m, 200m, 400m and 800m were conducted. Funny races for little children and long jump, shot put and relay races for older children were also conducted.

## People will throng Jan Samman rally to be held in Bhiwani on Dec 9: MLA Ishwar Singh



KULBHUSHAN SHARMA GUHLA-CHIKA, NOV 28

MLA Ishwar Singh said that a public rally is being organized on the occasion of the fifth foundation day of JJP on December 9 at the fair ground in Bhiwani. People will gather in this rally. Thousands of workers and common people from Guhla area will also participate in the rally. All the workers should make preparations for the rally in their respective areas and participate in the public honor rally with drums and drums. MLA Ishwar Singh was giving necessary guidelines by taking a meeting of the workers at his residence regarding the preparations for the Jan Samman rally. He said that on the occasion of the fifth foundation day of JJP, a public respect rally is being organized at the fair ground in Bhiwani on 9th December. There is a lot of enthusiasm among the common man and workers regarding this rally. He said that more workers and other people should reach the rally and strengthen the organization.

## Accused nabbed in cheating case on sending abroad

KULBHUSHAN SHARMA GUHLA CHIKA, NOV 28

During the investigation of a case of cheating in the name of sending abroad, the accused Rameshwar, a resident of Bandoda district Kurukshetra, was arrested by the team of SI Roshan Lal, led by Special Detective Unit in-charge Inspector Amit Kumar. Giving information, police spokesperson Pradeep Nain said that according to the complaint of Harvindra, a resident of Dera Bhag Singh Cheeka, he was well acquainted with Rajesh, a resident of Guhla. Rajesh said that Narendra, a resident of Karnal, has good relations with the US Embassy docks and agents and his maternal uncle Narendra works to send people to America. He sends it directly to America in just 20 days, which costs Rs 50 lakh. According to the complainant, Rajesh promised to send Rs 45 lakh to America. On June 6, Ladwa residents Rameshvardas alias Tandon and Narendra came to his house and got Rs 5 lakh, passport advance and some documents signed and asked to send them to America within 20 days. The accused told him that if he wanted to go to America sooner, then the responsibility of Rs 25 lakh would have to be given now and asked him to deposit the money with Pehwa's middlemen Rajbir, Dayanand and Satish. The accused said that the agents would act as middlemen.

## SI Dr. Ashok Kumar Verma donates platelets

SHIV KUMAR SHARMA KURUKSHETRA, NOV 28

Blood should flow in veins not in drains, said Dr. Ashok Kumar Verma, decorated with the President's Police Medal, National Gold Medal winner, Diamond-Shatakveer blood donor and environmental watchdog while donating platelets in the Parth Blood Bank. He arrived to donate platelets to a person on being informed by Sanjeev Kumar from Parth Blood Bank. Sub-Inspector of Haryana Police Dr. Ashok Kumar Verma is appointed as the in-charge of awareness programme and rehabilitation in NCB of Haryana and is doing the work of de-addiction along with making youth aware to get rid of drug addiction through de-addiction awareness programme in the entire province. This month Dr. Ashok Kumar Verma has donated platelets on 3 November, 10 November, 17 November and 26 November. He has donated blood 154 times along with platelets 72 times and has organized 426 voluntary blood donation camps in which about 50 thousand people have been benefited. All his brothers along with Dr. Ashok Kumar Verma's wife Sushma Verma, daughters Priyanka Verma, Divya Verma and son Akshay Verma donate blood.



## Sushil Verma stands second in card making district level competition

DALBIR MALIK KURUKSHETRA, NOV 28

Sushil Verma, a student of class VII from Kids Planet Prem Public School Sector-3, secured second position in the 'Card Making' competition organized by Shri Jai Ram Geeta Jayanti Celebration Committee. Many competitions related to card making, pot decoration and shloka recitation were organized in this district level competition in which students of all the schools participated. In 'Pot Decoration' from Kids Planet Public School itself, class VIII student Jhanvi and class VII student Saksham participated in 'Shlok Pronunciation' and displayed their art admirably. School manager Parminder Singh congratulated winners.



## BJP gets huge victory in Zilla Parishad elections: Dr. Sanjay Sharma

SHIV KUMAR SHARMA KARNAL, NOV 28

BJP has won a huge victory in the Haryana Zilla Parishad elections, which is a matter of happiness for the workers and for this, they express their gratitude to all voters and workers. Congratulating all winning candidates of BJP, BJP's state media and social media and social media chief Sharma said that people have once again expressed their faith in the policies and programs of the BJP-led Manohar government. Sharma said that out of 412 Zilla Parishads in the state, a total of 300 candidates, supported and allies of BJP have won. He said that in Haryana Zilla Parishad elections, BJP won 22 seats on the election symbol and in addition to this, BJP-backed candidates have won 151 seats and along with this 126 independents have won with BJP backing.



## Balbir Kaur expresses gratitude to people for victory



MAINPAL KASHYAP INDRI: From Ward 25 of Block Committee, Balbir Kaur, wife of Charanjit Singh Dugra, Yuva Halka Pradhan of JJP party, has won a record breaking victory in her ward. Thanking all the residents of his ward, he said that I thank the people of my ward from the bottom of my heart, who made me win with huge votes. Whatever works will be done in the ward will be completed by taking thirty-6 fraternities along with them. Charanjit Singh Dugra's mother has also been the woman sarpanch of the village, even during her existence a respectable development was done in the village and no one was discriminated against.

## Zilla Parishad election results show that public wants change

VINOD DHIMAN JAGADHARI, NOV 28

Former Haryana Congress State Executive and founder of Maktaba Dawoodi Society, Mohammad Wasim Dawoodi while talking to reporters said that the result of the Zilla Parishad elections on Sunday has expressed the pain of the public and it is clearly evident from these elections. Every class is troubled which is creating havoc all around, wants to get rid of it, that's why the results of Zilla Parishad elections appeared opposite to that of BJP and JJP. There is public resentment towards BJP. BJP stood third and fourth in most of the seats in the district. The results of Panchayat Samiti elections in the first Panchayat Zilla Parishad are clearly stating that the public has become unhappy in this way and now in the assembly elections.





## Kiara to announce her wedding with Sidharth on December 2

**M**arriage rumours of actors Kiara Advani and Sidharth Malhotra have been circulating on social media since the couple was spotted together on various occasions, although the couple has still not officially confirmed their relationship.

On Sunday, Kiara took to her Instagram and shared a reel video after which fans started speculating that the 'Kabir Singh' actor might announce her wedding with actor Sidharth Malhotra on December 2, 2022.

In the video, Kiara blushed and flaunted her cute smile.

"Can't keep it a secret for long! Coming soon... stay tuned... 2nd December," she captioned the post.

Soon after the post was out, fans flooded the comment section with red heart emoticons.

"Shadi hone vali hai goiizz yehi announcement karna h," a fan commented.

Another fan wrote, "Getting married or what?."

Previously this year, when Kiara arrived at Karan Johar's chat show 'Koffee with Karan' along

with Shahid Kapoor, she talked about her relationship with Sidharth and said, "I am not denying or accepting. We are definitely close friends, more than close friends."

After she talked about her relationship, Shahid quickly added, "Be ready for a big announcement sometime at the end of this year and it's not a movie."

Shahid's comment took the Internet by storm and left Sidharth and Kiara's fans in awe.

Talking about the work front, Kiara will be next seen in Karan Johar's next comedy film 'Govinda Naam Mera' alongside Vicky Kaushal and Bhumi Pednekar.

Helmed by Shashank Khaitan, the film is all set to stream exclusively on Disney+ Hotstar from December 16, 2022.

Apart from that she also has 'Satyaprem Ki Katha' opposite Kartik Aaryan in her kitty.

Sidharth, on the other hand, will be next seen in a spy thriller film 'Mission Majnu', an action thriller 'Yodha' and director Rohit Shetty's upcoming web series 'Indian Police Force'.



## Deepika Padukone, Ranbir Kapoor's romantic drama 'Tamasha' turns 7

**B**ollywood actors Deepika Padukone and Ranbir Kapoor's romantic drama film 'Tamasha' turned 7 on Sunday.

Taking to Instagram, production house Nadiadwala Grandson shared a post which they captioned, "Two souls on a journey of self-discovery but together they create Tamasha in their own way, here's celebrating #7YearsOfTamasha." In the post, the production house shared some glimpses from the film. Helmed by Imtiaz Ali, the film was released in the year 2015, the film didn't perform well at the box office despite getting positive reviews from the audience. 7 years later, the film remains fans' favourite due to its amazing dialogues and storyline. Soon after the production house shared the video, fans flooded the comment section with red hearts and fire emoticons. 'Tamasha' marked Ranbir and Deepika's third film together after 'Bachna Ae Haseeno' and 'Yeh Jawani Hai Deewani'.

Meanwhile, Ranbir was recently seen in the sci-fi action film 'Brahmastra: Part 1 Shiva' alongside Alia Bhatt, Mouni Roy and Amitabh Bachchan and was declared as a blockbuster hit. He will be next seen in director Luv Ranjan's upcoming untitled romantic comedy film along with Shraddha Kapoor and in director Sandeep Reddy Vanga's next 'Animal'. Deepika, on the other hand, will be next seen in an action thriller film 'Pathaan' opposite Shah Rukh Khan and John Abraham. Helmed by Siddharth Anand, the film is all set to hit the big screens on January 25, 2023.



## Ayushmaan Khurrana greets fans outside Shah Rukh Khan's Mannat



**B**ollywood actor Ayushmann Khurrana on Sunday greeted his fans outside Shah Rukh Khan's bungalow Mannat. Taking to Instagram, Ayushmann shared a picture which he captioned, "Mannat se guzar raha tha. Toh ek mannat maang li. #AnActionHero #2ndDecember #SRKian." In the picture, the 'Dream Girl' actor could be seen looking towards SRK's bungalow and his fans gathered around his car. Soon after the actor shared the picture, fans swamped the comment section with heart and fire emoticons. "Srkiens for life," a fan commented. nother fan wrote, "Love from SRK fan." "Biggest srkian in the world," another fan

commented. Ayushmann is currently busy promoting his upcoming quirky thriller film 'An Action Hero' which is all set to hit the theatres on December 2, 2022. Recently, the makers unveiled the item number 'Aap Jaisa Ko' which featured Bollywood diva Malaika Arora along with Ayushmann and gathered massive responses from the audience. Helmed by Anirudh Iyer, the film also stars Jaideep Ahlawat in the lead role and marks the 'Bala' actor's first action-packed film of his career. Apart from that, he will also be seen in an upcoming comedy film 'Dream Girl 2' opposite Ananya Panday, Paresh Rawal, Rajpal Yadav and Vijay Raaz and is all set to hit the big screens in June 2023.

## Nora Fatehi shed tears as she recalls her heartbreak moment

**B**ollywood's sensational diva Nora Fatehi who is a self-taught dancer has surely come a long way! Nora who is currently seen judging the reality dance show Jhalak Dikhhla Jaa broke down in tears after watching a contestant's touching performance on her song Pachtage.

The actor stated that Sriti Jha's

performance resonated with her since she could vividly recall a touching incident during the song's 2019 filming. Furthermore, Nora made a confession that while the song was being filmed, she was going through a breakup. Right after her statement, the video clip from the dance reality show started doing the rounds on the Internet. In the video, Nora said, "Sriti and Vivek, the

performance you gave on my song, I could relate to it. When I filmed this song, I was going through a similar emotional situation, which I was able to use in my performance. This might not be your best performance in terms of dance, but it was emotional..." 'Pachtage', which was released in 2019, was sung by Arijit and penned by Jaani with music by B Praak. In addition to Nora, Vicky

Kaushal and Prabh Uppal were featured in the song. The song, which was included in the album Jaani Ve, was a great hit when it was released. Nora made a brief cameo appearance in the song Manike in the movie Thank God. Alongside John Abraham, Riteish Deshmukh, and Shehnaaz Gill, Nora will appear in the upcoming movie 100 Percent.

