

# YUGMARG

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



## Main accused in Punjab Police constable's killing injured in encounter in Zirakpur, arrested

**Yuvraj Singh alias Jora has been admitted to a hospital with gunshot injuries**

**BUREAU MOHALL, JANUARY 14**

An absconding gangster was caught after a police encounter on Saturday in Dhakoli area of Zirakpur, located in close vicinity of Chandigarh.

Police said the gangster, identified as Yuvraj Singh, alias Jora, was the main accused in the Phillaur shoot-out incident where a police constable, Kuldip Singh Bajwa, was killed during a car-jacking incident on the night of January 8.

Police said the gangster fired at the police party during a raid at the hotel where he was staying, after which there was a cross firing in which the gangster sustained bullet injuries.

Police said the suspect received two gunshots and was later taken to hospital. The suspect, staying in Room No. 105, Hotel Alps, Dhakoli, opened fire on the Anti-Gangster Task Force

(AGTF) team when told to surrender. Three shots were fired by him, one of which hit AGTF AIG Sandeep Goel's bulletproof vest. One cop also received injuries.

Three shells, two live rounds, and two pistols and mobile phones have been recovered from the spot.

DIG Gurpreet Bhullar said, "The suspect had taken a room on the fake id of Ramzaan Malik today only. An attempt to murder case was registered against him earlier. Forensic team has reached the spot to investigate the matter further."

Kuldip Singh, a Punjab Police constable posted as gunman with the Phagwara (City) SHO, was shot dead in an exchange of firing between a police party and armed masked robbers near Kot Grewal village late Sunday night. The critically injured constable was taken to Gandhi Hospital in Phagwara where doctors declared him brought dead.



**CCTVs, tenant verification must in Doda**

**JAMMU:** Doda District Magistrate Vishesh Paul Mahajan, in an order issued under Section 144 of the CrPC, has asked the shopkeepers and the owners of other business establishments to install CCTV cameras, keeping in view the security situation. People have also been directed to get their tenants and domestic helpers verified.

"The owners of all the establishments, shops, dhabas, restaurants, hotels, garages, scrap dealers along the highway, in and around the main markets of the towns and other important roads within the jurisdiction of Doda district have been directed to install CCTV cameras on their premises within 15 days," an official spokesperson said.

वादा किया,  
वादा निभाया।

# OPS बहाल

पहली कैबिनेट में OPS को मंजूरी  
1.36 लाख कर्मचारियों की आस हुई पूरी

“हमारी प्रतिज्ञा है कि सरकार का प्रति दिन व प्रति क्षण हिमाचल के जन-जन की तरक्की और प्रदेश के चहुंमुखी विकास को समर्पित रहेगा।”

सुखविंदर सिंह सुक्सा  
मुख्यमंत्री

सुख की  
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YUGMARG, CHANDIGARH, SUNDAY, JANUARY 15, 2023

I, Poonam Devi W/o Subhash Goyal R/o Hno. 1944/17, Ward No. 17, Vivek Nagar, Kaithal Have Changed My Name From Poonam Devi To Poonam Goyal. Concerned Please Note.

84451

I hitherto known as Manpriya kaur D/o Balwinder Singh Uppal r/o VPO. Bir pind tehsil Nakodar District jalandhar have changed my name and shall hereafter be known as Manpriya kaur Uppal. All note please.

100066

I, Ashwini N Wife of Ananda Kumar V (16111512 K RANK HAV) Resident of Vill. Ukarakahalli, Tehsil Bangarpet, Distt. Kolar, State Karnataka, Pin Code: 563129 have declare That my name in my Husband's (Ananda Kumar V) Army Service Record is wrongly mentioned as A Ashwini but my actual name is Ashwini N. Concerned Note.

900013

I ,ravinder S/o Dilbag R/o Vill Koyal , Po Dhanauri , Distt Jind Haryana Resident of Vill. Ukkarahalli, Tehsil Bangarpet, Distt. Kolar, State Karnataka, Pin Code: 563129 have declare That my name in my Husband's (Ananda Kumar V) Army Service Record is wrongly mentioned as A Ashwini but my actual name is Ashwini N. Concerned Note.

84451

I, Kuldeep S/o Sh. Munge Ram R/o Quarter No. 2, 33 K.V. Sub Station UHBVN Sector 19-II, Kaithal Have Changed my name to Kuldeep (Given Name) Sharma (Surname).

100039

I, Meenu Kumari W/o Raman Salotra Hambran Road Gali No. 11 House No. 7 Golden Avenue Ludhiana Have Change My Name Meenu Kumari To Meenu Salotra Note Please

77756

I, Raman Kumar S/o Mulakh Raj Hambran Road Gali No. 11 House No. 7 Golden Avenue Ludhiana Have Change My Name Raman Kumar To Raman Salotra Consard Note Please

77756

I, Raman Salotra S/o Mulak Raj Hambran Road Gali No. 11 House No. 7 Golden Avenue Ludhiana Have Change My Name Raman Kumar To Raman Salotra Consard Note Please

77756

I, Raman Salotra S/o Mulak Raj Hambran Road Gali No. 11 House No. 7 Golden Avenue Ludhiana Have Change My Daughter Name Namhu To Namhu Salotra Consard Note Please

77756

I, Sushil Kumar S/o Ramesh Chand ward no.10, H no. 30B, near SBI, Taraori (karnal) have changed my name from Sushil Kumar To Sushil Garg.

100046

I, Khushdeep S/O Ram Saran Singh R/o Buta Ram R/O Vill Jaffal Jhingar, Po. Kishanpur, Tehsil Bhogpur, Distt. Jalandhar, Have Changed My Name From Khushdeep To Khushdeep Singh.

I, Jaskaran S/O Ram Ji Dass R/O Village Mazari, Tehsil Banga, Distt Sbs Nagar, Pin Code 144505 Have Changed My Name From Jaskaran To Jaskaran Atter

77778

I, Jatinder S/O Satpal R/O V.p.o. Shergarh, Distt. Hoshiarpur, Punjab Have Changed My Name Jatinder To Jatinder Saroya.

77778

I, Rajan Kumar Palhan S/O Surinder Kumar Pallan, R/O Vpo: Jandiala, Patti Bari, Tehsil:Phillaur, District Jalandhar-144033 (Punjab), Have Changed My Name/Spelling To: Rajan Kumar Pallan.

77778

I, Sonia Palhan W/O: Rajan Kumar Pallan, R/O: Vpo: Jandiala, Patti Bari, Tehsil: Phillaur, District: Jalandhar-144033 (Punjab), Have Changed My Name/Spelling To: Sonia Pallan.

77778

I, Rajan Kumar Pallan S/O: Surinder Kumar Pallan, R/O: Vpo: Jandiala, Patti Bari, Tehsil:Phillaur, District: Jalandhar-144033 (Punjab) Have Changed My Minor Daughter's Name/Spelling From: Rashmeet Palhan To: Rashmeet Pallan.

77778

I, Rajan Kumar Pallan S/O: Surinder Kumar Pallan, R/O: Vpo: Jandiala, Patti Bari, Tehsil:Phillaur, District: Jalandhar-144033 (Punjab) Declare That My Father's Name: Surinder Kumar Palhan As Well As:Surinder Kumar Pallan Is One & The Same Person & His Accurate Spelling Is Surinder Kumar Pallan As Per My Documents.

77778

I, Sushma W/O: Vinay Kumar Pamneja, R/O: H.no:8, Parkash Nagar, Model Town, Jalandhar-1, Have Changed My Name To: Sushma Pamneja.

77778

I, Akashdeep S/Osurinder Kumar R/O Vpo Dosanjh Kalan , Tehsil,phillaur,, Jalandhar, Punjab Have Changed My Name To Akashdeep Bhutta.

77778

I Hitherto Known As, Kritika D/O Kala W/O Tajinder Singh R/O Vill.thikriwal G o r a y a P o . q a d i a n Distt Gurdaspur(batala) 143516 Punjab, India. Have Changed My Name And Shall Hereafter Be Known As Arpanpreet Kaur

77778

I, Anita Choudhary W/O: Gourav Bhardwaj, R/O: Nm-558-a, Mohalla: Khar Khan, New Gopal Nagar, Jalandhar-(pb), Have Changed My Name To: Anita Bhardwaj After Marriage.

77778

I, Sahil Kumar S/O Ram Rattan R/O H.no. 123/5, Mohalla Tawella, Vpo Alawalpur, Distt Jalandhar Have Changed My Name From Sahil Kumar To Karra (Karra Is Surname)

77778

I, Rajvinder Kaur W/o Harjeet singh R/o Vill. Bansa, Karnal haryana inform that My Lic Policy No. 173228895 is my name Raj Kaur. But my real name is Rajvinder kaur, Rajvinder Kaur and Raj Kaur both names belongs to the same and one person.

100046

I, Mangaljeet Singh S/o Pargat Singh R/o.VPO Bath Distt Tarn Taran have Changed my to Mangaljeet, have my given name and Singh is my surname

72737

I, Sarabjit kaur W/o Santokh singh R/o.146, Gali No.1,Harkrishan Nagar, Chheharta Amritsar Declare That I have changed my name sarabjit kaur to sarbjeetkaur

72737

I, Bhupinder Singh Sandhu S/o Jassa Singh R/o.23, Guru Nanak Avenue Majitha Road Amritsar have Changed my name to Bhupinder Singh

72737

I, Deepak S/o Raj Kumar Kashyap R/o.E3748, Gali No.1,Shiv Puri Road Near Jain School Fazilka-152123 Punjab have Changed my name to Deepak Kashyap

72737

I, Gurmangat Singh S/o Mohinder Singh R/o.Village. Dhupsari, PO. Terra Kalan Tehsil Ajnala Distt Amritsar Punjab declare that my son name is wrongly written as Surinder Pal Singh in his Matriculation Certificate but his correct name is Surinderpal Singh

72737

I, Ridhima Dhawan, resident of Hno 139, Azad nagar azad road, Chheharta, Amritsar, Punjab-143105, have my mother's name incorrectly mentioned as Sneha Dhawan in my secondary and Higher secondary examination certificates. Her correct name is Neha Dhawan and should be considered so for all purposes.

72737

I, Rajinder Kour W/o Sukha singh village Vanleyke, vanike distt Amritsar I have changed my name Rajinder kour to Rajinder kaur concerned note

72737

I, Sahil Mohammad S/o Bilu Khan R/o Vill. Shivgarh, Teh. Nabha, Distt. Patiala have changed my name Sahil Mohammad to Sahil and Mohammad as surname.

72737

I , Army No.JC-247805M rank RIS name Kuldeep Singh Presently Residing at 67, Armd Regt C/o 56 APO India declare that as per army record the name of my mother is mentioned as Tarpata Devi But her Correct name is Tripta Devi. vide affidavit No. IN- PB 58199267875910V Dated on 03-01-2023 Best before Notary Public Amritsar

72737

I , Army No.JC-248446W rank RIS name Sandeep Kumar Presently Residing at 67, Armd Regt C/o 56 APO India declare that as per army record the name of my mother is mentioned as Yaman Sheoran But his Correct name is Yaman. vide affidavit No. IN- PB 57846465967151V Dated on 02-01-2023 Best before Notary Public Amritsar

72737

I, Snehlata is Legally wife of Army No.JC-288027F rank NB/SUB Name Banaras Kumar Presently Residing of Pandit Nagar, Bihar, Nalanda, Bihar-803101 India declare that I have changed my name from Snehlata to Snehlata Kumari vide affidavit No. IN- PB 58196811304873V date on 03/01/2023 best before Notary Public Amritsar

72737

I, Suman is Legally wife of Army No.JC-248446W rank RIS Name Sandeep Kumar Presently Residing of Berla, Berla(19), Bhiwani, Haryana-127308 declare that I have Changed my name from Suman to Suman Kumari vide affidavit No. IN- PB 57846780790807V date on 02/01/2023 best before Notary Public Amritsar

72737

I, Army No. 15487338Y rank DFR name Lal Singh Presently Residing at 67, Armd Regt C/o 56 APO India declare that as per army record the name of my mother is mentioned as Kushalya Devi But her Correct name is Kaushlya Devi. vide affidavit No. IN- PB 57846713382116V Dated on 02-01-2023 Best before Notary Public Amritsar

72737

I, Tarun S/o Shri. Bharat Bhushan, R/o H.No-840, Near HDFac Bank, Manimajra, Chandigarh declare that I have changed my name from Tarun to Tarunjeet Singh. In future I may be known as Tarunjeet Singh. All concerned please note and corrected in all the records accordingly

60017

I Rakesh Sharma S/O Sh. Abhay Ram Sharma R/O # 30A The Navyuvak kalyan house building Society, Village Tipra, Kalka Distt. Panchkula Haryana have changed my minor son name from Lakshayto Lakshay Sharma.

60013

I Yasodha Spouse of No 15621666W Rank Hav Sampath Kumar D R/o VPO Keegan Kottai, Teh & Distt Krishnagiri (TN) PIN 635112. Have changed My Name from Yasodha to Yasodha R Vide Affidavit JD003588939.

90003

I Parul W/O Ajay Kumar Solanki Village Ding Distt. Sirsa Have Changed My Name To Parul Solanki

40009

I, Karan S/o Raju R/o House No 472 Ram Nagar Basti Mann Wala Fatak Dhuri Pind Tehsil Dhuri Distt Sangrur Change To Karan Gharru. concern Note.

98726

I, Kulwinder Kaur Dhalival W/o Jagpal Singh R/o Vill Rajomajra Tehsil Dhuri Distt Sangrur Change To Kulwinder Kaur .concern Note

98726

Karpal Singh S/o Sh. Atma Singh R/o Village Bachgaon, Tehsil Thanesar, Distt. Kurukshetra have changed my name from Karpal Singh to Kirpal Singh. Please all concerned note please.

100074

I Prince Soni S/o Madan Lal R/o H No 62, St.No 2/1,Moti Bagh Colony,Basti Jodhewal, Ludhiana have changed my Name From Prince Soni to Prince Sachu.

50008

I Bachitter Singh alias Bikkar Singh S/o Harnek singh Vill: Pindi Balochan Distt Faridkot I have changed my name to Bikkar Singh

50008

I Heyaat Ali S/o Jamal Din R/o H.No.42, Gali No.1, Harkrishan Nagar, Malerkotla, Punjab Have changed my name from Heyaat Ali to Hayat Ali.

50008

I Zarina W/o Hayat Ali R/o Dilawargarh, Malerkotla, Punjab Have changed my name from Zarina to Jarina.

50008

I Diksha w/o Ramandeep Sharma House no 180 Tibba ( Ludhiana) have changed my name to Diksha Sharma

50008

I, Kanu w/o Shiv Kumar R/o Punjabi Mohalla ,ismailabad , Pehowa, Kurukshetra Have Changed My Name Ritu.

84661

I, Karamjeet Singh S/o Gurcharan Singh Vill Chhawan, Kurukshetra Have Changed My Name Karamjit Singh .

84661

I, Mandeep Kaur W/o Lovepreet Singh R/O Village Bodhni, Tehsil Pehowa, Kurukshetra Changed Given Name Mandeep and Surname Kaur.

84661

I Harsh S/o Parveen Kumar R/o. Street no 18, WARD No 2, Raman Mandi, Tehsil Talwandi sabo, District Bathinda, I have changed my name from Harsh To Harsh Jindal S/o Parveen Kumar, R/o Raman Mandi (Bathinda). All concern noted.

60018

I hitherto known as ANITA RANI D/O YASHPAL VERMA, W/o PREMJEET SINGH Residing at House No. 133, Street No. 07, Passi Nagar, Pakhowal Road, Basant Avenue, Ludhiana, District Ludhiana, Punjab-141013, India, have changed my name and shall hereafter be known as AVNEET KAUR. It is certified that I have complied with other legal requirements in this connection

90002

I, Nar Singh S/o Surat Singh R/o Karsa Dod, Tehsil Nilokheri, District Karnal, declare that I have changed my name from Narsi Lal to Nar Singh. In future I should be known and recognized by the name of Nar Singh.

100070

I Balbir Sihag S/o Hem Singh Shiag R/o Narsas, Sikar, Rajasthan-332318 have changed my daughter name from Anisha to Anisha Kumari

100078

I hitherto known as MANJULA BHASIN W/O SUDHIR BHASIN Residing at House number 801/3 housing board colony Jalandhar Punjab 144003 have changed my name and shall hereafter be known as MANJU BHASIN. It is certified that I have complied with other legal requirements in this connection.

90002

I hither to known as Amandeep Son of Davinder Pal resident of H.No. 77 Mohan Vihar Ladhewali Jalandhar, Punjab, India have changed my name and shall hereafter be known as Amandeep Bhagat.

42778

I hither to known as Preeti Wife of Amandeep Son of Davinder Pal resident of H.No. 77 Mohan Vihar Ladhewali Jalandhar, Punjab, India have changed my name and shall hereafter be known as Preeti Bhagat.

42778

I, Baljeet Singh Dhalival S/o Jaswinder Singh, Cheema Mandi, Tehsil Sunam, Distt Sangrur, Have Changed My Name To Baljeet Singh.

63372

I Raman Jyoti W/o Sunil kumar R/o Behind St.No.9, Sukhraj Basti, Abohar, Distt. Fazilka, Punjab have changed my name Raman Jyoti to Ruby.

63372

I hereto known as Akashdeep S/o Sukhdev Raj R/O Ghuman District SBS Nagar have changed my name and shall hereafter be known asAkashdeep Kumar.

63372

I, Juhar Singh S/o Visakha Singh R/o Chupkiti (Moga) changed my name from Jaspal Singh to Juhjar Singh.

63372

I, Lakhvir S/o Avtar Lal R/o Vill: Adekali Teh-Phillaur (Jalandhar) Pb, India, changed my name from Lakhvirto Lakhvir Badhan.

63372

I Yadwinder Singh Hans S/o Sukhdev Singh R/o Guro Bindu Singh Nagar Bathinda have changed my name to Yadwinder Singh.

63372

I, Ram Krishan Singh S/o Dunga Singh, R/o Vill-Karamgarh Satrain Distt Bathinda have changed the name of my son Harmandeep to Harmandeep Singh.

63372

I, Anju Gaur D/o Prem Chand Gaur W/o Sanjeev Kumar R/o H.No. 78 W.No. 6 Model Town Kurali Teh-Kharar (SAS Nagar, Mohali) changed my name to Anju Sharma.

63372

I Ekamveer Singh Mann S/o Jawsant Singh R/o Pitho (Bathinda) have changed my name to Ekamveer Singh.

63372

I Jasveer Singh S/o Hari Singh R/o Mandi Ahmedgarh Distt Sangrur Change Name To Jasvir Singh.

63372

I, Suresh Kuimar S/o Mela Ram R/o Machhiwara Khas (Ludhiana) have changed my name into Suresh Sharma.

63372

I Kuldip Kaur W/o Amarjit Singh R/o Vill : Dohla Teh : Dhuri Distt : Sangrur Have Changed my Name Kuldip Kaur to Kuldeep Kaur.

63372

I Sukhdeep Kaur Nagla W/o Gurdip Singh Dulleke and Post Office Mullanpur Distt Ludhiana Has Changed My Name To Sukhdeep Kaur.

63372

I, Harpreet S/o Joginder Pal R/o Vill: Malri Teh-Nakodar (Jalandhar) changed my name from Harpreet to Harpreet Dharival.

63372

I, Sanjay Kumar S/o Baldev Krishan R/o #185 Green Avenue (Barnala) changed my name to Sanjay Garg.

63372

I, Parveen W/o Sanjay Garg R/o #185 Green Avenue (Barnala) changed my name to Parveen Garg.

63372

I, Paramjit Kaur W/o Baldev Raj Verma R/o Duneke, Moga, Tehsil and Distt Moga changed my name to Paramjit Kaur Verma.

63372

I Raveendeeep Kaur Sidhu W/o Harpreet Singh Gill R/O Vpo Manuke, Tehsil Jagraon Distt Ludhiana have changed my name to Raveendeeep Kaur Gill.

63372

I, Ravinder Singh S/o Santokh Singh R/o Vpo. Ghatraon (SBS Nagar) have changed my daughter name from Tania to Tania Kaur.

63372

I, Harmandeep S/o Varinder Kumar R/o Vpo. Gunachaur (SBS Nagar) changed my name from Harmandeep to Harmandeep Nar.

63372

I, Phullpreet S/o Binjal Ram R/o Vill: Chankoi Teh-Balachaur (SBS Nagar) changed my name to Phullpreet Singh.

63372

I Gurpreet Kaur W/O Gurdeep Singh Boparai Vill. Dhalar Kalan (Ahmedpur) Tehsil. Ahmedgarh Dist. Malerkotla Have Changed My Name Gurpreet Kaur Boparai.

63372

I, Taniya D/o Amarjit R/o Vill: Sang Dhesian Teh-Phillaur (Jalandhar) changed my name to Taniya Rani.

63372

I, Taranjit Kaur Toor S/o Malkit Singh R/o Kaonke Khurd (Khasa) Teh-Jagraon (Ludhiana) changed my name to Taranjit Kaur.

63372

I, Surinder Singh S/o Kesar Singh R/o Bharthalala (Ludhiana) have changed my minor daughter name Mahak deep Kaur to Mehakdeep Kaur.

63372

I, Saurav S/o Harmesh Lal R/o Vill: Sotran (SBS Nagar) changed my name to Saurav Banger.

63372

I, Giani Inderjit Singh S/o Nachhattar Singh R/o Gurudawara Manji Sahib Banga Road Nawanshahr Teh-Nawanshahr (SBS Nagar) Pb, changed my name from Inderjit Singh to Giani Inderjit Singh.

63372

I, Jhujhaar Singh S/o Jang Singh R/o H.No. 179 Vill: Sarangpur (Chandigarh) changed my name from Jujjar Singh Bassi to Jhujhaar Singh.

63372

I, Simran W/O Mani Goyal R/O #2546, Natha Singh Street, Mehna Chowk Bathinda Have Changed My Name To Simran Goyal.

63372

I, Ravinder Kumar S/O Pirithi Chand R/O #428, BDA Enclave Phase 4-5, Bathinda, Punjab Have Changed My Name To Ravinder Kumar Jindal.

63372

I, Popi D/o Chhota Deen R/o Vpo. Jai Singh Wala (Bathinda) changed my name to Popi Malik.

63372

I Virpal Kaur S/O Devinder Singh R/O Jeond Distt Bathinda Have Changed My Name To Veerpal Kaur.

63372

I, Suresh Bala Dixit W/o Tarsem Pal Dixit R/o H.No.274-L, St.No.5-L, Guru Teg Bahadur Nagar, Laheri Road, Khanna (Ludhiana) have changed my name to Suresh Bala.

63372

I, Amarjit Singh S/o Gurmait Singh R/o Village Bathana Khurd (Fatehgarh Sahib) have changed my name to Amarjeet Singh.

63372

I, Rajvinder Singh S/o Jiwan Singh R/o H.No.49, VPO Libra, Tehsil Khanna (Ludhiana) have changed my name to Rajwinder Singh.

63372

I Kiranjit Kaur Muhar W/O Kulwant Singh R/O VPO Bajakhana (Faridkot) Have Changed His Name Kiranjit Kaur Muhar W/O Kulwant Singh Muhar To Kiranjit Kaur W/O Kulwant Singh.

63372

I Kulwant Singh S/O Major Singh R/O VPO Bajakhana (Faridkot) Have Changed His Minor Boy Child Name Navkamal Singh Muhar S/O Kulwant Singh Muhar To Navkamal Singh S/O Kulwant Singh.

63372

I Pirthi Singh Ailas Prithi Singh S/O Jugraj Singh R/O Near Gurudawara Singh S/O Ward No. 3, Mudki Tehsil And Distt. Ferozepur Have Changed My Name As Gaurv Kumar.

63372

I , Anil Kumar S/o Dharmpal R/o Village Serhada Distt. Kaithal Have Changed My Name From Anil Kumar To Anil ( Given Name) Kumar (surname). Concerned Please Note.

84451

I, hitherto Known as SANDEEP K A U R K H A N G U R A W / O JASPREET SINGH R/o. Village Leehana, Lihan Bhundri Ludhiana Punjab. have changed my name and Shall hereafter be known as SANDEEP KAUR

72737

I, hitherto Known as NAVJOT KAUR DHALIWAL W/O LAKHVIR SINGH HAYER R/o. Takhan Wadh District Moga Punjab. have changed my name and Shall hereafter be known as NAVJOT KAUR HAYER

72737



**CHANDIGARH** : Sony SAB's Maddam Sir has been keeping its audience hooked to their seats with the action-packed cases at the MPT (Mahila Police Thane). The female cop drama has a new addition to their exciting cast. Shilpa Shinde is all set to enter with a bang as Naina Mathur, a cop with her heart in the right place but her mind with its little tricks! She's full of spunk and loves taking risks. Don't be led astray! Naina has a crystal-clear record and has closed every case she's ever been handed. Shilpa Shinde talks about her comeback to television and offers insight into playing a cop for the first time. Talking about making her comeback on television with Maddam Sir, Shilpa says "I am very happy to return to television with a special show like Maddam Sir not only entertains but also highlights the warm hearted yet responsible, side of the police force. I think the show does an excellent job of mainlining multiple issues. I am excited to play Naina Mathur and I hope the audience will love her, her quirks and embrace her for who she is."

Talking about her character and playing a cop for the first time, Shilpa adds "Playing a cop has always been on my bucket list! Women officers are truly remarkable and deserve utmost respect. Getting the chance to play a cop as a woman is very exciting and I can only hope I will do justice to the role. Naina is a character who gets the job done, no matter what comes her way. She may use some unorthodox methods, but she has never left a case unsolved. Her rapport with Haseena is what shows the polarity of the characters in a manner that is very natural. Haseena and Naina are academy friends who share a very interesting camaraderie. They are opposite ends of the same stick, and they bring out the best in each other in ways one wouldn't expect. I'm sure the audience will give Naina as much love as they've given the show and hope she lives up to her mischief." Tune in to watch Maddam Sir on Sony SAB every Monday to Saturday at 10.00 PM

**Sony SAB's Alibaba – Ek Andaaz Andekha: Chapter 2 commences with Abhishek Nigam taking on the reign in a new and enhanced avatar!**



**HISAR (HARYANA)** : Well known television star Abhishek Nigam is all set to join the cast of Sony SAB's Alibaba - Ek Andaaz Andekha: Chapter 2 and will be seen essaying the lead character of Alibaba. In this new version of the show, Abhishek will be helming the lead role and will be seen in an exciting new avatar, infusing new energy into the character of Ali. With more smartness, aggression and new techniques of Marshall Arts, Ali is perfect and is always two steps ahead of his rivals. With the same heart of gold, it will be exciting to watch Ali return to Parwaz and continue his journey. Prior to joining the cast of this show, Abhishek Nigam was loved as the lead of Sony SAB's popular show Hero - Gayab Mode On which was a massive success and greatly appreciated by viewers. Abhishek Nigam's return to Sony SAB as Alibaba also happens to be his return to television after a gap of almost two years. Tune in to watch Alibaba - Ek Andaaz Andekha: Chapter 2 only on Sony SAB every Monday to Saturday at 8.00 PM

**LUDHIANA** : Engaging in exercise promotes a healthful lifestyle, but even when performed correctly, exercise causes fatigue and muscle damage. Recovery from exercise is important because it leads to muscle gain and improved fitness over time. A new study[1] involving people who exercise occasionally (less than three times per week) demonstrated that snacking on almonds reduced feelings of fatigue and tension, increased leg and lower back strength during recovery, and decreased muscle damage during the first day of recovery. David C. Nieman, DrPH, FACSM, Professor and Principal Investigator, Human Performance Laboratory, Appalachian State University, led this novel research, supported with funding from the Almond Board of California. Dr. Nieman's team wanted to see if an almond snack compared to a high-carbohydrate cereal bar snack would improve inflammation and recovery in adults engaging in 90-minute exercise sessions. "What we found tells us definitively that almonds should be added to sports nutrition strategies to help people recover better from exercise," explained Dr. Nieman. "Almonds are food for fitness. Carbs get most of the attention when it comes to fueling for exercise, but almonds offer a nutrition package, including good unsaturated fats, the antioxidant vitamin E, and proantho-

YUGMARG, CHANDIGARH, SUNDAY, JANUARY 15, 2023

## Global Music Junction bring a divine adaption of Shri Hanuman Chalisa to the audiences

**CHANDIGARH** : On the auspicious occasion of 'Makar Sankranti' in Gorakhpur, Padmashri Sonu Nigam's I Believe Music along with Global Music Junction – the digital entertainment arm of JetSynthesys launched the music video of Shri Hanuman Chalisa. The launch took place at the 'Gorakhpur Mahotsav 2023', in the presence of Hon. CM Yogi Adityanath. The event witnessed a huge footfall of over 50,000 people from in and around the city. With this music video featuring Sonu Nigam, the audience gets to experience a new version of the devotional hymn praising Hanumanji with unique video effects. Due to its wide accessibility on every leading OTT and social media platform, the video is all set to attract both young and old audiences of the country. Releasing simultaneously on 50+ YouTube channels, making it the first ever in the history of a music asset launch.



Addressing the audiences, Yogi ji said, "We just heard a line now from Shri Hanuman Chalisa sung by Shri Sonu Nigam ji. Hanuman Chalisa is a famous work composed by Goswami Tulsidasji. Whether an educated or an illiterate person, singing Hanuman Chalisa is as simple and easy for both. Every person, every Indian recites the Hanuman Chalisa with great reverence and respect. Here today, the famous musician

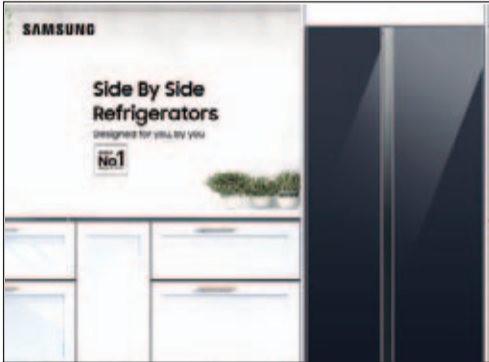
## Hintastica Private Limited (HPL) begins production of water heaters in Telangana with an initial investment of INR 210 crore



**CHANDIGARH** : Hintastica Private Limited (HPL) today announced the commencement of the production of its range of heating appliances at its state-of-the-art manufacturing plant in Jadcherla, Telangana. Spanning 5.7 acres, with an initial investment of INR 210 crore, the facility has the capacity to produce six lakh units of water heaters and heating appliances annually and will generate employment for over 500 people directly and indirectly. The plant is built on an environmentally friendly design that utilizes advanced energy saving manufacturing equipment and renewable energy sources. The opening ceremony was attended by Mr. Sandip Somany- Chairman, Hindware Home Innovation Limited, Mr. Pierre-Louis François- CEO, Groupe Atlantic and Mr. Eric Fajole- Trade Commissioner- Embassy of France in India. Additionally, other senior executives from Groupe Atlantic, strategic partners, and stakeholders were also present during the ceremony. HPL is set to become a force to be reckoned with since the plant will also support the export of products to neighbouring countries in the SAARC region including Bangladesh, Bhutan, Nepal, and Sri Lanka. The production at the plant begins with square moulded and cylindrical storage water heater models 'Alivio' and 'Ezro neo' respectively.

## Samsung Launches 2023 Side-by-Side Refrigerator Range

**CHANDIGARH** : Samsung, India's largest consumer electronics brand, today announced the launch of its top-of-the-line, premium Side-by-Side Refrigerator range for 2023. This new range is 100% manufactured in India and comes with several India-specific features based on consumer insights that will make the lives of consumers convenient and better. This all-new IoT-enabled lineup has been thoughtfully designed to cater to specific refrigeration needs of new-age Indian consumers such as customizable storage, glamorous exteriors, convenience through Connected Living, never ending entertainment, energy efficiency and more. As a first, all models of the new range will be Wi-Fi enabled and equipped with Smart Things app functionality to strengthen Samsung's 'Powering Digital India' vision. It comes equipped with Convertible 5-in-1 mode for customizable storage space, Samsung's Twin Cooling PlusTM technology for precise cooling and Curd MaestroTM that allows users to make curd at home in a healthy and hygienic way. To allow better space utilization, consumers can now detach the curd making compartment, when it is not in use. In this new range, Samsung, for the first time, has brought together its cutting-edge proprietary technologies to create a new benchmark in refrigeration, BESPOKE



Glass Finish to up the glam quotient and IoT-enabled FamilyHub 7.0 to offer unlimited entertainment and a connected living experience. To cater to the design taste of the modern consumers who want their style to reflect in everything they do, the 2023 Side-by-Side refrigerators come with four BESPOKE Glass Finish color options -- Glam Deep Charcoal, Clean White, Clean Navy and Clean Pink. To offer a connected living experience, these refrigerators come with Family Hub 7.0 that lets them control their smart devices via SmartThings app. It also offers unlimited entertainment, recipes suggestion basis what's stored in the fridge, reminders for food expiry, and so on. The new line-up's AI Energy Saving Mode works on Wi-Fi based machine learning that optimizes the fridge and freezer temperatures to enable up to 10% energy savings.

## Actors share fondest Kite Flying memories on Makar Sankranti

**CHANDIGARH** : Makar Sankranti, also known as the Kite festival, is celebrated across India with much fanfare. People fly kites and marks the arrival of spring. This year, &TV artists including Aayudh Bhanushali (Krishna, Doosri Maa), Yogesh Tripathi (Daroga Happu Singh, Happu Ki Ultan Paltan) and Shubhangi Atre (Angoori Bhabi, Bhabiji Ghar Par Hai) share their kite flying experiences and memories during this auspicious festival. Aayudh Bhanushali, essaying Krishna in &TV show Doosri Maa, says, "I belong to a Gujarati family and we eagerly wait for Makar Sankranti, also called Uttarayan in Gujarat. The key highlight of the festival is the famous 'patang bazi,' where the Kite string contains abrasives to cut down others' kites. Every year, my cousin and I gather on the terrace to compete in a kite-flying contest with our neighbours. When I was very small, my mother never allowed me to fly kites tied with sharp Manjha as it could hurt me. She used to replace it with plain thread, and kites laced with Manjha would always cut mine. Every year, my neighbours used to tease me by saying, 'Iss bar bhi teri patang nahi udne wali. Last year, after years of practice, I challenged them to a kite fight, and in a few minutes, I had cut their kites. It was a fun experience, and now nobody teases me as I have become a pro at flying kites (laughs). Apart from this, the preparation of Uttarayan in Gujarat starts in December itself. People start enjoying delicacies such as Undhviya, made of a baked mix of winter vegetables, chikkis made of til, peanuts, and jaggery, and other special festival recipes savoured on this day. I wish everyone a very happy Makar Sankranti." Yogesh Tripathi, essaying Daroga Happu Singh in &TV show Happu Ki Ultan Paltan, says, "While kite flying is mostly done on Makar Sankranti across India, I would say in Uttar Pradesh it is like a full-time sport. You may see colourful kites flying in the sky and kids spending most of the time doing that on their terraces throughout the year. I was no exception. Two weeks before Makar Sankranti, I, along with my friends, used to buy kites in bulk, and we used to be on our terraces flying them the whole day.



LUXURY BATHWARE BRAND, QUEO, LAUNCHES NEW CAMPAIGN – 'LET TIME WAIT'

**CHANDIGARH** : QUEO, the leading luxury bathware brand from the house of Hindware Limited, unveiled its new TVC campaign, 'Let Time Wait' featuring Indian actress and professional theatre artist Aahana Kumra. With the new TVC campaign, Queo aims to strengthen its positioning as a luxury bathware brand providing consumers with European bath lounges that blends with design and innovation. In addition to the TVC, the film will have seamless integration with different platforms across print, digital, OOH, and OTT platforms.QUEO embodies the idea of luxury and offers a wide range of contemporary designs and unique functionality to allow consumers to experience rejuvenation. The bathroom range emanates a premium and minimalist representation of European bath lounges. The collection is designed to be aesthetically appealing and built with the most durable finish.Speaking about the campaign, Mr. Sudhanshu Pokhriyal, Chief Executive Officer, Bath & Tiles, Hindware Limited, said, "As a leading player in sanitaryware and faucets segments, we are always engaging with end-user with experiences that matter to them.



## Amazon.in announces Great Republic Day Sale

**CHANDIGARH**: Amazon India announces its much awaited 'Great Republic Day Sale' from January 15 until January 20, 2023, with Prime members getting 24 hours early access starting January 14. Customers can shop from millions of products offered by sellers including artisans & weavers, women entrepreneurs, start-ups, brands, and local neighborhood stores across categories including Smartphones, Consumer Electronics, Grocery, Fashion & Beauty essentials, Home & Kitchen, Large Appliances, TVs and more. This Great Republic Day Sale Co-powered by Xiaomi, customers can look forward to saving more with great offers from brands Xiaomi, Orion, Pampers, Techno, Ariel, Gillette, LG Appliances, Samsung TV, Intel and more across categories. Customers shopping during the Amazon Great Republic Day Sale can enjoy an additional 10% instant discount with SBI Credit cards and Credit EMI; No-cost EMI using Bajaj Finserv EMI card, Amazon Pay ICICI Credit card, Amazon Pay Later and select Debit & Credit Cards. Additionally, customers can get a chance to win up to INR 5,000 as rewards during the Pay & Shop Rewards Festival by making daily payments like sending money, paying bills and more to unlock exciting shopping rewards that can be redeemed during the Great Republic Day Sale. Customers can also use their voice to navigate and discover the best deals using Alexa on the Amazon shopping app (Android only). Tap the mic icon on the app and say - "Alexa, go to Trending deals" or say "Alexa, go to Great Republic Day Sale games" for some fun.

## Coco Soul & PureSense launches new products

**CHANDIGARH**: PureSense Berry Blast Body Yogurt is non-sticky yet a moisturising formula, crafted to moisturise and nourish your skin all year round. Envelope your senses & hydrate your skin with this delicious body yogurt crafted with four berries. This soft textured body yogurt has a rich, creamy texture that is lightweight and melts in your skin & smells just like berries. The yogurt is formulated with Niacinamide and natural ingredients like raspberry, cranberry, bilberry & blueberry and has a lingering fragrance of fresh berries. Niacinamide is considered as the holy-grail for all your skincare needs. It helps strengthening the skin barrier and give you a nourished, hydrated, and glowing skin. Raspberry is rich in essential fatty acids and Omega-3 that protect your skin from daily environmental stressors and prevent skin damage giving you nourished and hydrated skin. Cranberry is rich in powerful anti-oxidants & collagen boosting properties that helps fight signs of ageing and give you nourished and supple skin. Bilberry is rich in tannin that helps your skin feeling glowing and helps you get an even tone skin. Blueberry is rich in Vitamin C & E that helps brighten up your skin and takes away dullness giving you soft & supple skin.



## Dabbang Dulhaniya Rajesh bani Icchadhari Naagin

**CHANDIGARH** : &TV's Happu Ki Ultan Paltan never fails to entertain its audience with humorous and entertaining tracks. Every time we see the characters land themselves in amusing situations, it makes for a hearty laugh from the audience. The next we will see is Dabbang Dulhaniya Rajesh (Kamna Pathak) will turn into Icchadhari Naagin and take the viewers for an entertaining ride. In the track, Happu (Yogesh Tripathi) accidentally eats Naagin's eggs as an omelette, and for revenge, Naagin starts haunting Happu. To save him, Rajesh disguises himself as Naagin. Kamna Pathak, essaying Rajesh Singh, says, "In every episode, there's always something exciting and entertaining for the audience. And now, we have this Naagin track, which will surely leave the audience in splits. I thoroughly enjoyed shooting for this track. Naagin is one character I have always wanted to play on-screen. It looks glam and quite appealing. And not to forget the naagin dance! (laughs). Talking about the process of getting into her Naagin avatar Kamna adds, "Frankly, the day we were supposed to shoot as Icchadhari Naagin, I was excited. When they first informed me that I would be donning a Naagin look for the second time in the show, I excitedly asked them, "Will I get to do a Naagin dance?" and they reverted, saying this Naagin will also have a fight sequence (laughs). Icchadhari Naagin is one such character in Bollywood and television that every actress would like to play someday, and I am no different. Ever since I saw the late Sri Devi in her film Nagina, I have dreamt of dressing like her and becoming a Naagin on screen. Getting into the costume and completing the makeup and accessories took almost two hours. And I was eager to see myself in that expression. I also shared my pictures with my family; their reactions were hilarious. I must say I quite enjoyed the dance, drama and the glam look. It was a refreshing change. I love dancing, and any track that involves it always makes me happy. It will be interesting to see how the audience reacts to this humorous Naagin track." Watch Kamna Pathak as Naagin in the upcoming episode of &TV's Happu Ki Ultan Paltan, airing every Monday to Friday at 10:00 pm!



## Quotes from Sony SAB artists: Makar Sankranti and Uttarayan



**Hisar (Haryana)** : Chinmayee Salvi aka Sakhi Wagle from Sony SAB's Wagle Ki Duniya - Nayi Peedhi Naye Kissey: "Every year, my mom makes fantastic til laddoos, made with jaggery, secret ingredients and loads of love! My day starts with eating my favourite Maharashtrian delicacy called Gulachi Poli, followed by flying kites. My fondest memories from childhood include flying kites with my friends and having til ke laddoos. Our Marathi culture has a saying that comes with this sweet - 'Til gul ghyai na goad goad bola'. So, this festive season, we must think positively, and quit all negativities. I pray this Makar Sankranti brings lots of prosperity and happiness in everyone's life, and I hope everything becomes normal as before." Pariva Pranati aka Vandana Wagle from Sony SAB's Wagle Ki Duniya - Nayi Peedhi Naye Kissey: "This year, on Makar Sankranti, I would indeed be largely occupied with Wagle Ki Duniya's shoot. However, as part of my family's Sankranti custom, I'll start the day with one of my favourite sweets, Til Ke Laddoo. My mother would always prepare it for me, which I would then eat to my heart's full content. This is one of my most cherished festival memories. Wishing everyone a wonderful Makar Sankranti!" Sumeet Raghavan aka Rajesh Wagle from Sony SAB's Wagle Ki Duniya - Nayi Peedhi Naye Kissey: "Makar Sankranti is the first festival of the year and is celebrated with much vigor and joy. Last year, we celebrated the day with authentic Maharashtrian rituals of hal-di kumkum while feeding each other delicious til-gul laddu followed by the sheer joy of kite flying with the entire on-screen Wagle family. My fondest memory of this festival is when my entire family and I would sit together around a bonfire, enjoy the weather, and celebrate the harvest. To add to the festive cheer, my mom would make peanut chikki, which is definitely my go-to Sankranti dessert. I would like to wish all my fans a joyous and safe Makar Sankranti, and I heartily pray that it brings prosperity and good health to all throughout the year." Karuna Pandey aka Pushpa Patel from Sony SAB's Pushpa Impossible: "Uttarayan is the Hindi word for 'enjoying to the maximum.' During the festival, I enjoy flying kites, and the best part is that it functions like a terrace party where you can also eat delicious winter foods. Every year, I greatly look forward to the festival. This year, I will be celebrating the festival with my family and wishing everyone a very Happy Makar Sankranti and Happy Uttarayan."

Editorial

Economic data spreading cheer, jobs still a concern

If you placed all highlights of the economic data, released in the last few days both in India and the United States of America, as dots on a canvas to draw a picture, it would make for a happy smiley face. The New Year of 2023 indeed seems to be happier than most economists, and the general public, feared it could be. However, there are a few concerns, the biggest among them being creation of jobs.

One of the biggest positives for India is inflation. The country's retail inflation eased to a one-year low of 5.72 per cent in December 2022, from 5.88 per cent in November 2022, and 5.66 per cent in December 2021. Given the political, and social, significance of price rise, this singularly gives a lot of cushion for Indian customers, and the economy.

Food prices, both wholesale and retail, are easing in India. Wheat output has been better than expected, giving the rural economy as well as the PDS lots of elbow room. The US inflation too cooled down to 6.5 per cent, which pumped markets into an upbeat mood after the December CPI data was released. The US data will help India stem pressure on the rupee, and pre-empt any major impact of imported inflation on the domestic economy. The second good news is India's industrial output, which rose by 7.1 per cent in November 2022, after contracting in October. Consumer spending, too, has improved, as is evident from record and consistently growing GST collections.

The good news from the US with Friday's monthly employment report shows an increase in the number of workers on non-farm payrolls. There is also a slowing in wage growth, both of which are welcome news for the US central bank. If the Feds do not see any need to change interest rates and feel inflation can be managed without any monetary steps, it would be good news for the entire world economy. India will particularly benefit, especially the stock markets, with a higher flow of FII funds, and keep the indices high.

Beyond the two countries, the easing of Covid curbs in China will ease both price pressure and supply-side inflation on certain goods. It will, however, have to be seen for how long logistics and supply chains remain under-optimised which will be up until the overall global economic order resumes normalcy.

In India, like in the US, the business outlook has improved, but it is a matter of concern that the hiring outlook is still cautious. Recessionary fears linger, and unless the US economy continues growing, and the clouds clear, this cheer may not last too long.

Joshimath's lesson: Don't 'over-develop' Himalayas

Joshimath is sinking. The new year has started off with these two chilling words on the top of our minds. In recent days, there has been a flood of reports about the trauma of life in Joshimath – India's sinking Himalayan town -- and the ongoing evacuation efforts. Unless you have been living under a rock, by now, you would have got the broad drift of the various factors leading to the unfolding disaster in this town of around 25,000 people on the pilgrim circuit in Uttarakhand's Chamoli district.

Media reports say that cracks have appeared in more than 670 of some 2,500 buildings. At the time of writing, residents are objecting to the state government's attempts to demolish several unsafe structures; they say the interim relief of Rs 1.5 lakh each to the affected families is simply not adequate. The residents of Joshimath staged a massive protest when the district administration tried to demolish two hotels that fell in the "dangerous" category. Uttarakhand CM Pushkar Singh Dhami says a study of the "bearing capacity" of all the towns and cities in Uttarakhand will be done. The state government says it will stop any "development work" that is beyond the bearing capacity of the place. On Janu-



ary 16, India's Supreme Court will hear a public interest litigation (PIL) seeking its intervention regarding the sinking land in Joshimath. In a petition filed last week, Swami Avimuktेश्वरानंद Saraswati, a seer, has requested the court to declare the current incidents of land sliding, subsidence, sinking land, cracks in properties as a "national disaster", and has asked for a scheme for disaster relief and rehabilitation.

One cannot be faulted if all this has a familiar ring. There are warnings that are ignored. Disaster strikes. There is panic. And calls for evacuation. Since there is little disaster-planning, people

resist. There are protests. And in all the sound and fury, there is a familiar framing of the crisis: development versus environment.

But this is a faux debate, not just in relation to Joshimath but the entire Himalayan region. The problem is not "development" per se, but unsuitable development which does not factor in geography, geology, ecology or climate change.

Nothing that is happening today comes as a surprise. There have been any number of reports and any number of warnings about the disastrous consequences of development of a certain type in the ecologically fragile Hi-

malayan region. Back in the 1970s, a government study sounded the alarm about sinking Joshimath. The study made key recommendations, including a ban on heavy construction work in the area. It also flagged the danger of landslides. The recommendations remained just that. Political parties cutting across the ideological spectrum chose to ignore them.

The years that followed saw the place morphing into a favourite of those headed towards the pilgrim centres of Badrinath and Hemkund Sahib. The booming pilgrim/tourist economy meant a proliferation of hotels and eateries. Then there are hy-

droelectric power projects in the vicinity.

There is nothing wrong in catering to tourists and pilgrims. It generates much-needed jobs. The problem is that the Himalayas is the world's youngest mountain range. The entire Himalayan region is extremely fragile -- prone to landslides, seismic activity, erosion, soil subsidence and so on. Climate change is now a threat multiplier.

So, not all development activities are suitable for this area. To say this loud and clear is not being anti-development but pro-development as development of the wrong kind in a fragile terrain leads to disasters of the kind we have seen and are seeing, and disasters derail development work.

Ecologist Chandra Prakash Kala pointed out in a June 2014 report for the International Journal of Disaster Risk Reduction: "The highest mountain region in the world, the Himalayas, being structurally unstable and young, is still geologically active... fragile and vulnerable to both natural and man-made processes..." Kala argued that in the name of globalisation, industrialisation and "so-called modernisation", people have "overlooked the natural ecosystems and carrying capacity of the Hi-

malayas, besides the traditional beliefs and norms of nature conservation". The number of pilgrims has increased exponentially at major pilgrim centres across the Himalayas, he noted.

"Disaster and development are interrelated actions. Disaster can destroy development initiatives and at the same time it sensitises the need for appropriate and mindful development. Roads are needed for development but to be crazy for roads and more roads may take a big toll on the ecology," Kala wrote.

In the coming days, we must ensure that the discussions around "Joshimath Sinking" do not overlook issues around the kind of infrastructure development that the Himalayan region can bear. As environmentalist Vimlendu Jha pointed out on social media: "Ideally, any development and urbanisation strategy should consider acceptable levels of risk."

The central issue is the development model being pursued not just in Uttarakhand, but the entire Himalayan region, from Kashmir to Arunachal Pradesh. The large infrastructure projects which pose a threat to the fragile ecosystem include the 60-odd tunnels being constructed in various parts of Uttarakhand and the dams in the entire state.

Literature & Health

Double Jeopardy Men

Mental health experts have long known that although women have nearly twice the rate of depression diagnoses, men are much more likely to die by suicide, drug overdose and alcohol-related deaths — sometimes referred to as deaths of despair. Nearly 80 per cent of suicides are among men, with males older than 75 and those who work in traditionally blue-collar jobs, such as mining, construction and agriculture, having the highest rates.

Despite men's higher risk of death related to mental illness, women are much more likely to seek out help. In 2020, 15 per cent of men reported receiving either psychotropic medications or therapy in the past one year compared with 26 per cent of women.

This disparity in care has left experts scrambling for ways to reach more men, particularly those most at risk and who might be reluctant to talk about their mental health. Research has found that men who exhibit traditional stereotypes of masculinity, such as stoicism and self-reliance, are even less likely to ask for help.

"We call some of them 'double jeopardy men'," said Sally Spencer-Thomas, president and co-founder of United Suicide Survivors International. "They're men who have a number of risk factors and who are also least likely to seek help on their own." In response to this growing mental health crisis, the American Psychological Association (APA) released its first set of guidelines for practitioners working with men and boys a few years ago, in 2018. "There is clearly growing recognition that we have to reframe men-



tal health care and our approach to addressing the mental health needs of men," Arthur Evans Jr., CEO of APA, wrote in an email. For instance, he said, it helps to reframe therapy as an opportunity to become strong or well, rather than a treatment for mental illness. Some therapists and public health campaigns have adopted this approach and are using other unconventional messaging in an attempt to appeal to hard-to-reach men. This might include using humour or leaning into some masculine stereotypes. Experts hope that once these men are in the door, they'll come to see that asking for help and going to therapy is a sign of strength, not weakness. Over the course of two years, Spencer-Thomas conducted interviews and focus groups with men who had survived suicide attempts about what might have helped them during their time of greatest need. She quickly learned that the standard communication around mental health was a turnoff for the men she spoke to.

When PCOS gets in the way

Fertility has become a problem in India. Women fail to conceive and the blame game starts. Either party (man or woman) may have a serious problem or both may have a minor one. Some of these are reversible and treatable. The sperm count can often be increased by adopting a healthy lifestyle, exercising, and not smoking or drinking. In 8 per cent of women, there may be anovulatory cycles, with the ova (eggs) remaining in the ovaries forming fluid-filled sacs called polycystic ovaries (PCOD, PCOS).

Women who develop PCOS have other changes in their bodies as well. They put on weight, have hairy, pimply faces, lose hair from the head and develop ugly black patches on the neck and elbows. This is mistaken for poor hygiene, and the women try to scrub it off. It is actually a condition called acanthosis nigricans caused by deposits of fat under the skin. It cannot be scrubbed off.

A century ago, not many women had PCOS. The incidence has now increased by 65 per cent. The reasons are myriad. The lifestyle has changed and become more inactive. Household appliances have made housework less



physically taxing. Houses are smaller. Television and cell phones occupy much of everyone's spare time.

There is often a genetic predisposition to PCOS, with many women in the family facing difficulties in conception. There may be a family history of diabetes. There may be insulin resistance when the body does not respond appropriately to the insulin secreted by the pancreas. This can lead to a low-grade inflammation which also interferes with the proper formation, maturation and release of eggs. As the body produces more insulin because of the resistance, excess male hormones (androgens) are also produced, causing pimples and a hairy face. Insulin resistance also results in low-grade inflammation, heart disease and hypertension.

To make the menstrual cycle regular, hormonal tablets (oral contraceptive pills) can

be prescribed. They regulate the hormones by supplying estrogen and progesterone in the correct proportions. When the tablets are stopped, there is a withdrawal bleed.

Many people are scared of hormone tablets and fear that they will cause cancer. Studies have shown that the low-dose hormones used today do not have this effect. However, since they prevent ovulation, if the person wishes to become pregnant the tablets have to be changed to ovulation-inducing tablets.

Losing as little as 5 per cent of body weight can correct PCOS without medication. However, women with PCOS have an increased appetite, so dieting becomes difficult and requires powerful motivation.

Sometimes the diabetic medication metformin may be prescribed to tackle insulin resistance and help with weight loss.

POEMS

Colored Toys

When I bring to you colored toys, my child,  
I understand why there is such a play of colors on clouds, on water,  
and why flowers are painted in tints  
---when I give colored toys to you, my child.  
When I sing to make you dance  
I truly now why there is music in leaves,  
and why waves send their chorus of voices to the heart of the listening earth.

Almonds: Food for Fitness

New study finds eating almonds promotes muscle recovery and reduces fatigue from exercise

Engaging in exercise promotes a healthful lifestyle, but even when performed correctly, exercise causes fatigue and muscle damage. Recovery from exercise is important because it leads to muscle gain and improved fitness over time. A new study[1] involving people who exercise occasionally (less than three times per week) demonstrated that snacking on almonds reduced feelings of fatigue and tension, increased leg and lower back strength during recovery, and decreased muscle damage during the first day of recovery.

David C. Nieman, DrPH, FACSM, Professor and Principal Investigator, Human Performance Laboratory, Appalachian State University, led this novel research, supported with funding from the Almond Board of California. Dr. Nieman's team wanted to see if an almond snack compared to a high-carbohydrate cereal bar snack would improve inflammation and recovery in adults engaging in 90-minute exercise sessions.

"What we found tells us definitively that almonds should be added to sports nutrition strategies to help people



recover better from exercise," explained Dr. Nieman. "Almonds are food for fitness. Carbs get most of the attention when it comes to fueling for exercise, but almonds offer a

nutrition package, including good unsaturated fats, the antioxidant vitamin E, and proanthocyanidins (class of polyphenols, which are protective compounds in plants) that help explain the beneficial outcomes in our study." One serving of almonds (28g) has 13 g of good unsaturated fat and only 1 g of saturated fat.

**Study Design**

In this trial, researchers included 64 healthy adults with an average age of 46 years. Participants were included if they exercised less than three (3) sessions per week. The experiment used a randomized,

parallel group design, where treatment participants (n = 33) ate 57 g (2 ounces) almonds daily, split between morning and afternoon, for 4 weeks. Control participants (n = 31) consumed a calorie-matched cereal bar, also in split doses.

Participants submitted blood and urine samples and responded to mood and muscle-soreness questionnaires. Height, weight, and body composition were measured. Then, people in the study were instructed to perform muscle function tests (exercises), and once complete, they initiated the 4-week supplementation

period—taking either almonds or cereal bars. At the conclusion of 4 weeks, participants submitted dietary intake records, blood and urine samples, and another set of questionnaire responses. Muscle function testing was repeated and then participants engaged in 90-minute eccentric exercise bouts comprising 17 different exercises.

Examples of eccentric exercise include slowly lowering a load to the floor, lowering into a squat, or lowering during a push-up. People in the study returned the following day to submit additional blood and

urine samples and questionnaires as well as to perform additional physical fitness tests. Researchers assessed changes in plasma oxylipins, which are bioactive, oxidized lipids involved in the post-exercise inflammation response, and urinary gut-derived (from the large intestine) phenolics (antioxidants from plants), plasma cytokines, muscle damage biomarkers, mood states, and exercise performance.

**Results**

Almond consumers experienced:

Reduced post-exercise fatigue and tension as well as

higher levels of leg and lower back strength;

Lower levels of serum creatine kinase, which is a marker of muscle damage, immediately and one day after exercise;

Higher levels of the oxylipin (molecules that affect muscle function, recovery, and fat burn) 12,13-DiHOME and lower levels for oxylipin 9,10-DiHOME;

Increased urine levels of phenolics derived in the large intestine (indicates consumption of polyphenols from almonds, and polyphenols are naturally occurring plant compounds that protect plants.

Delhi man hit by  
bullet on face during  
celebratory firing



NEW DELHI: A 37-year-old man was hit by a bullet on his face during celebratory firing at a birthday party in Delhi, police said. According to the police, the incident occurred on Friday night in Jonapur village. The injured person, identified as Pramod, is undergoing treatment at AIIMS and his condition is said to be stable. The police said that they have also arrested the accused, Ranpal alias Shooter, a resident of Jonapur, who was found to have been involved in four criminal cases earlier, including attempt to murder and Arms Act,. According to Chandan Chowdhary, the Deputy Commissioner of Police (South), the Fatehpur Beri police received a PCR call at 8.24 p.m. on Friday night about a firing incident in the village. "The police reached the spot and found that there was a party to celebrate the birthday of a two-year-old child and the entire neighbourhood gathered at the latter's house. A few people were drinking and eating on the terrace," said the DCP. Ranpal fired celebratory rounds in which Pramod got hit by a bullet on his right cheek. "The injured was taken to the AIIMS Trauma Centre and a medico-legal case (MLC) was collected. On the statement of the injured, a case under relevant sections of the IPC and Arms Act was registered and an investigation was taken up," said the official. "Ranpal had fled the spot after the incident. With the help of technical analysis, the location of the accused was zeroed down and he was apprehended from Rani Bagh. A country made pistol used in the offence has been recovered."

NEWS

YUGMARG, CHANDIGARH, SUNDAY, JANUARY 15, 2023

K'taka police snatched proof against ministers  
from 'Santro Ravi', says Kumaraswamy

AGENCY  
BENGALURU, JAN 14

Former Karnataka Chief Minister and JD(S) leader H.D. Kumaraswamy on Saturday accused the state police of snatching evidence against the ruling BJP ministers from the arrested criminal Santro Ravi. Speaking to reporters Kumaraswamy said that Santro Ravi was arrested three days ago in Gujarat. The police had taken away all evidence he possessed and then brought him to Karnataka. Ravi had played a direct role in the transfers of police officers. Which officer will take up the investigation against him? He had been arrested in connection with a rape case filed against him by a woman. But, how will they proceed with the investigation of other cases? Kumaraswamy questioned. "Our Home Minister Araga Jnanendra is in Gujarat. The arrested Santro Ravi was also found there. What was our Home Minister doing in Gujarat is a million dollar question. There is



a BJP in government in Gujarat as well. His arrest episode is a drama to hush up all cases against him and his collusion with ruling BJP," Kumaraswamy alleged. After bringing the accused to the state, the police had taken him to an undisclosed location. That means he is being given royal treatment. How did the authorities let the accused pass through the VIP gate at the

Bengaluru International Airport? Only PM and CMs can pass through? Kumaraswamy questioned. Karnataka police had arrested the alleged criminal Santro Ravi on Friday, providing relief to the ruling BJP government which is under fire over alleged protection to the accused. Ruling BJP government in Karnataka had announced the

Melhi gets respite from biting cold

NEW DELHI: Delhiites got respite from bone chilling cold on Saturday with the minimum temperature recorded at 10.2 degree Celsius, three notches above the season's average. The India Meteorological Department has predicted a partly cloudy sky in the national Capital during the day and the maximum temperature is expected to settle at 21 degrees Celsius. Humidity was recorded at 88 per cent at 8.30 a.m, it said. "Temperatures (24-hr tendency degrees Celsius) at 0530 hrs IST today, the 14th January 2023 over Delhi: Palam: 11.8 (-1.0), Safdarjung: 11.6 (-0.6)," the IMD wrote on Twitter. Dense fog is very likely in isolated pockets over Jammu division, Himachal Pradesh, Uttarakhand during January 15-17 and over North Madhya Pradesh during January 16-17, said the IMD. The cold day conditions are also likely in isolated pockets over Delhi and Uttar Pradesh during January 15-17. Meanwhile, Delhi's Air Quality Index was recorded at 338, under "very poor" category. According to the System of Air Quality and Weather Forecasting And Research (SAFAR), the stations at Pusa, Lodhi Road, Dhirpur, Ayanagar and Mathura Road reported AQIs at 333, 330, 339, 332 and 351, respectively, under the "very poor" category.

KCR calls for changing  
model of India's agriculture

AGENCY  
HYDERABAD, JAN 14

Telangana Chief Minister K. Chandrasekhar Rao on Saturday called for changing the model of the country's agriculture to lay a path for a qualitative growth on the lines of his state. A complete revolution will mark in India on the day the agriculture is transformed into a festival of joy for the entire country's farming community with the inspiration from the revolutionary progress in Telangana's agricultural sector, he said. He underlined the need to change the model of the country's agriculture sector with the cooperation and collective efforts of all the people. KCR also extended greetings to the farmers and people of Telangana and India on the occasion of Bhogi, Makar Sankranti and Kanuma festivals. The chief minister said that Sankranti is the festival of celebration to the farmers on the auspicious occasion of the arrival of paddy stocks from the fields to their homes. Sankranti festival is the thanksgiving day to Mother Earth by the farmers. KCR, as Rao is popularly known, claimed that with the activities undertaken by the Telangana government to revive the agriculture sector, Telangana villages with green crop fields, heaps of grain stocks,



dairy cattle and the smell of sweet soil are adding to the glitter of Sankranti. He stated that the progress achieved by Telangana state's agriculture sector has become a role model for the entire country. The Bharat Rashtra Samithi (BRS) president said that Telangana is the only state which has been spending lakhs of crores of rupees towards strengthening the agriculture sector. He pointed out that the government spent more than Rs 2,16,000 crore for Rythu Bandhu, 24-hour free power supply and construction of irrigation projects. It is the proof of the Telangana government's commitment towards farmers' welfare, he added. With the revolutionary action plan for the farmers' welfare and agricultural development activity implemented by the state government, the cultivated area has increased to 2.40 crore acres from 1.31 crore acres at the time of formation of Telangana state.

Illegal mining will lead to many  
Joshimaths in Rajasthan, warn veterans

JAIPUR, JAN 14

What Joshimath is seeing today will be seen in Rajasthan somewhere after 25 years if the present menace of illegal mining remains unchecked in the desert state, veteran environmentalists say while warning of a "disaster which is out of expectation". "There are many hills which have gone missing in the state. In fact, on the other hand, hills have been created on plains by the locals by dumping garbage," Congress MLA Bharat Singh quipped while mentioning the insensitivity of people engaged in illegal mining in the state. Singh has



been vocal on the issue of illegal sand mining and has been attacking his own government. He recently wrote a letter to Chief Minister Ashok Gehlot and demanded the dismissal of

state Mining Minister Pramod Jain Bhaya, terming him "land mafia". Speaking to IANS, Singh said, "Joshimath story will be repeated in Rajasthan too. It is sad that governments realise the gravity of the issue

when the situation goes out of control. In our state too, Joshimath story is being repeated... The illegal mining in the state has thrown many challenges out, however, everyone seems to be sitting with folded hands. They will wake up from slumber when disaster happens." The Congress MLA further said, "The entire ecology has changed in the region. The sad part of the story is that such facts are being reviewed under its economic ambit, keeping monetary prospects in mind and hence everyone has joined hands in this illegal act... Unitedly, they are engulfing hills."

Soaring popularity of Tharoor triggers  
disquiet among Congress leaders in Kerala

THIRUVANANTHAPUR  
AM, JAN 14

Three-time Thiruvananthapuram Lok Sabha Congress MP Shashi Tharoor's growing popularity in the state has apparently left his fellow party leaders worried.

Those following Congress politics in Kerala are turning to party history to check the last time the top brass in the party was as united. Tharoor's popularity seems to be growing by the day as he paces ahead with his state-wide tour.

Since long, the party has been known for its factional feuds which started right



from the seventies when the factions were led by legendary Congress leader K.Karunakaran and A.K.Antony.

After almost three decades of intense rivalry between them, when the new century dawned, leaders like Oommen Chandy and Ramesh Chennithala took over and for two decades

they were the key leaders. With Chandy's health failing, the party factions have only increased and are being led by present state party president K.Sudhakaran and Leader of Opposition V.D.Satheesan. The factional leaders are finding things tough to come to terms with the massive surge in the popularity of Tharoor among people from all caste, creed, religion and social groups. At a party meeting held here the other day, all the familiar faces of the Congress, cutting across factions, were seen taking pot shots at Tharoor and dropping hints that no one needs to be ready with the Chief Minister's

coat in mind. Antony pointed out at the moment, all should concentrate on the 2024 Lok Sabha polls. A media critic on condition of anonymity said it's least surprising why the erstwhile Congress leaders here are upset "Tharoor's arrival into electoral politics in 2009 had left the traditional Congress leaders surprised and since then he won two more elections. With social media now taking the centrestage, Tharoor has been the most popular personality. He is able to relate to all cutting across age, while no other Congress leader in Kerala has a following anywhere near Tharoor.

Female elephant dies of electrocution  
in K'taka, farmer booked

CHAMARAJANAGAR  
(KARNATAKA), JAN 14

A farmer has been booked in connection with the death of a wild elephant due to electrocution in Chamarajanagar district of the state on Saturday.

The incident had taken place in Doddabaragi village in the Hediayala Forest range near Bandipur. The accused farmer is identified as Gopal.

According to authorities, Gopal, a farmer from Doddabaragi village had installed an electric fence illegally around his farm and the elephant which had tried to cross the fence had died following electrocution.

The authorities have booked a case under the Wildlife Conservation Act against the farmer. The forest officials explained that a similar incident had happened earlier in the same land in 2018.



An elephant had died while crossing into the agricultural land due to electrocution. Presently, a 25-year-old female elephant had died and investigation is on. The man-animal conflict had escalated in the region leading to the death of wild animals as well as human beings. The authorities have launched an operation to drive out elephants from the villages in the state.

Hand grenades found in house of two men  
arrested over links with terror outfits

NEW DELHI, JAN 14

Delhi Police's Special Cell has recovered two hand grenades from a house in the Bhalswa Dairy area, where two persons who were arrested over their suspected links with terror organisations, were staying on rent, said an official. "During investigation, in pursuance of disclosure, both the accused led the police team to their rented accommodation at Shradha Nand Colony, Bhalswa Dairy police station area. Two hand grenades were recovered from the room," said a senior police official. "Traces of human blood have also been found by the Forensic Science Laboratory (FSL) team," said the official, adding that further investigation is going on.

The duo was sent to 14 days of police custody on Friday. On Thursday, the Special Cell team arrested two men suspected of involvement with anti-national elements.

The accused have been identified as Jagjit Singh, 29, alias Jagga alias Yaqub, a resident of district Udham Singh Nagar in Uttarakhand and Naushad, 56, a resident of Jahangirpuri.

Police said that they have also recovered three pistols along with 22 bullets.



According to police, Naushad had been associated with Pakistan-based terrorist outfit Harkat-ul-Ansar, operating primarily in Kashmir. He has been a life convict in two cases of murder and was also sentenced to 10 years in prison in a case under the Explosives Act. Police said that Jagjit Singh is a member of the notorious Bambaiga gang.

"Jagjit has been getting instructions from anti-national elements based abroad. He is a parole jumper in a case of murder in Uttarakhand," said a senior police official, adding that further investigation is underway to ascertain their other involvements.

Calcutta HC ruckus: Special 3-judge  
bench to hear Justice Mantha's petition

KOLKATA, JAN 14

The Calcutta High Court has constituted a special three-judge bench to hear the petition filed by Justice Rajasekhara Mantha regarding attempts by a section of Trinamool Congress confidant lawyers resisting their fellow professionals from entering the latter's court that continued for two days earlier this week. The commotion in front of Justice Mantha's court was ultimately cleared from Wednesday onwards after the latter issued a contempt of court rule and also filed a suo motu petition in the matter, though a section of the government pleaders and public prosecutors has continuing boycotting his court. Meanwhile, the members of the three-judge bench constituted by Calcutta High Court's Chief Justice Prakash Srivastava are Justices T.S. Sivagnanam, Indra Prasanna Mukerji and Chittaranjan Dash. The matter might come up for hearing anytime next week. Meanwhile, the Bar Council of India has decided to send a three-member team to Calcutta High Court to investigate the protests that took place on Monday and Tuesday. The team comprising Supreme Court advocate Ravindra Kumar Raizda,

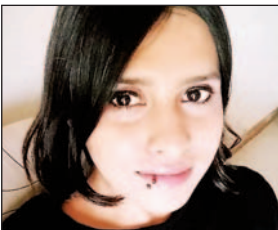


Allahabad High Court's Justice Ashok Mehta and Delhi High Court Bar Association executive committee member Vandana Kaur Grover, will submit a report on January 17. Responding to the development, the Bar Council of West Bengal chairman and Trinamool Congress legislator, Ashok Deb has said: "The Bar Council of India decided to send the fact-finding team without any consultation with the Bar Council of West Bengal. "There is no representative from West Bengal in that team. All I want to say is that the members of the fact-finding team should not carry out any independent investigation without taking any representative from the Bar Council of West Bengal along with them."

Shraddha Walkar case: Bones cut  
with saw, says post-mortem report

NEW DELHI, JAN 14

A saw was used to cut up the bones of Shraddha Walkar, killed by her live-in partner in May last year, the autopsy report has revealed. The Delhi Police have got the forensic analysis report of her 23 bones which were recovered during the course of investigation. According to sources, it is called Osteological study or biophysical study of the bone pieces which help the police in such cases. It has been learnt in the report that her bones were cut with the help



of a saw and similar sharp edged weapon. The post-mortem analysis was conducted in AIIMS on Tuesday. "The post-mortem analysis has suggested that her bones were cut with the help of a saw. Now we will submit this report before

Saket Court," the source said. Walkar and Aftab Amin Poonawalla had met through the dating app 'Bumble' in 2018. They had come to Delhi on May 8, and shifted to Chattarpur area on May 15. On May 18, Poonawalla allegedly killed her and then chopped her body into 35 pieces and threw her body parts across various places over a period of 18 days. He was reportedly inspired by the American crime show 'Dexter', which tells the story of a man with homicidal tendencies who lives a double life.

Chandrababu burns copies of 'controversial' GO in Bhogi fire

AMARAVATI, JAN 14

Telugu Desam Party (TDP) president and former Andhra Pradesh chief minister N. Chandrababu Naidu on Saturday burnt copies of "controversial" Government Order (GO) in Bhogi fire.

During Sankranti celebrations in his native village Naravaripalle in Chittoor district, Naidu set afire the copies of the GO number 1 issued early this month to prohibit public meetings on roads. In a novel protest against the "undemocratic" move by the YSR Congress Party (YSRCP) government, Naidu and other TDP leaders



burnt copies of the GO in the traditional bonfire of Bhogi amid shouting of slogans by his supporters.

The government had issued the GO number on January 2 banning public meetings on roads and road

sides, citing public safety.

The order came in the wake of a stampede during a roadshow by Chandrababu Naidu at Kandukur in Nellore district on December 28. Eight people, including two women, had died in the

incident. Opposition parties have slammed the GO and demanded that the government immediately take it back.

The Andhra Pradesh High Court on Thursday suspended the GO till January 23. Hearing a petition challenging the GO, the court asked the government to file a counter.

Meanwhile, Chandrababu Naidu participated in Sankranti celebrations along with his family members in his native village. He greeted people of both the Telugu states on the occasion and hoped that the festival will bring prosperity in their life.

Later addressing the gathering, Chandrababu Naidu said that Sankranti is a major festival for Telugu people. "The lives of the Telugus should be viewed before and after the emergence of the TDP. Though it was the great Late Potti Sriramulu who achieved the Telugu State, it was Late NT Rama Rao who brought respect to them," he remarked. Youth is the country's great asset, he said, adding that the Information Technology (IT) sector that he encouraged is now yielding excellent results. "Some leaders think about today and some think about the future."

NEWS AT A  
GLANCE

Car mows down on-duty Delhi Police SI

**NEW DELHI:** A car mowed down an on-duty Delhi Police Sub-Inspector (SI) who was scheduled to retire on January 31, an official said on Saturday. The accident occurred at around 8.30 p.m. on Friday night on the ring road between Raj Ghat and Shanti Van. Deputy Commissioner of Police (Central) Shweta Chauhan said that SI Latoor Singh, 59, had been posted at a case has been registered under sections 279 (rash driving) and 304A (causing death by negligence) of the IPC at the Daryaganj police station. The DCP said that the offending vehicle, a white Hyundai i10, was seized and the driver, identified as 34 year-old Shokendra, has been apprehended. Shokendra, a resident of Nahri village in Sonapat, Haryana, works at a bank in Asaf Ali Road.

Central Minister Nitin Gadkari gets death threats, security tightened

**NAGPUR:** Security around the office and home of Union Minister for Road Transport Nitin Gadkari was tightened following extortion-cum-death threats, officials said here on Saturday. At least three calls were received by Gadkari's private office in the city - between 11.30 a.m. - 12.30 p.m. - and the caller purportedly uttered the name of absconding mafia don Dawood Ibrahim Kaskar. The unknown caller reportedly made extortion demands and issued death threats targeting Gadkari - who is currently in Nagpur for the Makar Sankranti festival -- before disconnecting abruptly. The Minister's office staff immediately informed the local police and senior officers, along with their teams, have reached there to investigate. Further details like the caller's identity and their antecedents are awaited.

Makar Sankrant: Ban of kites continues in Fatehpura village for 16th year



**PALANPUR:** For the 16th straight year, residents of Fatehpura village in Banaskantha are celebrating the harvest festival of Makar Sankranti without kite flying, an important aspect of the tradition. A ban was imposed on the festivity in 1996, after two youths were electrocuted and a child drowned in a well while flying kites. Following the tragedies, the villagers decided against the sport, Maljibhai Chaudhary, an elderly of the village, told the media. One Ramjibhai said the village, which has a population of 1,118, has not only banned kites, but Rs 11,000 is slapped on violators who also have to donate five bags of millets. The village has a literacy rate of 69 per cent. Dahyabhai Chaudhary, who is in his 20s, says on this festival, when youths in other villages or towns fly kites, villagers here play games. Houses in the village either lack terraces, or parapet walls. In the absence of protection, no family allows children to get on to the terrace and fly kites.

Trinamool Congress leader arrested for attempting pangolin smuggling

KOLKATA, JAN 14

A Trinamool Congress leader in West Bengal's Alipurduar district has been arrested by sleuths of the state's forest department while attempting to smuggle a pangolin.

The arrested person was identified as James Borogaon (53), who is the deputy chief of the Khoyardanga-2 village panchayat.

A pangolin was also recovered from his possession.

In India, pangolins are protected under Schedule 1 of the Wildlife (Protection) Act 1972. And at the same time hunting, trade or any other form of utilisation of the species or their body parts and derivatives is banned.

According to deputy field director

Two quakes, one warning: Himachal sits on very shaky ground

AGENCY SHIMLA, JAN 14

Two back-to-back earthquakes, one of a medium intensity measuring 3.2 magnitude on the Richter scale, on early Saturday rocked Himachal Pradesh where climate change is already having a drastic and detrimental effect.

Also indiscriminate drilling of the hills for constructing tunnels is forcing rural communities, mainly in fragile and eco-sensitive zones of Chamba, Kinnaur and Lahaul-Spiti districts, to raise clamour against upcoming hydropower stations with their houses developing cracks and natural water resources disappearing.

In recent years, seepage in the Chamera III project that washed off Mokhar village in Chamba district, the bursting of reservoir of Aleo-II project in Kullu district at its first testing, and the seepages in the Karchham Wangtoo tunnel are indicators of a disaster waiting



to happen. Currently, the 180 megawatts (MW) Bajoli Holi hydropower project in Chamba has been facing anger from the tribal Gaddi community as they fear the project is posing threat to their houses and fields owing to cracks and seepage in private and public land. The question is: Does the state has made scientific assessment of disaster-prone

areas, studied geological and hydrological impacts for strict compliance with environmental and safety norms and prepared exigency plans?

These frightening realities have been mentioned several times in performance audits by the Comptroller and Auditor General (CAG) that is to ascertain the state's preparedness. According to

MP leaders reach Bhopal airport to receive Sharad Yadav's mortal remains

**BHOPAL:** Political leaders of Madhya Pradesh on Saturday reached the airport here to receive the mortal remains of late socialist leader and former Union Minister Sharad Yadav. His last rites will be performed later in the day at his ancestral village Ankhmau in Narmadapuram district. Some of the leaders who arrived at the airport were Chief Minister Shivraj Singh Chouhan, Congress MP Digvijaya Singh and his son Raghavgarh MLA Rajyavardhan Singh, state BJP president V.D. Sharma, as well as other politicians. Meanwhile, over hundreds of people from the late politician's ancestral village also came to the airport to pay homage. The remains arrived at the Bhopal airport from New Delhi on board a chartered plane at around 11 a.m. Yadav passed away on Thursday at 10.19 p.m. at Fortis, Gurugram, where he was brought in an unresponsive and unconscious state, according to a statement issued by the hospital.



Mid-day meal scheme in West Bengal now under Centre's scanner

AGENCY KOLKATA, JAN 14

After the Prime Minister Awas Yojana (PMAY), the implementation of the mid-day meal scheme in West Bengal has come under the scanner of the Central government. A field inspection team from the Union Education Ministry will be arriving in the state to review the implementation of the scheme. A communication from the Ministry has already been forwarded to the state secretariat on this count, where all cooperation from the district administration for facilitating the field inspection process has been solicited. Mid-day meal is the second centrally sponsored scheme whose implementation in West Bengal has come under the scanner of the Union government after PMAY. Two field inspection teams from the Union Ministry of Rural Development have already conducted an enquiry on this count in East Midnapore and



Malda districts. Another five field inspection teams from the same Ministry are scheduled to visit the state and review the situation in 10 districts. It is learnt that the field inspection team to review the mid-day meal scheme will have officers from the Union Ministry of Education as well as nutritionists. The team is expected to review various aspects of the scheme's implementation, like who are actually getting the benefits; how the state government is reimbursing the schools under it; condition of the infrastructure requirements like kitchens; and the quality of the nutritious food provided to the students.

As Goa govt pushes eco-insensitive projects, state risks losing 15% land

PANAJI, JAN 14

An environmentalist in Goa has expressed apprehension that the state risks losing 15 per cent land as the government is "pushing" eco-insensitive projects.

Talking to IANS, noted environmentalist Abhijit Prabhudesai claimed that Goa's environment is facing a threat and there is a need to combat it.

Extinction of shellfish from coastal area of Marcaim in south Goa, where around 400 villagers were dependent on this business, is warning of pollutants in rivers.

Though Goa is a tiny state, a number of VIPs prefer Goa as a second home and many invest in real estate here. This has widened the scope for construction,



which is killing the greenery on the hills. Increasing urbanisation, industries and releasing the polluted water, sewage in the nullahs into the rivers have polluted the water bodies.

He said: "Plateaus are ecologically sensitive areas of Western Ghats. It is a major source of water. If development takes place there, then we will destroy our own source of water. We

need to protect them," he said.

The Western Ghats of Goa broadly consists of the Wildlife Sanctuaries of Mhadei, Netravali and Cotigao and a Bhagwan Mahavir National Park at Mollem. According to Prabhudesai, Western Ghat's 'Ecological Sensitive Area' notification says that Western Ghats should be protected as it has unique

habitats. "Plateaus are destroyed due to industrial estates. There we get bio-diversity which is not even found in forests. Sixty per cent of Goa land is covered by forest, and the government is protecting only half of it. Rest unidentified is decimated because there is no protection," he said. He also said that low-lying areas used for construction projects are a major disaster. "You have to see 'State Action Plan' for climate change. It says that 15 per cent of land of Goa will be lost due to flooding and other reasons," he said.

Speaking about the pollution in rivers, he said that industrial waste and sewage water from urban areas are polluting rivers.

Joshimath crisis: Affected people being evacuated to safer places

JOSHIMATH, JAN 14

People affected by land sinking in Joshimath, a hill town of Uttarakhand, are being evacuated to safer places by district administration. While some of the affected have shifted to their relatives' places, others are in temporary relief camps. Studies are being conducted on the occurrence of land sinking in Joshimath, during which it came to the fore that in the past 12 days, land subsidence in the hill town has increased rapidly. Terrified people are compelled to leave their homes with a heavy heart. To provide relief to the affected people, the state Cabinet on Friday took decisions to increase their house rent amount to Rs 5,000 per month, waive off their electricity and water bills for a period of six months, freeze loan recovery for a year. The demolition work of two



hotels Malari Inn and Mount View, which had developed cracks and were precariously leaning towards each other posing a threat to the settlements in proximity, continued under the technical supervision of the Roorkee-based Central Building Research Institute (CBRI).

Meanwhile, the District Disaster Management Authority, Chamoli said that 25 families were shifted to temporary relief camps on Friday. Arrangements have been made in these camps to protect the affected residents from the cold weather conditions.

Delhi HC seeks NIA's response in Manzer Imam's bail plea

NEW DELHI, JAN 14

The Delhi High Court has sought the National Investigation Agency's (NIA) response in Manzer Imam's-a purported Indian Mujahideen operative bail plea.

He has been in jail for more than nine years in a case booked under anti-terror law, the Unlawful Activities (Prevention) Act (UAPA). With delay in trial, the plea also seeks bail on merits of the case.

The NIA filed a case against Imam in August 2013 stating that he and others conspired to commit terrorist activities and made plans to target important locations in the nation. The charges are yet to be framed in the case. A division bench of Justices Suresh Kumar Kait and Neena Bansal Krishna issued notice on his plea. The bench listed the matter for next hearing in March.

In October last year, a single judge requested that his bail application be heard and decided by the special court within 75 days.

On January 10, Justice Siddharth Mridul of the Delhi High Court recused from hearing



Imam's plea.

"In all the bans imposed on the organisations at that time, I was the Senior Counsel for the Government, so I can't hear the matter," Justice Mridul had said.

"The Special Court will hear and dispose of the bail application of the applicant within 75 days from the date of this order," the court had ordered.

Justice Mridul acknowledged his difficulty hearing the appeal when Imam's counsel said that the accused had been in detention for nine years and that the charges against him had been re-filed.

Sankranti begins with Bhogi in Telugu states

AMARAVATI, JAN 14

Sankranti celebrations began amid usual pomp and gaiety across Andhra Pradesh and Telangana on Saturday with Bhogi. Villages and towns in both the Telugu states came alive with traditional celebrations to mark the major harvest festival.

Three-day celebrations kicked off with Bhogi or burning of old and unwanted items like old clothes, mats and broom sticks in the belief that new things will usher into their lives.

People in villages and towns began the day with Bhogi and prayers. Women were seen playing and dancing around the bonfire.

Sankranti is a major festival, which highlights the rich Telugu culture.

Ministers, MPs, state legislators and leaders of all political parties participated in Bhogi in various parts of



the two states. Former vice-President of India M. Venkaiah Naidu participated in Bhogi at his son's house in Nellore in Andhra Pradesh. He expressed happiness over celebrating the festival with his family members.

Venkaiah Naidu greeted people on behalf of his family members and hoped that the festival will bring happiness and prosperity to them.

Telugu Desam Party (TDP)

president and former Andhra Pradesh chief minister N. Chandrababu Naidu participated in Bhogi along with his family members at his native Naravaripalle village in Chittoor district. The TDP chief burnt copies of controversial Government Order (GO) banning public meetings on roads in Bhogi fire. Andhra Pradesh Governor Biswa Bhusan Harichandan, Chief Minister Y. S. Jagan Mohan Reddy, Telangana Governor Tamilisai Soundararajan and Chief Minister K. Chandrasekhar Rao greeted people on Sankranti. A festive atmosphere prevailed in residential colonies in Hyderabad and the outskirts besides Vijayawada, Guntur, Visakhapatnam and other towns and villages in both the states. Lakhs of people employed in Hyderabad headed to their homes in various districts of both the Telugu states.

Indians travelling to Sri Lanka advised to comply with new covid protocols

COLOMBO: All Indian nationals travelling to Sri Lanka have been advised to follow the country's revised covid-19 protocols, the Indian High Commission here said on Saturday.

According to Sri Lanka's new covid-19 guidelines, all tourists travelling to the island nation are required to carry vaccination cards and unvaccinated travellers are required to carry a negative PCR report, obtained 72 hours prior to arrival in the country. Earlier, on December 7, 2022, Sri Lanka had discontinued the mandatory requirement of producing the covid vaccination certificate for international travellers.

The regulation to produce a pre-boarding or on-arrival negative covid test (PCR/Rapid Antigen Test) (RAT) was also removed.

The revised covid-19 guidelines have come into effect from Friday. "Indian nationals visiting Sri Lanka are requested to comply with the latest covid 19 guidelines," an Indian High Commission statement said. Sri Lanka has said it will keep a close watch on any new covid-related developments in consultation with the health authorities.

Man injured in celebratory firing in Delhi, 1 arrested

NEW DELHI: A 34-year-old man was arrested for allegedly firing shots during a birthday celebration and causing injury to a person in south Delhi's Jonapur village area, police said on Saturday. The accused has been identified as Ranpal alias Shooter, they said. Police said information regarding the incident was received at 8.24pm on Friday in which Pramod (37) got injured.

According to police, while the birthday party was going on in the house, some people were drinking on the terrace. Pramod, in his statement, said during celebratory firing by the accused, a bullet hit his face, the officer said. The victim was rushed to AIIMS Trauma Centre and is undergoing treatment, a senior police officer said. The accused was arrested from Rani Bagh area and a country-made pistol was recovered from him, Deputy Commissioner of Police (south) Chandan Chowdhary said.

A case was registered against Ranpal under Section 307 (attempt to murder) of the IPC and Arms Act in Fatehpur Beri police station and an investigation was initiated, police said. The accused was also found to be involved in four cases registered at the same police station, they said.

Joshimath crisis: Affected people being evacuated to safer places

JOSHIMATH: People affected by land sinking in Joshimath, a hill town of Uttarakhand, are being evacuated to safer places by district administration. While some of the affected have shifted to their relatives' places, others are in temporary relief camps. Studies are being conducted on the occurrence of land sinking in Joshimath, during which it came to the fore that in the past 12 days, land subsidence in the hill town has increased rapidly.

Terrified people are compelled to leave their homes with a heavy heart. To provide relief to the affected people, the state Cabinet on Friday took decisions to increase their house rent amount to Rs 5,000 per month, waive off their electricity and water bills for a period of six months, freeze loan recovery for a year. The demolition work of two hotels Malari Inn and Mount View, which had developed cracks and were precariously leaning towards each other posing a threat to the settlements in proximity, continued under the technical supervision of the Roorkee-based Central Building Research Institute (CBRI). Meanwhile, the District Disaster Management Authority, Chamoli said that 25 families were shifted to temporary relief camps on Friday. Arrangements have been made in these camps to protect the affected residents from the cold weather conditions. Blankets and food grains have been arranged for them.

Allowance for inmates of vridh ashrams, orphanages and less privileged

SHIMLA, JAN 14

An apparel allowance worth Rs. 10,000 per person, per year will be provided to the inmates of old age homes, orphanages, destitute women and deaf and dumb children stated Chief Minister Sukhvinder Singh Sukhu during his visit to the 'Old Age Home' at Basantpur in Shimla district today. A sum of Rs. 5000 would be provided for summer wear and Rs. 5000 for winter clothing, he said. The State government would ensure to provide better apparels to



these lesser privileged people of the society. He also interacted with the inmates of the Old Age Home and enquired about the facilities being provided to them. Chief Minister directed the authorities concerned to celebrate major festivals with

NATION

YUGMARG, CHANDIGARH, SUNDAY, JANUARY 15, 2023

CM participates in District level Makar Sankranti festival at Tattapani

DINESH AGARWAL  
SHIMLA, JAN 14

Addressing a well attended gathering on the occasion of district level 'Makar Sankranti Mela' at Tattapani today, Chief Minister, Sukhvinder Singh Sukhu said that amongst the few decision taken, after the formation of congress government in the state, the very first was to bring the Chief Minister, Ministers and MLA at par with the general public when it comes to the payment of rent for their stay in Himachal Bhawan, Himachal Sadan and other circuit houses of the state.

Including the Chief Minister, the Ministers and MLAs would also now have to pay Rs. 1200 instead of Rs. 200 for their stay in Himachal Bhawan, Himachal Sadan and Circuit houses in the state.

Sukhvinder Singh Sukhu assured that the State Government was committed to ensure the welfare of needy children, especially orphans, destitute women and senior citizens. He said that on the very first day after taking oath as the Chief Minister, he visited the Girl Child Care Institute, (Balika Ashram) Tutikandi, in Shimla, and observed that a lot more was to be done for destitute children, women and senior citizens. He said that the government has decided to provide



festival grant of Rs. 500 to the residents of Child Care Institutions, Nari Seva Sadan, Shakti Sadan and Old Age Homes to celebrate the festivals.

Chief Minister stated that the state government has decided to set up Chief Minister's 'Sukhashray Sahayata Kosh' with an outlay of Rs. 101 crore so that the facility of higher education could be provided to needy children and destitute women out of this fund. The state government will bear the expenditure on skill development education, higher education and vocational training of such children, he said, adding that he has contributed his one month salary towards this fund and other Congress MLAs have also agreed to contribute their

one month salary towards the kosh. Sukhvinder Singh Sukhu said that in it's first Cabinet, the State Government announced to implement Old Pension Scheme from the point of view of social security and humanity. He said that this decision of the State Government would benefit over 1.36 lakh NPS employees of the State.

Chief Minister said that during the tenure of the previous BJP Government, the paper leak scam was at its peak. The congress Government, soon after coming to power, cracked paper leak scam which was going unabated in the Staff Selection Commission Hamirpur for over quite some period and nabbed the main accused. He said that the State Government immediately

suspended the functioning of the Commission. He assured the youth that the Government would ensure transparent and fair opportunities to them to get employment.

Sukhvinder Singh Sukhu said that a Cabinet Sub Committee has been constituted for finalizing the roadmap for implementation of the promises made by the Congress Party during the elections for creating one lakh employment opportunities in the State. He said that the State Government would purchase 10 litre cow milk per day at the rate of Rs. 80 per litre and 10 litre buffalo milk per day at the rate of Rs. 100 per litre. This will provide gainful employment to the youth and motivate them to adopt farming practices on large scale

Chief Minister slammed the previous BJP Government for leaving the state in heavy debt trap of over Rs. 75000 crore due to their financial mismanagement and wasteful expenditure. The State has inherited financial liabilities of Rs. 4430 crore as salary arrears to its employees and Rs. 5226 crore as liabilities of pensioners as their pension arrears. He said that at present there were liabilities of about Rs. 1000 crore as DA of employees and pensioners on the present State Government, which the previous BJP government have left.

Chief Minister lays foundation stone of Girls' Hostel of HP Law University

SHIMLA, JAN 14

Chief Minister Sukhvinder Singh Sukhu along with Chief Justice HP High Court and Chancellor of Himachal Pradesh National Law University Amjad A. Sayed performed the foundation stone laying ceremony of the 'Rishika Sanghamitra Girls' Hostel of Himachal Pradesh Law University at Ghandal near Shimla today. This hostel will be constructed with an estimated outlay of about Rs. 14.50 crore.

While addressing the gathering on the occasion, Chief Minister said that the State Government would provide adequate additional budget for the construction of this girls' hostel. He also urged the



University authorities for constructing a Boy's hostel as well to facilitate the students.

He said that the State Government would provide Rs. 5 crore for the construction of this hostel as soon as the land will be made available. He also asked the PWD authorities to provide the best possible design of the hostels.

Sukhvinder Singh Sukhu said that although the financial condition of

the State was not good as the State was reeling under the heavy debt burden of over Rs. 75,000 crore, yet the State Government was committed to provide all possible assistance for strengthening of infrastructure. He said that the endeavour of the State Government was to expedite forest clearances for providing additional 25 bigha of land for the expansion of the University campus.

Industries Minister reviews ongoing industrial projects

SHIMLA, JAN 14

A meeting was held under the chairmanship of Industries Minister Harshwardhan Chauhan on Friday evening here wherein all the ongoing industrial projects besides activities of mining department and the ongoing projects of Himachal Pradesh State Industrial Development Corporation (HPSIDC) were reviewed.

The Minister directed the department for scaling up the space of industrialisation in the state. There is an urgent need of huge land bank viz-a-viz availability of fully developed industrial areas in the state to invite investment and sincere efforts should be made for speedy clearances of land transfer cases, said he. Keeping in view the changing dy-



namics, as well as shifting of manufacturing base from China to other parts of the world in the post Covid era, the department should come forward with liberal and investor friendly policies as well as conduct interaction with the potential investors from time to time.

The Industries Minister said that to ensure effective ease of doing business, directions of the Chief Minister to make a single roof platform

CM pays tribute to former Minister Mansa Ram



SHIMLA, JAN 14

Senior Congress leader and former Minister Mansa Ram was cremated today with state honours at Karsog. The mortal remains of the former Minister were lit by his sons Krishn Raj, Maheshraj and Pradeep Kumar.

Chief Minister Sukhvinder Singh Sukhu, Education Minister Rohit Thakur and Chief Parliamentary Secretary Sunder Singh Thakur reached Karsog and paid tribute to late Congress leader and former minister Mansa Ram. Speaking on the occasion, Chief Minister Sukhvinder Singh Sukhu said that Mansa Ram was the youngest Minister from Kar-

sog in the state's first Chief Minister YS Parmar's Cabinet. He contributed significantly in the development of the state as a minister and MLA. He said that the absence of Mansa Ram in the party will always be felt by the state.

The Chief Minister said that Mansa Ram always used to meet him as a guide and used to share experiences with him. He said that in this hour of grief, the state government and the Congress party are standing with his family.

The Chief Minister prayed for peace to the departed soul and shared his condolences with the family members.

Foundation stone laid for girls hotel by CM Sukhu & Chief Justice, A.A Sayed, HC of HP

SHIMLA, JAN 14

Himachal Pradesh Chief Minister Sukhvinder Singh Sukhu and the Hon'ble Chief Justice Mr. Amjad A. Sayed, High Court of Himachal Pradesh and Chancellor, HPNLU, Shimla laid the foundation stone of the Rishika Sanghamitra Girls' Hostel in the august presence of the Vice Chancellor, Prof. (Dr.) Nishtha Jaswal, at the Himachal Pradesh National Law University, Shimla on 14 January 2023, Saturday in the campus of the Univauesity at Ghandal, 16 Miles.

This is the first project



inaugurated by the newly formed government of the State. On this occasion, Hon'ble Mr. Justice Tarlok Singh Chauhan, Hon'ble Mr. Justice Vivek Singh

Thakur, Hon'ble Mr. Justice Sandeep Sharma, Hon'ble Mr. Justice Sushil Kukreja and Hon'ble Mr. Justice Virendra Singh, judges from the High

Court of Himachal Pradesh were present. Other than the judges, cabinet minister Mr. Harshvardhan Singh Chauhan, Minister of Industries, Parliamentary Affairs and Ayush, along with Principal Secretary to Chief Minister, Mr. Bharat Khara and other senior administrative officers to the government of Himachal Pradesh, PWD, Revenue and Police Administration were present.

In his address, the Chief Minister Sukhvinder Singh Sukhu congratulated the University for making significant growth in such short span of time. He as-

sured that the varsity shall receive all possible support from the Ministry, both in terms of monetary and other resources.

The Hon'ble Chief Minister also announced the construction of the third Hostel of the University, which shall be the first for male students of the University. For the construction of the third hostel, the Chief Minister announced the initial grant of rupees five crore (5 Crores) to the University.

Chief Minister along with other present dignitaries toured the campus of the University.

**NORTHERN RAILWAY**

**EXPRESSION OF INTEREST**

No. CPM/GSU/Amrit Bharat/23 Dated. 13/01/2023

To provide Technical Consultancy and Architectural Consultancy for improvement of Railway Stations, Service Buildings, Railway Hospital, Rest House, Circulating Area, Roof Plaza and other Railway Buildings of Firozpur Division Under Ministry of Railway policy named "Amrit Bharat Station Scheme". Expression of Interest has been invited from willing and experienced Technical and architectural consultants. Interested technical and Architectural consultants may send their applications through email to: [dycegsufz@gmail.com](mailto:dycegsufz@gmail.com) or hard copy addressed to CPM, Gali Shukli Unit Office, Firozpur, Northern Railway, DRM Office Railway Station Road Cantonment Area, Firozpur, Punjab, PIN-152001. Last dated for submission of application is 27.01.2023 by 11.00 hrs by addressed post. For more information, you can go to the above email or Mobile No. 7087109979 and you can collect the documents on the website <https://nir.indianrailways.gov.in/ticker/>.

147/23

**SERVING CUSTOMERS WITH A SMILE**

Dy. CE/GSU/FZR, DRM Office, Firozpur

GOVERNMENT OF INDIA  
MINISTRY OF FINANCE, DEPARTMENT OF REVENUE  
CENTRAL BOARD OF INDIRECT TAXES AND CUSTOMS  
DIRECTORATE GENERAL OF GOODS AND SERVICE TAX,  
5<sup>TH</sup> FLOOR, MINISTRY BUILDING,  
BHIKAJI CAMA PLACE, NEW DELHI - 110066

**CONSUMER WELFARE FUND- CALLING FOR PROPOSALS**

The Consumer Welfare Fund has been set up in accordance with the Rule 97(7A) of the CGST Rules, 2017. Central Board of Indirect Taxes & Customs (CBIC) hereby invites proposals from eligible organisations under the CWF Scheme.

**OBJECTIVE:**  
The objective of the Fund is to create consumer awareness on Goods and Services Tax (GST). This includes providing financial assistance and implementing measures in order to promote and protect the welfare of the consumers.

**ELIGIBILITY:**  
Organisations/ agencies/ any government department/ Ministry/ Authority of Government of India/ Public Sector Undertaking/ Private Organisations/ NGOs engaged in Consumer Welfare Activities and who meet the eligibility criteria available on CBIC website at: [https://www.cbic.gov.in/resources/ltdocs-cbec/home\\_links/consumerwelfarefund/3%20Eligibility.pdf](https://www.cbic.gov.in/resources/ltdocs-cbec/home_links/consumerwelfarefund/3%20Eligibility.pdf)

**IMPORTANT DATES:**  
Applications will be received from 09<sup>th</sup> January, 2023 to 09<sup>th</sup> February, 2023 till 11:59 PM. Applications are to be applied via email only. Applications are to be sent to [dgst-cbic@gov.in](mailto:dgst-cbic@gov.in).

**GUIDELINES AND APPLICATION FORMS:**

Guidelines on Consumer Welfare Fund are available on CBIC Website at: [https://www.cbic.gov.in/ltdocs-cbec/home\\_links/Consumer%20Welfare%20Fund%20-%20Calling%20for%20Proposals%20under%20the%20Scheme](https://www.cbic.gov.in/ltdocs-cbec/home_links/Consumer%20Welfare%20Fund%20-%20Calling%20for%20Proposals%20under%20the%20Scheme)

Application forms are available at: [https://www.cbic.gov.in/resources/ltdocs-cbec/home\\_links/consumerwelfarefund/7%20A%20Application%20form%20-%20English.pdf](https://www.cbic.gov.in/resources/ltdocs-cbec/home_links/consumerwelfarefund/7%20A%20Application%20form%20-%20English.pdf)

\* For any clarification, email [tdgst-cbic@gov.in](mailto:tdgst-cbic@gov.in) or contact us at 011-6702800.

**\* DISCLAIMER:** THE CALL FOR PROPOSAL IS ONLY AN INVITATION. THIS DOES NOT CONFER ANY RIGHT / GUARANTEE OF FIXED SANCTION OR GRANT OF FUNDS.

Sd/-  
Director General

**NORTHERN RAILWAY**

**OPEN TENDER NOTICE NO. 22/2022-23**

Open tenders through E-tendering are invited by Sr. Divisional Electrical Engineer/G, Northern Railway, Ambala from the willing contractors for following work upto 17.00 hrs on the date of closing shown against the work and will be opened thereafter:

S. No.	Open Tender No.	Name of work	Date of Closing /opening	Approx. Cost.	Completion period	Earnest Money (Rs)	Validity period
1	30-Elect/T-40/2022-23 (open Tender)	Electrical work in connection with Comprehensive Annual Maintenance contract of 05 nos. of Lifts Johnson Make installed (03 nos. At Ambala, 02 nos at Chandigarh) for three years over Ambala Division.	08.02.2023	Rs. 1569770.00	36 Months	Rs. 31400.00	60 days
2	30-Elect/T-41/2022-23 (open Tender)	Electrical work in connection with Comprehensive Annual Maintenance contract (CAMEC) of 06 nos. of Autometer make ESCALATORS installed (02 nos. At Ambala, 04 nos at Chandigarh) for three years over Ambala Division.	08.02.2023	Rs. 11354455.44	36 Months	Rs. 206800.00	60 days

1. Tenderer (s) are required to upload scanned copies of all related eligibility documents including PAN/TIN as per conditions. The required Earnest Money & Tender Document Cost will be acceptable On-Line payment through Net Banking/ or Payment Gateway payment only well before & upto 1500 Hrs of closing date & time of tender. 2. As a proof of technical experience/competence, the tenderer should submit details as per TenderForm4AofAnnexure-I (in tender documents), the tenderer must have successfully completed any of the following during last 07 (seven) years, ending last day of month previous to the one in which tender is invited: Three similar works costing not less than the amount equal to 30% of advertised value of the tender, or Two similar works costing not less than the amount equal to 40% of advertised value of the tender, or One similar work costing not less than the amount equal to 60% of advertised value of the tender. 3. Definition of Similar Nature of Work to be considered for the S.No 2 above work: "Supply, installation, testing & commissioning of Escalators/ Travelators etc. with or without AMC or repairs/modification/AMC of escalators/ Travelators." 4. Tenderer(s) should have Class-III Digital Signature Certificate to participate in E-Tendering of Works Tenders. 5. For details, please log on IREPS website [www.ireps.gov.in](http://www.ireps.gov.in)

No. 30-Elect/T/Notice/22/2022-23 Dated: 13.01.2023

**161/23**

**SERVING CUSTOMERS WITH A SMILE**

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

Dan Millman

# NEWS

YUGMARG, CHANDIGARH, SUNDAY, JANUARY 15, 2023

"I always wanted to essay a character that made the audience laugh and connect easily", says Bhabiji Ghar Par Hai's Syed Salim Zaidi

Chandigarh : Saleem Zaidi has been tickling the audience's funny bone with his impeccable comedic timing for seven years now in &TV's cult-comedy show, Bhabiji Ghar Par Hai. His character Tiliu, who works as Tiwari's shop employee, constantly plots against him to get his six-month unpaid salary. In a candid interview, the actor talks about his struggling days and his inspiring journey that made him a household name. Tell us about your journey to becoming an actor. My acting journey began in 2013. However, becoming an actor was my childhood dream. Coming from the small town of Rampur in Uttar Pradesh and being the son of a primary school teacher with no connection to the entertainment industry, it almost felt impossible. But my passion for acting kept me motivated. I completed my Mass communication in Delhi. I then worked as a radio jockey for a few months. However, I soon realized that acting was my true calling. To fulfil my dream, I boarded the train and landed in Mumbai.



## SHORT TALKS

### TV Actors talk about inspiring Indian Youth Icons

Chandigarh : National Youth Day commemorates the Indian thinker, philosopher, and social leader, Swami Vivekananda's birth anniversary. He catalysed global peace and prosperity and inspired the young generation all his life to bring change to society. On this day, &TV artists honour some young talents in their fields for their contributions. It includes Anita Pradhan (Mali Devi, Doosri Maa), Kamna Pathak (Rajesh, Happpu Ki Ultan Palitan), and Vidisha Srivastava (Anita Bhab, Bhabiji Ghar Par Hai). Anita Pradhan, essaying Mali Devi in &TV's Doosri Maa, says, "I am a reader, writer, and a keen enthusiast of Indian literature, art, and culture. When I am not shooting, I enjoy reading and writing. While doing this, I came across a beautiful and talented young Indian writer named Zuni Chopra. Her book 'The House that Spoke' caught my eye for its extravagant style and distinctive storyline. She fills her stories with characters, suspense, and thrills, with her poetic style creating a lasting impression. Some of her poetry and short stories are inspiring and thought-provoking. I feel proud that we have such young talent in India. For many young Indian writers who love to pen down their thoughts and imaginations, she is an inspiration."

### "Easy Visa" becomes the One-stop destination for Tourist visas in Canada

CHANDIGARH: Do you believe that no visas are being issued by the Canadian Embassy? You're probably wrong because the Punjab government-approved company EASY VISA License No. 319/MC-1/MA recently had a remarkable success acquiring 69 visas in just 4 days in January 2023 and a total of 2847 visas in the year 2022 with the help of file-making expertise and guidance offered to their clients. To spread the happiness of this enormous success the firm has attained, Easy Visa recently held a grand seminar in Jalandhar where they spoke about their accomplishments and their confidence that the business will reach even greater heights of success in the future. Moreover, the company claims that one can check the copy of the visas issued by the Concerned Embassy and achieved by EASY VISA from any office of the company (Chandigarh, Jalandhar, or Ludhiana). For getting the most tourist visas, EASY VISA has won two awards in the categories of "Best Tourist Visa" and two in the category "Best Immigration Company."

### FanCode to stream FIH Odisha Hockey Men's World Cup in India

Chandigarh: India's premier sports streaming platform FanCode has announced that it will stream the FIH Odisha Hockey Men's World Cup 2023 Bhubaneswar-Rourkela live on its platform in India. All 44 matches will be streamed on the FanCode app (Android, iOS, TV) and its website www.fancode.com, starting January 13. India is hosting this edition of the World Cup, with the flagship tournament set to be played in Bhubaneswar and Rourkela, Odisha. Sixteen nations will vie for glory in the World Cup, with the final on January 29. FanCode provides seamless access to live sports from across the world for core sports fans in India. The platform had earlier streamed the FIH Hockey Nations Cup (Men's and Women's) live, which was held in South Africa and Spain in November-December 2022. The Indian Women's Hockey Team won the tournament, thus qualifying directly for the FIH Hockey Women's Pro League for the 2023-24 season.

### Tata Tea Premium's 'Vaddi Khushiyaan De Tappe' initiative engages with Ludhiana customers on Lohri



LUDHIANA : As part of its latest Lohri initiative, TTP today engaged consumers in Ludhiana's MBD Neopolice Mall with an interesting activation combining the vibrant folk art of Tappas and the colourful folk art culture that Punjab is famous for. The three-day initiative which kick-started on 12th January is in line with TTP's objective to provide consumers distinctive experiences. As part of the fun consumer engagement, participants had a chance to curate their own AI driven hyper-personalized Tappas sung by Shehnaz Gill, customized in their own name and celebrating an occasion of their choice which can be easily shared with their loved ones. Commenting on the new campaign, Puneet Das, President - Packaged Beverages (India and South Asia), Tata Consumer Products said, "This Lohri, we are thrilled to launch the Vaddi Khushiyaan De Tappe campaign, in association with actor Shehnaz Gill.

## Complete transformation of education, health and employment sector on cards: Asserts CM

KURALI (SAS NAGAR, MOHALI): Asserting that there is no dearth of funds for the welfare of the people, the Punjab Chief Minister Bhagwant Mann on Saturday announced complete transformation of Education, Health and Employment sector in the state.

The Chief Minister, who conducted a surprise visit at the local Health centre, said that the state government is committed at rejuvenating these sectors to benefit the people. He said that major thrust is being laid on these sectors to ensure that more and more people can take benefit from it. Bhagwant Mann said that no stone will be left unturned for this noble cause as these sectors are directly connected with welfare of people.

The Chief Minister said that the purpose of these surprise inspections is not of fault finding but to ensure well being of people. He said that rather the clear motive of such initiatives is to check the arrangements at micro level for imparting quality health services to people. Bhagwant Mann said that none of the previous governments had laid due focus towards these



sectors due to which state has lagged behind in them.

The Chief Minister announced complete facelift of the Kurali Health centre and said that people will be delivered quality health services here. He said that this centre will be equipped with ultra modern equipments so that people do not face any sort of inconvenience. Bhagwant Mann said that the state government is committed to make sure that people

get the state of the art health services at their doorsteps.

The Chief Minister further said that a new revolution has taken place in the state in form of the Aam Aadmi clinics in which people are getting health services efficiently. He said that by January 27th, 500 such clinics will be operational across the state. Bhagwant Mann said that people will be getting free diagnostic and treatment facilities in these clinics

along with free clinical tests.

Likewise, the Chief Minister said that the state government is also opening new medical colleges in almost every district of the state. He said that the infrastructure in government hospitals is being upgraded so that they should not merely act as referral centres. Bhagwant Mann said that the initial hour is very important in case of any emergency so the focus is to ensure that precious life of people is saved in that 'Golden Hour'.

The Chief Minister further said that with the strengthening of Education and health sector new employment opportunities will also be created in the state. He said that this will help the state in checking the brain drain and reversing the trend of youth of state migrating to other countries. Bhagwant Mann said that the state government is making strenuous efforts for utilizing the unbounded energy of youth in a positive direction.

The Chief Minister was accompanied by Cabinet Minister Anmol Gagan Mann and others.

## Harsha Jewel's new showroom launched in the heart of Zirakpur

ZIRAKPUR: Harsha Jewels, north India's first lab-grown Diamond oriented showroom was launched today at SCO 9, Upper Ground Floor, RBC, Zirakpur. The showroom was inaugurated by Alina Rai. Former MLA of Dera Bassi Halka, NK Sharma was also present on the occasion along with his family members.

Karan Verma and Vijay Verma, Directors, Harsha Jewels, said, "Our diamonds are chemically, visually and physically identical to mined diamonds. Needless to say, the colours can add to your imagination and grace your jewelry collection as your dream jewel piece. We add stardust to your eyes with our speedy delivery and certified lab-grown Diamonds to win your heart."

They further said, "We deliver IGI Certified and BIS Hallmark Jewelry with a 100% buy-back policy and free gift on purchases of Rs 1 lac and above. The outlet is offering zero making charges on 14 and 18 Karat Hallmark gold ornaments as their introductory offer. The outlet also



offers IGI-certified Solitaire Rings at Rs 49,900 only to their first 100 customers."

Harsha Jewels are bringing high-quality Diamond jewelry with the latest

designs at the best price. The outlet offers many benefits to the customers including no making charge and no polish charge. Customers can buy trustworthy Diamond

Solitaires. Harsha Jewels give a guarantee of purity on gold and diamond jewelry. 14K and 18K gold and IGI Solitaire.

## Samsung Launches 2023 Side-by-Side Refrigerator Range That Will be 100% Made in India, with Features Made for India

Amritsar/Ludhiana :-Samsung, India's largest consumer electronics brand, today announced the launch of its top-of-the-line, premium Side-by-Side Refrigerator range for 2023. This new range is 100% manufactured in India and comes with several India-specific features based on consumer insights that will make the lives of consumers convenient and better. This all-new IoT-enabled line-up has been thoughtfully designed to cater to specific refrigeration needs of new-age Indian consumers such as customizable storage, glamorous exteriors, convenience through Connected Living, never ending entertainment, energy efficiency and more. As a first, all models of the new range will be Wi-Fi enabled and equipped with Smart Things app functionality to strengthen

Samsung's 'Powering Digital India' vision. Mohandeep Singh, Senior Vice President, Consumer Electronics Business, Samsung India, said "Our new 2023 Side-by-Side refrigerator line-up has been designed to address three key Indian consumer needs - customizable storage for different refrigeration requirements as per the season or occasion, beautiful aesthetics that add to the kitchen décor and convenience through connected living. Coupled with energy efficiency and a 20-year warranty, these refrigerators are the perfect choice for modern Indian consumers. We are anticipating a huge demand and expect this segment to grow by 100% for the industry, led by our new Side-by-Side refrigerator line-up." It comes equipped with Convertible 5-in-1

mode for customizable storage space, Samsung's Twin Cooling Plus™ technology for precise cooling and Curd Maestro™ that allows users to make curd at home in a healthy and hygienic way. To allow better space utilization, consumers can now detach the curd making compartment, when it is not in use. To cater to the design taste of the modern consumers who want their style to reflect in everything they do, the 2023 Side-by-Side refrigerators come with four BESPOKE Glass Finish color options - - Glam Deep Charcoal, Clean White, Clean Navy and Clean Pink. The new line-up's AI Energy Saving Mode works on Wi-Fi based machine learning that optimizes the fridge and freezer temperatures to enable up to 10% energy savings.

## Padmashri Sonu Nigam's I Believe Music and JetSynthesys' Global Music Junction bring a divine adaption of Shri Hanuman Chalisa to the audiences

AMRITSAR/LUDHIANA--: On the auspicious occasion of 'Makar Sankranti' in Gorakhpur, Padmashri Sonu Nigam's I Believe Music along with Global Music Junction - the digital entertainment arm of JetSynthesys launched the music video of Shri Hanuman Chalisa Due to its wide accessibility on every leading OTT and social media platform, the video is all set to attract both young and old audiences of the country. Releasing simultaneously on 50+ YouTube channels, making it the first ever in the history of a music asset launch.

Commenting on the launch of the music video, Rajan Navani, Chairman & MD, JetSynthesys said, "The Hanuman Chalisa is the most popular hymn in praise of Hanuman and is recited by millions every day. We are excited to launch the never-seen-before

version of shri Hanuman Chalisa in collaboration with Sonu Nigam's I Believe Music as we fuel the growth of



JetSynthesys' digital entertainment further in India.. We are also eternally

grateful to CM Yogi Adityanathji for kindly gracing our event with his presence."

Thrilled with this development, Rajkumar Singh, CEO, Global Music Junction said, "Music is instrumental for the Indian society, not only for entertainment but also for devotion and practicing spirituality. Tapping into this understanding of society, the new version of the Chalisa and the ingenious music video will intrigue all generations. We are excited to see the listeners showering their love on the video across the platforms we will be distributing it on."

"It was my mother who in my childhood insisted that I visit a temple every Tuesday and recite the Hanuman Chalisa. She was the one who inculcated into me the spirit of reverence to one superconsciousness represented.

## Toyota Kirloskar Motor Promotes Holistic Approach



CHANDIGARH: Toyota Kirloskar Motor (TKM) is taking part at "Ethanol Pavilion" in Auto Expo'23, emphasising the significance of multiple energy pathway approach towards achieving carbon neutrality. The Pavilion organised by The Society of Indian Automobile Manufacturers (SIAM) aims to promote awareness and accelerate the adoption of ethanol as an alternative fuel thereby helping the sector lower its dependence on

fossil fuels. The pavilion was inaugurated by Shri. Hardeep Singh Puri, Hon'ble Minister of Petroleum and Natural Gas and Housing and Urban Affairs and Shri Krishan Pal Gurjar, Hon'ble Minister of State of Power and Heavy Industries - Government of India. As champions of sustainability, globally, Toyota is committed to Carbon Neutrality by 2050 and aims to achieve Net Zero Carbon in Manufacturing Operations

by 2035. Toyota is advancing greener mobility solutions with greater agility by introducing and supporting multiple clean technologies considering various factors such as India's energy mix, its unique consumer profile and needs, infrastructure readiness, and the Government's diversified efforts towards becoming 'Atma Nirbhar' in energy by 2047. Sharing his expert views, Mr. Vikram Gulati, Country Head and Executive Vice President Toyota Kirloskar Motor, said, "Toyota will continue its relentless efforts and contribute to future innovations by sharing sustainable technological advancements in the green mobility space. Toyota believes that 'carbon is the enemy', and hence continues to offer wider choices to customers with various vehicle powertrain technologies.

## PragatiE Vichaar Literature Festival concludes

Chandigarh: PragatiE Vichaar Literature Festival steered a non-virtual event having Hon'ble Minister Dr. Rajkumar Ranjan Singh, Minister of State and Education as the chief guest at The Claridges Hotel, Delhi in the morning session and in the evening Hon'ble Minister Shri Bhupendra Yadav, the Union Cabinet Minister of Labour and Employment, Environment, Forest and Climate Change has inaugurated session. "Taking Humanity Forward" as its theme, the literature festival was bejewelled by the presence of esteemed orators who imparted knowledge on notable themes. The event commenced with an exclusive classical dance



performance by Harpreet Kaur Jass.

The day converged upon decisive sessions embracing mental health and wellness, the question of is human existence for serving or living, the art of

fiction, how personal experiences and true narratives rule the roost. PVLFF's knowledge partner, Nielsen BookScan Data presented the importance of data in schools and children's book publishing,

while Solh Wellness raised the all-important issue of mental wellness.

"Taking Humanity Forward" as its theme, Bhupendra Yadav addressed the attendees and briefed upon his book, "The Rise

of BJP". The evening concluded with Shaam-e-khaas musical performance by Rashmi Aggarwal.

The awardees for the glorious nights are authors such as Sia Gupta, Sadhguru, Moha Chinnappa, Saranya Umakanthan, Neeraj Anand Choudhary and many more.

Pranav Gupta Festival Director' Within a span of one year, we have achieved great success by having a five-day virtual session and a one-day physical event where we have a powerpack lineup of speakers and some sessions which have been specifically curated that is a need for the literary ecosystem as well as the publishing standards."