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YUGMARG

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Kashmir valley bracing for snowfall amid below freezing temp

SRINAGAR: Meteorological centre forecast of light to Moderate Snowfall on Tuesday even as the minimum temperature shows a drop at most places in Jammu and Kashmir. Isolated places in Kashmir valley received light Snowfall during the past 24 hours while currently the weather is partly to generally Cloudy at most places with a forecast of light to Moderate Snow(rain in Jammu) likely from evening Tuesday till January 25. No forecast of any Major Snow Spell, the MeT of office said.

Srinagar, the summer capital of Jammu and Kashmir, recorded a low of minus 2.3 degree Celsius on Tuesday against minus 3.4 degree recorded the previous night. Gulmarg in north Kashmir was the coldest place in Kashmir valley.

BJP MLA Rashmi Verma booked under theft charges in Bihar

PATNA: Bharatiya Janata Party (BJP) MLA Rashmi Verma has been booked on alleged theft charges in Bihar's West Champaran district, the police said on Tuesday.

The MLA from Narkatiaganj has been accused of barging into college premises and walking away with important documents, along with her supporters, officials said.

Abhay Kant Tiwari, the college principal, lodged a complaint at Shikarpur police station against 25 people, including Verma, on the basis of which a case was registered, the police said.

Chandigarh district court vacated after bomb threat

CHANDIGARH: The Chandigarh Security officials launched a search operation in the District Court Complex after a bomb threat, officials said on Tuesday.

"A search operation is still underway and a dog squad has been brought in to check if there have been any bomb," they added. Officials said that the District Court, Chandigarh was vacated immediately and all the lawyers were told to leave the premises.

Ishwar Dhamu

bereaved

CHANDIGARH: Rich tributes were paid to Mrs Satyawati, wife of Senior Journalist Ishwar Dhamu who died of cardiac arrest on Tuesday morning at her residence in Bhiwani. Her last rites were performed at Bhiwani and people from different walks of life attended her last journey. She is survived by two daughters and a son. Yugmarg family expresses deep condolence on the sad demise of Mrs Satyawati.

Digvijaya's remarks on surgical strikes ridiculous: Rahul Gandhi



AGENCY
JAMMU, JAN 24

Snubbing Digvijaya Singh for questioning surgical strikes, Congress leader Rahul Gandhi on Tuesday termed his comments "ridiculous" and said the armed forces are doing their job "exceptionally well" and do not need to give any proof.

Gandhi, who faced a volley of questions from the media on Singh's remarks on surgical strikes and the Pulwama terror attack, said he and the party completely disagreed with his statement.

"There are people who will say ridiculous things during conversation. I am sorry to say so about a senior leader, he said a ridiculous thing," Gandhi told a

press conference here.

"We have full trust in our army. If army performs any task, there is no need to give any proof. I completely disagree with his statement and this is the official position of the Congress party that it is personal point of view of Digvijaya Singh," he added.

Singh on Monday had questioned the surgical strikes and accused the government of peddling lies.

Addressing a public meeting during the Bharat Jodo Yatra in Jammu and Kashmir, Singh alleged that the government did not agree to the CRPF request of flying its personnel from Srinagar to Delhi and 40 soldiers sacrificed their lives in Pulwama in 2019 to a terror attack.

"They talk of surgical strikes.

Says, BJJ succeeded in fighting narrative of hate

JAMMU, JAN 24

Stating that the Congress party is opening "shops of love" Congress leader Rahul Gandhi on Tuesday said that the Bharat Jodo Yatra has largely succeeded in fighting the "narrative of hatred being spread across the country."

"The yatra has largely succeeded in fighting against the narrative of hatred being spread across the country," said Rahul Gandhi addressing a press conference here at Jhajar Kotli in the city outskirts en route Udhampur.

Gandhi will reach Ramban this evening and the Bharat

They claim to have killed so many people but no proof is given. They are ruling by peddling a bundle of lies," the former Madhya Pradesh chief minister, who has often courted controversy with his comments, said.

Asked about action being tak-

Jodo Yatra will march towards Banihal on Wednesday on way to Kashmir.

The Yatra has brought the people together, said Rahul adding, "lot many lessons are learnt and many experiences are gained through yatra as people from different shades got connected."

"We are spreading a message of love and for Congress party there is no scope of hatred in the country," said Rahul Gandhi. He further added that the Jammu and Kashmir has been made a scapegoat of politics but Congress party is opening "shops of love" across and uniting people.

by the Congress against Singh, Gandhi said the Congress is a democratic party and "not a dictatorship". "We don't run our party on the principle of coercion. We don't appreciate Singh's personal views. But views of the party are above Digvijaya Singh's views.

Punjab CM visits BSE to woo investors



MUMBAI/ CHANDIGARH: Punjab Chief Minister Bhagwant Mann on Tuesday visited the Bombay Stock Exchange (BSE) and showcased the state as the most preferred investment destination across the country.

The Chief Minister, while interacting with the media persons after performing the Bell Ringing ceremony here at the BSE, showcased Punjab as a land of opportunities and invited the companies to invest in the state. He said that entrepreneurs will be immensely benefited by investing in the state, which is rapidly emerging as the industrial hub of the country. Bhagwant Mann said that Punjab has complete communal harmony, peace and amity, which are mainly responsible for overall development and prosperity in the state.

The Chief Minister urged the

industrialists to make optimum use of this congenial atmosphere backed by excellent infrastructure, power, skilled human resources and best industrial and work culture to spread their business. Extending a red carpet welcome to the industrialists, he said that the state government was always open for new ideas and innovations to boost up the industrial growth in Punjab. Bhagwant Mann said that the day is not far away when Punjab will emerge as the industrial hub of the country. Inviting the captains of industry to visit the state in the Invest Punjab Summit slated to be held next month at SAS Nagar, the Chief Minister said that the Invest Punjab Summit being organized on February 23-24 will prove to be a milestone in giving a major fillip to industrial growth of the state.

5G can be misused for drugs, terror financing: Report

NEW DELHI: Warning against the vulnerabilities of the high-speed 5G telecom network, papers submitted at a key security meet have noted that it can provide an excellent platform for middlemen and agents for creating linkages for crimes such as drug trafficking, human and organ trafficking, money laundering, and terror financing.

The papers, written by some Indian Police Service officers, were submitted at the just-concluded conference of director generals of police (DGPs) and inspector general of police (IGPs), attend-

ed by Prime Minister Narendra Modi.

The papers noted that the 5G network is built on easily accessible and open Internet protocols and it inherit all the vulnerabilities of previous generations which make it vulnerable to cyberattacks and compromising the security of the entire system.

The IPS officers who wrote the papers suggested that a reserved 5G bandwidth and highly secured equipment should be developed proactively for sensitive government-related communications and for military usage and only ap-

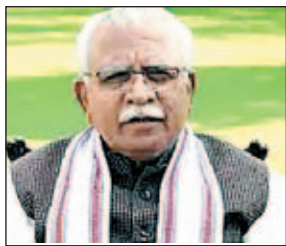
proved and authenticated firms with the least cyber risk or with maximum safety protocols should be allowed to work in for the government agencies. "With cryptocurrencies and decentralised banking systems gaining further popularity using the real-time 5G networks, the linkages and financial trail will be difficult to trace."The 5G can provide an excellent platform for the middlemen and agents for creating linkages for crimes like drug trafficking, human and organ trafficking, money laundering, terror financing, etc.," the papers said.

Departments should prepare progressive plans: Hry CM

BUREAU
CHANDIGARH, JAN 24

Chief Minister, Sh. Manohar Lal said that all the departments should work on a comprehensive level by making progressive plans in various developmental areas; so that by the year 2047, effective steps can be taken towards making Haryana a leading, modern, self-reliant and fully developed state.

The Chief Minister was presiding over the meeting regarding learnings from the second national conference



of Chief Secretaries here today. Deputy Chief Minister, Sh. Dushyant Chautala, Home Minister, Sh. Anil Vij, Transport Minister, Sh. Mool Chand Sharma, Agriculture Minister, Sh. J.P Dalal, Local Urban Bodies Minister, Dr.

Kamal Gupta, Development and Panchayats Minister, Sh. Devender Singh Babli, Social Justice and Empowerment Minister, Sh. Om Prakash Yadav, Women and Child Development Minister, Smt. Kamlesh Dhanda, Labour Minister, Sh. Anoop Dhanak, Printing and Stationery Minister, Sh. Sandeep Singh, also remained present during the meeting. During the meeting, presentation was given by senior officers on various topics including emphasis on efficient, small and medium scale industries, infrastruc-

ture and investment, reducing regulatory compliance, GST, inclusive human development, nutrition and maternal, child and adolescent health, women empowerment, skill development, expansion of skill ecosystem, vocal for local, use of millets and global geographical challenges.

Apart from this, Chief Secretary, Sh. Sanjeev Kaushal also presented the summary report of the virtual conference of Chief Secretaries with Prime Minister, Sh. Narendra Modi in Janu-

HP CM discusses development issues with PM Modi

PM assures all possible support to CM

NEW DELHI: Chief Minister of Himachal Pradesh Thakur Sukhvinder Singh Sukhu called on Prime Minister Narendra Modi at New Delhi today.

It was a courtesy call after becoming the Chief Minister.

Besides discussing on issues of various development projects under implementation in the State, the Chief Minister also requested for liberal assistance from the centre for giving fillip to the ongoing development works.

Chief Minister ensured the Prime Minister that the State government will effectively implement the centrally launched schemes, viz: 'Pradhanmantri Gati Shakti Yojna' which is aimed to revolutionise infrastructure and 'Parvatmala Yojna' for construction of ropeways. He said that both these schemes would immensely benefit the people of the State, adding further that connectivity and infrastructure development



were one of the main focus areas of the present government besides generating employment avenues for the people.

The Chief Minister also honoured the Prime Minister with traditional memento,

Himachali Shawl and cap.

Prime Minister congratulated Thakur Sukhvinder Singh Sukhu on becoming the Chief Minister of Himachal Pradesh and assured of all possible support to the state.

पूर्ण सार्वभौम दिवस

के अवसर पर सभी प्रदेशवासियों को

हार्दिक शुभकामनाएं

“ हमें भारतीय होने पर गर्व है। भारत माता के मुकुट हिमालय में बसा हिमाचल हमारा अभिमान है। यहां के लोगों की जिजीविषा व आत्मनिर्भरता देश को गौरवान्वित करती है। इस शुभ दिन पर आइये, हम सब मिलकर एक नई ऊर्जा के साथ समर्थ हिमाचल प्रदेश के सृजन में भागीदारी निभाएँ। ”

ठाकुर सुखविंदर सिंह सुक्खू
मुख्यमंत्री, हिमाचल प्रदेश



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Election Commission of India
wishes all Voters on the occasion of

13th NATIONAL VOTERS' DAY

25th January, 2023



Theme :

**Nothing like Voting,
I Vote for sure**



Chief Guest

Smt. Droupadi Murmu

Hon'ble President of India

Guest of Honour

Shri Kiren Rijiju

Hon'ble Minister of Law & Justice

Highlights of the Event

Awards

Best Electoral Practices

Distribution

EPIC to First Time Voters

Release of ECI Song

Main Bharat hoon, hum Bharat ke Matdata hain

Presenting to the Hon'ble President of India
'Electing the First Citizen- An Illustrated
Chronicle of India's Presidential Elections'

Technology enabling Free and Fair Electoral Process



Voter Helpline
App



Saksham
ECI App



Know Your
Candidate App



C-Vigil App



Voter Turnout
App



Booth App



Garuda App



Encore



Observer App



EVM Management
System



ERONET

NEWS AT A
GLANCEAman Arora mourns
tragic death of
journalist

CHANDIGARH: Punjab Information and Public Relations Minister Mr Aman Arora on Tuesday has expressed deep grief over the tragic death of Mr. Iqbal Khan, Reporter of Azad Soch newspaper



from Bhawanigarh in Sangrur district. He was badly injured in a road accident yesterday and succumbed to injuries today in a hospital at Patiala. Khan (46) is survived by his wife, a son and a daughter. Expressing his heartfelt sympathies with bereaved family, relatives and friends in this hour of grief, Mr. Aman Arora prayed to the Almighty to grant eternal peace to the departed soul and fortitude to the family to bear this irreparable loss. Meanwhile, Principal Secretary Information and Public Relations Mr. Rahul Bhandari and Director Sonali Giri also expressed deep sorrow over the tragic demise of Mr. Iqbal Khan.

RR Bawa DAV College for
Girls, Batala observed

'National Girl Child Day'

VERMA BATALA: Under the patronage of Dr. Ekta Khosla, Principal, RR Bawa DAV College for Girls, Batala and under the guidance of Dr. Lucky Sharma (Dean Student Welfare), Mrs. Gurinder Kaur and Dr. Poonam Rani, 'National Girl Child Day', initiated by 'Ministry of Women and Child Development', was observed by visiting the Kindergarten School and distributing eatables to the girls. The girl students enjoyed various activities like poem recitation, singing, dancing and various fun games on this occasion. The main objective of this drive was to promote awareness about the rights of 'Girl Child' and to promote the importance of their education, health and nutrition. The college students were also present on this occasion.

DC hoists national
flag, inspects parade

DALJEET AJNOHA HOSHIARPUR: On the occasion of 74th Republic Day, the district level function is being organized on January 26 at the local police line ground. Food Supply and Consumer Affairs, Forest and Wildlife Minister Punjab Lal Chand Katarachak arriving as the chief guest on this occasion will perform the ceremony of hoisting the national flag. This information was given by Deputy Commissioner Komal Mittal today while taking stock of the full dress rehearsal for the district level function. On this occasion S.S.P. Sartaj Singh Chahal was also present. Deputy Commissioner inspected the parade after unfurling the National Flag during today's full dress rehearsal, followed by Parade Commander D.S.P. District Police under the leadership of Kulwant Singh, PRTC. Jahankhelan, District Mahila Police, PRTC Mahila Police, Punjab Home Guards, NCC, Girl Guides.

Major Ravinder singh
Shergill appoints as
Adviser to NCM

RAWEL BHINDER PATIALA: Government of India National Commission for Minorities (NCM) have nominated Major Ravinder Singh Shergill as Advisor on minority affairs to NCM. Shergill, a retired army officer is senior Bjp leader who has been with BJP since last 18 years. Major Shergill thanked S Iqbal Singh Lal Pura, Chairman NCM and said that he will work for the development of minorities in the state and apprise NCM on progress of developments of minorities. He said Mr Narinder Modi H'able Prime Minister of India have launched various schemes for the welfare of Sikhs.

Meet Hayer lauds launching
of PSCST's Data Portal

**SHASHI PAL JAIN
CHANDIGARH, JAN 24**

Punjab Science and Technology Minister Gurmeet Singh Meet Hayer on Tuesday lauded the efforts of Punjab State Council for Science and Technology (PSCST) for launching Country's first-of-its-kind State level Science, Technology Innovation (STI) Data Portal. The Data Portal was developed by PSCST with the support of the Department of Science & Technology, Government of India.

Meet Hayer said that the Bhagwant Mann led state government is fully committed to encourage the usage of novel technological initiatives in the core sector of Science and Technology to boost research. He further said that the Portal provides end-to-end holistic information regarding STI Ecosystem of the State on a single platform. The Portal also provides access to information on the vast resources exist-



ing in the State in terms of infrastructure, facilities, equipment, research expertise, incubation & acceleration spaces, technologies available with various institutions/organizations etc, which could be used by students, innovators and industry within and outside the State. The portal was launched by Dr. Debapriya Dutta, Adviser,

Department of Science, Technology & Environment, Government of India virtually during State Science and Technology Councils' Conclave in India International Science Festival, organized by GoI.

Dr. Dutta applauded the efforts of PSCST for making Punjab the first State to develop the Portal. He informed that PSCST has emerged as a Model S&T Council and hence was entrusted with the responsibility to develop the State STI Data framework as well as the Portal. He further shared that it will now be emulated by other states in the country. Dr. Jatinder Kaur Arora, Executive Director, PSCST made a brief presentation about key features of Data Portal. She informed that the initiative was taken up with the foresight to map and strengthen STI Ecosystem of Punjab. The Model STI Data Architecture Framework has been developed to provide information on about 50 STI indicators, for which, all rele-

Exalted moment for Jatindera Greenfield School

RAIKOT (HARPREET LADDI SIDHU): Jatindera Green field School has enjoyed a glorious and a proud moment when it's Esteemed Principle, Mr.Chander Shekhar gaily received 'Leading School Principal' award on 21st January,2023 at 'Hotel Eros', Nehru place, Delhi, from Dr. Manpreet Singh Manna, the pro.vice chancellor of Chandigarh University, former director of AICTE and founder of Swayam. R.P Singh joint secretary (skill education) CBSE and Mr.Yogesh Munjal (hero motor corp.),were also present there.

This event was organised by 'Time 2 Grow', media. School's President Dr. H.S Dhaliwal, Manager of the school, Dr.Manpreet kaur Dhaliwal, congratulated the Principal, Mr. Chander Shekhar for the illustrious award.

Govt to continue welfare
centric initiatives without
discrimination: Jimpa

**GAURAV GOEL
CHANDIGARH, JAN 24**

Punjab Revenue Minister Bram Shanker Jimpa said that under the dynamic leadership of Chief Minister Bhagwant Mann, the Punjab government will continue the public welfare centric initiatives without discrimination. He expressed gratitude to the Chief Minister for distributing the compensation amount of Rs. 32 crore to the flood victims of Fazilka district few days back and said that this amount should have been distributed by the previous government but they did not spend even a single penny as the compensation.

Jimpa further said that the previous governments only indulged in rhetoric while on ground level, no work was done for the welfare of the people. Whereas now the MLAs and Ministers of the government led by Bhagwant Mann hail from ordinary families and understand the difficulties of common people. He said that the traditional political parties have



looted Punjab on a large scale but present government will continue to carry out public welfare works on a priority basis without any discrimination so that Punjab becomes a prosperous state again. He said that the determination and sincerity of the present government towards the common people of Punjab is reflected in the fact that during the first 9 months of the financial year 2022-23, Rs. 125 crore have been distributed as compensation for crop damages and for the welfare of farmers. It includes more than Rs. 5 crore compensation for house damages in natural disaster. He said that the State Government is committed to serving every section of the society.

DC reviews final rehearsal
of Republic Day

**SUMER GARG
SANGRUR, JAN 24**

On the occasion of the country's 74th Republic Day, the final rehearsal was held today as a review of the preparations for the district level ceremony to be held at the Police Line Stadium in which Deputy Commissioner(DC), Sangrur, Mr. Jatindra Jorwal attended as the chief guest and performed the ceremony of unfurl the national flag. After this, the various units were reviewed.

On this occasion, Deputy Commissioner Mr. Jorwal said, "On January 26, Minister of Revenue, Rehabilitation and Disaster Management, Water Supply and Sanitation of Punjab, Mr.



Bram Shankar Sharma will perform the unfurled ceremony of National Flag and take salute". He said that during the ceremony, the presentation of tableaux based on the flagship pro-

grams of different departments will also become the center of attraction and Bhangra, Giddha and other patriotic programs will be presented by the school students.

Scholarship Test conducted
at Royal Convent School

**KULWINDER KARWAL
SARDULGARH, JAN 24**

The scholarship test was conducted on Sunday at the Royal Convent School. During this, tremendous enthusiasm was seen among the people. About 2000 students participated in this test, which is a record in itself. The scholarship test is divided into four levels. Games were also arranged for the parents of the students who came to give the scholarship test.

The parents of the students who came to give the test enjoyed the games very much. Pooja Sharma, Principal of Royal Convent School, said that the purpose of this scholarship test was to inform the parents about the level of education of the children. On this occasion, Mohit Jain, Chairman of the School Management Committee, Manish Mangla thanked the students and parents who came to the school.

SGPC hockey team register wins in
different hockey competitions

**CHARNJIT SINGH ARORA
AMRITSAR, JAN 24**

The Shiromani Gurdwara Parbandhak Committee's (SGPC) hockey team has brightened the name of Sikh body by winning various competitions. In the recently held 66th Punjab State School Games, the under-14 hockey team of SGPC secured first position and the under-19 hockey team secured the second position.

Today, the advisor of the hockey team Gurmeet Singh and coaches arrived here at the SGPC office with the winning symbols and shared the information on achievements. He said that while the SGPC's hockey team won the All India Hockey Gold Cup held at Gurdaspur, the U-14 team won the first posi-



tion and the U-19 team won the second position in the 66th Punjab State School Games. Similarly, in the competition of Inter Punjab Hockey Academies held at Bajidpur, Ferozpur, the U-16 team has won the first position and made the SGPC proud.

On this occasion, SGPC secretary Pratap Singh said that the hockey team of Sabat Soorat (Sikh with unshorn hair) Sikh players prepared by the Sikh body

(SGPC) is making great achievements. He praised the players in the SGPC's hockey team and encouraged them to play harder in the future.

On this occasion, additional secretary Kulwinder Singh Ramdas, hockey team advisor Gurmeet Singh, coaches Bhupinder Singh, Prakash Singh, Avtar Singh, Prem Singh, Surjit Singh, supervisor Randhir Singh and Hardeep Singh were present.

GNDU organises Inter-Department
Arm Wrestling Championships

JANDIALA GURU (KULJIT SINGH): Guru Nanak Dev University Campus Sports organized Inter - Department ARM WRESTLING (Boys/Girls) championships under FIT INDIA Program (Govt. of India) which were concluded in the campus of Guru Nanak Dev University. 64 Boys and 27 Girls from various departments of the University participated in these championships. Dr Amandeep Singh, Teacher In-charge, GNDU Campus Sports & Nodal Officer - GNDU FIT INDIA Program, Govt. of India said that, in the Category of Up to 65 kg in men section, Akhil Grover of Law Department - first, Lakhwinder Kumar of Civil Engg - 2nd and Rishi Walia of Physics Department got 3rd position. In the 65 Kg to 75 Kg category, 1st - Sadianoor Rahman of Architecture Department; 2nd - Awish of Comp. Sci Department and 3rd place was given to Sheikh Samuel of University Business School. He said that in the 75 Kg to 85 Kg category Anish Mahajan of University Business School got first position, Rajvir Singh of History - 2nd and Shrikant Arya of Guru Ramdass School of Planning remained in third position. Similarly in the Above 85 kg category, first position - Daya Singh of Guru Ramdass School of Planning, second - Kewin of History Department.

SRM convent school Pohir
organised PEACE -A-THON

**MAHAVIR GOYAL
AHMEDGARH, JAN 24**

SRM CONVENT SCHOOL, POHIR organised PEACE -A-THON on the occasion of Netaji Subhash Chandra Bose Jayanti (126th Birth Anniversary). 73 students from Grade 6 to Grade 8 participated with a great passion. Excitement and Enthusiasm could be seen on their faces as they run together from SRM Convent School, Pohir to Grain Market, Ahmedgarh. The students pledged that they will contribute to spread a message of peace in the Nation and the Society. The Principal, Mrs. Sheenam Samuel congratulated the students and motivated them to excel in all fields with dedication and hardwork. On this occasion managing director sh. Jawahar Mittal, Sumit mittal, Ravinder Puri ex President municipal council, Bimal Barundi, ram kumar Jindal, surjit gogna were present.

Bobby donates land for
construction of Baba Shri
Chand temple honoured

QADIAN (KETAN VERMA): Where today every person in the world is engaged in the race for money, some people are ready to sacrifice everything while walking on the path of religion, an example of this was found in the nearby village of Kot Todarmal, where the National President of Swarnakar Sangh, Kashmir Singh Inspired Manjit Singh alias Bobby, to donate land for the construction of the temple of Baba Shri Chand Ji, who is eldest son of Shri Guru Nanak Dev Ji.



The work of temple construction was started by donating land in the name of Nanak Dev ji's eldest son. In view of his generosity, he was honored by the National President of Swarnakar Sangh Kashmir Singh Rajput by wearing a LOHI. Manjit Singh alias Bobby assured that he will always be ready if more help is required in the construction of the temple. On this occasion, Kashmir Singh Rajput appealed to the people to actively participate in the construction of this temple so that the construction work of the temple could be completed.

Senior police officials are selling drugs
inside offices: Kulwant Sandhu

**AMRITPAL SINGH
PHILLAUR, JAN 24**

Today, the Joint Front of Public Organizations (JPPO) and the Anti-Drug Front Tehsil Phillaur staged a sit-in protest to wake up the government and police and raised loud slogans. The leaders said that for the last seven or eight years, drugs have deprived the youth, which no government is serious enough to solve.

The leaders said that the role of the police is seen as very negative. With the help of the police and the blessing of the ruling party, the sale of drugs continues. On the other hand, the number of youths involved in drug gangs is constantly increasing. The police and drug traffickers are making double money during this operation. The leaders said that by forming an anti-drug front in the villages, people are constantly raising their voice,



but no one is getting lice on their heads. Kulwant Singh Sandhu, state general secretary of Jamhuri Kisan Sabha, said that drugs are being sold by the police in the area and robberies and thefts are continuously increasing. The top police officers are selling drugs sitting inside the offices and earning big money. Sandhu said that even small social issues of the people are being earned. Sandhu further said that if the police did not solve the problems of the people, the organizations would soon announce a big action. Leader of

Bharatiya Kisan Union Doaba Tarsem Singh Dhillon, Indian Farmers Association Sandhu Satnam Singh Sandhu, State Treasurer of Jamhuri Kisan Sabha Jaswinder Singh Dhesi, District Secretary Santokh Singh Bilga, District Secretary of Rural Labor Sabha Paramjit Randhawa, Tehsil Secretary Major Phillaur GTU District Secretary Colonel Phillaur, PSSF Leader Nirmolak Singh Hira, Jamhuri Kisan Sabha Tehsil Phillaur President Kuldeep Singh Phillaur, Tehsil Secretary Sarabjit Sangowal etc.

Spl lecture on "Entrepreneurship
and Startup Building" held at
Central University of Punjab

BATHINDA (ANIL VERMA): On the occasion of Parakram Diwas 2023, the Central University of Punjab, under the patronage of Vice-Chancellor Prof. Raghavendra P. Tiwari, organized a special lecture on the theme "Entrepreneurship and Startup Building." The Institution's Innovation Council at the university conducted this programme in collaboration with the Department of Sociology. The invited speaker for this programme was Mr. Prithvijit Roy, Founder and CEO of BRIDGE2i Analytics Solutions, and Managing Director of Accenture Strategy and Consulting. At the outset, Dr. Sumedha Dutta welcomed the participants and introduced the programme theme. Thereafter, Ms. Pallavi Mishra introduced the invited speaker. While addressing the participants, Mr. Prithvijit Roy shared that in the initial years he worked with top brands including GE, HP, etc, where he learned the basics of artificial intelligence and data science and developed expertise in these disciplines. He shared his experience of starting his own start-up company in 2011, which over a period of 10 years turned into a rapidly growing firm, based in India and the US, partnering with enterprises across the globe to deliver sustainable business impact based on actionable insights derived.

JOGINDER DEV ARYA
BANGANA: A bike carrying three people collided with a truck at Nanawin village in Una district under police station Bangana Tuesday morning. Two died on the spot and another suffered injuries. Disaster management Authority said in a press statement issued here Tuesday that a woman and a child died on the spot and one person suffered injuries. The mishap occurred around 11.30 am. Deceased has been identified as Swarna Kaur (33) wife of Karnail Singh Basi. Six-yr-old girl Vanshpreet too died.All three belonged to Rajpura Distt Patiala Punjab and Police have lodged a case of rash and negligent driving against the truck driver.

YUGMARG, CHANDIGARH, WEDNESDAY, JANUARY 25, 2023

ANWAR HUSSAIN
NALAGARH: The police have solved the theft case within 24 hours by arresting three accused in the case. The police have started investigation by registering a case against the accused under various sections. Accused has been identified as Hridayanand r/o Shivan Bihar, Ajit Singh Resident of Ballia Uttar Pradesh and resident of Prakash Singh of Panchkula. Police immediately investigating the matter and found that three laborers of the contractor in the company had committed theft has been executed. Police arrested three accused while taking action did. SHO Shyam Lal told that three accused were arrested for theft.

Stop in cases of illegal felling in forests

SANJAY AGGARWAL
DHARAMSHALA: Due to the action taken by the Forest Department last year on the cases of illegal felling in the forests of the border areas of district Kangra, the cases of illegal felling have come to an end. Last year, many cases of illegal felling had come to the fore in the border areas, on which a senior officer of the Forest Department himself had gone to the field and taken action against the forest cutters. This is also the main reason that no case of illegal felling has come to light in the border areas so far this year. Last year, due to cases of illegal felling, action was also taken against some employees of the Forest Department. Chief Conservator of Forest Dharamshala DR Kaushal says that last year I conducted many raids on cases of illegal felling in the border areas, many cases were also caught by me in the field myself. Whatever action was to be taken on the cases of illegal felling, was taken. This is the reason that due to the strictness taken last year, no case of tree felling has come to the fore this year. Field touring is being increased, monitoring is being done at the officer level and the field team is continuously patrolling.



Chief Minister Thakur Sukhvinder Singh Sukhu called on Union Home Minister Amit Shah at New Delhi on Tuesday. It was a courtesy call. This is his first meeting with the Union Minister after becoming the Chief Minister.

Children of Tripta Public School wins Gold Medal in Taekwondo championship



DAULAT CHAUHAN
JAWALI: Kangra Taekwondo State Open Championship was organized by Kangra Taekwondo Association at Youth Service Sports Indoor Stadium in Dharamshala in which President Captain Rakesh Singh Kutalhadiya led it. Chief Minister Sukhwinder Singh Sukhu inaugurated the championship through virtual medium. Three children of Tripta Public Senior Secondary School, Chawalra participated in which Arshit Guleria class IX won gold medal in 65 kg weight freshers category, Arman Chaudhary class IX won gold medal in 50 kg weight category, Piyush Kutalharia won bronze medal in cadet 45 kg weight. On reaching the school for this achievement, the school chairman Virendra Nariyal and school principal Rakesh Rana congratulated the children and Taekwondo coach Rakesh Kutalharia and wished them a bright future.

Tibetans give information about exiled community in Rajasthan



SANJAY AGGARWAL
DHARAMSHALA: As per TPIE visit schedule, MP Lhagyardi Namgyal Dolkar successfully concluded his official visit to Rajasthan, during which he visited Udaipur, Mount Abu, Jodhpur, Tibetan refugee markets of Ajmer, two markets of Jaipur, Sikar and Alwar respectively. 22 January 2023. He highlighted to the community the achievements of His Holiness the 14th Dalai Lama, the great vision of the Central Tibetan Administration, the important situations inside Tibet and India and the framework of democracy and our responsibilities as Tibetans. The MP also had a courtesy meeting with the MLA. Suryakant Vyas, Honorable MLA Mahendra Vishnoi and former MLA Malkan Singh Bishnoi of Rajasthan. Apprised the Hon'ble MLAs about current issues related to Tibet and Indo-China relations, he thanked the State Government for supporting Tibetan sweater vendors in the State for decades and sought their continued cooperation on various grievances of the areas.

ABVP to organise Trigart Yuvotsav District Conference

SANJAY AGGARWAL
DHARAMSHALA, JAN 24

Akhil Bharatiya Vidyarthi Parishad District Kangra District Coordinator Abhinav Chaudhary said in a press conference held in Dharamshala that Akhil Bharatiya Vidyarthi Parishad will organize Trigart Yuvotsav District Conference on January 25 in the auditorium of Dharamshala College. National Organization Minister Ashish Chauhan of Akhil Bharatiya Vidyarthi Parishad will be the chief guest in this conference. Akhil Bharatiya Vidyarthi Parishad not only exposes the problem but also works to take it to the

solution. Vidyarthi Parishad has always fought agitations for the interests of the students. Abhinav Chaudhary said that this year is the 75th year of the Student Council. ABVP is going to organize district conferences in all the districts of the country in the coming days to celebrate the Amrit Mahotsav of Vidyarthi Parishad. In these conferences, students from the council's school unit, college unit, university unit, all national level educational institutions and ITI students will participate in this district conference. He told that in this district conference, Akhil Bharatiya Vidyarthi Parishad will also pass a resolution on

the problems of education sector and social sector related to district Kangra. In this district conference, Akhil Bharatiya Vidyarthi Parishad, while dreaming of a self-reliant India, will also pass a resolution promoting self-reliant Himachal. Suggestions will also be taken from all the students on how to make the local farbokal in your district and the workmanship of your hands famous in the country and abroad. Speeches will be given by the student leaders in the open forum on the issues pointed out by the students. He told that a Shobha Yatra will also be taken during the District Conference.

Kavi Sammelan organized on Neta Ji Subhash Chander Boss Jayanti



KISHORI LAL BAINS
UNA, JAN 24

Kavi Sammelan organized by the District Language and Culture Department of Una in District Employment Office Hall on Neta Ji Subhash Chander Boss Jayanti and to commemorate the biography and struggle of Freedom Fighter Late Shri Husan Lal Dang today. This Kavi Sammelan was attended by well-known poets of Una and salutes were given by their

own composed poetry to martyrs like Neta Ji Subhash Chander Boss who brought independence for us. O P Dang and Anil Kumar Jaswal presented the complete write-up on the Biography and Struggle of Freedom Fighter Late Shri Husan Lal Dang of Una. Santosh Sharma presented a story on Travel Memoir. Neelam Chandel District Language Officer while addressing to the Poets said that we should not forget the sacrifices of Freedom

Figthers. About to 15 poets from Una District and Nangal Punjab participated in this Kavi Sammelan. The following poets participated in this Kavi Sammelan: Dev Raj Hira, Santosh Sharma Nangal Punjab, Kishori Lal Bains, Om Parkash Sharma, Anil Kumar Jaswal, O P Dang, Ram Kishan Bhatti, Ashok Kalia, Ram Pal Sharma "Ghayal", Om Devi Saini, Nisha Kumari and Dr Bal Krishan Soni. Many other dignitaries were also present on this occasion.

Palampur Holi celebration of people's faith: Gokul Butail

SANJAY AGGARWAL
DHARAMSHALA, JAN 24

A meeting was organized under the chairmanship of Dr. Amit Guleria, chairman of the SDM and fair committee, regarding the organization of the state-level Holi festival from March 5 to 8. Chief Parliamentary Secretary, Urban Development and Education Ashish Butail and Principal Advisor to the Chief Minister (Information and Technology and Innovation) Gokul Butail, who were specially present in the meeting, said that the state-level Holi festival has its own special significance across the country. He emphasized on making special efforts to raise the level of Palampur Holi Festival and create more



entertainment. He said that the state government has taken drug eradication as a challenge. He said that the theme of the Holi festival should also be drug prevention and renowned artistes giving performances from the stage should also make the young generation aware of the ill effects of drugs. Ashish said that Palampur Holi Festival is a celebration of the society and everyone's participation and contribution should be ensured in it. He said that the people of Palampur have an emotional connect with the Holi festival and it is a symbol of hope for

millions of people. He said that the organizing committee should make efforts to make the festival more grand. He said that all kinds of competitions organized in the festival should not be held only for formality but participation of maximum number of people should be ensured in these. He said that the Holi festival will be organized in a grand manner like before the Corona period. In which Mahadanga should be started and Kabbadi competition should be included along with other sports competitions.

Girl Child Day celebrated by making girls aware of their rights



KISHORI LAL BAINS
UNA, JAN 24

On the occasion of National Girl Child Day, a district level function was organized in the conference hall of the District Program Officer. Deputy Commissioner Una Raghav Sharma presided over the function. DC said that the purpose of celebrating National Girl Child Day is to make girls aware of their rights. The biggest objective behind celebrating Girl's Day in the country is to make girls aware of education, health and employment. Raghav Sharma said that in the year 2015, the district was added to Beti Bachao Beti Padhao Abhiyan due to low sex ratio of girls. Various activities were organized under the campaign in which people were made aware about daughters. Presently the sex ratio of daughters has reached 938. National Girl Child Day is organized to bring equality in the sex ratio in the country and with the aim of protecting the girl child and preventing female feticide so that more and more people can be made aware of the girl child.

A new era of development and change in Himachal Pradesh

On the 53rd Statehood Day of Himachal Pradesh, I extend my heartiest greetings to all the people of the state. It is an occasion of pride and joy for all of us. It was on this day, January 25, 1971, that the then Prime Minister Smt. Indira Gandhi granted Statehood to Himachal Pradesh amidst heavy snowfall on the historic ridge of Shimla. As a result of her efforts, Himachal Pradesh became the 18th state of India. Late Dr. Yashwant Singh Parmar, the founder of Himachal and the first Chief Minister of the state, made significant contribution in getting Himachal Statehood and taking it forward on the path of development. On this occasion, I pay my heartfelt tributes to him.

On December 11, 2022, our government took over the responsibility of serving the public and started working for the change in the system. Himachal Pradesh is going through a phase of economic crisis. The present government inherited a huge debt of Rs. 75,000 crore from the previous BJP government while employees have to be paid Rs. 4,430 crore as arrears, pensioners with Rs. 5,226 crore and due DA of

employees and pensioners of Rs. 1,000 crore. Moreover, the previous government opened and upgraded 900 institutions in the last 9 months of its tenure without any budget provision. Due to this, there was an economic burden of Rs. 5000 crore on the state. The Congress party has given ten guarantees in its manifesto during the assembly elections. The first of these guarantees was the restoration of the old pension scheme, which has been provided in the very first meeting of the cabinet. About Rs. 8000 crore of NPS are stuck with the central government. Despite this, the state government has fulfilled its promise of giving old pension to the employees. This will benefit around 1.36 lakh NPS employees of the state. This is not a political decision of the state government to give old pension. Our intention is to protect the self-esteem of government officials and employees and provide social security to them because they have contributed in the state's development. Government officers and employees play an important role in the development of the



Thakur Sukhvinder Singh Sukhu
Chief Minister

state. I appreciate everyone's valuable contribution. We are committed to provide DA to the employees and benefits to the pensioners. Our manifesto has included providing employment opportunities to one lakh youth and monthly financial assistance of Rs. 1500 to the women. To fulfil both these guarantees, we have constituted two sub-committees of the Cabinet which will submit their reports within a month. On this auspicious occasion, I want to urge all the government employees to reach out to every eligible person to provide the benefits of government schemes. I have seen struggle in my life. That's why I am well aware of the problems of the common man. The government will work on the

ground to solve their problems. Despite the huge debt burden, the state government is working with determination to fulfil all its promises. This requires some tough decisions to be taken in future which will be productive for the development of the state. I assure you that in the coming years, we will bring the derailed economy of state's back on track. I urge your cooperation and support to fulfil all its promises that my Government have done at the time of Vidhan Sabha Elections. We have come to power not for happiness but to change the system. System change cannot happen overnight. The present government has a policy of zero tolerance towards corruption. As soon as we assumed power, we have started taking steps to eliminate corruption. In the matter of question paper leak of the examinations, the functioning of the Himachal Pradesh Staff Selection Commission Hamirpur has been suspended and now the selection will be done on the basis of merit in a fair and transparent manner. It has been only 44 days since the formation of the

present government. We have tried to live up to our commitments. We have set up Chief Minister's Sukh-Ashray Sahayata Kosh of Rs. 101 crore for the needy. The government has taken this step not out of compassion, but to give them their rights. I have contributed my full salary and all the MLAs of Congress have contributed one lakh rupees each to this fund. The government will bear the entire cost of education of needy children who get admission in institutes like IIT, AIIMS, IIM, IIIT, Polytechnic and ITI. They will also be given pocket money. The state government will play the role of guardians for the children living in old age homes and shelter homes. The government will provide clothing subsidy of Rs. 10,000 per person per year to single women and special children. A festival allowance of Rs. 500 per person is also being provided to the residents of Child Care Institutions, Old Age Homes, Nari Seva Sadan, Shakti Sadan and Special Homes for celebrating Lohri, Makar Sakranti, Holi and other festivals. In the short tenure of the present government, we have taken many steps towards

system change. Even in the education policy, the government is trying to make major changes and system changes, so that poor children can get equal opportunities to study and grow. Rajiv Gandhi Model Day-Boarding Schools will be opened in each assembly constituency in a phased manner. To provide employment to the youth, new technical courses such as robotics, block chain technology, cyber security, cloud computing, data science, artificial intelligence and machine learning courses will be started in polytechnics, ITIs and engineering colleges. The government is also going to bring a new employment policy. Tourism is the main source of our economy. Special attention will be given to natural, rural, horticulture, adventure and religious tourism. This will provide employment opportunities to the local people on a large scale and tourism will be promoted upto the village level. To increase the participation of youth, tourism projects will be linked to the start-up scheme. The present government is making efforts to promote investment so that the youth of

Himachal Pradesh get employment in the private sector as well. The government will bring a new investment policy in which government formalities will be reduced for the convenience of investors. The government is also making efforts to increase the income of farmers, cattle rearers and horticulturists. For this, guidelines have been given to the officers. Himachal Pradesh is known as the fruit state. Our government has resolved that in view of the importance of agriculture and horticulture, the participation of farmers and horticulturists will be ensured in deciding the price of fruits. Appropriate steps will be taken to provide interest free loans to the youth to set up their own start-ups and ventures. Our government has set a target to harness hydropower, hydrogen and solar energy to preserve the state's environment and to make Himachal Pradesh the country's first green energy state by the year 2025. Green products will be promoted in the state due to which exports will increase. The government will set up solar projects upto 500 MW in

the coming financial year. The state government has also decided to promote green energy in the state. For this, electric vehicles will be encouraged. The state government has decided to promote electric vehicles in a phased manner. Best health facilities will be made available to the public in the health institutions of the state so that people do not need to resort to other states or private hospitals for the treatment of their serious diseases. Robotic surgery facility will be provided at IGMCH, Tanda and Hamirpur Medical Colleges. Medical staff will also be recruited. I hope that our government will get active and constructive cooperation from all of you, which will pave the way for progress and development in our beautiful state. On the occasion of statehood day, I once again wish you all the best and wish for bright future of the state and you. I want to reiterate once again that we have not come for power but for a change in the system, in which cooperation of all of you is necessary. *Jai Hind, Jai Himachal.*

Drug addiction
snatched lives of three
boys of widow lady

KULJEET SINGH JANDIALA GURU: The menace of drug addiction is increasing in Punjab to such an extent that perhaps there is no such village or city which is not untouched by it. Alam is that it is slowly killing the youth of Punjab. The situation is likely to worsen in the future. Rajbir Kaur, a poor woman living in village Chatiwind, whose three young sons slowly died. Rajbir Kaur told that the shadow of her husband had gone away from her head a long time ago. Her three young sons who got addicted to drugs. She narrated her grief while crying and said that drugs are being sold on a large scale in this village, the police deliberately slept with their eyes closed. She runs her family's livelihood by picking cow dung and sometimes brings food from Gurdwara Sahib. Woman Accusing the police, she said that she is responsible for her three sons. The woman demanded from the Punjab government that if the Punjab government wants to save Punjab's youth, then it should end drugs.

FIR filed against 2 and 5
unidentified for threatening
and firing rounds in air

SUKH NAHAR JAGRAON: An incident has come into light from Jagraon where 2 persons alongwith 5 unidentified have been accused of threatening a person and firing rounds. In his statement given to police by the complainant, he stated that he went to Hong Kong in 2012 for work and before leaving for Hong Kong, he was friends with Deepinder Singh alias Deepa son of Ajit Singh, Kulwinder Singh alias Kinder son of Boota Singh. "When I was in Hong Kong, the accused would ask me for money for one reason or the other and when I came back to India, both the accused threatened me and asked for me on 22 January but I denied," he said. The complainant alleged that the accused threatened to kill him and his family. "I was present at my residence in Jagraon with my family when accused Deepinder alis Deepa, Kulwinder Singh alias Kinder and 5 others stopped at the front gate of my house on scorio car. As soon as I opened the door, the accused started abusing me and threatening me and dragged me to the street but when they saw people gathering there, the accused ran away on their car," the accused said.

Ludhiana rural police recovers
truck loaded with 150 stolen rice
bags, 1 arrested

SUKH NAHAR JAGRAON: An incident has been reported from district Ludhiana (rural) in which the police department recovered truck loaded with rice. As per the information, police stopped the truck on basis of suspicion and on an examining the truck, it was found loaded with rice bags and the driver failed to give satisfactory reply regarding the purpose of carrying rice. Giving more information about this, SSP Harjeet Singh said that police arrested 1 person with a truck loaded with rice bags on basis of suspicion and on carrying out more investigation regarding this, it was found out that as private agency rented its godowns near Malak village and some people steal rice to "pungrain". "The security supervisor of the godown Narinder Singh used to lead theft of rice from the godown for personal benefits. The recovered rice was supposed to be sent to "Mehtab rice mill" and when police conducted a raid at the seller more traces of governmental gods were found there which creates a suspicion that such illicit activity used to take place here often," he said.

MCM holds Rock
Climbing Camp



CHANDIGARH: The NCC (Naval Unit) of Mehr Chand Mahajan DAV College for Women, Chandigarh, in collaboration with NCC Naval Unit of Chandigarh, organised a five-day Rock Climbing Training Camp at the campus.

The training was conducted on the 12 metre high artificial climbing wall at the college which is the only wall of its kind in the entire region, the nearest one being in Delhi, and meets all international standards. 35 NCC Naval cadets from the college as well as other colleges and schools of Chandigarh attended the camp and learnt rock climbing, belay and about climbing equipment in general. Principal Dr. Nisha Bhargava lauded this initiative to motivate girls to explore this unique sport and develop their skills in it. She added that a pioneer on many fronts, the college introduced the adventure sport of rock climbing in the year 2005 with the objective of promoting fitness, agility and mental fortitude that comes with conquering an ascension.

YUGMARG, CHANDIGARH, WEDNESDAY, JANUARY 25, 2023

Govt Volvo bus service to Delhi Airport ended
monopoly of Private bus players: Bhullar

HARNAMAN BHAIITYA NANGAL, JAN 24

Fulfillment the long-pending demand of the people, Punjab Transport Minister Laljit Singh Bhullar and Education Minister Harjot Singh Bains today flagged off Volvo bus service from Nangal to IGI Airport Delhi. Now, the people of Kandhi area will be able to travel to IGI Airport Delhi with just Rs.1130.

After starting government Volvo bus service, Transport Minister Laljit Singh Bhullar asserted that the monopoly of private companies has ended with the launch of the government Volvo bus service from Punjab to Delhi International Airport, adding that despite the fare drop by these private companies, which were charging between Rs.3000 to Rs.3500 arbitrarily, still people are preferring government Volvo bus



service thus enabling the public bus service making profit. Transport Minister said, inaugurated by Chief Minister Bhagwant Mann in the month of June last year, the Punjabis living abroad have been greatly benefitted by this Volvo bus service. "So far more than 80,000 passengers have travelled in these buses from different cities of the state, and this statistics proves the success of bus service", said the Transport Minister saying that keeping this in mind, the Punjab government is continuously increasing the number of buses. The Transport Minister also announced that a shopping complex at Nangal Bus Stand will be constructed soon. Education Minister S. Harjot Singh Bains while expressing gratitude towards Chief Minister Bhagwant Mann and Trans-

Travel to Delhi
airport with just
Rs.1130

The Transport Minister informed that people will be able to travel in Volvo bus from Nangal city to Terminal-3 of Delhi International Airport with just Rs.1130. The bus will depart daily from Nangal Bus Stand at 1:30 PM, and to reach Sri Anandpur Sahib at 1:50 PM and Rupnagar at 2:50 PM while the bus will depart from Sector-17 Chandigarh for Delhi Airport at 4:35 PM.

port Minister Laljit Singh Bhullar for starting Volvo bus service for the people of Sri Anandpur Sahib Constituency, said that since most of the people of this area are in Arab countries.

Full dress rehearsal of district
level R-day event held

R VERMA GURDASPUR, JAN 24

The full dress rehearsal of the district level Republic Day event on January 26 was held today at Shaheed Lieutenant Navdeep Singh (Ashok Chakra) Stadium, Government College, Gurdaspur, during which National flag hoisting ceremony was performed by Deputy Commissioner Gurdaspur Dr. Himanshu Agarwal. After hoisting the national flag, Dr. Himanshu Agarwal inspected the parade. After this, the parade commander D.S.P. Olympian Under the command of Gurwinder Singh Chandi, Punjab Police jawans, Punjab Police Women's Platoon, Punjab Home Guard, NCC A grand parade was conducted by the cadets and the band of the Punjab Police. On this occasion,



tion, tableaux were also taken out by BSF jawans and different departments. After this, students of various educational institutions presented a cultural program colored in the color of patriotism, including Shabad singing, choreography, gidda, bhangra.

Deputy Commissioner Dr. Himanshu Aggarwal said that the Republic Day event will be held with full enthusiasm on January 26 at Gurdaspur, for which all the preparations have been completed. He said that

during the district level event, the Minister of Energy and Public Works Department of the state. Harbajan Singh will perform the national flag hoisting ceremony.

He said that the attendance of all government officials and employees is mandatory and all should attend the Republic Day function as their duty. Along with this, he has also appealed to the residents of the district to participate in the Republic Day celebrations and increase the excitement.

Kalka police registers zero FIR on charge
of raping girl, sent it to Zirakpur PS

ZIRAKPUR (VICKY BHABAT): Kalka police registered a case against a young man in Zirakpur police station for raping a girl, blackmailing her by taking obscene photographs and threatening to kill her family. The police have registered a case under 323, 376 (2) N, 506 against the accused. The rape accused has been identified as Prince Dhawan, a resident of Zirakpur, who is currently absconding. The police have started an operation to catch him. In the statement given to the police, the girl said that the accused used to come and go to her house.

The accused introduced me and brought me to Mohali on the pretext of getting me clothes. But on his return, he took her to a hotel in Zirakpur's Baltana and asked for sexual intercourse. When the victim resisted, the accused assaulted her and forcibly had physical relations with her and took indecent photographs of her in his mobile phone. After which he started blackmailing her and threatened to kill her parents if she told anyone about it. Due to which she was very scared and did not tell anyone about this matter. The victim said that the accused called her twice to the same hotel and had forced physical relations with her by threatening to spread the photo virally. The victim said in her statement that she got married in October 2022. Even after this, the said accused was harassing him, after which action was taken against the said accused in police station Kalka with the support of his family. Giving information about the case, the investigation officer of Zirakpur Police Station said that Kalka Police has zero FIR as the matter is related to Zirakpur.

350 donated blood at 20th Mega Blood Donations
Camp organised by Security department, PGIMER

CHANDIGARH, JAN 24

The Security Department of PGI has organized 20th Mega blood donation camp today to celebrate jayanti of Netaji Subhash Chander Bose and Republic day as a patriotic gesture.

Prof. Rakesh Sehgal, Dean (Academic), PGIMER inaugurated the blood donation camp. Sh. Kumar Gaurav Dhawan, DDA, Sh. Kumar Abhay, Financial Adviser, Prof. Ashok Kumar, AMS and CEO, Swaraj Engines graced the occasion.

The camp was organized with support and cooperation of M/s Swaraj Engines, SBI Medical Branch, Sector 12, Chandigarh, Members of CISF & CRPF.

350 voluntary donors donated the blood and approximately 150 donors were declared unfit for various reasons. Rakesh Sehgal, Dean



(Academic), Branch Manager, SBI, Sector 12, Chandigarh, graced the occasion to boost the morale of donors as Guest of Honour.

Gursharan Singh Korey, Chief Security Officer, PGI and MD of M/s Swaraj Engines, Mohali presented certificates & gifts to the donors.

Each blood donor was given 1 towel, 1 Thermos / Flask, Sweets box and trophy as a token of love and appreciation by the Security Department, PGI. Approximately 72 persons pledged for organ donation at the camp.

National Girl Child Day celebrated

CHANDIGARH: A remarkable event was organised to celebrate NATIONAL GIRL CHILD DAY at GGMSSS 20 B under Legal literacy Club and Nss unit. It was such informative event with presence of guests from such renowned Govt organisations.

In the event legal club student members presented a play - to raise issue of education of girl child, poems and songs which depicted the issue of protection education and empowerment of girl child. At the end SH Surrender kumar spoke and interacted with the girl students to aware them about their legal rights and know the capabilities they have.



Full dress rehearsal ahead of Republic Day at parade ground, Chandigarh.

R-day full dress rehearsal held

FARIDKOT (SURINDER DAMDAMI): The district level function of the Republic Day will be celebrated with full fanfare at the Nehru Stadium in Itho. In this regard, all the preparations have been completed. Chief guest of this district level event will be Cabinet Minister Punjab Chetan Singh Jodamajra and will hoist the national flag and address the people of the district. The full dress rehearsal of this event has been done under the leadership of Dr Ruhi Dug Deputy Commissioner. On this occasion, S.S.P. Rajpal Singh was specially present. After this, in a meeting with the officials, Deputy Commissioner Dr. Ruhi Dug said that this time on the occasion of Republic Day.



Hepatitis-C and B testing and treatment
facility in Kharar, Derabassi hospitals too

SHASHI PAL JAIN MOHALI, JAN 24

Civil Surgeon Dr Adarshpal Kaur held a monthly review meeting with District Program Officers and Senior Medical Officers here today. Addressing the meeting, she informed that the testing and treatment facility for Hepatitis-C and B has now started in sub-divisional hospitals in Kharar and Derabassi.

She asked the senior health officials to sensitize people about the causes, symptoms, prevention and treatment of this disease, which is a viral infection causing liver inflammation, so that patients can take full advantage of the free facility available in government health institutions. Till now, the facility was being provided only at District Hospital Mohali. Epidemiologist Dr. Harmandeep Kaur gave detailed information about the various aspects of Hepatitis-



C and B through the projector screen. The Civil Surgeon inquired about the progress of construction, renovation, painting work at new Aam Aadmi Clinics being dedicated to the people on January 27. She said that new Aam Aadmi clinics are being opened at different places in the district from January 27.

It may be mentioned that 14 such clinics are already running successfully in the district. She said that currently a large number of patients are coming to the clinics and getting free health facilities. Dr Adarshpal Kaur expressed

hope that all the health officials and staff will play an important role in running the new clinics successfully with mutual cooperation and hard work as people are very enthusiastic about the new clinics. She also asked the officials to ensure timely attendance of the staff and hold regular meetings to review various schemes.

She said that the employees dealing directly with the public must remain at their seat during duty hours and corruption or bribery will not be tolerated at all in any health institution.

Local trader writes letter to PM
regarding sale of wheat in open market
by FCI in view of rising wheat prices

SHASHI PAL JAIN KHARAR, JAN 24

Arun Kumar, a businessman from Kharar, has sent an e-mail to the Prime Minister Narendra Modi, saying that bread is missing from the plates of the poor people as the prices of wheat in the market have continuously increased.

He has written that currently wheat is being sold at around Rs.3000 per quintal in the markets of Punjab. A few days ago, the Food Secretary of India had given a statement in the newspapers that there is a lot of wheat stock in the warehouses of FCI and they are planning to release these reserves in the open market so that wheat prices can be controlled. He has written that so far no action has been taken in this regard by FCI. He has demanded that the Prime Minister should issue an order to the FCI that wheat should be sold in the open market so that the enhanced prices can be reduced. Meanwhile, the Prime Minister's Office has sent this letter to the concerned department for taking necessary action.

Lack of cattle care at
gaushalas lamented



RAKESH JINDAL NABHA, JAN 24

Despite taking cow cess, neither the governments of the place are taking care of the cows nor there are proper arrangements for the care of cows in the public gaushalas. Making this serious accusation, Shingara Singh, the national president of Bharatiya Gaushala Mahasangha, paid obeisance at Sri Anandpur Sahib and announced that a special movement is being started by the Sangh for the proper maintenance of cows and for the debt waiver of farmers. It will be started soon from the famous village Nanoki under Nabha constituency.

He said that in spite of collecting cess, the government is not fulfilling its responsibility. On the other hand, during the visit to the public cowsheds, it was revealed that due to lack of proper arrangements, even 6 month pregnant cows are dying. He said it is a matter of great sadness that our own people are neglecting the cows during the last stage. Along with this, he said that the indirect agriculture tax is increasing the financial burden on the farmers. Farmers are entangled in the web of debt due to financial difficulties and are committing suicide.

Shingara Singh said that a state-level movement will be conducted to knock on the doors of the governments for the acceptance of their demands. Prominent environmentalist and Young Farmers' Club Nanoki President Abjinder Singh Jogi Grewal said that the agitation will be conducted in a peaceful manner under constitutional norms without disturbing the general public, for which constituency wise planning has been drawn up. On this occasion, Gaushala Mahasangh Punjab President Abjinder Singh Jogi Grewal, Hardeep Singh Bhadsoun, Jai Singh Skarli, Amarjit Singh Lucky, Yogi Sarpanch Khizarpur, Gurdhian Singh, Sarpanch Chhaju Singh Mangewal and Nambardar Ranjit Singh were present.



Dharam Pal, Adviser to Administrator, Chandigarh at newly built Indian Airforce Heritage centre at Sector 18.



HARPREET SINGH LEHAL
JALANDHAR: Continuing bringing laurels to the country and the region; two of the distance education students of Lovely Professional University (LPU) have bagged multiple medals in various national and international level sports events held recently. An Arjuna awardee and Olympian shooter, MBA student Gurpreet Singh has won three medals in the 65th National Shooting Championship for Pistol competition held in Bhopal. He bagged individual gold medal in 25M standard pistol; team silver medal in 25M rapid fire pistol; and, and, an individual bronze medal in 25M centre fire pistol event. Similarly, an arts student Sukhmeet Singh won the silver medal in the Men's Double Scull (M2X) event at the Asian rowing championship in Thailand. Prior to this, he has also bagged a gold medal at a quadruple scull event, during the 36th national games held at Ahmedabad. Illustrative, both of these students have availed 100% sports scholarships while pursuing their MBA and BA programmes at LPU through distance education study mode. This mode provides a flexible and accessible higher education option to all aspirants who want to upgrade their qualifications along with their existing passions and life roles.

Orientation program for parents of new entrants at Innokids - the Pre-Primary School



JALANDHAR: In five schools of Innokids- the Pre-Primary School (Green Model Town, Loharan, Nurpur, Cantt.- Jandiála Road and Kapurthala Road of Innocent Hearts, an orientation program was conducted for the parents of the children getting admission to nursery for the year 2023-24. The parents were welcomed by Mrs. Bandeep, Innokids coordinator . She informed the parents about the rules and regulations of the school. Temporary id cards were issued to the students. On this occasion, Mrs. Sharmila Nakra, Motivational Speaker and Deputy Director of Cultural Affairs of the group shared 'Good Parenting' tips with the parents, which would be helpful for them regarding the upbringing of their children. She informed the parents about the nutritional requirements of children's food. She sorted out the queries of the parents. She advised the parents to spend quality time with their children. Deputy Director of Innokids Mrs. Alka Arora said that the nursery classes would start in February.

DC flags off awareness rally under Kayakalp program



KULDEEP SOOD
BARNALA: The purpose of the rejuvenation program of the Punjab government is to improve the services of government hospitals so that better health facilities can be provided to patients. These words were expressed by Deputy Commissioner Barnala Poonamdeep Kaur while flagging off the awareness rally. On this occasion, Civil Surgeon Barnala Dr Jasbir Singh Aulakh said that under the Kayakalp program, cleanliness of the hospitals, good behaviour of the staff towards the patients, improvement in the quality of work and creating awareness about health services. Senior Medical Officer Barnala Dr. Tapinderjot Kaushal said that Zalhia Hospital Barnala has stood first at the state level with an amount of 50 lakhs in rejuvenation and 10 lakhs in Eco-Friendly Hospital Award. At this time, an awareness walk was carried out with the support of the staff of the health department and the staff and students of Guru Gobind Singh College of Nursing Barnala.

Para Athletics Punjab State Championship: Barnala's Pardeep bags two medals

KULDEEP SOOD
BARNALA: In the 2nd Para Athletics Punjab State Championship 2022-23 which was held at Punjabi University Guru Kashi Campus Talwandi Sabo Bathinda, Barnala's Pardeep Kumar brought silver and bronze medals to the district. Giving this information, District Sports Officer Balwinder Singh Sidhu said that Pardeep Singh is receiving training from athletics coach Jaspreet Singh Mander at Baba Kala Mehr Stadium here under the para-athlete category T-46. In the 2nd Para Athletics Punjab State Championship, he brightened the name of Barnala district by securing third place in the 100m race and second place in the long jump from across Punjab. Coach Jaspreet Singh said that Pardeep Singh has qualified in the 21st Para National Athletics Championship to be held in Maharashtra from 13 to 17 February 2023. On this occasion, District Sports Officer Balwinder Singh Sidhu congratulated Pardeep Singh and all the staff members encouraged the player.



YUGMARG, CHANDIGARH, WEDNESDAY, JANUARY 25, 2023

Land selected for building pre-fabricated huts for Joshimath victims: DM

AGENCY
CHAMOLI, JAN 24

The District Magistrate of Chamoli, Himanshu Khurana, said on Tuesday that the Central Building Research Institute (CBRI) has been building one, two, and three BHK model pre-fabricated huts for the displaced families of Joshimath's land subsidence-affected in Uttarakhand. "The Central Building Research Institute (CBRI) is building one, two and three BHK model pre-fabricated huts for the displaced families in Joshimath, Uttarakhand, on land located near the Department of Horticulture, Herbal Research and Development Institute (HDRI)," DM Himanshu Khurana said.

He has also instructed the executive body to speed up the work by inspecting the site and added that the land has also been selected in Dhak, where the construction will be started in a



short time.

"For this, the Disaster Department has released Rs 2 crore 14 lakhs," he said further.

Apart from the construction of prefabricated structures, the administration has also been evaluating several options for the permanent resettlement of the

families. "One option is to give people money and freedom to settle wherever they want. The second option is to find alternative sites and make land available," he said.

On Monday, Secretary Disaster Management, Ranjit Kumar Sinha while addressing a

Central Minister Gajender Singh Sekhawat will reach Talwandi Sabo today: Ravi Sidhu

TALWANDI SABO (ISHWER GARG): Central Water Power Minister Gajender Singh Shekhawat is specially arriving to meet the workers at Talwandi Sabo on January 25, Bharatiya Janata Party Constituency Incharge and District Rural President Ravipreet Singh Sidhu a social worker, said that Union Minister Gajender Singh Shekhawat on 25 January Takht Shri Damdama Sahib and after that he will meet a large gathering of BJP leaders and workers at his local residence. He also said that he will also visit a village in the constituency. On this occasion, a large number of workers including Sukhi Personal Assistant, Ladi Jaga, Balkar Singh Nawan Pind, Kulwinder kaur Singo, Rajni Kaur Talwandi Sabo, Buta Singh etc. were present with him.



Two arrested with 70 boxes of illegal liquor

VICKY BHABAT
ZIRAKPUR, JAN 24

Zirakpur police arrested two persons carrying 70 cartons of illicit liquor in a Balero vehicle based on a tip-off. Giving information, Zirakpur police chief Deepinder Singh Brar said that Baltana police in-charge had received information that Sanjeev Kumar son of Shankar Ram, resident of village Dabla, district Bilaspur and Sunil Kumar son of Kapur Chand, resident of Nichal Butter, district Bilaspur, were carrying liquor in their vehicle. When the Balero vehicle was searched, 70 cartons of liquor sold only in Chandigarh, including Naina Yayy Rum, were found in the

secretly-built box. He said that during the preliminary investigation, it was found that the accused Sanjeev Kumar and Sunil Kumar used to bring fruits



from Bilaspur to Anaj Mandi Chandigarh and on their way back they used to sell cheap liquor at expensive rates in other states. He said that the inquiry is ongoing.

Full dress rehearsal held



PREETI RANI
SADHAURA: Sub-Divisional Officer Jaspal Singh Gill observed the final full dress rehearsal and took the salute of the parade for the successful organization of sub-divisional level Republic Day celebrations at Government Culture Senior Secondary School, Bilaspur. He said that Republic Day is an important national festival of our country and this festival is celebrated every year with great enthusiasm throughout the country. Like every year, this year also on January 26, sub-division level Republic Day function will be organized. All the necessary preparations for the national festival have been completed. Narwana MLA Shri Ram Niwas will be the chief guest on this occasion. He appealed to the residents of the town to reach in maximum numbers on the occasion of Republic Day. The sub-divisional officer said that a grand march past will be done by the police department and children's detachments of different schools in the Republic Day celebrations and colorful cultural programs filled with patriotism and patriotism will be presented by the children of different schools. Tableaus based on developmental activities and achievements will also be taken out by various departments.

21 girl students honored on the occasion of National Girl Child Day in IG College



RAMAN GUPTA
KAITHAL: On the occasion of National Girl Child Day, 21 girl students of the college were honored at Indira Gandhi (PG) Women's College, Kaithal. This program took place under the Legal Literacy Cell of the college. Giving more information, Principal of the college, Mrs. Dr. Aarti Garg told that a program was organized by the National Human Rights and Crime Control Bureau, Kaithal, in which the educational level of the college this year 17 girl students who stood first and second and 3 girl students who got first position in 45th Inter Zonal Youth Festival and 1 girl student of sports who got second position in Judo in inter college competition were felicitated. National Human Rights and Crime Control Bureau Kaithal Head Mahendra Dhanai, Shyam Bahadur Khurana, Ruldu Ram, Patron, General Secretary Subhash Chandra Verma, District Advisor Charan Singh Kala and Chandiram Ranga, Block President Kaithal were present in the programme. Acting Principal of the college Dr. Aarti Garg ji said in her statement that the main purpose of National Girl Child Day is to remove the sentiments of discrimination against girls in the society.

Bank of Baroda Chandigarh region makes people aware about cleanliness

CHANDIGARH, JAN 24

Bank of Baroda has always been fully committed to balancing business and contributing to the society by fulfilling its community obligations. Along with this, Bank of Baroda is also completely dedicated towards clean/green India. With this objective, the Bank is celebrating Swachhta Pakhwada from 16th to 31st January. Under this a blood donation camp was organized. A free health checkup camp was organized in which approx. 300 beneficiaries were present. Cleaning kits were distributed to around 300 families on the occasion. On 24.01.2023 the staff members of Bank of Baroda, under the leadership of Zonal Head Mr. Vimal Kumar Negi, marched from Sukhna Lake to Rock Garden to spread awareness about cleanliness in the society and to explain the importance of cleanliness. The staff members gave the



message of cleanliness to the people by forming a human chain. On this occasion, the Zonal Chief while addressing the people present said that Bank of Baroda is celebrating Swachhta Pakhwada on the theme of 3H i.e. Hygiene, Health and Happiness. He said that If there is greenery then health will be good. If physical and mental health is good then the result of our work will also be good and our happiness is linked with this. Making people aware, he said that we should promote tree plantation and stop the use of plastic. Regional head Mr. Pradeep Kumar Yadav said that the

bank is conducting this foot march today with the aim of drawing attention to the importance of cleanliness under Swachhta Pakhwada till January 31st 2023, drawing competition, webinars and seminars on the subject of cleanliness and health will be organized in educational institutions. Bank of Baroda has always been conscious of cleanliness and taken up the cause of Green India. The bank has always shown its commitment towards a greener India and will remain dedicated to fulfilling such community obligations in the future as well.

Jundla to become model in cleanliness: Chandra



SHIV KUMAR SHARMA
KARNAL: Cleanliness campaigns will be promoted in villages on the lines of cities. For this, along with door-to-door garbage collection in the villages, garbage sheds will be prepared in the village itself for disposal of garbage. Executive Vice Chairman of Swachh Bharat Mission Subhash Chandra, who reached among the villagers in Jundla village of development block Chidav, at the residence of senior BJP leader Satpal Jain, gave instructions to solve the problems of the villagers on the spot. Village sarpanch Satish Narwal and panches present on the occasion demanded him to provide vehicles for cleanliness in the village and a garbage shed for disposal of garbage. On this, the Vice Chairman talked to Zilla Parishad Executive Officer Gaurav Kumar and Block Panchayat Officer on the phone and gave instructions for its arrangement. For cleanliness, he gave options to the villagers to get door to door garbage collection done at the government level or to make cleaning arrangements at the panchayat level itself.

Rally organized by NCC on National Girl Child Day



INDRI (MAINPAL KASHYAP): Cadets of Seven Haryana Battalion NCC Karnal organized a rally at Shaheed Udhm Singh Government College Matak Majri Indri Karnal on the occasion of National Girl Child Day at Indri. College principal, Dr. Surendra Singh, gave his views on the importance of education and nutrition for girls to make them strong and self-reliant. NCC officer Dr. Lt. Ranbir Singh told that there has been public awareness in the society towards girls, as a result of which the sex ratio in Haryana which used to be around 880 from 1966 to 2011 and was the lowest in the whole of India, has now reached 925 in December 2022. In this program, Block Education Officer Dr. Ramamurthy Sharma and Headmaster Surendra Sharma while addressing JP Picture Akshay said that the purpose of celebrating National Girl Child Day is to make girls aware of their rights and to bring equality for them in the society. More than 500 students from different schools and many dignitaries of the society also participated in this programme.

Karan Chautala gives support to farmers

MAINPAL KASHYAP
INDRI, JAN 24



Chairman of Sirsa Zilla Parishad Karan Chautala met the sugarcane farmers sitting on dharna outside Bhados Sugar Mill and announced to support them on behalf of the party. A large number of sugarcane producing farmers are protesting in the entire state for the increase in the rates of sugarcane. During a conversation with journalists, Karan Chautala said that for the last three years this government is working to suppress the farmers. He said that the government thinks that farmers are a weak

community, but they do not know that there is no one as strong as farmers in the whole world. He said that policies of government are not right, that's why people are being forced to sit on the streets. All the thieves are sitting on the chairs and are working to fill their pockets.

Chautala said that the more you suppress the farmer, the stronger he will emerge. The BJP government had made three laws, but they had to be withdrawn after rubbing their noses and even now the government will have to work to increase the prices of sugarcane.

National Girl Child Day celebrated

RANVIR PRASHAR
KAITHAL, JAN 24

National Girl Child Day was celebrated by Women and Child Development Department, Kaithal in various villages of Guhla, Rajound and Kalayat in the district in which programs were organized by District Program Officer Kamlesh Garg celebrating National Girl Child Day in various villages of the district. Saplings were planted on the occasion of Girl's Day and saplings were also distributed to the girls. A rally was also taken out at the village level. Girls were worshipped in the villages and their birthday was also celebrated by cutting a cake and they were also given different types of gifts. On this occasion, the families of the daughters also participated. Giving information on this day, he told that January 24 is celebrated as National Girl Child Day. That's why January 24 is being celebrated as Girl's Day in the villages of the district. The main objective of Beti Bachao



Beti Padhao campaign is to stop female feticide. Sorrows never come in the house where there is a daughter. Happiness runs on the face as soon as the names of daughters come, daughters are the beauty of the house. God resides in the house where the daughter is respected. Daughters connect two families.

EDITORIAL

Lingering shadow

The recently broadcast first part of India: The Modi Question, BBC's documentary on Narendra Modi and the Gujarat killings of 2002, makes for curious viewing. For any Indian engaging with the news since 2002, much of the material is familiar, the ground the film explores over 58 minutes mostly well-trodden. While the documentary goes back and forth to reveal them, the events laid out in the film are also well-etched in our minds — sequentially: the Rashtriya Swayamsevak Sangh is formed in 1925 as a Hindu supremacist organisation aping Italian fascists and Nazis; the RSS likes to recruit boys from a young age; Modi is one such boy who is recruited; Modi rises in the RSS and is taken into the Bharatiya Janata Party, the electoral arm of the RSS; the 9/11 attack creates an open season on Muslims the world over; Modi takes over as Gujarat's chief minister in late 2001; from early 2002, trains between Gujarat and Ayodhya start ferrying Hindutva kar sevaks for the Ram mandir agitation; one such train carrying a mix of pilgrims and returning kar sevaks is stopped near Godhra on February 27 and four of its carriages are set alight; 59 people, including women and children, all Hindus, burn to death in carriage S-6; a mob of local Muslims is blamed for this; within a startlingly few hours of the Godhra burning, widespread attacks begin on Muslims all over Gujarat; though the violence continues for months, the most intense bit of it takes place over the next three days, especially in Ahmedabad.

After this, questions about the responsibility for the murders and rapes start to circulate. The documentary details some of the following: why did the chief minister fail to stop the violence? Was he simply incompetent and unequal to the challenge? Did he deliberately ask the police to stand by and let the grotesque retaliation take place? Was it, indeed, a retaliation or was the initial Godhra attack also part of a wellthought-out plan to unleash the pogrom on Muslims? Whatever the case, why was the delivery of justice so sparse and tardy in the aftermath? Why were first information reports and investigations so widely and deliberately hobbled by the authorities? Why did the former prime minister, A.B. Vajpayee, and the former home minister, L.K. Advani, fail to act in the face of this mass atrocity? Why did they let Modi not only continue to be in charge but also call for state elections shortly afterwards? Who killed Haren Pandya, the former minister who was openly critical of Modi? Did the SIT constituted in 2008 to investigate the violence do its job properly?

Egypt, India “progressively emerging as ideal partners”

India and Egypt, which has been invited as guest country for the Republic Day ceremony, are emerging as “ideal strategic and economic partners with potential cooperation” in defence, security, counter-terrorism, among other things, according to Egyptian analyst Mohammed Soliman.

Mohammed Soliman, an Egyptian analyst, currently working as a manager at McLarty Associates, a global strategy firm based in Washington, and a non-resident scholar at the Middle East Institute said, “Egypt and India are progressively emerging as ideal strategic and economic partners, with potential cooperation in defence, security, counter-terrorism, industrialisation, pharmaceuticals, and food security.”

“India exempted Egypt from its recent wheat ban, and the two nations expanded their cooperation in pharmaceuticals,” he added.

Egypt's economic growth accelerated from 2017 through 2019 but slowed in 2020 and 2021 after it was affected by multiple global shocks. Egypt could give a filip to economic recovery by partnering with emerging economies like India. Egypt could find a much more reliable partner for development in India without hampering its sovereignty, or ideology.

The plan to develop the Suez Canal Economic Zone (SCZONE) into a global manufacturing hub is now attracting critical mass. India can make use of these investment opportunities and Indian firms could invest in the Suez Canal Economic Zone with requisite incentives.

Egypt can collaborate with India in the development of Information and Communication Technology (ICT). The role of ICT in developing India's economy has garnered the attention of Egypt. ICT contributes to around 8 per cent of the total GDP in India. Recently, Egyptian Minister of Communication and Information Tech-



nology Amr Talaat visited India. Talaat's visit demonstrates Egypt's intention to seek cooperation with the Indian information technology sector. Egypt seeks cooperation with India in communications and information technology, particularly in sectors related to digital transformation, the electronics industry, setting up digital capabilities for youth, research and development, and cyber security. In 2018, Egypt signed the International Solar Alliance (ISA) framework agreement as a founding member and ratified it in January 2019. The agreement gives an opportunity to Egypt to work with India on solar energy to reduce dependence on fossil fuels.

The two nations have been brought closer by the COVID-19 pandemic and af-

ter the conflict between Russia and Ukraine. Both nations have demonstrated mutual goodwill by helping each other at crucial times in the past. Egypt's dispatch of 300,000 doses of Remdesivir in May 2021 during the second wave of COVID-19 was appreciated by Indians.

India also supplied wheat to Egypt as the Russia-Ukraine conflict had threatened the nation with a shortage of wheat as Egypt imported 80 per cent of the wheat from Russia and Ukraine. Meanwhile, the Egyptian government announced the inclusion of India in the list of accredited countries to supply wheat to Egypt in 2022.

This time, Egyptian President Abdel Fattah El-Sisi will be the Chief Guest for India's 74th Republic Day celebrations. He

will be accompanied by a high-level delegation, including five Ministers and senior officials, according to statement released by Ministry of External Affairs.

Abdel Fattah El-Sisi is due to arrive in New Delhi on January 24. During his visit, Sisi is scheduled to meet Prime Minister Narendra Modi and hold discussions on bilateral, regional and global issues of mutual interest. He will also interact with the business community in India.

“This is for the first time that the President of the Arab Republic of Egypt has been invited as Chief Guest on our Republic Day. A military contingent from Egyptian Army will also participate in the Republic Day parade,” the Ministry of External Affairs said in an official statement.

Study reveals why dietary nitrate increases muscle force during exercise

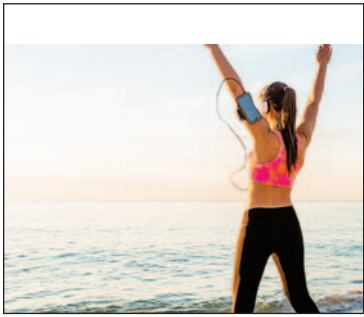
According to a study, consuming dietary nitrate, the active molecule in beetroot juice increases muscle force while exercising significantly.

While it is well known that dietary nitrate improves exercise, both endurance and high-intensity exercise, researchers still have a lot to learn about why this happens and how our bodies convert the dietary nitrate we consume into nitric oxide that our cells can use.

To help close this gap, researchers at the University of Exeter and the U.S. National Institutes of Health traced the distribution of ingested nitrate in the saliva, blood, muscle and urine of ten healthy volunteers, who were then asked to perform maximal leg exercise.

The team wanted to discover where in the body the dietary nitrate was active, to give clues on the mechanisms at work.

An hour after the nitrate was taken, participants were asked to perform 60 contractions of the quadriceps - the thigh muscle active while straightening the knee - at maximum intensity over five minutes on an ex-



ercise machine. The team found a significant increase in the nitrate levels in muscle. During the exercises, researchers found this nitrate boost caused an increase in muscle force of seven per cent, compared to when the participants took a placebo.

Andy Jones, Professor of Applied Physiology at the University of Exeter, said: "Our research has already provided a large body of evidence on the performance-enhancing properties of dietary nitrate, commonly found in beetroot juice. Excitingly, this latest study provides the best evidence to date on the mechanisms behind why dietary nitrate improves human muscle performance."

Balochistan suffers acute drinking water crisis

Major parts of Balochistan province in Pakistan are suffering an acute shortage of drinking water as the filtration plants installed by the regime have gone out of order due to poor maintenance, The Express Tribune reported.

The report quoted a civil society member who said, "Only 25 per cent of Balochistan's dwellers have access to clean drinking water."

Locals have urged the government to restore the non-functional water filtration plants so that they can have access to drinking water.

Earlier, Balochistan Chief Minister Abdul Quddus Bizenjo had ordered the authority concerned to repair the out-of-order filtration plants within a month.

Resolving the water issue was a top priority of the government as it had established water filtration plants in every district of the province to provide clean drinking water but they went out of order due to poor maintenance, Bizenjo had said.

This is not the first time that Pakistan has been struggling with water shortages.

Earlier, Jiye Sindh Quami Mahaz (JSQM) has taken out protest rallies against water shortage in the Sindh province.

The leaders while addressing the rally



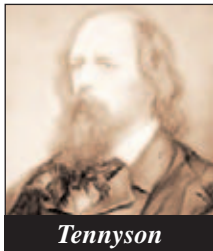
had alleged that Punjab province was conspiring to dry up Indus. They also bemoaned that the Punjab government has never gone by the 1991 water treaty on the distribution of water.

The protestors also said that the elites associated with Pakistan People's Party (PPP) in Sindh continue getting water, however, others who are without any influence and political connection, suffer.

The water shortage in Sindh has been a great issue. Not only Sindh province but also Punjab province is facing up to 75 per cent water shortage. The Punjab province supplied 53,100 cusecs of water against its needs of 1,27,800 cusecs.

POEM

The Day-Dream
O LADY FLORA, let me speak: A pleasant hour has passed away
While, dreaming on your damask cheek, The dewy sister-eyelids lay.
As by the lattice you reclined, I went thro' many wayward moods
To see you dreaming—and, behind, A summer crisp with shining woods.
Alfred, Lord Tennyson



Getting children outside can help mitigate negative effects of screen time



You're probably concerned about how much time your young children spend staring at a screen, whether it's a tablet, phone, computer, or television. You're probably curious about how screen time affects your child's development and whether there's anything you can do to mitigate any negative effects.

According to new Japanese research, more screen time at age 2 is associated with poorer communication and daily living skills at age 4--however, when children also play outside, some of the negative effects of screen time are mitigated.

In the study, which will be published in March in JAMA Pediatrics, the researchers followed 885 children from 18 months to 4 years of age. They looked at the relationship between three key features: the average amount of screen time per day at age 2, the amount of outdoor play at age 2 years 8 months, and neurodevelopmental outcomes--specifically, communication, daily living

skills, and socialization scores according to a standardized assessment tool called Vineland Adaptive Behavior Scale-II--at age 4.

"Although both communication and daily living skills were worse in 4-year-old children who had had more screen time at aged 2, outdoor play time had very different effects on these two neurodevelopmental outcomes," said Kenji J. Tsuchiya, Professor at Osaka University and lead author of the study, adding, "We were surprised to find that outdoor play didn't really alter the negative effects of screen time on communication--but it did have an effect on daily living skills."

Specifically, almost one-fifth of the effects of screen time on daily living skills were mediated by outdoor play, meaning that increasing outdoor play time could reduce the negative effects of screen time on daily living skills by almost 20 per cent. The researchers also found that, although it was not linked to screen time, socialization was better in

4-year-olds who had spent more time playing outside at 2 years and 8 months of age.

"Taken together, our findings indicate that optimizing screen time in young children is really important for appropriate neurodevelopment," said Tomoko Nishimura, senior author of the study, adding, "We also found that screen time is not related to social outcomes and that even if screen time is relatively high, encouraging more outdoor play time might help to keep kids healthy and developing appropriately."

These results are particularly important given the recent COVID-19-related lockdowns around the world, which have generally led to more screen time and less outdoor time for children.

Because the use of digital devices is difficult to avoid even in very young children, further research looking at how to balance the risks and benefits of screen time in young children is eagerly awaited.

CHANDIGARH: Hi Tech Pipes isin limelight ahead of its board meeting later this week to consider stock split proposal.Hi-Tech Pipes' board is scheduled to meet on January 28, 2023 to consider the proposal of the sub-division/split of equity shares. Mottal Oswal mutual fund has recently shown its interest in the counter as it picked up 3 lakh equity shares of Hi-Tech Pipes on Friday. According to exchange data, Mottal Oswal Equity Opportunities Fund Series II has bought 2 lakh shares in the company at Rs 937 apiece, Mottal Oswal Business Advantage Fund Series II also bought nearly 1 lakh shares for Rs 996.99 per share. The company board will also consider and approve its quarterly results on the same day, the filing added.The company board will also consider the proposal of sub-division or split of the equity shares of the company, having a face value of Rs 10 each, in such a manner as the Board may determine, the regulatory filing said. Recently, Hi-Tech Pipes signed MoU with the government of Uttar Pradesh to set up a mega manufacturing facility of steel tubes and flat steel processing with a proposed investment of Rs 510 crore in a phased manner. Hi- Tech Pipes Ltd. has a state of art ultra modern latest technology based R & D facilities with latest equipment which helps the company to manufacture world class products.Company has strengthened the quality of the products through prudent investments to improve procedural discipline, acquire best-in-class certifications and implement mission-critical technologies.

BKT Tires pays tribute to India's Unsung Heroes with an inspiring anthem 'Muskurayega India'

CHANDIGARH: Balkrishna Industries Ltd., (BKT) the Indian multinational company and global player in the Off-Highway tire segment, released an inspiring anthem, that pays tribute to the unsung heroes – farmers and soldiers, who have played a vital role in shaping the country's economy and are strong pillars of our nation. The anthem, titled 'Muskurayega India', which salutes the unmatched contribution of farmers and soldiers, is produced by JJust Music, for the occasion of Republic Day.Through the 'Muskurayega India' anthem, BKT celebrates the life of the valiant and often unnoticed pillars of our nation, from those safeguarding our borders to those cultivating our lands, all of whom have played a vital role in the progression of our country."While it is easy to get caught up in our everyday life activities, we desired to do something special this Republic Day and honor the true unsung heroes of our nation - the farmers and soldiers. Muskurayega India is a tribute from our entire company to these individuals who are the backbone of our economy. They play an integral part in building unity in our nation and celebrate diversity in the most unique manner," said, Rajiv Poddar, Joint Managing Director, Balkrishna Industries Ltd. He further added, "This tribute is our way of celebrating these inspirational unsung heroes and inviting the country to join us in honoring their hard work, resilience, and sacrifice."

Edelweiss Tokio Life's Zindagi Express concludes Journey

LUDHIANA / AMRITSAR: Edelweiss Tokio Life Insurance's Zindagi Express tour pulled into its final destination after journeying 5,500 kms through 50 cities and reaching over 1 million people to spread awareness regarding the need for organ donation in India. Over the last 20 days, the life insurer has been undertaking an awareness tour called #PassItOn to educate and mobilise people towards the organ donation cause. Today, the life insurer conducted the finale to this journey. Sumit Rai, MD & CEO, Edelweiss Tokio Life Insurance said that today's conclusion is an important milestone in our Organ Donation journey. One of the most influential textile houses with largest vertically integrated textile manufacturing facilities of over 30 million meters capacity of denim has planned forward Integration whereby it will manufacture readymade garments in denim segment with its own brand name. The company now is India's Leading Comprehensive Denim fabric manufacturer capable of producing high value denim up to 85 inches with its recent major expansion in the new world-class technology of Air Jet Looms – Dobby Machines.After adopting this new technology of dooby machines, the company will soon enter into Forward Integration, i.e., Into Garmenting Segment by creating its own brand name. At Present Company is in Fabric Weaving, Dyeing & Processing along with the backward integration of cotton spinning. By Entering in garmenting Segment R&B will complete all the stages of manufacturing a denim from fiber to fabric and thus it will create designer brands in the value segment for the young Indian. Company is accepting growth of at least ten percent through garmenting business.Company's previous expansions in renewable energy like Wind and Solar proved to be a great investment. In last calendar year, the company has been able to generate a considerable amount of electricity from renewable sources and thereby save a lot of fossil fuel along with the undeniable economic benefit. Earlier, the company delivered steady performance in Q2 FY 23. Revenues from continuing operations stood at ₹1411.5Lakhs, EBITDA at ₹2337.32 Lakhs. Profit after tax from continuing business was ₹ 1240.60 Lakhs.

R & B Denims Plans Forward Integration

CHANDIGARH: BSE listed company R & B Denims Ltd. (BSE: 538119) one of the most influential textile houses with largest vertically integrated textile manufacturing facilities of over 30 million meters capacity of denim has planned forward Integration whereby it will manufacture readymade garments in denim segment with its own brand name. The company now is India's Leading Comprehensive Denim fabric manufacturer capable of producing high value denim up to 85 inches with its recent major expansion in the new world-class technology of Air Jet Looms – Dobby Machines.After adopting this new technology of dooby machines, the company will soon enter into Forward Integration, i.e., Into Garmenting Segment by creating its own brand name. At Present Company is in Fabric Weaving, Dyeing & Processing along with the backward integration of cotton spinning. By Entering in garmenting Segment R&B will complete all the stages of manufacturing a denim from fiber to fabric and thus it will create designer brands in the value segment for the young Indian. Company is accepting growth of at least ten percent through garmenting business.Company's previous expansions in renewable energy like Wind and Solar proved to be a great investment. In last calendar year, the company has been able to generate a considerable amount of electricity from renewable sources and thereby save a lot of fossil fuel along with the undeniable economic benefit. Earlier, the company delivered steady performance in Q2 FY 23. Revenues from continuing operations stood at ₹1411.5Lakhs, EBITDA at ₹2337.32 Lakhs. Profit after tax from continuing business was ₹ 1240.60 Lakhs.

Glenmark launches AKYNZEO® I.V. in India

CHANDIGARH/LUDHIANA: Glenmark Pharmaceuticals Ltd. (Glenmark), an innovation-driven, global pharmaceutical company, is the first to launch in India a unique I.V. injection formulation, AKYNZEO® I.V., for the prevention of chemotherapy-induced nausea and vomiting (CINV), under an exclusive licensing agreement with Helsin, a Swiss biopharma group company.AKYNZEO® I.V. is a fixed dose combination of fosnetupitant (235 mg) and palonosetron (0.25 mg), and is available as a ready-to-dilute I.V. injection. It is administered as a single infusion 30 minutes prior to the start of each chemotherapy cycle that helps prevent, both acute and delayed phases of CINV. The drug is already being marketed in the EU, the US, and Australia. On the occasion of the launch, Alok Malik, EVP & Business Head - India Formulations, Glenmark Pharmaceuticals Ltd., said, "At Glenmark, we are unwavering in our pursuit to help patients and clinicians in cancer care. Chemotherapy is the most common form of cancer treatment, with nausea and vomiting being two of its most debilitating side-effects. AKYNZEO® I.V. is a convenient, single-dose, ready-to-dilute I.V. injection that covers, both, the acute and the delayed phases of CINV, thereby enabling patients to avoid multiple antiemetic drugs, and improving compliance."Helsin Group CEO, Giorgio Calderari, said, "AKYNZEO® I.V. would provide a new prophylactic option for patients in India, undergoing chemotherapy and who are at risk of CINV. We are delighted to partner with Glenmark who has an excellent footprint in this region and is trusted with providing the best treatment options for cancer patients."

Will Diya find out who is sending these expensive gifts?



Chandigarh: In the show 'Sanjha Sufna', Diya is working hard at home and in her sports, but a new drama adds up in the episode when Diya receives expensive gifts in the name of her parents. While the Randhawa family is celebrating Lohri, there is a happy atmosphere in the house. In the midst of this celebration, someone sends expensive gifts to Diya in the name of her parents. But her joy at seeing the gifts from her parents turns into worry when she learns a stunning truth about the gifts. In reality, what is the secret of the gifts? Will these expensive gifts bring new trouble into Diya's life? Watch the exciting episode of 'Sanjha Sufna' at 7 PM only on Zee Punjabi.

NEWS/BUSINESS

YUGMARG, CHANDIGARH, WEDNESDAY, JANUARY 25, 2023

Best Yoga Exercises For Correcting Your Hormonal Imbalance

The human body is like a complex machine that depends on various mechanisms to function. Hormones are one such mechanism that helps the body operate the way it does. Your growth, development, mood, energy, and more are highly dependent on hormones. And when your hormones are all over the place, so are you! Hormonal imbalance can lead to weight changes, mess up your sleep schedule, give you irregular periods, tire you out, and the list goes on. But there's nothing a little yoga with determination can't fix.

Yoga For PCOS And Hormonal Imbalance

So, if you're thinking, is yoga good for PCOS and hormonal imbalance? Let me tell you, yes! Yoga can work wonders to balance your hormones. Most causes of hormonal imbalance are centered on stress. Yoga reduces stress and encourages a state of calm in your body. Slowing down and reducing stress helps your nervous system rest and recover from constant battles, both physical and mental. When you change your pace, you regulate your hormones and encourage a good night's sleep. Asanas are scientifically designed to reach points in your body that help the body heal better.

Bhujangasana Or Cobra Pose

The cobra stance is one of the simplest poses with numerous benefits. This pose helps to expand the chest and provides space for the lungs. Repeatedly performing this stance improves your lung health.

Start by lying on the yoga mat with your face to the floor. Align your hands with your ribs and place them under your shoulders.

Place your feet together and point them outwards. Slowly lift your chest and torso up and look up. Hold the position for a few seconds and breathe. Come back down and relax your legs and arms. Repeat the steps.

Setubandhasana Or Bridge Pose



Setubandhasana is known for its ability to soothe the brain and nervous system, which in turn reduces anxiety and sadness. Additionally, it soothes you overall. Physically,

the stance is beneficial for the chest, neck, and spine. Start by lying down on your back.

Bend your knees and place your feet apart.

Place your hands on the floor pointing toward your feet.

Inhale deeply as you raise your hips above the ground to make an arch.

Relax your muscles and stay in position for a few seconds.

Bring your knees down and repeat the pose.

Shalabhasana Or Locust Pose

Salabhasana engages the core and aids in the treatment of slipped disc and backache.

Start with your belly on the mat.

Extend your arms backward with your palms facing the floor.

Point your toes outwards and stretch.

Now raise your head and chest along with your thighs and legs.

Pepsi roped in megastar Yash as its brand ambassador

CHANDIGARH : Youth-centric beverage brand Pepsi, made a blockbuster announcement as it roped in megastar Yash as its brand ambassador. Yash, the superstar, who shattered all geographical boundaries to become a force to reckon with, has had a hugely successful run at the box office. The disruptive partnership between Pepsi and Yash will become a huge topic of conversation amongst the youth of India.

Commenting on the association, Saumya Rathor, Category Lead, Pepsi Cola, PepsiCo India, said that we are thrilled to join hands with Rocking Star Yash, a name that truly defines the spirit of fearlessness and living life on your own terms - something that Pepsi consumers resonate strongly with. Yash brings a strong connect and influence over the youth that cuts across geographies. Yash will be instrumental in deepening consumer connect as we look to expand the brand's footprint. We are excited for Pepsi's journey in 2023 as we gear up to showcase the actor in an all-new avatar which is bound to leave fans pumped. Pepsi has constantly reinvented and innovated itself to be a part of the cultural fabric of India. Yash, on the other hand, has been lauded for his fearless and bold persona in Kannada cinema and enjoys a massive fanbase across the nation. This blockbuster collaboration is all set to enthrall consumers this summer.

Flipkart is strengthening the backbone of the Indian retail industry by strengthening the Kirana delivery ecosystem in Haryana

GURUGRAM / ROHTAK : Suresh Kumar is a resilient, young man from Rohtak who owns a small shop in his hometown, Suresh K Store that is named after him by his father. The store offers daily essentials like personal care products and other groceries. Suresh was a happy and content man, managing his grocery store until an unprecedented financial crisis gripped the entire family in 2021. Burdened with financial difficulties and as a sole breadwinner in a family of 6, he started looking out for an additional source of income. Suresh's grueling search went on for several months, further pushing him and his family into severe problems. He found a ray of hope though Flipkart's Kirana Delivery Programme, that helps Kirana shop owners to augment their income by delivering.

Within months of joining Flipkart last year, his finances started improving significantly. Seeing Suresh's financial growth, one of his neighbors, a 17 year old college student, was inspired to join the platform which helped in supporting his education. Flipkart's Kirana delivery program has enabled kirana partners like Suresh earn a supplemental income and become financially independent. The program also provides additional incentives to the onboarded partners like referral incentives, and personal accident policy of 15 lakh, among a

host of other benefits. Today, Suresh is balancing his work life smoothly. He manages over 50 shipments and about 1,500 delivery orders every month. During the festive season, last year, when the demand soared exponentially, delivery numbers doubled as compared to usual days. For kiranas like him, Flipkart's program offers an opportunity to outshine and earn better livelihood. Recalling his experience, Suresh said, "Looking back at how I started and how far I have come, is surprising.



'Samsung Innovation Campus' Program Commences AI, IoT, Big Data and Coding & Programming Courses



Chandigarh : Samsung India has started its CSR program 'Samsung Innovation Campus' at eight campuses across the country with the aim of upskilling 3,000 less-privileged youth in future tech domains such as AI, IoT, Big Data and Coding & Programming and helping them get relevant job placements. With this, Samsung is reiterating its commitment to being a strong partner of India and is working alongside the Government in its mission to empower the country's youth and #PoweringDigitalIndia. ESSCI, which is a National Skill Development Corporation (NSDC) approved entity, is executing the program through its nationwide network of approved training and education partners. Samsung India signed a MoU with ESSCI in September, 2022. Courses under the 'Samsung Innovation Campus' program have started at the University of Lucknow, National Small Industries Corporation (NSIC) in New Delhi and Hyderabad, Chhattisgarh Swami Vivekananda Technical University in Bhillai, SRM College of Arts & Sciences in Karimnagar, Central Tool Room & Training Centre in Bhubaneswar, Sri Jayachamarajendra Polytechnic College in Bengaluru and Dr Lankapalli Bullayya College in Visakhapatnam. "Our global citizenship initiative, Samsung Innovation Campus, is closely tied with India's development agenda. Through this initiative, we want to empower the youth and create opportunities for them in future tech domains, further boosting India's growth story and strengthening our commitment to Powering Digital India," said.

'Silk India' — an exhibition cum sale starts at Kisan Bhawan, Chandigarh

Chandigarh: 'Silk India'-an exhibition cum sale is opening its doors to the discerning people of Chandigarh, Exhibition starting from today is open to public till 30th Jan 2023 at Kisan Bhawan, Sector 35 A, Chandigarh. The expo is open to visitors from 11am to 8:30 pm.

'Silk India'-an exhibition cum sale is successfully bringing together Artists with national recognition from all over India putting on display the best of their intricate works on sale. This B2C 'business-to-customer Expo is hosting more than 70 renowned designers and weavers from all over India. Silk India' — an exhibition cum sale, is an initiative by Gramin Haskala Vikas Samiti- to connect consumers and weavers on one platform and puts forward works by the artisans and craftsmen from all over India, which includes Bunkar craft from Chhattisgarh, sarees, Kantha-stitch silk sarees, Bayluserae, Tangail from West Bengal, Lucknow Chikan work, Banarasi-silk Jamdani silk sarees and Chiffon sarees from Varanasi. A wide collection of dress materials are on sale, which will help you to flaunt your haute couture on that

special night. You will have ample opportunity to choose between Bandhej, block and Sanganeri print from Rajasthan and Gathjoda, Bandhini & Patola from Gujarat and Khadi silk, Tussar silk, etc — all under one roof.

People who are fond of South-Indian silk can end their search here as a huge range of Kanjeevaram sarees with traditional motifs will be on display. Not only this, suits woven in Dharmavaram style, gold zari bordered sarees and Gadhwal sarees of Andhra Pradesh will entice you to buy one for your wardrobe. So, before you finalize your list of what to buy and what not while making the wedding plans do not forget to visit 'Silk India' — an exhibition cum sale — that houses a wide range of sarees and dress materials made of silk fabric.



Kotak Mahindra Bank launches 20th 'Aadhaar on Wheels' Van

CHANDIGARH: Kotak Mahindra Bank Limited ("KMBL"/Kotak) is announcing the launch of 'Aadhaar on Wheels' Van in Bengaluru – a mobile Aadhaar Seva Kendra that will provide convenient Aadhaar services to citizens including senior citizens, the differently abled, and pregnant women, among others. The 'Aadhaar on Wheels' will provide all key services offered by a conventional Aadhaar Seva Kendra such as enrolling for Aadhaar and updation of Aadhaar details – at doorstep of citizens residing in the city.The Bank has partnered with UIDAI (Unique Identification Authority of India) for this initiative. The vans are manned by an Aadhaar Operator as well as a Bank staff.At a function organised in the city, 'Aadhaar on Wheels' was flagged off by Shri Anup Kumar, Deputy Director General, UIDAI RO - Bengaluru and Mr. Hemal Vakil, Joint President, Kotak Mahindra Bank Ltd.The van will operate within the city limits and provide services to a wide network of residents from various locations such as residential societies, educational institutions, hospitals, government offices, corporate offices, etc. The service will also be available on select holidays.

How to keep your heart healthy this winter-. Dr. Sandeep Chopra

Ludhiana, 24 January: Cold weather can have unexpected consequences for your health, particularly your heart. Heart attacks are frightening in and of themselves, but drop in temperature increases the risk of heart attacks and strokes as it causes blood vessels to constrict and blood to thicken, making it more difficult for blood to flow through your body. Additionally, the lack of sunlight during the winter can lead to a lack of vitamin D, which is important for heart health, Said Dr. Sandeep Chopra - MD, DM, FRACP FACC (Additional Director – Cardiology), Fortis Hospital Ludhiana. He Further said, Many people tend to eat more and move less during the winter, which can lead to weight gain and a higher risk of heart disease. Some people with pre-existing conditions like hypertension, high blood pressure and diabetes may have more difficulty managing their symptoms during the winter,

which can increase the risk of heart problems in winter as compared to summer.

There are several things you can do to take care of your heart during the winter:- Regular physical activity can help improve circulation and lower your risk of heart disease. Try exercising for at least 30 minutes a day plus most days of the week. Eating a diet that's high in fruits, vegetables, whole grains, and lean proteins can help keep your heart healthy. Avoid foods that are high in saturated and trans fats, cholesterol, sodium, and added sugars. Stress can take a toll on your heart, so it's important to find ways to manage it. Some effective stress management techniques include exercise, deep breathing, meditation, and yoga. Smoking and using tobacco can damage your heart and blood vessels. It's important to stop smoking if you are addicted to it. Getting enough sleep can help improve heart health.

Counterfeit products 25-30% of the market in India : Report

CHANDIGARH : Counterfeiting activities are impacting the sustainable growth of the major industry in India, including Pharmaceuticals, FMCG, Automobiles, Apparel, Consumer Durables/Electronics, and Agri products, according to a new report released by ASPA & CRISIL. The report is based on an independent survey conducted with consumers and retailers covering twelve Indian cities (Delhi, Agra, Jaalandhar, Mumbai, Ahmedabad, Jaipur, Indore, Kolkata, Patna, Chennai, Bangalore, and Hyderabad) to gauge their perception of counterfeiting in several key sectors.

An important finding of the survey was that consumer perception pegged the extent of counterfeiting at 25-30% of the market, higher than the general industry expectations. Counterfeiting is most prevalent in FMCG, Apparel, and Agri sectors (~30%), followed by the pharmaceutical, automotive, and consumer durables sectors

(20-25%). The survey also reveals that almost 89% of consumers acknowledge the presence of fake products in the market and are often compelled to buy counterfeits for reasons such as sensitivity to price, demand-supply gap, desire to buy luxury brands, peer pressure, and social motivations.

However, nearly 27% of the consumers were unaware that the product was counterfeit at the time of purchase, making it more important to spread awareness about the issue and identification methods in fighting fakes. Apparel (31%), FMCG (28%), and Automobiles (25%) are the top segments where consumers came across a counterfeit product, followed by Pharmaceuticals (20%), Consumer Durables (17%), and Agri chemicals (16%). Even after discovering that the product is fake, consumers take close to negligible action about reporting it.

Republic Day & Himachal Statehood Celebrations

Shimla : A two-day 'BBN Bike Rally' is being organized by IEC University on January 25 and 26 on the occasion of Republic Day and Himachal Statehood Day at its Solan-located Atal Shiksha Kunj. The theme of this mega rally event is "Himachali by Heart, Indian by Spirit." According to the organisers, the IEC University has aligned two very important celebrations- Republic Day and Himachal Statehood Day with this Rally. With this event, the University aims to create awareness among students and people about their responsibilities and duties towards the Constitution of the country and its responsibilities towards its values.

The 'BBN Bike Rally' is being organized by IEC University in Association with Delhi Royal Endless Rider Group (DREER). A large number of bikers have shown their interest and got themselves registered. All the participants will be honoured and awarded. Vice-Chancellor of IEC University Prof. (Dr.) Shamim Ahmed said, "This is the second time we are organizing the Bike Rally. With such events, we are able to make our identity among the youth. The Rally also aims to create awareness of road safety and traffic rules. In the first leg, the rally will kick off from Delhi for Himachal Pradesh on January 25 and the next day it would proceed to Nalagargh from IEC Campus. 100 bike riders are participating in this rally.

On this occasion, some cultural programs will be organized by the students, which will be filled with the spirit of patriotism and love for the country. Moreover, a professional team of Zaheer-Da Band would also perform to make the event more enchanting.



Meet Major Pranav Prashar who transitioned into corporate world with Amazon India

Chandigarh : Navigating through successful missions and serving the nation for years, military veterans often explore different career paths and career pivots bringing their unique experience to the table. At Amazon, hundreds of veterans are driving innovation and raising the bar on the customer experience. Armed with invaluable experiences, they apply their knowledge, skills, and leadership abilities in a wide variety of roles. With a strong structure and dedicated program for Military Veterans, Amazon India welcomes them and helps them smoothly transition to a career in the corporate world.

Pranav Prashar from Chandigarh, served the Indian Army as part of the fighting arm - The Mechanized Infantry, for a decade. Commissioned in 2010, Pranav held critical roles and led numerous successful missions in the conventional and counter insurgency/ counter terrorism spectrums on India's borders. During his tenure in the armed forces, he received the General Officer's Commanding-in-Chief's Commendation Medal, and for his exemplary service around the humanitarian crisis and peacekeeping missions in Central Africa, he was awarded the United Nations Force Commander's Commendation.

During the end of his military career, Pranav underwent a post-graduation programme at the Indian Institute of Management (IIM) in Lucknow, which allowed him to pursue new career avenues. He joined Amazon in October 2020 and as part of the Payment Risk team, he spent close to two years creating systems and mechanisms for worldwide consumers to transact safely. Currently, Pranav works as a Senior Program Manager in the Amazon Ads team, where he leads the program charter for an advertising insights and analytics tool that helps brands take informed advertising decisions on Amazon.

Transitions are the toughest part for those who contemplate horizontal growth in their careers, but with ample support from their organizations, this is an easy hurdle to overcome. Amazon has always encouraged and enabled its employees to pursue their career interests. Retd. Major Pranav Prashar has not only taken advantage of these opportunities, as he transitioned from a veteran of the military to a member of the corporate community, but he has also since moved to the advertising team where he is helping brands with advertising insights and growth opportunities.

Licious strengthens its meat credentials

Chandigarh : Licious, India's most loved, all-things-meat brand, announced its foray into the spice segment with the launch of its new range of Meat Masalas. With this latest category expansion, the brand has introduced expertly crafted, eight classic masalas, offering meat-lovers a 'perfect match' for meat - resulting in their favorite meat dishes. This latest launch is a result of extensive research and development at Licious. The brand offers a range of masalas that are not only a 100% perfect match for meats but would also elevate the cooking experience for consumers. The range includes Asli Garam Masala, Classic Chicken Masala, Classic Meat Masala, Khasmasa Biryani Masala, Original Tandoori Chicken Masala, Shandaar Butter Chicken Masala, Chatpata Fish Fry Masala, and Dakshin Pepper Fry Masala. These masalas are a complete spice mix, marked by freshness and natural tenderizers that reduce marination time to 15 minutes, rendering the meat juicier and tender once cooked. Moreover, the Masalas are cryogenically ground which helps retain natural oils that provide higher potency delivering improved aroma and flavor. Standing true to the brand promise of maintaining utmost quality, the masalas are packed in single-use sachets to maintain freshness and ease of use. Speaking about expanding the brand's offering with this new range, Vivek Gupta, Co-Founder, Licious said, "Licious' latest foray into masalas aligns with the company's strategy of portfolio diversification, leveraging its strong core brand equity. We have observed a shift in consumption patterns, with consumers wanting to recreate authentic recipes within the comfort of their homes. At Licious, it is our passion to enrich the culinary meat experience in India because we believe a delicious meaty meal brings immense joy to one's heart.



Bhagwan Mahaveer Foundation Announces Winners of Mahaveer Award 2023 for All Four Award Categories

Chandigarh : Bhagwan Mahaveer Foundation, a non-profit organisation, has announced the winners of Mahaveer Award 2023, under the four categories of non-violence & vegetarianism, education, medicine, and community & social service. Each winning NGO will get a cash prize of Rs. 10 lakh, a commendatory citation, and a memento. In its 26th edition this year, the award aims to identify, encourage and honour people and organisations doing selfless services. The 2023 awards for Non-Violence & Vegetarianism and Education go to Dhyan Foundation, New Delhi, and Friends of Tribal Society, West Bengal, respectively while the award for Medicine goes to Jan Swasthya Sahyog of Chhattisgarh, and the one for Community & Social Service goes to Nongstion Social Service Society, Meghalaya. Dhyan Foundation is dedicated to animal welfare. The award recognises its active engagement in providing food, shelter, treatment to animals and saving them from illegal and inhumane transport, slaughter, and cross border smuggling. Friends of Tribal Society, a volunteer organization, known for its concerted efforts to provide non-formal basic education to children of rural and tribal villages of India. Jan Swasthya Sahyog is striving to make modern healthcare affordable for rural and tribal communities in Chhattisgarh and adjoining districts of Madhya Pradesh. Nongstion Social Service Society has been making a positive impact in the lives of the underprivileged and marginalised people of tribal and rural population in West Khasi Hills, South West Khasi Hills, and East Garo Hills districts of the state with a wide range of interventions ranging from offering life skills training to ushering in good farming practices.

Jio becomes first operator to launch 5g services in Amritsar

Amritsar: Reliance Jio today announced the launch of its True 5G services in the Holy City of Amritsar. With this, Reliance Jio has become the first and only operator to launch 5G services in Amritsar, after Ludhiana and Chandigarh tricity, where Jio's 5G services were launched earlier. Jio users in Amritsar will be invited to the Jio Welcome Offer, to experience Unlimited Data at up to 1 Gbps+ speeds, at no additional cost, starting today. Jio's True-5G network covers all important localities and areas including Golden Temple and other tourist spots, educational and coaching institutes, malls & markets, residential areas, hospitals, government buildings, other commercial establishments like hotels and restaurants, roads and highways etc. in the city. Jio True 5G is rolling out at a rapid pace across Punjab to strengthen its True 5G coverage in Punjab and provide transformational benefits of technology to Jio users. Commenting on the launch, a Jio Spokesperson said, "We are happy to announce the launch of Jio True 5G in the Holy City. Jio is the operator of choice for users in Punjab and the most loved technology brand, and this launch is a testament to Jio's continued commitment to the people of Punjab and lakhs of devotees visiting the Golden Temple from India and abroad.

NEWS AT A GLANCE

Prakaram Day celebrated at Blooming Buds School



SANJEEV KUMAR ARORA

MOGA: The birth anniversary of Netaji Subhash Chandra Bose was celebrated as Prakaram Diwas at the famous educational institution, Blooming Buds School of Moga city under the leadership of Group Chairman Sanjiv Kumar Saini and Chairperson Kamal Saini this morning. During this, students presented charts and articles related to their lives. They said that Netaji was born on 23 January 1897 in Cuttack, Odisha. Netaji was the leading Indian revolutionary in the freedom movement against the British rule of India. He also led a national Indian force from overseas against the Western powers during World War II. Netaji Subhash Chandra Bose was particularly known for his militant approach to Independence and socialist policies. Sharing information on this occasion, school principal Dr. Hamila Rani said that Netaji Subhash Chandra Bose Jayanti is a national event celebrated in India on January 23 to commemorate the birth of prominent Indian freedom fighter Netaji Subhash Chandra Bose. Netaji Jayanti is officially known as Parakaram Day. The entire country is saluting Netaji Subhas Chandra Bose on his 126th birth anniversary. From 2021, his birthday 23rd January is celebrated as Parakaram Diwas every year to remind the people of the country, especially the youth, to act with determination in the face of adversity like Netaji and instill a sense of patriotism among them. She said that such information is often shared with the students in the school so that they can learn about the life of the warriors who fought for the freedom of their country and increase their knowledge. All the school staff were also present on this occasion.

District Level Sub-Junior Kabaddi Tournament on January 28

VINOD KUHAR

GANAUR: District level sub-junior kabaddi tournament for boys and girls will be organised on January 28 at Jai Bharat Public School in Khedi Gurjar village. The meeting of District Kabaddi Association Sonapat was held under the chairmanship of District President Balbir Singh Pahal. In which discussions were held on holding district level sub-junior kabaddi competitions. He said that the age of the playing player should be less than 16 years (after March 1, 2023) and weight should be less than 55 KG. Players will have to bring photo, Aadhaar card, birth certificate along with them.

Gian Chand Gupta to hoist flag on Republic Day at Panchkula

BUREAU PANCHKULA, JAN 24

The Haryana Vidhan Sabha Speaker Sh. Gian Chand Gupta will be the chief guest at the Republic day celebration function and perform the flag hoisting ceremony at the parade ground sector 5 as also taking salute at March past from various contingents participating in the parade. The former union minister and Ambala MP Sh. Rattan Lal Kataria will hoist the Tricolour flag at the division level function at Kalka. Meanwhile the Panchkula DC Shri Mahavir Kaushik in the presence of Police Commissioner Sh. Surender Partap Singh took stock of all arrangements for the final



Republic Day function. The DC inspected the final full dress rehearsals of parade and took salute at the march past. During the full dress rehearsal ACP Surender Singh was also present. The contingents who took part under the command of

Parade commander ACP Surender Singh included the District police, District Lady police, Haryana Home guards, ITBP, NCC Senior and Junior wings, NCC Junior division and Satluj Public School. Besides the student artists of DAV School-8, GMSS-6, SGMSS-15, Bhavan Vidyalaya -15, Saint Soldiers school-16, Sarthak school-12 and ITBP presented a special Dog show. All these attractions will be part of the Republic day celebrations. Today's programme was conducted by Pardeep Rathore. SDM Mamta Sharma, City magistrate Gaurav Chauhan, ACP Mamta Sauda, DEO Satpal Kaushik and other district officers graced the pre Republic day celebrations.

Ration given to 84 TB patients by BJP



NIRMAL RADAUR, JAN 24

Ration was distributed to 84 TB patients adopted by BJP workers for nutrition diet kits under Jan Bhagidari programme for TB eradication under Nikshay Mitra scheme at Community Health Centre. BJP District President Rajesh Sapra and former minister Karan Dev Kamboj attended the program as chief guests and distributed ration to TB patients. The programme was presided over by Dr. Vijay Parmar, while the stage was moderated by Dr. Pallavi. On this occasion, BJP District President Rajesh Sapra

said that BJP works under the slogan of Seva Hi Sangathan Hai. Under this, rising above politics from time to time, works are done by BJP workers in various fields for the people of the society. Even during the Corona crisis, BJP workers made every possible effort to help the people. He said that the government cannot do any work alone. Public participation is necessary for this. Any work can be completed easily only with public participation. That is why BJP workers keep on giving their contribution in the field of social service from time to time.

Ved Pal was an ideal person: Kalyan

SHIV KUMAR SHARMA KARNAL, JAN 24

Ch. Ved Pal, former deputy speaker of Haryana, was an ideal person and his social life was full of simplicity and honesty, said Gharaunda MLA Harvinder Kalyan while paying tribute to him in front of his son Vijay Pal. He said that Ch. Sahib was a person full of ideal social life, simplicity and honesty. I always used to meet Sahab and got to learn a lot from him. His life is an inspiration for the society and especially for the next generation who are interested in the political field. Ved Pal, former deputy speaker of Haryana, was a great Karmayogi, well-known politician, well-wisher of mankind and a true patriot, etc. He was blessed with many qualities. Due to his sudden demise, we have lost forever a versatile personality and Arya Samaji of the area, entire Haryana and North India. Former MLA Roshan Lal Arya expressed his condolences to his son Vijay Pal Advocate and his brother Justice Pritam Pal at his residence. He said Vedpal ji was rich in honesty, was ethical and had a simple personality. His image will always be remembered in society. Be at the forefront of Arya Samaj. May God give peace to his soul and



encourage all the fans to follow his life, Lajveer Singh said while paying tribute. Rajendra Balla, Member Haryana Pradesh Congress Committee while paying tribute said that Ch. Vedpal ji's sudden departure in this way is a sad incident for the common man. He was a successful politician with a genuine and popular personality. During his tenure, he gave opportunities to many youths like me to grow in politics. In this hour of grief, I pray to the Almighty to give him a place in his feet and give strength to the family to bear the loss. Today, people from prestigious organisations of the city also expressed their condolences at the residence of Chaudhary Ved Pal. In which former chairman Rakesh Nagpal said that he was a true soul and a dynamic organisation in himself.

Students offer floral tributes to statue of Bose



NIRMAL RADAUR, JAN 24

Students of Maharaja Agrasen Senior Secondary Public School paid floral tributes to the statue of Subhash Chandra Bose after visiting Inquilab Mandir. A programme was organised with the students of classes 9th to 12th of Government Senior Secondary Public School Sandhali under which the children visited the library, art and craft, computer lab, science lab and playground. Children shared their thoughts and expressed their feelings with each other. Various competitions were also organised there. School Principal Dr. Sudesh Bansal told the children about Dr. Subhash Chandra Bose's life and the sacrifices made by him. Aruna Sharma, Visha Kamboj, Nitish, Divya and Atika etc were present on this occasion.

SDMs to take maximum cases of senior citizens and revenue matters in National Lok Adalat on Feb 11: Chandrashekhar



PARI BAJAJ

KARNAL: Ms. Jasbir, Chief Judicial Magistrate and Secretary, District Legal Services Authority, Karnal told that for disposal of maximum number of cases of senior citizens and revenue cases in the National Lok Adalat to be held in Karnal on February 11, 2023. A meeting was held on 24.01.2023 in the meeting hall of the District Court under the chairmanship of Chandrashekhar, District and Sessions Judge and Chairman, District Legal Services Authority, Karnal. The said meeting was attended by Dr. Vaishali, Additional Deputy Commissioner, Mandeep Kumar, SDM Assandh, Anubhav Mehta, SDM Kamal, Rajesh Punia, SDM Indri and Saur Mal, Naib Tehsildar, Ghoranda. The District and Sessions Judge advised the Sub-Divisional Magistrate (Civil) to identify and dispose of those cases on priority basis in which persons above 60 years of age are involved. These include taking up long pending cases of senior citizens, pensioners and retired government employees on priority basis. The apex court's direction to give priority to elderly cases is expected to result in speedy disposal of cases involving senior citizens. Chandrashekhar District and Sessions Judge while interacting with the participants said that maximum number of cases related to senior citizens should be resolved and serious efforts should be made in this regard so that the cases pending before the tribunals could be resolved.

Garg appointed president of Traffic Rules Road Safety Federation

SHIV KUMAR SHARMA

KARNAL: While expanding the Haryana team, National President of Traffic Rules and Road Safety Federation Narendra Arora appointed renowned social worker Praveen Garg of Dadri district as State President Haryana. In the National Office of Traffic Rules and Road Safety Federation, National President Narendra Arora handed over the appointment letter of State President Haryana to Praveen Garg and administered the oath of following traffic rules and road safety awareness. On this occasion, Praveen Garg said that he will work for the awareness of traffic rules and road safety while maintaining the dignity of his post, will form his own team in all the districts of Haryana, will do projects for awareness of traffic rules, and will cooperate with the traffic police. On this occasion, Narendra Arora said that the Traffic Rules and Road Safety Federation is working for awareness of traffic rules and road safety. Many projects are being run regarding traffic rules and road safety awareness. He said that it is necessary for everyone to be aware of traffic signs and road rules. Traffic signs can give you important information that can ensure your safety and the safety of people around you and awareness of road rules can reduce the chances of accidents.



Sikh detainees: Akali Dal to take out protest march on R-Day



RAKESH JINDAL

NABHA: An important meeting was held under the leadership of Paramjit Singh Saholi, the national president of the Akali Dal. Addressing the meeting, Paramjit Singh Saholi said that after praying at Baba Ajapal Ghodiawala Gurdwara on January 26, a protest march will be held against the central and state governments at 3 pm. He said that the decision to give 40-day parole to Dera Sirsa chief Gurmeet Ram Rahim was completely wrong. They objected strongly and said that if Dera chief Gurmeet Ram Rahim, who is in jail for crimes like rape, can be sent out on parole again and again, then why are the Sikh prisoners, who took revenge for the attack on their Gurdhams not being released. Paramjit Singh Saholi said that by making the law different for the Sikhs who sacrificed more than 80 percent for the liberation of the country, the Sikh prisoners are not being released even after serving more than their sentences and the rapists are being paroled again and again. Salt is being sprinkled on the wounds of the Sikhs by giving parole to rape convict, which is being done to the Sikh community. He appealed to the Prime Minister of the country, Narendra Modi, that the prisoners who have completed their sentences in different states of the country should be released immediately.

Rehearsal held for R-Day programme



DARSHAN SHARMA

NILOKHERI: On getting the status of sub-division of Nilokheri, this time the 74th Republic Day will be celebrated at Nilokheri Grain Market, in which the chief guest Vidyayak Dharampal Gondar will hoist the flag. This time, to celebrate the Republic Day in a grand manner, the administration is busy in preparations. Special attention will also be given to the police security system. In this preparation, on Tuesday, the students of all the schools were present in Anaj Mandi and their rehearsals were also held. Under supervision of municipal sector Ajit Kumar, Municipality Chairman Sanmeet Kaur Ahuja also extended hearty greetings to the residents of the city on Republic Day, and said that all the residents of the city reached the Anaj Mandi on Republic Day on January 26. Even the government's scheme campaign will be made aware from the side of the municipality.

Banto Kataria congratulated on National Girl Child Day

PUSHPENDER

NARAINGARH: Banto Kataria, a member of BJP State Executive and former director of GAIL, congratulated National Girl Child Day and said that National Girls Day is celebrated every year on 24 January across the country. This special day is celebrated with the aim of making girls aware of their rights



and bringing equality in society towards girls. Banto Kataria said that celebrating this special day was first started in 2008 by the Ministry of Women and Child Development (Ministry of Women and Child Development). She said that the main objective of National Girl Child Day is to end the mood of discrimination against girls in the society. There are many states in India where the condition of girls is quite pathetic, they are killed before birth, National Girls Day is being celebrated only to stop them. So that the work of awakening people can be done that girls are not less than boys in any case and today's girls have gone beyond the boys, there is no such area where the girls have not waved their glory. The government has been doing many tasks for daughters, such as the ratio which was 876 in the year 2014, now improved 917. Under the Sukanya Samridhi Account Scheme, more than 6 lakh accounts were opened in post offices, your daughter is now a provision of insurance amount of Rs 21,000 on the birth of a third daughter. Financial assistance of Rs 51,000 was provided to orphan girls under COVIDon the account of the Chief Minister Vivah Shagun Yojana.

Milan programme held at SS Memorial School



R K KASHYAP

CHHACHHRAULI: SS Memorial Public School Kot welcomed the government school students as part of the Milan program. The school children participated in the meeting program organized by the government in which the government school children were welcomed in SS Memorial Public School. From Kot government school, PTI teacher Gopal and other teachers came to SS Memorial Public School Kot with the children, where new learning techniques were explained to them. Shashi Pal, senior teacher of the public school, told the children in detail about science life, digital life and math. Public school coordinator Baljeet Kaur explained the subject to the children through smart education projector. She also apprised them about the new technology.

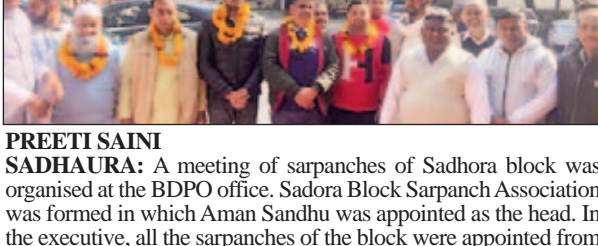
DEO reviews arrangements for R-Day function



MAIN PAL KASHYAP

INDRI: Arriving at Nai Anaj Mandi to celebrate the sub-division level Republic Day celebrations with joy and fanfare, District Education Officer Dr Rammurthy Sharma reviewed the programs to be organized in the Republic Day celebrations. He observed the final rehearsal conducted at Anaj Mandi Indri and inspected the parade. Dr Rammurthy Sharma said that on January 26, Thanesar MLA Subhash Sudha will hoist the flag and take the parade salute as the chief guest at Anaj Mandi Indri. He said that the Republic Day celebration is a glorious day for the countrymen. Like every year, Republic Day celebrations will be celebrated in New Anaj Mandi premises this year as well. This time also full attention will be paid to the compliance of Covid-19 protocol. He said that all the preparations for the Republic Day celebrations have been completed by the sub divisional administration.

Meeting of sarpanches held



PREETI SAINI

SADHAURA: A meeting of sarpanches of Sadhora block was organised at the BDPO office. Sadhora Block Sarpanch Association was formed in which Aman Sandhu was appointed as the head. In the executive, all the sarpanches of the block were appointed from different positions and all the sarpanches, showing their unity, formed the Sarpanch Association. Addressing all the sarpanches of the block, Sarpanch Association head Aman Sandhu said that no executive can run without unity and cooperation. In this, cooperation of all and maintaining mutual harmony is necessary. Calling upon all the sarpanches, he said that the association will work day and night for the interests of the sarpanches and will not back down even if they have to protest against the government. For this work, mutual cooperation, financial assistance and harmony will have to be maintained by the Sarpanchs. In the executive committee, Sarpanch Anil Sandhu of Sedupur panchayat has been appointed as head, Sarpanch Naib of Burj Jamnawala as deputy head, Sarpanch Pawan Kumar of Jhanda as deputy head, Sarpanch of Kanifala Anil Kumar as treasurer, and Sarpanch of Rajpur Satish Kumar as secretary.

Youth skill programme held



VINOD KUHAR

GANAUR: A Youth skill programme was organised at Government Industrial Training Institute, HARCOFED Panchkula's Education Officer Jagdeep Singh said that you can start your self-employment by joining the cooperative. The cooperative department should do its work by joining different types of committees. He said that one can start his own business by getting many government societies registered. Loans are also given to these committees by government banks. Many young women are also working with it. On this occasion, retired manager of PNB Chandra Mohan told about the schemes. He gave information about social security, credit and debit cards. Principal Rambir Saroha, Purushottam Placement Officer, Rajpur etc were present on the occasion.

Dera lovers brightened the streets of Isharhedi village by running a cleanliness drive



BABAIN (RAVI KUMAR): When the followers of Dera Sacha Sauda came out with cleaning tools in the village of Isharhedi, within a few hours the village became dazzling. All the Dera devotees gathered in Isharhedi village regarding the cleanliness campaign. The Sarpanch of the village, Isharhedi Gurdeep Singh, started the cleanliness campaign by sweeping. On this occasion, Sarpanch Gurdeep Singh said that the spirit of the servants of Dera Sacha Sauda is commendable. The enthusiasm for social welfare that is being seen in the servants of Dera Sacha Sauda is not visible anywhere else. He said that by running a cleanliness campaign, the servants of Dera Sacha Sauda are giving a new message to society. He said that in the past also a cleanliness drive was conducted in the village by the sevadars, and within a short time the whole village was cleaned, and today the cleanliness drive is being carried out again, which is commendable work. Sarpanch Gurdeep Singh also praised the sevadars and said that the cleanliness drive should continue. Such events create awareness in society. We all need to take lessons from Dera devotees and keep cleaning our surroundings so that the village can be kept clean.

Gram Panchayat Haripura launches a cleanliness campaign in the village



BABAIN (RAVI KUMAR): Gram Panchayat Haripura organised a cleaning campaign in the village crematorium. On this occasion, Pawan Kumar, the representative of Sarpanch Sonia Devi, told us that a cleanliness drive was carried out today in the cremation ground of the village by the Gram Panchayat. Pawan Kumar told the villagers that many diseases are born due to a lack of cleanliness, which is dangerous for us. We should cooperate in driving away diseases by adopting cleanliness. We should take special care of cleanliness. We should not allow the accumulation of dirty water. Mosquitoes and flies are born from the accumulation of dirty water, which become the causes of diseases. We should avoid diseases by adopting cleanliness.

Dushyant condoles death of wife of chairman of the Haj Committee



SHIV KUMAR SHARMA KARNAL: Haryana Deputy Chief Minister Dushyant Chautala condoled the death of Haryana State Haj Committee Chairman Mohsin Chaudhary's wife. He met the bereaved family and expressed his condolences. Shabnam Chaudhary (41), wife of Haj Committee Chairman Mohsin Chaudhary, died on January 21. She was suffering from cancer. On this occasion, JJP District President Gurdip Ramba, Municipal Councilor Amrdeep Chawla, former MLA Ramesh Khatak, JJP state spokesperson Yash Karan Rana, JJP leaders Gyan Chand Chawla, Rahul Tomar, and other workers were also present with him.

Celebration of Mahadev in Sector 9



JASWINDER SHARMA KARNAL: Mahadev's palanquin, being taken out on behalf of Shiv Prabhateri on the occasion of Mahashivratri festival, reached Sector-9 on Tuesday. Even today, devotees welcomed the palanquin at various places and took God's blessings. The message of devotion was given to the people by taking out Prabhateri. Devotees danced fiercely to the hymns of Shiva. Shiva devotees were moving forward by chanting Lord Shiva while visiting different streets and localities of the city. He was giving the message of Lord Shiva to the people. Manoh Pradhan Satpal Manocha encouraged people to take advantage of religion by actively participating in religious activities. He said that there is enthusiasm among the devotees regarding the Mahashivratri festival. Shiva is the maintainer of the world. By chanting the name of Shiva, one gets freedom from all kinds of suffering. That's why man should engage his mind in devotion to Shiva, and we should never deviate from our duties. He said that the Mahashivratri festival will be celebrated with great pomp. On this occasion, he said, the entire Karnal is cordially invited. Rakesh Chawla, Bittu Sachdeva, Veena Seth, Suman Gaba, Anil Chhabra, Raju Doda, Pramod Nagpal, and others were present on the occasion.

HARYANA

YUGMARG, CHANDIGARH, WEDNESDAY, JANUARY 25, 2023

Republic Day: Security tightened across State

BUREAU CHANDIGARH, JAN 24

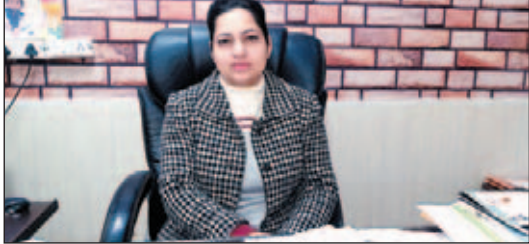
Haryana Police has beefed up security measures in the run-up to the Republic day celebrations across the State. While giving this information here today, the Director General of Police (DGP) Haryana, Sh. P.K. Agrawal said that all the Commissioners of Police and district Superintendents of Police have been directed to ensure elaborate security cover on January 26 at all important venues for celebrations and flag-hoisting. All the roads leading towards celebration venues are being monitored with the strengthening of nakas and surprise checking. Further, additional forces have been deployed to deal with any untoward incident. "The police officers have also been directed for making smooth traffic arrangements during the Republic Day celebrations, particularly routes leading to venues of functions," he added. Police personnel are keeping close vigil in sensitive locations



to maintain law and order ahead of the Republic Day celebrations. At the same time, security forces are also keeping a close eye on unclaimed vehicles, articles as well as suspicious persons. Apart from conducting patrolling and checking at all vital points, special checking drive of trains and public transport is also being carried out across the state. He said that close vigil is being kept at strategic locations like busy markets,

bus stands and railway stations. Hotels, guesthouses, parking lots and restaurants are also being checked. In addition to police patrolling, checking of vehicles, especially during night time has also been beefed up to make the general public feel safer. He also urged the people to report suspicious persons or articles, if any, to the police to ensure safe and secure Republic Day celebrations.

Health check-up package started in Adesh Hospital



GOLDY CHUGH SHAHABAD: A special camp was organised today at Adesh Medical College and Hospital, Mohdi, where people were motivated to remain alert towards their health, while in this camp information about the health check-up package started by Adesh was given. Dr. Gayatri said that to stay fit and healthy in today's run-of-the-mill life, as much as diet and exercise is necessary, it is equally important to be alert about health so that any kind of disease can be avoided in time. Dr. Gayatri said that there is no fear of disease in any body, rather the fear remains that the disease may not increase. Therefore, keeping these things in mind, health check-up packages have been started in Adesh Hospital at very low rates. Which everyone can easily take advantage of. Dr. Gayatri said that in which complete heart checkup, cancer test package for women, special health checkup, complete health checkup, basic health checkup, special health package for sugar patients have also been started. Dr. Gayatri said that the Chairman of Adesh Group, Dr. H.S. Gill's vision is to provide the best treatment to the people at the lowest cost. That's why these packages have been started at very cheap rates.

364 people participate in free health check-up camp

SHIV KUMAR SHARMA AMBALA, JANUARY 24

Pt. Kedarnath Sharma Charitable Hospital and Trust, organised a free medical health check-up camp on Sunday at ward no. 17 at Tulsi Public School (Junior), Lajpat Nagar. Blood Sugar, Uric Acid Test, Lipid Profile Test, H.B. Tests were done free of cost, along with Ayushman card, family identity card, e-labor card were also made on the spot. 364 people took advantage of this free health check-up camp. Ambala City Mayor Shaktirani Sharma also participated in the camp and encouraged the doctors and their team who came to serve in the camp. Tushar Goyal (ophthalmologist) from Kapil Eye Hospital examined the eyes of 94 people and gave them advice. Dr. Sandeep Goyal (Orthopaedic Surgeon) from Mission Hospital



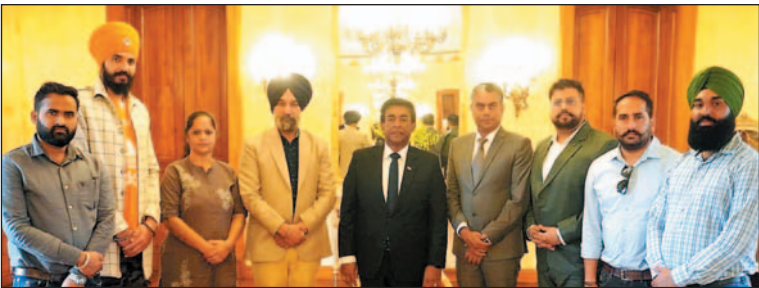
(Philadelphia) examined 23 people for diseases related to bones. Dr. Satindra Singh (Generalist) from Empire Clinic examined the health of 82 people and gave them advice. At the same time, 62 people also gave their blood samples for examination, the report of which will be handed over to them soon. At the same time, 2 children also got themselves registered for free coaching for students from 5th to 12th class under India's leading platform First in Class in the camp. In the

camp, 36 people whose certified income in the family identity card was up to 1,80,000, also got their Ayushman cards made free of cost in the camp. Along with this, 70 people also got their family identity cards made on the spot. Medicines were also given free of cost to the people who came to the camp after examination. The people of the area thanked Mayor Shaktirani Sharma wholeheartedly for serving the people by organising such free camps.

Indian delegation meets President of Mauritius

SHIV KUMAR SHARMA KARNAL, JANUARY 24

A delegation, which went on a group study and cultural tour organised by the events under the India Mauritius Trade and Cultural Friendship Forum from Karnal, met Prithviraj Singh Roopan, President of the Republic of Mauritius, known as Mini India away from India. Preetpal Singh Pannu, who went on his first visit to Mauritius after Covid, informed the President about the work done by the Forum in the past and about the proposed events in future to increase the business, cultural and social relations between the two countries. President Prithviraj Singh Roopan described India and Mauritius as natural partners and shared his memories related to his visit to India last month. He addressed the students and youth accompanying the group and welcomed them to the



State House. He said that this year on the Republic Day of India, a group of Mauritian youth is also participating in the programme organised in India. The President also took part in a group photo with the students and youths who came from Karnal. He invited the businessmen and investors of India to do business in Africa through Mauritius and said that the policy of Mauritius is completely in favour of

the investors. The President also mentioned the memories associated with the International Geeta Mahotsav and discussed the possibilities of starting Geeta Aarti at Ganga Talao. It is noteworthy that Prithviraj Singh Roopan was the Minister of Arts and Culture of Mauritius at the time of the International Geeta Mahotsav organised by the Haryana Government in Mauritius and he had a major contribution in organising this Mahotsav.

Youth Cong president Budhiraja lambasts BJP

RAJNI SONI YAMUNANAGAR, JAN 24

Haryana Youth Congress president Divyanshu Budhiraja, who reached Yamunanagar today, held a meeting with Congress workers. While talking to the media he demanded sacking of sports minister Sandeep Singh, correction in family identity cards and increase in sugarcane rates. He said that today every class is troubled by the state government. If the government does not get the proper family identity card survey done soon, in the coming time, the coalition government of Haryana at the state level will also get its work done by the Youth Congress. Budhiraja said that the general public is getting troubled by the Family Identity Card. Instead of having a family identity card, the family has become a troubled letter. Divyanshu said that the government has cut the BPL



cards of the people by getting the wrong survey done and keeping new criteria in it, due to which today the poor man is going round the CSC Centre and Ration Depot. Divyanshu said that by conducting a wrong survey, the income of those whose income is not even Rs 1 lakh has been shown as 1 lakh 80 thousand. Their BPL cards were cancelled. Speaking on the issue of farmers he said that even before this, farmers were sitting on dharna for more than 1 year and now farmers have been protesting

continuously for a long time regarding the rate of sugarcane in Haryana. In such a situation, the conversation between the Chief Minister and the farmers has also been inconclusive. Today all the sugar mills of the state are closed. Farmers are demanding that the rate of sugarcane be increased. He said that our wrestlers are sitting on the streets in protest. In Haryana, the ministers of the BJP government, who gave the slogan of 'Beti Bachao Beti Padhao', have become predators instead of protectors. <

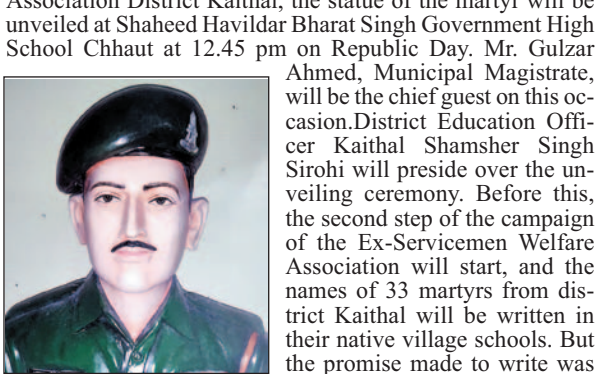
Students of R.A.S.S.V.V. Kurukshetra visit Adesh Medical College and Hospital



DALBIR MALIK KURUKSHETRA : Today, the students of the Health Care Assistant subject at Government Adarsh Culture Senior Secondary School, along with Professor Shalu Chaudhary, Professor Rachna, Laboratory Assistant Rakesh Kumar, and English Spokesperson Naveen Kumar, made a one-day visit to Adesh Medical College and Hospital. About 81 students from classes 9th to 12th and four teachers participating in this excursion were flagged off by school principal Dr. Sachindra Kumar and sent off with best wishes. Under the direction of OPD Manager Mrs. Pinky, I visited all of the hospital's OPDs and learned the practical knowledge and use of the equipment available there. In the hospital, Dr. Ashish and Dr. Shubham gave information about psychiatric medicine to the students. Dr. Khurana explained in detail about diabetes, heart disease, brain stroke, and so on; dermatology, gynaecology OPD's working style, MRI, CT scan; students were informed about issues, smile, Nancy, Khushi, and so on; this tour was extremely beneficial. Arun and Anurag played important roles.

Shaheed Bhagat Singh's statue will be unveiled on R-Day

KULBHUSHAN SHARMA GUHLA CHIKA:



Courtesy of the Ex-Servicemen Welfare Association District Kaithal, the statue of the martyr will be unveiled at Shaheed Havildar Bharat Singh Government High School Chhau at 12.45 pm on Republic Day. Mr. Gulzar Ahmed, Municipal Magistrate, will be the chief guest on this occasion. District Education Officer Kaithal Shamsheer Singh Sirohi will preside over the unveiling ceremony. Before this, the second step of the campaign of the Ex-Servicemen Welfare Association will start, and the names of 33 martyrs from district Kaithal will be written in their native village schools. But the promise made to write was fulfilled with the cooperation of the government and the administration, and now this auspicious beginning will be made with the unveiling of the statue of martyr Havildar Bharat Singh and the installation of small statues of the martyrs along the gate. Association head Ma Jagjit Fauji said that Mrs. Saroj Devi, the wife of Shaheed Bhagat Singh, has started a very commendable work for the martyrs by taking the initiative to install the statue of her husband. In this ceremony, Eso Pradhan also invited all ex-servicemen, military families, martyr families, villagers, and dignitaries of the district and asked them to participate in the unveiling ceremony.

HSEB About 300 employees of Worker Union Unit Guhla boycotted work, says Paramjit Singh



KULBHUSHAN SHARMA GUHLA CHIKA: About 300 employees of Unit Guhla have opened a front against Executive Engineer Guhla. About 300 members of the HSEB workers union boycotted work and raised slogans against the stubborn attitude of Executive Engineer Guhla. The forum was moderated by Vikram Sharma, Senior Vice President of Unit Guhla, and presided over by Paramjit Singh, Head of Unit Guhla. Speaking to reporters, he said that no employee is happy to leave work, but the obstinate attitude of the officers and towards the employees keeping negative thinking in mind, the employees have to boycott the work. He said that the boycott will continue until the executive engineers fulfil the demands of the HSEB workers' union. He said that if, during this period, there is any loss to the department or any kind of problem for the consumer, then it will be the responsibility of Executive Engineer Guhla. On this occasion, Iqbal Chandana, Chairman, HSEB Workers Union Central Council, Jitendra Vakkal, Chief Advisor, Central Council, Kaithal head Om Prakash, unit Guhla secretary Somnath, Guhla head Pawan Kumar, secretary Rajinder, Siwan head Rajkumar, secretary Pawan Kumar, Cheeka head Ranjit Singh, secretary Balvindra Malik, division head Chandrabhan, secretary Bharthari, including all the work Yakarini and all the staff members participated.

Snake sparks panic in school

SHIV KUMAR SHARMA

KARNAL: Panic spread among the mid-day meal workers and students of the school after a cobra entered the kitchen of the government senior secondary school located in village Dabkauli Kalan of the sub-division. School principal Subhash Kamboj said that as soon as the mid-day meal worker opened the kitchen lock to prepare food in the morning, he saw that a black snake was sitting in the corner. The mid-day meal worker immediately informed the teachers. He said that this information was immediately given to snake man and environmentalist Mahindra Kheda. The principal told that Mahindra Kumar asked to send the photo of the snake on WhatsApp. Mahindra Kheda said that after seeing the photo, he told the teachers that the snake is very dangerous, warned them against teasing it. He said that he quickly reached Dabkauli Kalan School and caught the snake.

