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



Odisha Health Minister Naba Das shot dead

BHUBANESWAR: Odisha Health and Family Welfare Minister Naba Kishore Das was shot at by an Assistant Sub Inspector of Police at Brajarajnagar in Jharsuguda district on Sunday. He died at hospital. Police sources said the ASI shot at the Minister while he was on his way to attend a function. Brajarajnagar SDPO G Bhoi said as per the preliminary reports of Gopal Das, the ASI fired around four to five rounds at the Minister. The reason behind it is not yet known. After the incident, the Minister was immediately taken to the District Headquarter hospital Jharsuguda. After his condition deteriorated he is being airlifted to Bhubaneswar.

At least 40 killed as bus falls into ravine in Balochistan

ISLAMABAD: At least 40 people were killed on Sunday morning after a passenger bus fell in a ditch in the Lasbela district of Pakistan's south-western Balochistan province, government authorities said. According to reports, the coach crashed into the pillar of a bridge while it was taking a U-turn near the Chinkli stop in Bela area of the district and eventually fell into a ravine and caught fire. The authorities said the accident took place due to over-speeding. The rescue work has been underway to recover the victims, government authorities said, adding that nearly 50 passengers were aboard the bus. The local authorities told media that three people including a woman and a child had been rescued alive, however, more casualties are feared from the accident.

Six mowed down by truck in Lakhimpur

LAKHIMPUR KHERI: Six people died and several were injured after being run over by a truck in City Kotwali area in Lakhimpur Kheri district here in Uttar Pradesh after which Chief Minister Yogi Adityanath announced a financial assistance of Rs two lakh to the kin of the deceased on Sunday, police sources said here. Police sources said the incident took place late on Saturday night when the speeding truck ran over the people on Lakhimpur-Bahraich road. "While five people were killed on the spot, one succumbed to his injuries at the trauma center in Lucknow," they said. Police sources said the deceased have been identified as Karan Nishad (20), Paras (85), Rizwan (16), Karunesh Verma (35), Virendra Verma (52) and Rohit (17). "Most of the deceased and injured were neighbours of Pangi Khurd village. The victims had gathered on the spot following a minor accident involving a car and a two-wheeler," they said. Meanwhile, CM Yogi has expressed grief over the accident and instructed district authorities to extend all aid and assistance to the injured. "The CM has announced a financial assistance of Rs 50,000 to the injured and has ordered an inquiry headed by the Inspector General of Police (IG)," a government spokesman said.

More rains in plains, snowfall in hills



AGENCY
NEW DELHI, JAN 29

Delhi, Haryana and Punjab received light rainfall in isolated places on Sunday as the minimum temperature settled at 6.4 degrees Celsius in National capital. A more intense western disturbance will be active in the area on Monday, bringing more rainfall.

After a brief respite from cold wave conditions, parts of north India are set to witness a temperature drop in the coming days, as predicted by the India Meteorological Department (IMD).

The weather department said that light/moderate/fairly widespread to widespread rainfall/snowfall is very likely over the western Himalayan Region and light/moderate scattered to fairly widespread rainfall over Punjab, Haryana, Chandigarh and west Uttar Pradesh on January 29 and January 30.

The IMD has issued an orange alert for today and tomorrow for Uttarakhand, Himachal Pradesh and Jammu and Kashmir.

J&K : Avalanche warning issued in nine districts

SRINAGAR: Amid forecast of moderate to heavy snowfall over the plains and higher reaches of Jammu and Kashmir, the authorities have issued an avalanche warning in nine districts on Sunday. State Disaster Management Authority (SMDA) in a statement said that avalanche with "Medium Danger" Level is likely to occur at areas situated 2200 to 2500 metres above sea level over south Kashmir district of Anantnag, Kulgam and central Kashmir district of Ganderbal on Sunday. Similar avalanche warning has also been issued for the people living 2200-2500 metres above sea level in Bandipora, Baramulla, Kupwara in north Kashmir and Doda, Kishtwar, Poonch and Ramban in Jammu division in the next 24 hours.

Beating retreat held despite inclement weather

NEW DELHI: Indian tunes based on Indian classical ragas and drone show are among the highlights of the Beating Retreat ceremony despite rains which was graced by President Droupadi Murmu at Vijay Chowk in the national capital on Sunday. Twenty-nine captivating, foot-tapping Indian tunes were played by the music bands of the Army, the Navy, the Air Force and the State Police and the Central Armed Police Force amid lashing rain the national capital. The military bands enthralled audience at Beating Retreat ceremony. The Naval band performed 'Ekla Cholo Re' on the occasion.

Rahul's 'Bharat Jodo Yatra' culminates with hoisting of tricolor at Lal Chowk

AGENCY
SRINAGAR, JAN 29

The 135-day-long Congress leader Rahul Gandhi led Bharat Jodo Yatra culminated with the hoisting of the tricolor at the historic Lal Chowk in Srinagar on Sunday.

Earlier today, the last leg of the yatra resumed from Srinagar's Pantha chowk area amid tight security arrangements. The Bharat Jodo yatra commenced from Kanyakumari on September 7, 2022.

The leaders from the regional parties also joined the yatra today.

The unfurling of the national flag was accompanied with the playing of the national anthem at historic Lal Chowk amid unprecedented security arrangements.

General Secretary of the Congress party Prinyanka Gandhi, Jammu and Kashmir affairs in-charge Rajni Patel, Jai Ram Ramesh, AICC J&K President Vikar Rasool and other senior leaders were also present during the ceremony.



The day would end with a dinner being hosted by Congress President Mallikarjun Kharge at Hotel Taj Vivanta situated on a hill lock in Srinagar overlooking the Srinagar city and Dal Lake. The traffic in Srinagar was halted on the routes from where the 'Bharat Jodo Yatra' proceeded amid an advisory issued by the traffic police on Saturday directing people to avoid certain routes while travelling in Srinagar on Sunday.

"A revolution is on its way..." PM Modi embraces "Milletpreneurs" of country

AGENCY
NEW DELHI, JAN 29

Prime Minister Narendra Modi on Sunday said that a new revolution is on its way as people are widely participating in the campaigns promoting Yoga and Millets by making them an essential part of their lives.

"A revolution is on its way as people have been participating in both campaigns. Just as people have made yoga and fitness a part of their lives by taking active participation on a large scale; similarly people are adopting millet on a large," the PM in his 97th edition of the Mann



ki Baat programme today. "The United Nations has taken up the decision to promote both International Yoga Day and International Year of Millets after India's proposal.

Yoga is also related to health and the millets also play an important role in health," PM Modi said.

The government of India under PM Modi spearheaded the United Nations General Assembly (UNGA) resolution for declaring the year 2023 as the International Year of Millets and the proposal of India was supported by 72 countries. UNGA declared 2023 as the International Year of Millets back in March 2021. The International Year of Millets 2023 officially kicked off on January 1, 2023.

PM Modi cited the example of Raigad's Millet Cafe in

Chhattisgarh and said that people are now making millets a part of their diet.

The huge impact of this change is also visible. The small farmers who traditionally used to produce millets are very excited with this initiative as they feel empowered now, he said.

He further coined the term "Milletpreneurs" and remarked, "Odisha's Milletpreneurs are making headlines, a self-help group of about 1,500 women of the tribal district Sundargarh is associated with Odisha Millets Mission. They make biscuits, cakes and other eatables from the millets."

Will win all Haryana seats in 2024 LS polls: Amit Shah

AGENCY
NEW DELHI, JAN 29

Launching the campaign for the 2024 Lok Sabha polls in Haryana's Sonapat, Union Home Minister Amit Shah appealed people of the state to vote for the BJP to make Narendra Modi the Prime Minister for the third term on the basis of the development done by the Modi government in the last eight years.

Shah's public rally in Gohana city in the Sonapat district of Haryana has been cancelled due to bad weather conditions as his chopper did not get permission to take off and land due to bad weather conditions following which his programme was cancelled.

He, however, briefly addressed the gathering over the phone, appealing the people of Haryana to vote for the BJP in the 2024 Lok Sabha elections to again make Narendra Modi the Prime Minister of the country.

"All of us together will work to make Narendra Modi ji as Prime Minister again. I am confident that the lotus of



BJP will bloom at every Lok Sabha seat."

Taking dig at the previous Congress government, Shah said that in last eight years so much development has taken place in Haryana which could not have happened in 70 years. "You have witnessed so much development in Haryana during the past eight years. The corruption has reduced in every sector, law and order has improved and

castism has ended. In eight years so much development has taken place in Haryana which could not have happened in 70 years. Now education sarpanches are taking Haryana forward."

Speaking to the people at the rally, Haryana Chief Minister Manohar Lal Khattar announced that Shah could not come as his helicopter was not given permission to take-off due to bad weather.

Kejriwal urges Centre to provide 1,300 MGD of water to Delhi

NEW DELHI: Chief Minister Arvind Kejriwal Sunday urged the Centre to provide 1,300 million gallons per day (MGD) of water to Delhi, saying it will help ensure round-the-clock water supply to the people in the city. The Delhi government is trying to increase water availability in the city, he said after inaugurating an 11 million litres capacity under-

ground water reservoir in Patparganj village. "Delhi received 800-850 MGD water around 1997-98 when its population was around 80 lakh. It is still getting the same amount of water though the population has now tripled to 2.5 crore. With a slight nudge from the Centre, water can be made available from neighbouring states," the chief minister said.

India clinch inaugural U-19 Women's T20 World Cup



The victorious Indian team pose after clinching the Under-19 Women's T20 World Cup today.

Aman Arora visits modern vending zone at Sunam

BUREAU
CHANDIGARH/SUNAM
SINGH WALA:

UDHAM

Punjab Information & Public Relations, Housing & Urban Development, New & Renewable Energy Sources and Printing & Stationery Minister Mr Aman Arora today inspected the construction works of the modern vending zone during his second visit in a week. The vending zone is being developed at the location of old vegetable market in Sunam city.

Notably, Cabinet Minister Aman Arora had conducted a surprise inspection of the modern vending zone being constructed at a cost of Rs. 1 crore and found that the concerned contractor was using sub-standard bricks in sewage manhole chambers. Mr Aman Arora pulled up the officials and contractor for the lapse and directed to replace the material immediately. After the directions of the Cabinet Minister all the substandard material was replaced by the contractor the very next day.



He also directed the officials and contractors to complete the construction work of the modern vending zone before March 31 so that the economically weak people of Rehdi Fahdi could take advantage of this dedicated market space and earn livelihood.

The cabinet minister has made it clear that the Punjab government will not tolerate any form of corruption and those who misuse the funds by any means will be dealt strictly. He said that if any official, employee or contractor found misusing government funds, strict action will be initiated against him.

Adopting the right attitude can convert a negative stress into a positive one.

Hans Selye

Comparing Dera Head with terrorists is conspiracy: Shandilya

SHIV KUMAR SHARMA
AMBALA, JANUARY 29

National President of Anti Terrorist Front India Viresh Shandilya today sent a letter to the Governor of Punjab, Chief Minister Bhagwant Mann and DGP of Punjab and demanded that Dera Sacha Sauda chief Saint Gurmeet Ram Rahim has come out on parole from jail as per the legal process. And they have not been stopped by the government or any court of the country from doing satsang, but for disturbing the peace of Punjab. Those protesting in the satsang of Dera Sacha Sauda chief in Punjab are wrong and by doing so the fundamentalists are conspiring to spread terror in Punjab. Shandilya said that the Dera Sacha Sauda chief has been



punished by the sessions court Panchkula but his appeal is pending in the Punjab and Haryana High Court. While Shandilya said that the fundamentalists are saying that the captive Sikhs are kept in jail while the Sirda Dera Pramukh Gurmeet Ram Rahim was given parole, he said parole is Ram Rahim's right and Ram Rahim's crime is not treason and Saint Gurmeet

Ram Rahim neither killed any chief minister, nor entered the civil secretariat and killed anyone.

The head of the Dera is not accused of planting bombs or digging tunnels in jail and the matter of release of captive Sikhs

is of the law and the Punjab government, that is why the fundamentalists are opposing the satsang of Saint Gurmeet Ram Rahim, why and at whose behest are they doing this high level subject of investigation

Release of farmers demanded

SHIV KUMAR SHARMA

KARNAL, JANUARY 29: An emergency meeting of Bharatiya Kisan Union Haryana and Kisan Morcha was called today to discuss problems of the farmers. National Vice President Sewa Singh Arya participated. He has said that the state government is inciting the farmers to agitate. Our young farmer leader and other comrades were unnecessarily arrested yesterday by the state government. This action has been taken against Abhimanyu and his associates. Because they were peacefully protesting for land compensation and other problems, suddenly the farmer leaders were arrested by the police and sent to jail. Farmers also have the right to speak their mind in this country, but if the state government or one of their ministers comes to the state and the farmer wants to speak, then what is the point of speaking. Farmers are arrested and put in jail and if this action continues continuously by the government, then they will also be forced to agitate and all that responsibility will be of the central and state government. Farmers have demanded that they should be given remunerative prices based on the cost of their crops. Due to the wrong policies of the central and state governments, farmers are in debt. It is very important to ask the farmers before acquiring the land given to them by their forefathers. Today, the farmers have made a strong demand that the innocent farmer Abhimanyu Kohar, who was arrested, should be released immediately, otherwise the farmer's organisation will start the movement.

Preeti Sharma appointed Trainer Commissioner of Traffic Rules

Shiv Kumar Sharma

KARNAL, JANUARY 29: National President of Traffic Rules and Road Safety Federation Narendra Arora, while expanding the Haryana team, appointed Preeti Sharma of District Dadri as State Trainer Commissioner Haryana. In the National Office of Traffic Rules and Road Safety Federation, National President Narendra Arora handed over the appointment letter of State Trainer Commissioner to Preeti Sharma and administered the oath of following traffic rules and road safety awareness. On this occasion, Preeti Sharma said that she will work for awareness of traffic rules and road safety while living in the dignity of her post. We will form our teams in all the districts of Haryana,



citizen, it is the responsibility of all of us to be well aware of all the traffic rules and follow them.

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. She said that many projects are being run regarding traffic rules and road safety awareness. 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. As a responsible

CLASSIFIED

I, Kulwinder Singh S/o Sukhwinder Singh R/o Manal (Barnala) changed my name to Kulwinder Singh Kahlon.

63372

I, Monika Modi D/o Late: Surinder Modi R/o H.No. 291 Sector-8 (Panchkula) Haryana, changed my name from Monika Gupta to Monika Modi.

63372

I, Rajinder Kaur W/o Jarnail Singh R/o Vill-Hayatpur Jattan Teh-Balachaur Distt SBS Nagar, have changed my name to Harjinder Kaur after marriage.

63372

I, Raji D/o Surjit Ram R/o Vill: Sherpur Po. Shadipur Teh- Phillaur (Jalandhar) Punjab, changed my name from Raji to Raji Sunder.

63372

I, Harjinder Singh S/o Darshan Singh R/o Vpo Machhike (Moga) changed my name to Harjinder Singh Dhalialw.

63372

I, Sukhwinder Singh S/o Gurcharan Singh R/o Vpo Machhike (Moga) changed my name to Sukhwinder Singh Dhalialw.

63372

I, Parmjit Kaur W/o Sukhwinder Singh Dhalialw R/o Vpo Machhike (Moga) changed my name to Parmjit Kaur Dhalialw.

63372

I, Ramandeep Kaur W/o Harjinder Singh Dhalialw R/o Vpo Machhike (Moga) changed my name to Ramandeep Kaur Dhalialw.

63372

I, Gagandeep Kaur Khara W/O Hardeep Singh R/O Karamgarh (Barnala) Changed My Name To Gagandeep Kaur.

63372

I, Gagandeep Singh Marara S/O Major Singh R/O Barwali Khurd (Fatehgarh Sahib) Changed My Name Gagandeep Singh.

63372

I, Surinder Singh Dhillon S/O Joginder Singh, R/O Gharian (Faridkot) Have Changed My Name To Surinder Singh.

63372

I, Dharmpreet Kaur W/O Jasvir S/O R/O Gharian (Faridkot) Have Changed My Name To Manpreet Kaur.

63372

I, Shinderpal Kaur Dhillon W/O Surinder Singh, R/O Gharian (Faridkot) Have Changed My Name To Shinderpal Kaur.

63372

I, Vikas Kumar S/o Sat Bhushan R/O H.No. 57 Block-D Arora Colony Sunam Teh-Sunam (Sangur) changed my name from Vikash Kumarto Vikas Kumar.

63372

I, Lakhvir Singh S/o Kamaljit R/o Vill: Sidhwan Teh-Nakodar (Jalandhar) Punjab, India, changed my son name from Gagandeep To Gagandeep Singh.

63372

I, Pal Singh Virk S/o Tarlok Singh R/o Vpo. Aminwala (Moga) changed my name to Pal Singh.

63372

I, Joginderpal Kaur Virk W/o Pal Singh R/o Vpo. Aminwala (Moga) changed my name to Joginderpal Kaur.

63372

I Ramandeep Kaur D/O Kulwinder Singh R/O Talwandi Sabo Distt Bathinda Have Changed My Name To Ramandeep Kaur Sran.

63372

I Sandeep Kaur Sran W/O Kulwinder Singh R/O Talwandi Sabo Distt Bathinda Have Changed My Name To Sandeep Kaur.

63372

I Kulwinder Singh Sran S/O Bhoora Singh R/O Talwandi Sabo Distt Bathinda Have Changed My Name To Kulwinder Singh.

63372

I Kavita Kapoor W/o Sh. Sham Lal R/o W.No. 13 Gandhi Nagar Banga Distt. Shaheed Bhagat Singh Nagar have changed the name of my minor daughter from Dimple To Dimple Kapoor.

63372

I Charan Kaur D/o Pahlo W/o Karam Chand R/o Garhi Bet Sub Teh-Machiwara Teh-Samrala Distt Ludhiana declare that Charan Kaur and Channo are one and the same person.

63372

I Sidakpreet Singh S/O Taranjit Singh R/O H No 45f Pakhowal Road Shaheed Bhagat Singh Nagar Ludhiana Have Change My Name Sidak Preet Singh.

63372

I Lavkesh Kumar S/O Sh. Krishan Kumar R/O B-34, H. 6485/28 New Tarsem Colony Jassia Road Haibowal Ludhiana I Have Change My Name From Lavkesh Kumar Makkar To Lavkesh Kumar.

63372

I Phoola Rani W/O Algu Ram R/O H. No. H-4 Block H: No: HL Gurdwara Labour Colony Focal Point Ludhiana I Have Change My Name From Phoola Rani To Foola Devi.

63372

I, Jaswinder Singh S/o Bawa Singh R/o Shamashpur (Ludhiana) have changed my name to Singh Jaswant.

63372

I, Aarti D/o Inder Kumar R/o Khanna (Ludhiana) have changed my name to Aarti Pippal.

63372

I, Balkar Singh S/o Ikbal Singh R/o Ugo Ke (Moga) have changed my name to Balkar Singh Gill.

63372

I, Abhishek S/o Vijay Kumar R/o Vpo. Pasla Teh-Phillaur (Jalandhar) changed my name to Abhishek Kumar.

63372

I, Shiwani Sharma daughter of Sh. Mitter Sain wife of Abhishek Attri resident of Hanuman Mandir, Sec-86, Sambhalki, Tehsil and Distt. S.A.S.Nagar (Mohali), Punjab, do hereby declare Shiwani Sharma and Siwani Sharma is one and same person.

63372

I, Veerpal kaur W/o Amritpal Singh Dhalialw R/o Nathewala (Moga) have changed my name to Veerpal kaur Dhalialw.

63372

I, Kuldeep Kaur W/o Boota Singh Kandiare R/o VPO BurjDuna, Distt. Moga, 142056 have changed my name to Kuldeep Kaur Kandiare.

63372

I, Jagdeep Kaur W/o Gurdev Singh R/o Vill: Kakkar Teh-Ajnalā (Amritsar) Pb, India, declare that my given name is Jagdeep and my surname is Kaur.

63372

I, Simranjit Kaur W/o Gurbachan Singh Dhalialw Vill-Jalwana Teh-Ahmedgarh Distt Malerkotla has changed her Simranjeet Kaur Dhalialw.

63372

I, Harvinder Singh Cheema S/o Sukhminder Singh Vill-Manki Teh-Ahmedgarh Distt Malerkotla has changed the name Harvinder Singh.

63372

I, Kuldip Singh Dhalialw S/o Labh Singh Vill-Dulwan Kalan Teh-Ahmedgarh Distt Malerkotla has changed the name only Kuldeep Singh.

63372

I, Harmanjeet Kaur D/o Surinder Singh Chahal R/o Vpo. Sihan Daud Teh-Payal (Ludhiana) changed my name Harmanjeet Kaur to Harmanjeet Kaur Chahal.

63372

I Surbhi W/O Manmeet Singh R/O St. No. 5 Vishnupuri Civil Lines Ludhiana I Have Change My Name From Surbhi To Surbhi Sharma.

63372

I, Balbir Ram (Aadhar Card No 635358984122) S/O Shingara Ram R/O Villagekotla Jangan Tehsil Nakodar, Distt. Jalandhar Punjab India Have Changed My Name From Balbir Singh To Balbir Ram.

63372

I, Ram Parkash S/o Annant Ram R/o Talwandi Bhai (Ferozepur) changed my name to Ram Parkash Sandal.

63372

I Rajinder Aggarwal S/o Sh. Tarlok Chand Aggarwal R/o # H-902, Imperial Heights, Kharar, Distt. SAS Nagar have changed my name from Rajinder Aggarwal to Rajinder Kumar.

100071

I, Premo Devi Wd/o No. 6300872 Ex Hav Kaul Singh R/o VPO Litani, Tehsil Uklana Mandi, Distt. Hisar (Haryana) hereby changed the name of my daughter from Raja Bala to RAJ BALA for all future purposes.

40008

I, hitherto known as MANPREET KAUR SAINI D/O AMARJIT SINGH W/O EVNEET SINGH , residing at STREET No -11 R, DOGAR BASTI, DISTT FARIDKOT, PUNJAB -151203 have changed my name and shall hereafter be known as MANPREET KAUR .

900014

I, Shiwani Sharma daughter of Sh. Mitter Sain wife of Abhishek Attri resident of Hanuman Mandir, Sec-86, Sambhalki, Tehsil and Distt. S.A.S.Nagar (Mohali), Punjab, do hereby declare Shiwani Sharma and Siwani Sharma is one and same person.

50008

I, Shiwani Sharma daughter of Sh. Mitter Sain wife of Abhishek Attri resident of Hanuman Mandir, Sec-86, Sambhalki, S.A.S.Nagar (Mohali), Punjab, do hereby declare Mitarsain Sharma, Miter Sharma and Mitter Sain is one and same person

50008

I, Rittu Sharma wife of late Mitter Sain resident of village Kalauli, Tehsil and Distt. S.A.S. Nagar (Mohali), Punjab, do hereby declare Ritu Sharma, Rittu Sharma and Reetu Sharma is one and same person

50008

I Amarjit Kaur W/o Amolak Singh R/o Aasa Patti Rampur (Ludhiana) Have Changed My Name To Amarjeet Kaur

50008

i, Jagdeep Singh Grewal S/o Harbans Singh Grewal VPO Khanjarwal Teh Jagraon (Ludhiana) Has Changed the name of his minor daughter Jasmeet Kaur To Jasmeet Kaur Grewal. All Note.

98731

I, Vikram Singh Krishnia Son Of Tarachand Krishnia R/O Dhani Banklii, Charanawas @ Puranabas Distt. Sikar (rajasthan) 332713 That I Have Changed My Father Name From Tarachand To Tarachand Krishnia

100078

I, Sukhdev Singh S/o Maghar Singh R/o Village Nigdhu, Tehsil Nilokheri, District Karnal declare that I have changed my daughter's name from Jyoti to Jyoti Kaur. In future, she should be known and recognized by the name of Jyoti Kaur.

989666

I, Suman W/o Kuda Ram R/o Tunda Patti village Kaul, Tehsil Pundri, District Kaithal declare that I have changed my name from Suman Devi to Suman. In future I should be known and recognized by the name of Suman.

100070

I Dilpreet Klair S/O Sohan Lal Residence Of Vill Bulandpur Po Nurpur Distt Jalandhar My Pasport No S9774847 Issu On 10-10-2018 To 09-10-2028 At Dubai ,

72778

I, Gagandeep Singh S/o Mahinder Pal R/o V.P.O Ucha, Distt. Jalandhar. My father name is wrongly mentioned as Mohinder Pal in passport. My father's true and correct name is Mahinder Pal as per documents.

72778

I, Ashwanee Kumar Sharma S/o Ram Sarop Sharma R/o H.no. 135, Mohalla Prem Nagar, Vpo. Alawalpur, Distt. Jalandhar Have Changed My Name From Ashwanee Kumar Sharma To Ashwani Kumar Sharma.

72778

I, Satnam Singh S/o Gehal Singh R/o. Near Shiv Mandir Ajnala Amritsar punjab declare that Satnam Singh & Nachhtar Singh both names are of one and Same Person both Carry equal Value, Authenticity

72737

I, hitherto Known as SAKSHI W/o RAKESH KUMAR R/o. 19, Gali Tiwarian I/s Lohgarh Gate Amritsar Punjab. have changed my name and Shall hereafter be known as SHAKSHI

72737

I, Sudesh Bhatia D/o Ram Chand Bhatia W/o Suman Kumar R/o 34, Khalsa Avenue, Amritsar Have Changed My Name From Sudesh Bhatia To Sudesh Kumari.

72737

I, Hitherto Known As Sumati Bansal D/o. Surinder Kumar W/o Saurabh Aggarwal R/o.hno. 242, Vrindavan Gardens, F.g.c. Road, Amritsar-143001, Punjab, Have Changed My Name And Shall Hereafter Be Known Sumati Aggarwal

90002

I, Service No. 8431951K Rank Hav/Cik Gunjawate Prashant Uttam S/o Uttam Sahebrao Gunjawate R/o Unit of HQ 10 Corps (807 FPO) C/o 56 APO Have Changed My Son Name From Kaivalya to Gunjawate Kaivalya Prashant for all future purposes Vide Affidavit No. IN-PB62738884812147V Dated 18.01.2023. Bathinda (Punjab)

989666

I, Service No. 8431951K Rank Hav/Cik Gunjawate Prashant Uttam S/o Uttam Sahebrao Gunjawate R/o Unit of HQ 10 Corps (807 FPO) C/o 56 APO Have Changed My Daughter Name From Pranjal to Gunjawate Pranjal Prashant for all future purposes Vide Affidavit No. IN-PB62738357176136V Dated 18.01.2023. Bathinda (Punjab)

989666

I, Manpreet Dhiran D/O Sh. Shamsheer Singh R/O H.No. 1360, Gali No -1, Shanti Nagar Karnal Have Changed From Manpreet Dhiran To Manpriit Kaur.

100046

I hitherto known as JASMAIL SINGH BRAR S/O BACHAN SINGH residing VPO RUPANA DISTT SRI MUKTSAR SAHIB PUNJAB 152026.have changed my name and shall hereafter be known as JASMAIL SINGH. It is certified that I have complied with other legal requirements in this connection

90002

I hitherto known as MANVEER KAUR ALIAS VEERPAL KAUR W/O KULVIR SINGH residing at NEAR DANA MANDI PIND T A M K O T DISTT SRI MUKTSAR SAHIB PUNJAB 152032. have changed my name and shall hereafter be known as VEERPAL KAUR. It is certified that I have complied with other legal requirements in this connection

90002

I hitherto known as SURJIT KAUR W/O HARWINDER SINGH BRAR residing at KOTHE SURGAPURI,DODA DISTRICT SRI MUKTSAR SAHIB PUNJAB 152031. Have changed my name and shall hereafter be known as GURJEET KAUR BRAR. It is certified that i have complied with other legal requirements in this connection.

90002

It is for general information that I, RHYTHM KHURANA S/O VINOD KHURANA , R/o #0553, Gali no 09, Ward no 5, main bazar Malout, Sri Muktsar Sahib Punjab 152107 declare that name of my mother has been wrongly written as SARIKA KHURANA in my CBSE education Marksheets. The actual name of my mother is SARIKA MANCHANDA respectively, which may be amended accordingly. It is certified that I have complied with other legal requirements in this connection.

90002

I, Paramjit Singh Grewal S/o Malkit Singh Grewal, Resident Of Vpo Andlu ,tehsil Raikot Distt. Ludhiana Declare That I Have Changed My Name From Paramjit Singh Grewal To Parmjeet Singh Grewal Please Note It.

98726

I, Hardeep Singh Gill, son of Bogha Singh, resident of Raiser, Patiala, District Barnala, have changed my name to Hardeep Singh. To make related notes.

78521

I Surender kumar bhiana S/o Sh. Om parkash Bhiana, R/o 21-C, Kamla nagar, yamunanagar that I have changed my Name Surender kumar Bhiana to Surender Bhiana.

100060

I Minakshi Saini w/o Sh. Anil kumar, R/o 864, sector 3, Urban Estate, Kurukshetra that I have changed my name to Minakshi Saini to Minakshi.

100060

I Sakshi Bhardwaj W/o Sh. Gourav Bhardwaj , R/o 884, Rana lane, Old Sabzi Mandi, Yamunanagar that I have Changed my name Sakshi to Sakshi Bhardwaj.

100060

I Rishabh s/o Sh. Sunil kumar, R/o VPO Silli Kalan, Distt Yamunanagar that I have Changed my name Rishabh to Rishabh Kumar.

100060

I, Tannishtha D/o Vipan Kumar R/o124, Bank Colony, Backside Verka Milk Plant Jalandhar changed my name to Tannishtha Devgun

42778

I, SAFIA wife of MOHAMMED HASSAN, R/o HOUSE No. B 8 / 2 0 0 , M O H A L L A SADEWALA, MALER, MALERKOTLA (R), MALERKOTLA, SANGRUR, PUNJAB -148023 have changed my name from SAFIA to KULSOOM for all future purposes.

98726

I , Mahindro Devi W/o Dharam Singh R/o Vpo Jadola Distt. Kaithal Have Changed My Name From Mahindro Devi To Sudesh Devi. Concerned Please Note.

84451

I Aran S/o Vijay Kumar R/o vill Chak Mai Dass p.o Sarhala Ranuan Teh Banga Distt SBS. Nagar have changed my name from Aran To Aran Chumber. all concerned please note

50008

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Usha Rani awarded with UT Police Medal



PREETI RANI
SADHORA: On Republic Day, Inspector Usha Rani of Thaska village of Sadhaura block, posted in Chandigarh Police, has been awarded the UT Administrator Police Medal. Dharampal, Advisor to the Administrator presented this medal to Inspector Usha at the Republic Day function held in Chandigarh. Inspector Usha Rani is the wife of Yamunanagar Zilla Parishad Chairman Ramesh Thaska. He has been awarded this medal for his excellent services. At present, she is posted as Station House Officer in Sector 17 Women's Police Station, Chandigarh. Prior to this, Usha has also been awarded the Silver Medal of Police on 15 August 2016 for excellent services and on 15 August 2022. Usha Rani's name is also included in the SIT constituted by the Chandigarh Police to investigate the allegations made by the sports coach on the Sports Minister.

Camp for rectifying errors in property papers



DARSHAN SHARMA
NILOKHERI: Under the leadership of Chairman Sanmeet Kaur Ahuja and Secretary Ajit Kumar, a camp was organized in the municipal office here for corrections in the property tax documents of people. The chairman of the municipality said that the camp will run till January 29, in which for the convenience of the public, they will be present along with all the employees of the municipality. He said that so far the documents of 47 properties have been submitted for correction of errors. Councillor Sukhwinder Canwal, junior engineer Dinesh Kumar, accountant Anil Saini, Ravinder Kumar, Akash Kumar, Satwinder Singh and other staff members were present on the occasion.

Awareness programme held against drugs

SHIV KUMAR SHARMA
DHAND/KAITHAL: Under the guidelines of Haryana State Narcotics Control Bureau Chief and Additional Director General of Police, Ambala Division Shrikant Jadhav Bhapuse a one-day 45th anti-drugs awareness program was organized at Government Senior Secondary School Teak. Haryana State Narcotics Control Bureau's awareness program and rehabilitation in-charge Dr. Ashok Kumar Verma was the chief speaker. He said that no one learns intoxication by himself. Somebody or the other drives him to get drunk. The person who teaches intoxication can never be our well wisher. He said that the youth should stay away from drugs and channelise their energy in positive works. De-addiction can be contacted at 9050891508. Even if any person sells banned drugs, inform on the above number.

Annual Bhandara organised at Khede Baba



NIRMAL
RADAUR: The annual bhandara was organised at Khede Baba in Ghespur village. Havan was performed before Bhandara. Sacrifice in the Havan was wished for the happiness and peace of the villagers. The city parikrama was also done. The villagers chanted Khede Baba ki jai with flags in their hands. Devotees who reached Bhandara received the Prasad. Nambardar Harichand Saini said that every year Bhandara is organised at Khede with the mutual cooperation of the villagers. All the villagers participate in the program with full enthusiasm. Gurnej Mandhan, Raghubir Saini, Mukesh Kumar, Baldev Saini, Ramkishan, Karnail Saini, Sumit Saini, Somnath Saini, Sunil Kumar etc.

Tribute to Lala Lajpat Rai in Inquilab Mandir



NIRMAL
RADAUR: Revolutionary Lala Lajpat Rai's birthday was celebrated with pomp at Inquilab Mandir Gumthala Rao. Temple founder Advocate Varyam Singh, along with school children and staff members, offered flowers on the statue of Lala Lajpat Rai and bowed down to him. On this occasion, Waryam Singh said that Lala ji played the role of a prominent freedom fighter of India. He was born on January 28, 1865 in Moga district of Punjab. He worked as an advocate for some time in Rohtak and Hisar cities of Haryana. Along with Bal Gangadhar Tilak and Vipin Chandra Pal, this trinity was known as Lal-Bal-Pal. These great revolutionaries first demanded complete independence in India. Later the whole country joined them. Together with Swami Dayanand Saraswati made Arya Samaj popular in Punjab. Along with Lala Hansraj, Dayanand also promoted Anglo-Vedic schools. On the other hand, school teacher Ratan Singh said that Lala ji had served the people by setting up camps in famine at many places. He participated in a huge demonstration organised against the Simon Commission in Lahore. Meanwhile, Lala ji was badly injured in the lathi charge by the British government. On being injured, Lala ji had said that each and every stick that falls on my body will act as a nail in the coffin of the British Government and that is what happened on the end. The British government had to leave India finally. He said that we should always remember the sacrifice and bravery of the martyrs. Israr, Akram, Shubham, Navdeep, Manjeet, Ruksana, Gurunur Singh, Kavita and Mahi etc were present on this occasion.

HARYANA

YUGMARG, CHANDIGARH, MONDAY, JANUARY 30, 2023

Govt motivating farmers to promote millets and natural farming: CM

BUREAU
CHANDIGARH, JAN 29

Haryana Chief Minister, Sh. Manohar Lal on Sunday listened to Prime Minister, Sh. Narendra Modi's 'Mann Ki Baat' programme at PWD Rest House in Rai during his visit to Sonapat. During the 'Mann Ki Baat' programme, the Prime Minister, while motivating the farmers to promote the cultivation of millet, said that at present, various types of dishes are being prepared by the people of India from millets; which are becoming famous in other countries too.

By doing this, the economic condition of the farmers associated with millet cultivation is getting stronger. He further said that dishes made of millet are being prepared for the guests coming to the G-20 Summit to be held in the country this year.

The Prime Minister said that this



year the Union government has given Padma Shri awards to those, who have introduced the life of the people associated with tribal communities to other people of the country. Apart from this, the Padma Shri award has also been given to such great personalities, who have inspired the Naxalites; showing them the right path. He said that the society should take inspiration

from the lives of such heroes to do good deeds. The Prime Minister said that India is the largest democratic country in the world. A book titled 'India - the Mother of Democracy' has been written on this, which highlights the history and culture of our democracy. He called upon the countrymen to must read this book and also motivate others to read it. Apart from this, we should disseminate this book so that the people of other countries can also be made aware about the prosperous democracy of India, he said.

During this, Chief Minister, Sh. Manohar Lal said that the state government is making the farmers aware and motivating them to promote millets and natural farming; so that the farmers become financially strong. He called upon the farmers to go in for natural and millet cultivation in future; for maintaining the health of our future generations and to build a healthy India.

Blood donation camp organised



PREETI RANI
SADHORA: A blood donation camp was organized by the Sant Nirankari Charitable Foundation branch at Sant Nirankari Bhawan in Sadhaura town. 278 units of blood were collected. This Blood Donation Camp was the first Nirankari Blood Donation Camp organized at Branch Sadhaura. This blood donation camp was organized under the leadership of branch chief Ramesh Kumar, director Rajendra Prasad, in which MLA Renu Bala was the chief guest. The MLA inaugurated it and Municipal Chairman Shalini Sharma, Municipal Councillor Naib Saini, Sarjwin, Gopal, social worker Rahul Dev, Monu Bijliwala, teacher Niranjan Singh, director sister Mukesh, teacher Bindu and all other saints participated enthusiastically in this blood donation camp.

Panchayat to take over illegal occupation of 100 yards of BPL plots

MEGHRAJ LUTHRA
KACHHWA, JAN 29

In order to prevent illegal occupation of 100-100 yards BPL plots given by the Haryana Government in Panchayati Colony of the village, the Panchayat has got the marking done. Now the Gram Panchayat will take possession of the Panchayati Colony built in the west side of the village and the vacant Panchayati land lying around the village by getting fencing or four walls done. A complaint was made by some people of the village in the Chief Minister's court about some people illegally occupying the plots of the people coming in the list of poverty line. Taking action in this regard, the Panchayat has taken this step. So that no one can do illegal occupation in future and only eligible person gets BPL plot. Panch



Dhyanchand of the village said that the Panchayat has decided that in future, any person who will construct a new building in the Panchayati Colony meant for BPL category people, will have to take permission from the Panchayat first by showing his registry. An announcement has also been made in this regard in the village. The Panchayat had received information that some outsiders were entering the Panchayati Colony with 100 yards of BPL plots, whereas

all the plots here were given to the poor people of the village. In view of the safety of the villagers, the Gram Panchayat has also made a rule for the outside tenants, in which the tenant will have to submit his Aadhaar card to the Gram Panchayat. He will be given a house on rent only after police verification. If a landlord rents his house to an outsider without the permission of the panchayat, then the landlord will be responsible for any untoward incident.

Car falls into pond in village Peedal, driver dies

KULBHUSHAN SHARMA
GUHLA CHIKA (KULBHUSHAN SHARMA): A Skoda car fell into a pond in Peedal village at around 1.30 am on Saturday night. The driver has died due to drowning in the water after the car fell into the pond. The help of a diver had to be taken to find the youth drowned in the pond. According to information, on Saturday night, a car driver was speeding through the streets of Peddle that suddenly the driver lost control at a sharp turn in the street and the car landed directly in the pond. The depth of the pond was so high that the entire car got submerged under water. The information about the car falling into the pond was received by the villagers at night, after which a large number of people got jammed. The villagers kept trying to take out the car and the driver trapped inside it throughout the night, but due to the deepness of the pond and the darkness of the night, they could not find the car and the driver trapped inside it. Finally, a diver was called from Uchana to search for the driver and car trapped in the pond. Diver Babli found the young man and his car drowned in the pond at around



eight in the morning after about two hours of effort. When the young man was pulled out with the help of a diver, he had already died.

Huge quantity of liquor boxes recovered from car

When the Haryana numbered Skoda car number HR51AA-6606 fell in the pond of Peedal village, when it was taken out with the help of a crane, the villagers were stunned to see that a large number of liquor boxes were filled in the car. Due to finding such a large quantity of liquor boxes in the car, the villagers are looking at this matter by linking it with liquor smuggling. The villagers said that no mat-

ter what happens in the dark of night, liquor smuggling business takes place around their village. The villagers are also seeing the death of the youth linked to liquor smuggling.

Case registered against unknown on brother's complaint

Ashwani, a resident of Bhai Ka Kakrala village in Patiala district of Punjab, has lodged a complaint with the Cheeka police station that his 27-year-old brother Vipann's car was hit by an unknown vehicle and dropped into a pond in Peedal village, resulting in drinking of his brother's water. Died due to drowning. Cheeka police have registered a case under section 279, 304A of IPC on the complaint of deceased's brother Ashwani. On the complaint of Vipann's brother Ashwani, who died due to drowning in a pond along with a car in Peedal village, a case has been registered under section 279, 304A of the IPC and the dead body has been sent to the district hospital Kaithal for postmortem. The matter is being investigated.

Congress to conduct 'Hath Se Hath Jodo' programme: Vaidya

DARSHAN SHARMA
NILOKHERI, JAN 29

Thousands of people will be added to the Congress party in Nilokheri Vidhan Sabha under Hath se Hath Jodo Yatra and every village of the Vidhan Sabha will be knocked in this campaign which will last for two months, Haryana Pradesh Congress Committee member Prof. Rajesh Vaidya today. Talking to reporters at his Nilokheri residence, Prof. Vaidya said that after the Bharat Jodo Yatra, now every village, ward, town, tehsil, block level, district level, joint hands campaign is being run from January 26 to March 31 at the booth level. The main objective of which is to stop spread of fear and hatred. Eradication of poverty, rising unemployment, rising inflation, country's weak and di-



lapitated economy are all such issues which have created huge anger among the public and every Congressman will work to expose the wrong policies of BJP by keeping these issues in front of the public.

By handing over the letter written by Rahul Gandhi to the public at home, he will also be handed over a one-page charge sheet prepared by the Congress against the BJP on its wrong doings and re-

joining the Congress with the public. An appeal will be made to strengthen brotherhood. Prof. Vaidya said that under the Hath se Hath Jodo campaign, women will also be added to the party. He said that youth, women, employees, farmers, labourers, shopkeepers and all sections of people including youth, women, workers, shopkeepers will be assigned the responsibility of their respective booths at every booth.

Keep diet balanced to avoid diseases: Munish Gupta

PARI BAJAJ
KARNAL: A free medical checkup camp was organized by Birk Hospital and Sukh Dukh Ke Sanstha at Birk Hospital. On this occasion, Madison Specialist Dr. Munish Gupta checked up about 50 patients. For the first time in many patients the sugar turned out to be elevated. Many patients appeared for the first time with blood pressure. Free sugar test, free ECG and free PFT, TMT, blood pressure checkup were done on this occasion. The camp was inaugurated by Sukhbir Tyagi, head of Sukh Dukh Ke Saathi Sabha. Addressing the patients on this occasion, Dr. Munish Gupta said that every-



one should control their diet. He said that people should get all the tests done once in a year. Everyone should get blood pressure and sugar tests done twice a year. Everyone should do exercise and yoga along with walking. He said that due to stress, craze for fast food, stress, waking up late in the night, youth are falling prey to heart diseases. Dr. Gupta said that children and the elderly should avoid exposure in winter. Dushyant Sharma, Himanshu Sharma Dr. Sumit Kumar also checked up the patients. Organizers of the camp, Rakesh Khanna and Har Simran Badhwa told that people participated in large numbers in this camp. Prabesh Gaba, Mahit Chawla, Dinesh Bhatia, Rakesh Kumar, were present on this occasion.

520 people take food on first day of kitchen run by social worker Sandeep Garg in Mathana village



NARESH GARG
LADWA: About 520 people had lunch on the first day of the kitchen run by Stalwart Foundation Chairman Sandeep Garg in Mathana. Social worker Sandeep Garg said that the people of village Mathana will also get benefit from Mathana Rasoi. He said that there are brick kilns in the villages adjacent to Mathana. On which a large number of laborers work. Now the needy people and villagers will be benefited by the churning kitchen that has been started and people will be able to eat food for just five rupees per person. He said that now a lot of enthusiasm is being seen among the people of Mathana. He said that this kitchen is the kitchen of the people of Mathana village and not my kitchen. On Sunday, on the first day of Rasoi, in spite of drizzling, around 520 people turned up to have food.

EDITORIAL

Boost for maritime capability

Hyderabad: Amid the growing concerns over the two-front military threat from Pakistan and China, the urgency for modernisation of India's defence forces need not be overemphasised. In future wars, the locally-designed-and-built vessels hold the key to success. The recent commissioning of INS Vagir, the fifth Kalvari-class submarine, comes as a reassuring step forward in the self-reliance programme, providing a boost to the country's maritime capability.

The warship adds to India's naval prowess to tackle the growing Chinese presence in the Indian ocean region. It has the distinction of the lowest build time —commissioned into service in a span of 24 months, a testament to the expertise of India's shipyards to construct complex and complicated platforms. Though the Indian Navy has been making rapid strides in recent years in terms of indigenisation drive, with the commissioning of mighty warships such as the first indigenously built aircraft carrier, INS Vikrant, the pace of expansion of its fleet size enough to challenge China on the high seas is still not up to the mark.

The quicker turnaround by the naval shipyards is all the more important now from a strategic point of view because the Chinese navy is increasing its reach at a rapid pace. Despite considerable efforts, warship construction endeavours continue to suffer from systemic deficits. A programme mired in delays and cost overruns needs a critical audit. Shipbuilding must be treated as a strategic enterprise with top priority. As of March last year, the Indian Navy's strength is 137 vessels, with only one aircraft carrier in service.

Keeping in view China's growing presence in the Indian Ocean region, India needs to increase its fleet size to at least 170 by 2027. However, this is no easy task as on an average for every two-three ships inducted, one from the existing lot retires due to age. China has built 138 warships in the last 10 years.

The scale of the Chinese naval build-up outscore India by almost four times at a time when it is bringing the naval contest to India's maritime backyard. India needs super overhauling of its current capacity. While China has six active second generation nuclear powered submarines, India has one—INS Arihant. The Indian Navy has to redress this power imbalance even as it grapples with inadequate budgets and delays in placing orders. In recent times, greater participation from the private sector is being encouraged. Established in 2020, the Naval Innovation and Indigenisation Organisation provides an interface for the academia and industry to interact with the Navy's capability development apparatus. Efforts are afoot to address the problem areas, but the challenges are formidable.

The commissioning of INS Vikrant, the first indigenous aircraft carrier built at a cost of Rs 23,000 crore, in September last year was undoubtedly a defining moment in India's journey to emerging as a defence industrial and technological base.

TIBETAN REFUGEES CAUGHT BETWEEN CHINA, NEPAL

Tibetans hesitate to settle in Nepal due to the discrimination they face from the state. Tibetan refugees in Nepal are caught between China and the Nepali state, both of which are determined to prevent them from crossing the border, EPardafas reported.

It also has implications for refugees wanting to come to India.

Nepal's Tibetan refugees are essentially stateless people. It is as if they do not exist legally, precisely what China wants. China's top priority in its relationship with Nepal is the control and repression of the Tibetan refugee community as Nepal, after India, hosts the largest community of Tibetan refugees in the world, EPardafas reported.

According to the EPardafas report, there has been a considerable drop in the arrival of Tibetans in Nepal. It used to average 2,000 annually till 2008. Since then, the figure has gone down to 200 a year. An estimated 4,000 to 9,000 Tibetan refugees in Nepal, up to 75 per cent of the population, today lack



identification cards.

Tibetans therefore cannot apply for professional jobs or travel freely due to the absence of proper documentation. This leaves the already vulnerable population even more susceptible to exploitation, EPardafas reported.

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Tibetan refugee community as Nepal, after India, hosts the largest community of Tibetan refugees in the world, EPardafas reported.

Amish Raj Mulmi's in her recently published book 'All Roads Lead North', said that, as early as 2002, Nepal had begun to face Chinese pressure regarding the Tibetans. For the first time, Nepal cancelled celebrations of the Dalai Lama's birthday.

Mulmi also documents incidents from 2003, when Chinese military officials actually

crossed into Nepali territory to shoot at American climbers, who they believed were Tibetans escaping Tibet, as well as in 2006, when Chinese guards shot and killed a 17-year-old Tibetan, who was part of a group of 76 attempting to cross across the border, according to the EPardafas report.

The EPardafas report says that, over the years, China has penetrated Nepali society to such an extent that the Chinese know details about Tibetans' activities

even before the Nepalese police do. China instructs Nepal's authorities on how to handle Tibetan events and gatherings, informing them of the number of officers to be deployed and the policing techniques to be employed.

Under China's pressure, various Nepal governments have cracked down on the Tibetan refugee population in several ways. This includes suppressing peaceful demonstrations and restricting or banning celebrations of Tibetan culture and holidays. Police officers in Nepal are trained to prevent Tibetans from congregating.

Recently, Tibet Press reported that the COVID-19 pandemic has made life tough for Tibetans. The Chinese government's Covid policy has led to harsh, unjustified measures which seriously endanger the lives of the Tibetan people.

The Covid outbreak in Tibet started on August 7, 2022, and it was followed by sudden lockdowns. Chinese authorities in Tibet are clamping down on taking of photos or video recordings at local cemeteries in a bid to keep news of rising Covid deaths in the region from reaching the outside world, Radio Free Asia has learned, according to Tibet Press.

Between 15 to 20 bodies are now transported daily to a cemetery in the Tibetan Autonomous Region's Drigung and to other cemeteries in the city of Lhasa, according to local sources.

Literature & Health

Milk's packaging influences its flavour

Milk is more sensitive to packaging-related off-flavours than many other beverages because of its gentle, delicate taste, according to lead researcher MaryAnne Drake, PhD, of North Carolina State University's Department of Food, Bioprocessing and Nutrition Sciences, Raleigh, NC, USA. Beyond mild oxidation, "milk's flavour can be affected by the interchange of the packaging's



components into the milk and by the packaging absorbing food odours and scents from the nearby refrigerated environment." To quantify the flavour impacts of packaging, the researchers examined pasteurized whole and skim milk stored in six half-pint containers: paperboard cartons, three plastic jugs (made from different plastics), a plastic bag, and glass as a control. The milk was stored in total darkness to control for light oxidation and kept cold at 4°C (39°F). The samples were tested on the day of first processing, then again at 5, 10, and 15 days after. A trained panel examined the sensory properties of each sample, and the research team conducted a volatile compound analysis to understand how the

packaging was intermingling with the milk. Finally, the samples underwent a blind consumer taste test on day 10 to see whether tasters could tell any difference between milk stored in the paperboard carton or the plastic jug compared with milk packaged in glass. The results showed that package type does influence milk flavour, and skim milk is more susceptible to flavour impacts than whole milk. Of

the different packaging types, paperboard cartons and plastic bags preserved milk freshness the least due to the paperboard's absorption of milk flavour and the transfer of paperboard flavour into the milk. Milk packaged in paperboard cartons, in fact, showed distinct off-flavours as well as the presence of compounds from the paperboard. The final results show that, while the glass remains an ideal container for preserving milk flavour, plastic containers provide

additional benefits while also maintaining freshness in the absence of light exposure. Paperboard cartons are the most widely used packaging type for school meal programs in the United States, so these findings are especially relevant for the consideration of how young children consume and enjoy milk. "These findings suggest that industry and policymakers might want to consider seeking new package alternatives for milk served during school meals," said Drake. Over time, the consequences of using milk packaging that contributes significant off-flavours may affect how young children perceive milk in both childhood and adulthood.

Eating mixed tree nuts helps reduce cardiovascular risk

In a study published online this week in the journal Nutrients, researchers discovered that eating a variety of tree nuts, including almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios, and walnuts, improved tryptophan metabolism in overweight and obese people. In particular, serotonin, a neurotransmitter, and cardioprotective tryptophan metabolites both increased.

In a previous study, researchers at UCLA demonstrated that consuming 1.5 ounces of tree nuts per day (versus pretzels) during 24 weeks of weight loss and weight maintenance, resulted in weight loss, increased satiety, decreased diastolic blood pressure and decreased heart rate. Tryptophan (found in tree nuts) has been indicated as an important factor in cardiovascular disease (CVD).

It is metabolized in the gut, producing many bioactive metabolites that are important in immune regulation affecting chronic diseases such as diabetes and CVD. The current study looked at whether tree nut snacks, as part of a hypocaloric diet, could modify the gut microbiome, resulting in increased levels of cardio-protective tryptophan microbial metabolites.

Plasma and stool samples were collected

from 95 overweight or obese participants and were evaluated in the current study for tryptophan metabolites and for gut microbiota. "We've known for a long time that tree nuts can help decrease CVD risk, and these findings provide some possible explanations."



Lead researcher, Zhaoping Li, MD, PhD, Professor of Medicine and Chief of the Division of Clinical Nutrition at UCLA said, "We discovered some new associations between tryptophan metabolites and blood pressure, heart rate, and satiety in overweight/obese subjects, suggesting

a broader impact of tryptophan metabolism in overall health, including cardiovascular health."

Another interesting finding was the significant increase in blood serotonin levels (60.9 per cent and 82.2 per cent increase from baseline at week 12 and 24, respectively) in both the weight loss and weight maintenance phases, in those who consumed mixed tree nuts. "This is the first time we've seen mixed tree nut consumption associated with an increase in serotonin levels in the body," explained Dr Li.

"While more research is needed, this is exciting since serotonin can have an important impact on mood and overall mental health."

Research has shown that people get about 25 per cent of their calories each day from snacks and a large proportion come from desserts, sugar-sweetened beverages, sweets and salty snacks.

"Replacing just one of those snacks with 1.5 ounces of tree nuts may help improve overall health and reduce the risk for various chronic diseases," stated Maureen Ternus, M.S., R.D.N., Executive Director of the International Tree Nut Council Nutrition Research & Education Foundation.

POEMS

Pound and Brodsky in Venice

I don't even dig Pound. But in a sunk cemetery in a sinking city poets stick together. Brodsky is buried two feet away and for him

I leave an MTA card and a wild daisy, mutter about the metaphors of transit, tell him how last night, with my feet dangling off the shoreline,

I watched a boat bob an emerald wave. I'm less afraid. Less of a coward than I was a year ago. Now, I am a checklist of risk. When I speak,

the words will not stop falling and this is what I ask before every decision or task: Am I mechanism of gratification or need?

Am I more than what I feed? Indeed, are we not all an only child with no sibling to blame? At Ezra's flat grave, covered in leaves,

I snap up a single shell curled on the slab. There have been no visitors for a long while so I spray for bugs and the poisoned mist carries

over the dead. It is improper and a little funny and I say to myself, "Stop spraying shit all over the poets." Even this fascist one.

The truth is I'd clear any grave. I want to redeem. To save. That's my thing. My uselessness. A grim reaper too late. A retired priest.

Above, gulls chat and the cattle stars graze the sky. And at my eyeline, insects stumble downwards, graceless, like unpardoned angels.

BY:- MEGAN FERNANDES

Research explains why high fat diet could reduce brain's ability to regulate food intake

The development of medicines for the condition may be aided by a better understanding of the brain's function and the intricate mechanisms that underlie overeating, a behaviour that can result in weight gain and obesity. Because obesity is linked to an increased risk of cardiovascular illnesses and type 2 diabetes, it is a global public health concern. Around half of the adults in England are obese, and 63 per cent of those are regarded to be over a healthy weight. When they leave elementary school, one in three kids is obese.

Dr Kirsteen Browning, Penn State College of Medicine, US, said, "Calorie intake seems to be regulated in the short-term by astrocytes. We found that a brief exposure (three to five days) to a

high fat/calorie diet has the greatest effect on astrocytes, triggering the normal signalling pathway to control the stomach. Over time, astrocytes seem to desensitize to high-fat food. Around 10-14 days of eating a high fat/calorie diet, astrocytes seem to fail to react and the brain's ability to regulate calorie intake seems to be lost. This disrupts the signalling to the stomach and delays how it empties."

Astrocytes initially react when high-fat/calorie food is ingested. Their activation triggers the release of gliotransmitters, chemicals (including glutamate and ATP) that excite nerve cells and enable normal signalling pathways to stimulate neurons that control how the stomach



works. This ensures the stomach contracts correctly to fill and empty in response to food

passing through the digestive system. When astrocytes are inhibited, the cascade is

disrupted. The decrease in signalling chemicals leads to a delay in digestion because the

stomach doesn't fill and empty appropriately.

The vigorous investigation used behavioural observation to monitor food intake in rats (N=205, 133 males, 72 females) which were fed a control or high fat/calorie diet for one, three, five or 14 days. This was combined with pharmacological and specialist genetic approaches (both in vivo and in vitro) to target distinct neural circuits. Enabling the researchers to specifically inhibit astrocytes in a particular region of the brainstem (the posterior part of the brain that connects the brain to the spinal cord), so they could assess how individual neurons behaved to studying rats' behaviour when awake.

Human studies will need to be carried out to confirm if the

same mechanism occurs in humans. If this is the case, further testing will be required to assess if the mechanism could be safely targeted without disrupting other neural pathways.

The researchers have plans to further explore the mechanism. Dr Kirsteen Browning said,

"We have yet to find out whether the loss of astrocyte activity and the signalling mechanism is the cause of overeating or that it occurs in response to the overeating. We are eager to find out whether it is possible to reactivate the brain's apparent lost ability to regulate calorie intake. If this is the case, it could lead to interventions to help restore calorie regulation in humans."

Intelligent Traffic
Management System started
at five places : Hitesh

SANJAY AGGARWAL
DHARAMSHALA: Those who violate the traffic rules in district Kangra will not be safe now. After the success of Intelligent Traffic Management System started at two places in the district, Kangra Police is going to increase their number. Kangra Police has decided to introduce Intelligent Traffic Management System at more than 5 places. Under which intelligent traffic management system is being started at five other places of Dharamshala including tourist city Mcleodganj. For which the police have selected the places.

Alumni meet
organised for students



R K KASHYAP
CHHACHHARAULI: An alumni meet was organised at Chhachharauli to bring together the students who studied together during the year 1978-79. The programme began with prayer and tribute to the teachers who were instrumental in shaping the future of the students and also remembered the teachers and students who had studied together and passed away. The organiser Dr. Jagdish Madan, said that the main goal of this programme is to revive old memories with old friends and unite Union School. He said that this programme was held to relive his memories of school time in which cultural and colourful programmes were also organised. He said that the friends of that era who went ahead after studying and some friends who were left behind were all brought together on one platform.

People unhappy with
the BJP: Chopra

RAJNI SONI
YAMUNANAGAR: Congress state spokesperson Pawan Chopra, while talking to reporters said that the present government is continuously exploiting the farmers and making such laws which are worsening the economic condition of the farmers. In the past too, ignoring the interests of the farmers, the three black laws made by the central government had to be withdrawn under the pressure of the Congress, and now farmers have been insulted by increasing the price of sugarcane by only ?

10. Pawan Chopra said that the safety of women is also at stake in this Beti Bachao Beti Padhao government. Whether it is a sportsperson or a working woman, no one is safe even at their place. Allegations are being leveled against the office bearers of the wrestling association. The situation of the entire state is getting worse on every front, be it in any field.

NUJ, Press Club console
demise of Prem Singla



SHANTI GAUTAM
BADDI: National Union of Journalists, Press Club Baddi Barotiwala, Journalist Ekta Manch, Federation of Indian Industries, The office bearers of Bhartiya Janata Party, Bhartiya Kisan Sangh, Sewa Bharti, LIC went to Sumit Singla's house and expressed condolences. State President of FII Federation of Indian Industries Chiranjeev Thakur, Yuvraj Chaukar, State President of National Union of Journalists Ranesh Rana, Media Incharge Shanti Gautam New Town, Bharatiya Janata Party Doon Mandal President Balbir Thakur, District General Secretary of Sewa Bharti Anil Malik, Satish Dhundwa of Bhartiya Kisan Sangh, LIC DEO Somnath Sharma, IBN Herbal.

Last date to apply online for
admission test in class 6 in
Jawahar Navodaya Vidyalaya
Sagga is Jan 31

MEGHRAJ LUTHRA
KACHHWA: The last date to apply for the examination for the selection of class 6th (in the session 2023-24) in Jawahar Navodaya Vidyalaya Sagga Karnal is 31 Jan 2023. The selection test for admission will be held on Saturday 29 April 2023 at 11.30 am and 1.30 pm. This information was given by the principal of the school, Jasram Singh Yadav. He said that in the session 2022-23, the candidates studying in class 5 of government and semi-government or government-recognized schools of district Karnal will be eligible for admission. It is mandatory for the candidate giving the entrance examination to have 'B' certificate of the competitive examination conducted by the National Institute of Open Schooling before 15 September 2022.

Waterborne diseases affect more
than 300 people in Hamirpur villages

HAMIRPUR (HP), JAN 29

The number of people suffering from waterborne diseases in various villages of the Nadaun revenue sub-division of Hamirpur has crossed 300 and almost all households are in the grip of the disease. Their number was around 150 till last night, according to official sources. The teams of health departments from all parts of the district have reached the affected villages to provide treatment to the people under the direct supervision of the CMO, Hamirpur, Dr RK Agnihotri. On Sunday morning, the teams reached the villages to inspect the patients as well as the water sources. Meanwhile, the officers and employees of the Jal Shakti Department have also swung into action. The department has currently stopped the water supply under the

scheme and has sent water samples for testing, the report of which was awaited by Sunday evening or Monday morning, said a spokesman of the Jal Shakti Vibhag. Rajeev Kumar, panchayat pradhan of Rangas said the number of patients had crossed above 300 in both villages. Two or three members from every house are sick. He said, "two to three people from every household are sick because they are forced to drink the dirty water provided under the scheme. There are sick people in his house too. Some patients are more serious, and have been referred to Hamirpur." The Panchayat Pradhan said cleaning of water storage tanks had also been done. It is believed that due to the high amount of bacteria in the water, people fell ill. The reason is that the pit from which water

is being supplied is contaminated. If the water samples fail, then there may be another problem for the villagers as well as the Jal Shakti vibhag. On other hand, the disease has spread to Niyati, Shankar, Thai, Jandli Rajputan, Jandli Gujran, Van, Dehi, Thapar and Rangas villages under Primary Health Center Rail. Many people are also suffering from the disease in Plassey Kandrola village. The Panchayat Pradhan said that teams of the Health Department were examining people in the affected villages. The officers of the Jal Shakti Department have also been instructed to check and test all drinking water sources and supply lines in the area. Other possible reasons for the spread of the disease are also being investigated. It is worth noting that this area affected by the disease falls in the area of Chief Minister Sukhu.

Sudhir Sharma will rewrite
history of dev: Paramjit Singh



SANJAY AGGARWAL
DHARAMSHALA, JAN 29

In Yol Narwana market of Dharamshala. District President Paramjit Singh Valmiki Sabha Kangra registered on Sunday. A meeting of Join Hands campaign was organized under the chairmanship of, in which, under the chairmanship of the District President. Lok Vikas Gramin Sabha. yolk was formed, unanimously in the meeting. Surendra Kumar, Sonu, Anoop Kumar Goud And Gurdas was elected as the deputy head. In addition to this, Ramesh Master has been appointed Chief Secretary, Madan Gopal. Secretary, Jaswant Malhotra, media in-charge, Harish Kumar. Cashless Reading. Khan Chief Advisor, AS Khan. Chief Advisor, Jai Kishan Chief Advisor, Co-Incharge, Vinod Kumar and Rajkumar Sahota Co, Bhanu Bhatia., Pankaj., Vineet Rana, Dinesh Kumar., Surendra, unanimously to Somnath Giri. Was elected executive member of the assembly.

R-Day programme held

PREETI SAINI
SADHAURA, JAN 29

Like every year, on the auspicious occasion of Republic Day, a programme was organised at sub-divisional level in the presence of Jaspal Singh Gill, Sub-Divisional Officer, Bilaspur, on the premises of Government Adarsh Senior Secondary School, Bilaspur. Cultural programmes were shown by various schools and colleges in this programme and after that tableaux were presented by various departments to show the specialties and glimpses of their respective departments. Government ITI, Sadhaura also participated in this tableau competition and the students of the institute presented tableaux prepared by themselves of their respective businesses and this tableau was completely displayed with live practical. Therefore, this excellent tableau was appreciated by all the audience



and got the first position considering all the tableaux of other departments. The main message of this tableau presentation was on "Get industrial training, remove unemployment". In this way, the Principal of the Institute, Ashwani Kumar and the present staff members were honoured by the Chief Guest of the Republic Day programme by giving victory symbols. Principal, Ashwani Kumar said that the preparations for the tableau were done for the last one week, in which the art of various professions of the institute was presented

Two minutes silence on Martyrs Day

SHIMLA: A spokesperson of the state government informed here today that on 30th January, every year, two minutes' silence is observed, throughout the country, in the memory of those who sacrificed their lives during the struggle of India's freedom. He said that silence will be observed on 30th January, 2023, Martyrs' Day, at 11.00 am throughout the state. Work and movement stopped for two minutes in all the government offices, educational institutions and public sector enterprises. Talks, speeches on freedom struggle, national integration will also be organised in hybrid mode. He also urges the general public to observe the Martyrs' Day with due solemnity.

CM to denotify notification of post of
Junior Veterinary Inspector: Dinesh Negi



ANWAR HUSSAIN
NALAGRH, JAN 29

Harish Kumar, the media in-charge of the Animal Husbandry Department Employees Federation, has said in a press statement that Chief Minister Thakur Sukhwinder Singh and Animal Husbandry Minister Chandra Kumar Chaudhary, under the chairmanship of State President Dinesh Negi, received a delegation of the Sangh and congratulated them and pre-

sented courtesy. He has demanded that the former Jairam government in the last cabinet changed the post of Veterinary Pharmacist engaged in Animal Husbandry Department to Junior Veterinary Inspector, due to which there is a lot of anger among the employees of the state. He has said that since 20 Even after working for 25 years, he was given the designation of junior, due to which there is a lot of anger among the employees.

Dr. Ramesh Bharti appointed
Director of Medical Education and
Research Himachal Pradesh

DAULAT CHAUHAN
JAWALI, JAN 29

Dr. Ramesh Bharti, a resident of Samkehad village of Jwali Assembly, has been appointed as Director of Medical Education and Research, Himachal Pradesh. Dr. Ramesh Bharti worked from Assistant Professor to Professor Surgery in IGMCS Shimla and then Professor and HOD Surgery and then Principal in Dr. Rajendra Prasad Government Medical College Tanda. Thereafter, Dr. Ramesh Bharti worked as Principal at Pandit Jawahar Lal Government Medical College Chamba, Dean Faculty Medical Himachal Pradesh University and OSD at Directorate of Medical Education. Dr. Ramesh Bharti has done MBBS, Master of Surgery and WHO Fellow-



ship in Cancer Surgery. He is the President of the Northern Chapter of the Association of Surgeons of India for the second time. He has also published various scientific papers. From teaching MBBS students, he has been a mentor and teacher to post graduate students of Surgery at Tanda. Dr. Bharti has performed cancer and other elective and emergency operations at Indira Gandhi Medical College Shimla, Tanda and Chamba.

Police does no allow Congressmen to stop train

SHIV KUMAR SHARMA
KARNAL, JAN 29

Angered by the insult of Rahul Gandhi by CM Manohar Lal, the Congress workers tried to stop the train on Sunday and the government sent the police and held the workers hostage in the PWD Rest House. The workers under the leadership of Karnal district convenor Tarlochan Singh had started gathering at the PWD rest house since morning. When the workers started coming out of the rest house in the afternoon, the police stopped them. Enthusiastic Congress workers made every effort to march towards the railway station, but the police did not allow them to proceed further. The workers kept raising



slogans of Rahul Gandhi Zindabad and CM Manohar Lal Murdabad. For a long time, there was a scuffle between the Congress workers and the policemen. Congress District Convenor Tarlochan Singh, Raghubir Sandhu, while addressing the workers said that CM Manohar Lal insulted Rahul Gandhi, for which the CM was given an ultimatum to apologise. The CM did not

apologise. Angry Congress workers gathered to stop the train. The government sent a heavy police force to intimidate the workers. He said that the CM will have to apologise for insulting Rahul Gandhi. Usha Tuli and Rani Kamboj termed the policemen pushing women as shameful and said that revenge will be taken for the insult of the daughters. Satish Kairwali and Ranpal Sandhu

said that the police can forcefully stop them, but cannot stop Bhupinder Singh Hooda, Uday Bhan and Deepender Hooda from saying Zindabad. Tarlochan Singh, Raghubir Sandhu, Usha Tuli, Manindra Shanti, Krishna Bastada and Satish Kairwali said that the police may have stopped them by force today, but the Congress workers will continue the movement to seek apology from the CM. On this occasion Raghubir Singh, Youth Congress President Manindra Shanti, Women President Usha Tuli, Satish Kairwali, Krishna Bastada, Rani Kamboj, Jogindra Chauhan, Ranpal Sandhu, Advocate Chand Ram, Kosar Ali Balheda, Dharampal Kaushik, Rohit Joshi, Daya Prakash, Anil Sharma etc.

ABVP instils patriotism among
students: Y'nagar Mayor

RAJNI SONI
YAMUNANAGAR, JAN 29

Akhil Bharatiya Vidyarthi Parishad district students' conference was held at DAV Girls College under the chairmanship of Provincial Vice-President Sushil Mehta. Punjab and Haryana High Court Assistant Advocate General Surendra Kumar and Municipal Corporation Mayor Madan Chauhan were the chief guests and Council Provincial Vice President Sushil Mehta and Vice Chairman Agniveer participated as special guests in the conference. In the conference, Yamunanagar unit of ABVP awarded certificates to students who excelled in sports, dance, music and other arts.



During the program, many students showcased their art by presenting instruments, dance, music, and other cultural programs. Chief Guest Surendra Kumar said that Vidyarthi Parishad by being among the society and the students instills a sense of patriotism in them and inspires them to move forward in the society. Student power is the power

of the nation. The main objective of Vidyarthi Parishad is national reconstruction. ABVP is constantly fighting against anti-national activities like separatism, minority appeasement, terrorism and corruption. Mayor Madan Chauhan said that the way Vidyarthi Parishad works between society and college students, it is a great source of inspiration.

State level BCs
meeting on Feb 5



SHIV KUMAR SHARMA
KARNAL, JAN 29

The State level meeting of Backward Classes Haryana will be held in Karnal on February 5. Advocate Dinesh Sen Haryana Incharge of Backward Classes Affairs Advocate Dinesh Sen said that under the banner of Backward Classes Mahasabha, a meeting will be held at Krishna Mandir, Sector 14, Karnal on Sunday, February 5 at 10 am. The main agenda of the meeting is about the demands of the OBCs, that the caste census of the OBCs should be conducted, which has not yet been done after 1931. There are 5013 OBC castes in the country, which represent 52 per cent of the country. The second main agenda is that 27 per cent seats should be reserved for OBCs in Vidhan Sabha and Lok Sabha for OBCs from Sarpanch to Lok Sabha members; 27 per cent participation of the backwards should be fixed. In this connection, a meeting was held today at Manav Seva Sangh Karnal, mainly Ranbir Singh Puri District Head Backward Classes Welfare Mahasabha Advocate Dinesh Sen Surendra Rohilla Ramnivas Jogi Karta Ram Kashyap, Former DSP Balbir Panchal Pradhan Indri Block Rameshwar Bairagi Ramkumar Kashyap Advocate Karmaveer Kashyap Padam Singh Prajapati Satpal Prajapati Vikram etc. were present.

Simple persona connects CM
Sukhu with the masses

DINESH AGARWAL
SHIMLA, JAN 29

The Simple and charismatic personality of Chief Minister Thakur Sukhwinder Singh Sukhu, who promises to change the system, is touching the hearts of the people of Himachal Pradesh. While on tour, people were waiting for hours to see and greet their beloved Chief Minister. The Chief Minister never disappoints anyone, stops his convoy at various places and accepts the greetings of the people and listens to their problems carefully. On Saturday, people gathered in large numbers at Sunhani helipad to welcome Thakur Sukhwinder Singh Sukhu, who arrived on a one-day tour of Bilaspur district. He was welcomed amid loud slogans and when the Chief Minister's convoy moved ahead, people queued up to welcome him at various other places. "A ray of hope in the sensitive leadership of Chief Minister Thakur Sukhwinder Singh Sukhu is clearly visible to the people of the state. He is a good person, connected to the common people and after a long struggle in political life has reached this key position today. That's why we have a lot of expectations from him," said Sunita Dhi-



man, former President of Gram Panchayat Kothi. Thakur Sukhwinder Singh Sukhu was welcomed amidst traditional songs at Sukadi in between Sunhani helipad and Vijaypur. The women of the area were excited about the arrival of the Chief Minister. "The Chief Minister, a few days ago, took his dinner like an ordinary person at a roadside dhaba near Ghaghas, giving an impression that only the son of the soil Thakur Sukhwinder Singh Sukhu can solve their problems. Hailing from

a common family and now becoming the Chief Minister, he is connected deeply to the people of the state and this quality was appreciated loudly by each and everyone. This simple persona connects Thakur Sukhwinder Singh Sukhu with the masses," said Vijay Sankhyani, a local resident present at Sukadi. Despite the paucity of time, the Chief Minister devoted full time to the people there and while leaving promised that he would come again among them soon.

Annual festival
in Kotla Kalan
from Feb 1

KISHORI LAL BAINS
UNA, JAN 29

Like every year, this time also Shrimad Bhagwat Katha and Hari Sankirtan are being celebrated with great pomp from 1st February to 13th February 2023 at Radha Krishan Temple Kotla Kala, the famous institution of Northern India National Saint Baba Bal Ji. Geeta discourse from Swami Gyananand Ji Maharaj's Mukharvind from 1st to 3rd February, Grand Shobha Yatra on 4th February, Swami Pagal Baba's disciple Chitar and Vichitar both brothers will perform wonderful Hari Sakirtan from 7th to 13th February and Shrimad Amritmayi Bhagwat Katha Bhagwat will be narrated by the clown Krishna Chand Shastri. Arrangements are being made for the stay and food of thousands of devotees in the program. Thousands of devotees are expected to attend the program. Invitations have been sent to Chief Minister Sukhwinder Singh Sukhu and Deputy Chief Minister Mukesh Agnihotri, Union Minister Anurag Singh Thakur, and former Chief Minister Prem Kumar Dhumal. This information was given by Rasli Singh Mankotia, Trustee and Press Secretary of Shri Radha Krishan Temple Trust, Kotla Kalan Una.

NEWS AT A GLANCE

Students, teachers given fire and safety training



DALBIR MALIK KURUKSHETRA: Today, a fire safety training camp was organized by the Fire and Safety Institute in Government High School Bhoor Syedan in which all the students and teachers of the school participated and received fire and safety training. At the beginning of the program, Sanjay Kharbanda, the headmaster of the school welcomed the guests and said that we are thankful to Captain Gurmali Singh former headmaster Dalbir Malik who came to give fire and safety training for choosing our school. Kharbanda said that fire and safety career training will prove effective in preventing fire accidents. Director of Fire and Safety Institute Captain Gurmali Singh while addressing the teachers and students during the training, said that every teacher and student should have the knowledge of fire and safety. He said that accidents happen anytime, anywhere if the people present there know how to protect themselves from fire then they can protect themselves and others from fire. He said that there is a fire and safety institute on Pipri road in which school children are given free fire and safety training. The captain said that if a student wants to get training after passing class 10th or 12th, he has to undergo fire and safety.

Save environment by saying no to polythene: BS Malik



SHIV KUMAR SHARMA KARNAL: Under the auspices of Health Education and Environment Society, a cleanliness and freedom from polythene campaign was conducted under the leadership of former Deputy Commissioner BS Malik in Garhpur Island, a village adjacent to the Yamuna. Many villagers including the vice president of the society, Sandeep Lathar, teachers Mahindra Kheda, Arun Kaiharba, Dharamveer Lathwal, Man Singh Chandel, Numdar Naushad, Dalbir, Irshad, Noordin and Shamshad Hasan participated in the campaign. On this occasion, under the leadership of social workers Arun Kaiharba, Mahindra Kheda and Dharamveer Lathwal, the students of Government Primary School took out an awareness rally. Sarpanch representative Naushad Numberdar, school teacher Dharamveer Lathwal, Parvindra Kaur and Naresh Kumar welcomed the guests in the meeting organized in the government primary school.

RBV to offer scholarships worth Rs 15 crore



LK BANSAL MOHALI: The Rayat Bahra University has decided to grant scholarships worth Rs 15 crore from the coming academic session under RBV-edge scholarships scheme. Announcing this here today Gurvinder Singh Bahra, Chancellor of the University, said that last year the University offered scholarships worth Rs 10 crore to its students. He said the University had now decided to increase the number of scholarships being offered under the Corporate Social Responsibility. The University would offer financial assistance (Scholarships) to meritorious, deserving and needy students and help them to pursue higher education. The students could now enroll with themselves for the RBUS (Rayat Bahra University Scholarship). The scholarships up to Rs 15 crore would be given to students in the field of engineering, management, pharmaceutical sciences, education, social sciences, basic sciences, medical & allied sciences, airlines & tourism, law, and dental. Bahra, who is also Chairman of the Rayat Bahra Group of Institutions, said that the University had already introduced a large number of new age courses in collaboration with top multinational companies to increase the employment potential of the students. The University, one of the best in this part of the country, besides offering attractive scholarship schemes, had the highest placement record and had ultramodern facilities. Dr Chander Mohan Campus Director (Hoshiarpur Campus), Sahil Bahra (Vice-President), Dr Dinesh Sharma Registrar ,Pankaj Verma Director Admission RBV.

Kashmir valley bracing for moderate snowfall: Met

(UND)
SRINAGAR, JAN 29

A fresh western disturbance is likely to cause widespread light to moderate snow in plains of Kashmir and rains in Jammu and moderate to heavy snowfall over middle and higher reaches on Sunday, Meteorological Centre Said.

The forecast of weather presently is generally cloudy at most places as a fresh WD is likely to affect J&K and adjoining areas from Sunday late afternoon, the MeT office said.

It said Under the influence of above system, Widespread light to Moderate Snow in plains / Rain (in Jammu) & moderate to heavy snowfall over middle reaches and higher reaches with heavy to very heavy over higher reaches of Pirpanjal, South Kashmir, Doda-Kistawar etc. most likely during tonight to tomorrow afternoon and will gradual decrease thereafter. The snowfall May cause Snow Avalanche in



Avalanche prone areas and may affect Surface & Air transportation on January 30 besides cold effect power supply. People are advised NOT to venture out in Avalanche prone areas, unless in an emergency. On January 31 the weather will remain Cloudy with Light Snow/Rain at isolated to Scattered places while from February 1st partly Cloudy weather is expected till evening of February

4. The minimum temperature drop at most places of Kashmir valley with Srinagar had a low of minus 2.4 degree Celsius against 1.7 degree Celsius. It was 1.4 degree below normal during this period of the season for the summer capital of Jammu and Kashmir. Pahalgam in south Kashmir recorded a low of minus 5.6 degree Celsius against minus 6.9 degree Celsius. It was 0.5 degree

below normal for the valley of shepherds during the period. Qazigund on Srinagar-Jammu national highway recorded a low of minus 2.6 degree Celsius while Kokurnag had a low of minus 2.7 degree Celsius on Sunday. Gulmarg in north Kashmir remained the coldest place in Kashmir valley and settled with minus 7.2 degree Celsius for the second consecutive day on Sunday.

Rural dev main priority of Punjab govt: Jimpa



HOSHIARPUR (DALJEET AJNOHA): Reiterating the commitment of the Punjab government towards rural development, Cabinet Minister Bram Shankar Jimpa visited more than half a dozen villages of Hoshiarpur assembly constituency on Saturday to inquire about the current situation there. He discussed with the villagers and listened to other problems including water-electricity, public health, food and supply and assured to solve them in a time-bound manner. During this, Mayor Surinder Kumar was also with him.

During the visit to villages Nandan, Nangal Shaheedan, Satial, Qila Barun, Bajwara, Singhpur, Dada, Bilaspur, listening to the problems and demands of the people, the cabinet minister said that today's visit was to solve the problems of the people on the spot and their main after listening to the demands, an estimate of the development grant to be spent in the villages was to be made so that development works could be started in the villages soon.

BJP gets huge support in Barnala constituency



KULDEEP SOOD BARNALA, JAN 29

Bharatiya Janata Party is gaining strength day by day in Punjab. Accordingly, today in Barnala Vidhan Sabha constituency, BJP got a big boost when youth leader Harshal Garg led a large number of his colleagues to join the BJP Yuva Morcha. These youths were inducted into the BJP by party state vice-president Kewal Singh Dhillon, state leader Subhash Sharma and BJP Yuva Morcha leader Kanvardeep Tohra today at the Chandigarh BJP office. On this occasion, Kewal Singh Dhillon said that a large number of people of Punjab are happy with the pro-people policies of the central BJP government under the leadership of Prime Minister Narendra Modi. Accordingly, BJP's caravan in Punjab is getting bigger day by day. Today, under this series, youth leader Harshal Garg has joined the party along with his colleagues, whom we are welcoming with open hearts. All these youth will be given due respect in BJP. He said that today the people of the state are disappointed with the government of the Aam Aadmi Party and want the government of a development-minded party like the BJP. Only BJP can do good for Punjab.

SHARANJEET PATHANKOT, JAN 29

District Pathankot Press Club Regt. Under the chairmanship of Club President NP Dhawan, a seminar was held on the topic of 'Media's responsibility and wrong trends' at the auditorium at Saily Road, Pathankot. In which Cabinet Minister Punjab Lal Chand Kataruchak joined as the chief guest, while Panna Lal Bhatia Mayor of Pathankot Municipal Corporation, Thakur Manohar Salaria Chairman of Municipal Improvement Trust, District Planning Board Chairman Rohit Syal were



present as special guests. During this seminar, Jatinder Panu Senior Journalist and Political Analystist, Jai Singh Chhibbar President Punjab Vidhan Sabha Press Gallery, Balwinder Jammu Secretary General Indian Journalists Union, Balbir Singh Jandu President Punjab and Chandigarh Journalists Union, Rajan Mann Vice President Punjab

and Chandigarh Journalist Union etc. also arrived specially. The club submitted a memorandum to Cabinet Minister Lal Chand Kataruchak regarding the construction of a press building in the district and other demands. On the occasion, political analystist and journalist Jatinder Panu stressed on media personnel to maintain their character and expressed

concern over the state of media in the country. To change it, he called for quality journalism. He said that no king wants to listen to their protest, so attempts are made to suppress the voice of the media. Misconceptions have arisen in the society about the media today, to change which he emphasized that to keep the standard of journalism high one should always learn to write the truth. Emphasizing the youth to study modern journalism, Panu said that along with technology, the grip on language is also weakening, so modern-day journalists should study more and more.

Citizens asked to make city beautiful

NAWANSHAHR (CHET RAM RATTAN): Social workers, religious personalities and citizens were appealed to cooperate with the city council to make the city beautiful. Sachin Dewan Pradhan expressed the above thoughts while hoisting the national flag in Nawanshahr Municipal Council congratulating the country on the 74th Republic Day. He was informed about the development works of pro-people policies for the last two years.



The parks promised to the people in the Municipal Council elections will be completed soon and handed over to the people. He said that Dr. BR Ambedkar, the architect of the Indian Constitution, wrote the constitution for the welfare of every class and handed it over to the country's cabinet.

Lala Lajpat Rai great revolutionary patriot : Singla



SUMER GARG DABWALL, JAN 29

On the occasion of the birth anniversary of Lala Lajpat Rai, who was a great freedom fighter, patriot and founder of Punjab National Bank, various organizations of the city organized a tribute meeting under the chairmanship of Branch Manager, Haripal Singh and Second Branch Manager Ashish Garg in the premises of Punjab National Bank here.

Surinder Singla, President, Punjab unit, of the International Vaish Federation (IVF), while paying tributes to Lala Lajpat Rai Ji, said that he was a great person, who sacrificed his whole life in the freedom movement, while fighting against the British rule. He established the DAV Institute to promote education along with the Punjab National

Bank. "Today every Indian citizen is proud of the fact that both the institutions established by Lala ji are working from rural areas to the international level, which is directly benefiting every person", Singla added. Among the prominent, Executive President of the IVF, Saurabh Garg; local President, Pritam Bansal; Retired AGM, Paramjit Kochhar; General Secretary of Senior Citizens Association, Lt. Shashi Kant Sharma; General Secretary of Shri Brahmin Sabha, Mohan Lal Kaushik and President of Kacha Aartiya Association, Gurdeep Kamra while paying tributes to Lala Ji have also spoken on his life.

A large number of representatives of the organization including Navdeep Setia, Amit Raj Mehta while offering flowers bowed down before the portrait Lala Ji.

'Hath Se Hath Jodo' campaign from Feb 1: Balla



SHIV KUMAR SHARMA KARNAL, JAN 29

Rajendra Balla, member of Haryana Pradesh Congress Committee and former member of Haryana Police Recruitment Board, said that after the Bharat Jodo Yatra, the Congress party's join hands campaign has started from January 26 and this campaign will continue for 2 months.

During this campaign, the message of our leader Rahul Gandhi's Bharat Jodo Yatra will be conveyed to the people by going up to the booth level in every village of Nilokheri Assembly Constituency. This campaign will be started with the inauguration meeting at the block level which will be done on 31st January by in-

charge Lahiri Singh ji former MLA. He said that in this two-month long campaign, Congress workers will reach every booth level of the Vidhan Sabha and contact the public. Through public relations, the basic message of Bharat Jodo Yatra will be conveyed to the general public along with Rahul Gandhi's letter. * Golden India * has been promised in Rahul's letter. In this, emphasis has been given on inflation, employment and enterprises. In his letter, Rahul Gandhi has written that I will fight against these evils everyday from the road to the Parliament. I am determined to build an India where every Indian has equal opportunities for economic prosperity along with social well-being.

Lala Lajpat Rai Jayanti celebrated with great pomp



RAMAN GUPTA KAITHAL, JAN 29

Desh Bhakti songs were praised in which Chief Guest Chairman Representative Suresh Garg Noch BJP leader and Rajeev Gupta presided over the program.

Suresh Garg lit the lamp and offered flowers. Suresh Garg said that the sacrifice of Lala Lajpat, Bhagat Singh, Rajguru, Chandra Shekhar Azad has been the biggest contribution to the country.

Due to his sacrifice, today we are breathing in the open air. He was called "Lion of Punjab". Always remains immor-

tal. He was a true social worker of the country, he is remembered as Iron Man. Till his last breath, fighting against the British for the freedom of the country, he became the pearl of Mother India's rosary. We should follow the path shown by him.

Suresh Garg said that soon Lala Lajpat Rai Complex Kaithal will be beautified by Municipal Council Kaithal. Rajiv Garg told that Lala Lajpat Rai was a prominent freedom fighter of India. They are also called Punjab Kesari. He also established Punjab National Bank and Lakshmi Insurance Company. He was one of the

three main leaders of the Garam Dal in the Indian National Congress, Lal-Bal-Pal. In 1928, he took part in a demonstration against the Simon Commission, during which he was badly injured in the lathi-charge and finally left his body. Highlighting the biography of Lala Lajpat Rai, Gagan Bansal said that Lala was born on January 28, 1865 in Dudike village of Moga district in his maternal grandfather. Gagan Bansal, Kuldeep Dharmapura, Gulshan Mittal, Mahabir Garg, Chandra Prakash, Rajinder Bansal, Gaurav Pradeep Bansal, Sahil Goyal, Manoj Goyal, many youth participate.

Commander of Black Elephant Division, DC and others pay tributes at Cenotaph in YPS Chowk



RAWEL BHINDER PATIALA, JAN 29

On the last day of Patiala's first Military Literature Festival, GOC of Black Elephant Division of Indian Army Major General Puneet Ahuja, Chairman Military Literature Festival Association Lt. Gen (Retd.) T.S. Shergill, Lt. Gen (Ret.) Chetinder Singh and Deputy Commissioner Sakshi Sawhney along with other dignitaries paid tributes to the martyrs by offering floral garlands here at the War Memorial complex Cenotaph of Patiala State Forces and Black Elephant situated in YPS

Chowk on Sunday morning.

After this, the Brave Heart Ride Motorcycle Rally of about 140 different motorcycle riders gathered at the Polo Ground was flagged off by the GOC Major General Punet Ahuja. The rally completed a circuit of about 26 km in Patiala city and ended at the place of the Military Literature Festival at Khalsa College.

Deputy Commissioner Sakshi Sawhney said that the purpose of the Brave Heart Motorcycle Ride Rally organized by the Military Literature Festival Association, the Indian Army.

Baba Deep Singh's birth anniversary celebrated



RAKESH JINDAL NABHA, JAN 29

The birth anniversary of first head of the Dandami Taksal, Shaheed Baba Deep Singh was today celebrated at Gurdwara Dera Baba Ajapal Singh Ghodiawala here with devotion. Bhai Amandeep Singh Lovely, the chief servant of the institution, gave information and said that in connection with Baba Ji's birthday, decorations were made in his name at Khanda Chowk in the city. There was a kirtan of Guru's divine words by Ragi Singh Mohan Singh in the Gurudwara. Katha was narrated afterwards. He said that welfare works are going on in all aspects with the immense support of the Sangat.

BJP Kisan Cell VP Rana joins Congress

SHIV KUMAR SHARMA KARNAL, JAN 29

Satish Rana, who was the State Vice President of Kisan Cell in BJP, has joined the Congress under the leadership of Leader of Opposition Bhupinder Singh Hooda and Congress State President Uday Bhan. Satish Rana was welcomed by former MLA Sumita Singh, National Secretary Virendra Rathore, Karnal District Coordinator Trilochan Singh, senior leader Ragbir Sandhu, former District Head Ashok Khurana, Councilor Pappu Lathar, Krishna Sharma Bas-



tada, Hariram Saba, Naipal Rana, Jaswant Singh and Jagir Saini on Saturday.

Talking to journalists on this occasion, Satish Rana lashed out at the Karnal unit of BJP. He termed MLA Harvindra Kalyan as a scoundrel. Satish Rana called Chief Minister Manohar Lal honest. He said that he was suffocating due to lack of respect in BJP, so

he joined Congress. He said that he was 30 years old when he joined the Bharatiya Janata Party and served the party for 18 years. He was a victim of neglect for a long time. Rana said that he has expressed his faith in the Congress party after being inspired by the policies of the Congress. Rana said that the coming time in Haryana belongs to the Congress.

MLA Pahda unfurls
national flag



BUREAU GURDASPUR: Republic Day was celebrated by the Congress party at Congress Bhawan, in which Congress District President and MLA Barindermeet Singh Pahda, who attended the event as a chief guest, performed the ceremony of hoisting the national flag. MLA Pahda said that the country got freedom after centuries of slavery. While the constitution was implemented on 26 January 1950 for the people of the country to raise their voice for their rights. He said that the martyrdom of those who sacrificed their lives for the country should always be remembered.

Main goal of state
government: ETO



KULJIT SINGH JANDIALA GURU: The Punjab Government led by Chief Minister Bhagwant Singh Mann is committed to the overall development of Punjab by providing quality health facilities to the people of the state, education to the youth and more and more employment. The idea was shared by cabinet minister S. Harbhajan Singh ETO expressed this while interacting with the villagers on the occasion of distribution of grants worth Rs. 31.48 lakhs in 6 villages of his constituency today. The cabinet minister said that the Punjab government is committed to provide transparent and corruption-free administration to the people. He asked all the departmental officers and employees to render their services with full honesty and hard work.

Owner of cold store
shot a robber,
stealing 3 tractors

JALANDHAR: In broad daylight 5 thieves in Fazalwal village of Halka Shahkot, Jalandhar stole 3 tractors from Thind Cold Store. This incident was reported on Saturday morning, while one thief was shot dead whereas his other 5 accomplices escaped from the spot. Amarjit Singh and Harbhajan Singh's sons Kinda Singh owns a Thind cold store on the Shahkot-Parjia link road of



village Fazalwal (Shahkot), they have their house at the back of the cold store. On Saturday morning near 4 o'clock, 6 thieves riding two motorcycles entered the cold store and entered it by jumping over the wall after which they first broke the lock of the main gate of the cold store and pushed out three tractors of John dier company. When the thieves started stealing tractors, 2 tractors got started, but one tractor did not start. Due to which to take the third tractor along with them they tied up this tractor with rope to the tractors that were in running condition, but after they went to some distance the rope broke due to which they had to leave that tractor in the way. Till then a villager who was passing by saw the tractors and the unknown people standing on the road, after which he managed to inform the cold store owners.

Tribute to be paid to the
soldiers sacrificed their
lives during freedom
struggle on Jan 30

R VERMA GURDASPUR: In memory of the martyrs who sacrificed their lives for the country during the freedom struggle of the country, like every year this time also on 30th January at 11:00 am at District Sadar Maqam Gurdaspur by observing a 2 minute silence. Tributes will be paid to martyrs. Giving information in this regard Deputy Commissioner Gurdaspur Dr. Himanshu Aggarwal said that the officials of all departments, employees, people's representatives/ex-military officers including district residents will participate in this memorial service to be held at the district administrative complex on January 30. He said that after the gathering by 10:45 in the morning, at exactly 10:55 am the policemen will give the guard of honor to the martyrs by turning over their weapons. Meanwhile, police personnel will blow the bugle and observe silence for 2 minutes from 11:00 am sharp. He has appealed to the residents of the district that whoever is able to reach this Sardhanjal event must attend.



YUGMARG, CHANDIGARH, MONDAY, JANUARY 30, 2023

Min releases poster of various projects to promote aquaculture

SHASHI PAL JAIN
CHANDIGARH, JAN 29

Punjab Fisheries Minister S. Laljit Singh Bhullar released the poster providing detailed information of various government projects to promote fisheries' occupation in the state.

After releasing the poster of these projects under PMMSY, the Cabinet Minister said that Chief Minister Bhagwant Mann led government has promoted this scheme in the state with the aim of further development of Fisheries sector. He said, all kinds of projects for fish farming are included in this scheme, and beneficiaries can avail 40 to 60 percent subsidy for adopting this auxiliary occupation. For the first time in the state, subsidy was provided to 43 beneficiaries for purchasing motorcycles and auto-rickshaws for the transportation of fish and fish products under this scheme, said the Cabinet Minister, adding that besides this, around 120 hectares area has been brought under shrimp farming, for which financial assistance has been provided to 107 beneficiaries.

The Fisheries Minister said that the project of mini fish feed mills are being established in the state under this scheme, and construction of a total five mini fish feed mills in the private sector at district Jalandhar, Patiala, SAS Nagar, Faridkot and Gurdaspur will be completed soon. Under this scheme, latest techniques of fish



farming such as Re-circulatory Aquaculture System (RAS) and Bio-floc Culture System are also being promoted in Punjab, which would enable fish production in large quantity by using limited space and water. He said, currently four RAS units are operational in the state, while the construction work of two more units is in progress. Apart from this, five bio-floc units are also being set up. The Cabinet Minister said, the Mann government will organize special training camps for the expansion of these techniques so that more and more youth can adopt aquaculture as there is immense potential for the development of fisheries and allied occupations under this

Govt committed to make 'Rangla Punjab': Jassi Sohanwala

NABHA (RAKESH JINDAL): The Aam Aadmi Party government will completely eliminate the menace of drug abuse in the state and the government is strictly cracking down on drug trafficking. These views were expressed by Jassi Sohanwala, Chairman of District Planning Board, Patiala, while addressing the gathering at village Kakrala Samman ceremony.. He said that under the leadership of Chief Minister Bhagwant Mann, the state will be made an addiction-free Rangla Punjab by removing the roots of the drug trap spread by the previous governments. Chairman Jassi Sohanwala said that the state government will fulfill its promises by providing good facilities to the people in every village and city and fulfill the expectations of the people. On this occasion, under the leadership of AAP youth leaders Bawa Kakrala, Kuldeep Singh Happy, Nirbhay Singh and Bhinder Singh, Jassi Sohanwala, a talented youth leader of the constituency, was honored as the chairman of District Planning Board Patiala.



PAGE
7

Will make Punjab hub of sports: Meet Hayer



ANKUSH
LUDHIANA, JAN 29

Punjab Sports and Youth Services Gurmeet Singh Meet Hayer on Sunday said that Punjab government led by Chief Minister Bhagwant Mann was making every effort to promote the sports and committed to make the state a hub of sports in the country.

Participating in Jarkhar Sports Festival's last day as chief guest, The Cabinet Minister said that the department was in process of finalizing new sports policy aimed to produce more medal winners in the Olympic and other international level games by providing them state of art infrastructure and training be-

sides providing cash awards and assured jobs to the players. Meet Hayer said that the state government was committed to development of sports and welfare of sportspersons in the Punjab. There was no dearth of talent in Punjab but the need of hour was that the players need better infrastructure and facilities which will be ensured by the state government, he added.

He also mentioned that his department had recently started Olympian Balbir Singh Senior Scholarship Scheme for the players and organized Khedan Watan Punjab Diyan.Later, Meet Hayer also distributed prizes to the winning hockey teams and Kabaddi players.

Manohar Singh honoured in Republic day program



JAGRAON (SUKH NAHAR): 74th Republic day was celebrated at Jagraon city with great enthusiasm in the presence of various officials, leaders and other dignitaries alongwith the civilians. In the program, Jagraon EO Manohar Singh was honored in the program for his excellent services at various positions in MC Jagraon. Singh spent a great part of his life serving Jagraon and its people and is therefore, respected highly by the people of Jagraon. It is worth mentioning that he was highly appreciated for his dedication towards his duties. Singh was honored by ADC Amit Sareen, SDM Vikas Hira, MLA Saravjit Kaur Manuke, Tehsildar Mannohan Kaushik, EO Manohar Singh Bagha, MC president Jatinderpal Rana in the presence of civilians and several other dignitaries from the city. They also applauded municipal council for their contributions in successfully conducting the republic day program. Singh thanked the officials for honoring him and said that it is a matter of great pride to be able to be a part of republic day festivities and added that he shall continue serving the people with same dedication in future as well.

Revival of our disappearing culture by conducting cultural heritage fairs: Singla

KULDEEP SOOD
BARNALA, JAN 29

Barnala Bhatta Union President Amit Singla Jolly, Vijay Kumar Chairman, Vivek Secretary, Harmesh Cashier, Gopal Bansal Member, Sandeep Kumar Garg Member, Moti Ram Garg, Vini, Ruby organized the 6th Heritage Fair at Barnala on March 19 and The cultural program was appreciated. Amit Singla, president of Bhatta Union Barnala, said that this is a very special initiative, with which our youth of Punjab can be taken on new lines and the youth of Punjab can be kept away from drugs.

The effort taken by the organizing committee to organize such a cultural heritage fair is highly commendable. At this time, the leaders and all the members of the Bhatta Union thanked Punjab Chief Minister Bhagwant Singh Mann for appointing District Barnala MLA



Gurmeet Singh Meet Hare as a cabinet minister.

They said that Cabinet Minister Gurmeet Singh Meet Hair should solve the problems of the residents of Barnala district based on priority and solve the problems faced by the Bhatta Union of Barnala district and the business class of the city so that there is no problem in all. He said that Gatka, Ghol competition, Giddha, Bhanga and Dastar competitions are being conducted in this Heritage Fair. He said that this Heritage fair, this fair is being organized with much fanfare to revive the ancient culture and the disappearing ancient dress of Punjab. At

this time, Amandeep Singh Barnala, President Jagtar Singh Dhanula, Gurdhyan Singh Barnala, Sukhpal Sharma Barnala, Kuldeep Singh Barnala, Sarabjit Singh, the leaders of the Barnala Bhatta Union, gave special thanks to the members of the Heritage Fair. At this time, Amandeep Singh, the patron of the heritage preservation fair, said that Barnala Bhatta Union President Amit Singla (Jolly), Vijay Kumar Chairman, Vivek Secretary, Harmesh Cashier is an honest person as well as a social worker and all members of the association who All come forward to help the needy people at all times.

Active Lions Club dedicates to welfare of humanity: Virdi



NAWANSHAHR (CHET RAM RATTAN): The meeting of Lions Club Active Nawanshahr 321D District Shaheed Bhagat Singh Nagar was held at the local hotel under the chairmanship of President Lakhveer Singh. Specially participating in the meeting, Region Chairman Tarlochan Singh Virdi said that the club has done wonderful projects in the past for which all the members of the club deserve congratulations. He said that the club is trying to play an active role dedicated to the welfare of humanity. Today the new members were honored by giving certificates from the International side. All the members of the club welcomed new members Satnam Singh Garcha and Kuldeep Singh. President Lakhveer Singh said that more new projects are being planned by the club for social welfare works in the coming days.

District Cricket Association inaugurates new cricket pitches



HOSHIARPUR (DALJEET AJNOHA): District Cricket Association Hoshiarpur inaugurated the new cricket pitches made in the ground of Railway Mandi. Giving information, the Secretary of the District Cricket Association, Dr. Raman Ghai said that today a match was organized between the Hoshiarpur women's team and the under-16 boys. Batting first, the boys scored 121 runs in 25 overs and Parth Sharma scored 52, Yudhveer Singh scored 21 runs. Surbhi got 3 out, Anjali got 2 and Shivani got 2 out while bowling on behalf of the women's team. Chasing the target, the women's team could manage only 117 runs in 25 overs. In which Naranka contributed 27, Anjali Shimar contributed 26 runs. Keshav took 3 wickets, Mannan took 2 wickets and Pranjal took 2 wickets while bowling for the boys team. SDM Ojaswi Alankar, who specially arrived on this occasion, while introducing the players, gave them his best wishes for the future. On this occasion, HDCA President Dr. Daljit Khela congratulated the players on behalf of the group association.

Shrimad Bhagavad Gita, teaches lesson how to live peaceful life

SUMER GARG
DHURI, JAN 29

Vasant Valley Public School(VVPS), Sangrur is working with the objective to impart innovation -driven education consisting of remarkable infrastructure enabling the latest teaching methodologies.The School strives to inculcate a blend of modernity with traditionalism in all its students.

Keeping this in mind, a seminar was conducted in the school auditorium, which was aimed to reflect the philosophy incorporated in Shrimad Bhagavad Gita, the Principles of life and karma reflected in it, along with good governance, political,



economic, and social justice which would help us in establishing a welfare state as contemplated under the Indian Constitution.

This seminar was organized under the guidance of an association called "Gita Mandal Parivaar" and the lecture was given by Guru Ji. The School Principal, Mrs. Anitha R. while addressing

the gathering said that the Shrimad Bhagavad Gita is an ancient tale of wisdom in the midst of chaos. She also added that the prime objective of this seminar was to apprise the students that the Gita presents applied knowledge that contribute to our practice in the day to day world of work, home and family.

MLA Puri hoists national flag on 74th Republic Day of country



BUREAU
GURDASPUR, JAN 29

On the 74th Republic Day of the country, on behalf of District President Congress and MLA Sujampur Naresh Puri, the national flag was hoisted and salad was given. Addressing the gathering on this occasion, MLA Naresh Puri said that on this auspicious Republic Day of the country, he congratulates the people of the district and also the patriots and heroes who sacrificed their lives during the long struggle for the freedom of the country. He pays homage to. He said that Punjabi bravehearts have contributed the most in the freedom of the country, on whom we are proud. Puri also said that the Bharat Jodo Yatra launched by Mr. Rahul Gandhi is nearing its final stage and a very positive impact has been seen on the people of the country. He said that the youth has joined the Congress with loud noises. He said that Congress is the only party which can protect the interests of the people and in whose hands the future of the country is secure.

CU of Punjab organises live screening of "Pariksha Pe Charcha 2023" programme

ANIL VERMA
BATHINDA, JAN 29

In the 6th edition of Pariksha Pe Charcha (PPC), the Prime Minister, Shri Narendra Modi, interacted with students, teachers and parents at Talkatora Stadium in New Delhi on Friday. Aiming to reduce exam stress among students, the Central University of Punjab, Bathinda (CUPB) organized a special screening of "Pariksha Pe Charcha 2023" (PPC2023) programme.

CUPB students and research scholars under the leadership of the Vice-Chancellor, Prof. Raghavendra P. Tiwari, watched the special screening of PPC2023, where the Hon'ble Prime Minister, Shri Narendra Modi, shared the mantra of stress-free exams with students.



During this programme, PM Modi interacted with students and gave them his tips on how to deal with exam stress, student-teacher connection, social media distractions and more. The Hon'ble PM advised students to adopt a disciplined life routine, remain focused, follow their dreams without imitating others and handle criticism positively. He urged the parents to not burden their kids with expectations and asked the students to always evaluate themselves according to their poten-

tial. The Prime Minister also mentioned competition among students as a stress-inducing factor and suggested that students should live and learn from themselves and their surroundings while strengthening their inner capabilities. Towards the end, Shri Dharmendra Pradhan, the Minister of Education and Minister of Skill Development and Entrepreneurship, expressed his gratitude to the Prime Minister Shri Narendra Modi, for guiding, motivating.

Pathak sammelan organised



CHANDIGARH (RAJIA JAIN): Vanvasi Kalyan Ashram Punjab has organised a "Pathak Sammelan" (Reader's meeting) for welcoming Shri. Mahesh Kale ji , Vice-President of Information and Broadcasting of Akhil Bhartiye Vanvasi Kalyan Ashram . His first visit to Punjab in a befitting manner on 29th January 2023 at Seva Dham at Sector 29 Chandigarh. The event is honored by the humble presence of Shri Kailash ji (President, Punjab Region, ABVKA), Chief Guest Shri. S. K. Narwana ji (Senior Advocate, Punjab & Haryana High court, Chandigarh) , Shri Triloki ji (Sah-Vibhag, Sanghchalak) and Shri Anup Gupta ji (Mayor, Municipal Corporation Chandigarh) as special guests. The event is presided in the presence of Senior Advocate Shri Jagdish Manchanda ji (Vice President Punjab region),Shri Anil Sharma Ji (President, Chandigarh Mahanagar) has welcomed the gathering and all the guests of the sammelan by delivering welcome.speech and briefed about the past and ongoing works of Vanvasi Kalyan Ashram, Punjab. Shri. Jeet Raj Bansal ji (Nagariye Karya Pramukh Punjab State), Shri. Sandeep Kansal (Cashier Mahanagar), Shri. Anant Kataria ji and Shri. O P Dabla Ji (Secretary, Vanvasi Kalyan Ashram).

SHORT TALKS

Bayern share spoils with Frankfurt in Bundesliga

BERLIN, JAN. 29 (UNI) Bundesliga leaders Bayern Munich drop points for the third straight time in 2023 after Eintracht Frankfurt's Randal Kolo Muani canceled out Leroy Sane's opener to ensure a 1-1 draw in the 18th round on Saturday. Both sides started offensively minded into the clash and exchanged attacks from the opening whistle, as Kolo Muani pulled wide from a promising position in the 12th minute before Thomas Muller and Joshua Kimmich tested Frankfurt goalkeeper Kevin Trapp in quick succession at the half-hour mark. Muller remained in the thick of things as the German veteran set up for Sane, who made no mistake and slotted home with a low shot from inside the box in the 34th minute. Frankfurt couldn't respond before the break whereas Bayern wasted two presentable chances of extending their lead through Dayot Upamecano and Sane. Bayern staged a slow start into the second half and had to wait until the 60th minute before Eric Maxim Choupo-Moting came close. Frankfurt suddenly sparked to life and restored parity in the 69th minute when Daichi Kamada sent Kolo Muani, who beat Bayern custodian Yann Sommer from a tight angle into the far post corner. The Eagles gained momentum in the closing stages but Djibril Sow, Mario Gotze, and Rafael Santos Borré couldn't clinch the winner despite dangerous opportunities.

After two defeats, it's up to us to react: Kerala Blasters FC's Ivan Vukomanovic

Kochi: Kerala Blasters FC head coach Ivan Vukomanovic wants a reaction from his team as they look to bounce back from back-to-back defeats at the hands of Mumbai City FC and FC Goa when they take on NorthEast United FC in the Indian Super League (ISL) match at the Jawaharlal Nehru stadium in Kochi on Sunday. The Blasters need eleven points from their last six matches to seal a playoff berth for a second successive season and the Serbian head coach has urged his team to approach their final six matches with the right attitude. "During a season there are periods when things aren't going too well. That's when you have to react and no one can do that for us. It's up to us. We have six big steps to go and it's up to us to approach all those games with the correct approach and fight for the points and to secure maybe the playoff spot for the second season in a row which would be good for us in terms of our progress," Vukomanovic said during the pre-match press conference. "We have to approach the NorthEast United FC game in the correct way with aggression and motivation. We have shown this season that with this attitude we can win games at home. We are up against a team that is bottom of the table but it's down to circumstances that accumulated over a period."

FA Cup: Son's brace guides Tottenham to 3-0 win over Preston, advance to fifth round of tournament

Preston : Forward Heung-Min Son stepped up his game big time in absence of star striker Harry Kane, guiding Tottenham Hotspur into the fifth round of the FA Cup with his brace against Preston, which helped them secure a 3-0 win at Deepdale on Saturday. In his 17 previous outings for his country South Korea and his club, Son had managed to score only one goal. But five minutes into the second half and 19 minutes later in the 69th minute, he unleashed two brilliant strikes that helped his side keep hopes of a trophy alive. They have not won a trophy for 15 years, having won the League Cup back in the 2007-08 season after defeating Chelsea. Antonio Conte's Tottenham was short on quality in the first half, as compared to the well-organised nature of their hosts. A block from Ryan Ledson denied Dejan Kulusevski a goal and Freddie Woodman saved twice from Son in what was a rain-soaked Deepdale. The win was capped late on by a goal for debutant Arnaud Danjuma (87), who glanced in a third to make his first appearance after signing on loan from Villarreal a memorable one. Spurs managed to control a vast majority of ball possession in the opening period, but could not convert it into goals. It was yet another frustrating first half for the fans. Preston registered their first shot of the game in the 21st minute as Ivan Perisic got in way of a volley from Andre Hughes. Crosses from Spurs wing-backs Matt Doherty and Ryan Sessegnon.

Principal Sponsor for inaugural season of International League T20 competition in UAE

SHIMLA: Sports platform Khiladix.com announces its partnership with Abu Dhabi Knight Riders as the team's Principal Sponsor for the DPW ILT20 competition in UAE. As part of the partnership, jerseys of all team players of the Abu Dhabi Knight Riders will now bear the Khiladix.com branding on both sides. The partnership with Abu Dhabi Knight Riders will further brand presence, awareness and recall for Khiladix.com. Building itself as a premium sports platform, Khiladix.com aims to become the destination for all thing's sports. The partnership with Abu Dhabi Knight Riders will provide widespread visibility for Khiladix.com through logo presence across all branding opportunities apart from the jersey branding. The partnership marks Khiladix.com's debut association with a cricket league, globally. Speaking on the association, a Khiladix.com spokesperson said, "We are excited on this maiden association with Abu Dhabi Knight Riders. The partnership will help us reach out to our target group and engage with them proactively. We are certain that the inaugural season of International League T20 competition in UAE has a lot in store and we look forward to leveraging the enthusiasm to strengthen our brand proposition along with our partner Abu Dhabi Knight Riders"

AUSTRALIAN OPEN

Hijikata, Kubler clinch men's doubles title



AGENCY

MELBOURNE : Australian wild card duo of Rinky Hijikata and Jason Kubler were crowned the men's doubles champions at the ongoing Australian Open after they defeated Hugo Nys and Jan Zielinski in the summit clash to capture their first ever Grand Slam title on Sunday.

The Aussies warded off the Monaco-Polish duo by 6-4, 7-6 (4) to capture the silverware.

The Aussie duo had the advantage of a highly vocal and supportive local crowd, which cheered every move of theirs. Hijikata and Kubler were hammering returns and had a strong serve games. They won 88

per cent of their points behind their first delivery on their road towards becoming the fifth unseeded team to win the Australian Open trophy.

"I have got to thank Rinky," Kubler said during the trophy ceremony as quoted by ATP.

"He was the reason we teamed for this tournament. I was

not sure and then Rinky asked me and I said yeah and decided to play. Two weeks later and we have this trophy, so a big thank you to Rinky," added Kubler.

"I could never have imagined this," Hijikata said. "I am glad you said yes Kubs to playing with me a few months ago. It is just unreal. Thank you so much mate, it has been unreal."

The Aussie duo sealed the match in 85 minutes. Just like Thanasi Kokkinakis and Nick Kyrgios, who won the title as wild cards, they repeated their heroics. They became the third Aussie team to capture the men's doubles trophy since last January, with Matthew Ebden and Max Purcell having won at Wimbledon.

They had caused a lot of upsets in the tournament, defeating sixth seeds Lloyd Glasspool and Harri Heliovaara, top seeds Wesley Koolhof and Neal Skupski and eighth seeds Marcel Granollers and Horacio Zeballos.

In the final, they earned a highly-decisive break of the first set in the third game to gain control. They held their nerves in second-set tie-break to clinch the title.

"Thank you to all the fans, wow," Kubler said. "I have never had a summer like this and with you guys, you have made it so special. I have played on a lot of big courts and you being out here with me makes me feel so comfortable. It feels like 1000 against two when I am out here." Nys and Zielinski were also competing in their first major final this time.



Australia sweat over fitness of Green, Starc ahead of Border-Gavaskar Trophy

AGENCY

SYDNEY : Australia all-rounder Cameron Green might come up short on his bowling fitness as he eyes to be match-ready for the first Test of the Border-Gavaskar trophy against hosts India.

Green has been training with the team in Sydney ahead of the Test match in Nagpur to regain match fitness to force his way into the playing eleven for the first Test and will be hoping to hear good news from the surgeon for his broken finger which he sustained against South Africa during the Melbourne Test last month.

Early in his professional career, Green has shown himself to be a cricketer who relishes the tempo of consistently playing long-form. He has improved over the course of the summer in both the Test matches this season and the Ashes from a year ago.

In Melbourne, he took five wickets against South Africa before fracturing his finger. The all-rounder came in to bat and managed to make a crucial unbeaten fifty, playing with the injured finger.

"Where he's positioned at the moment, his biggest challenge is bowling. There is a lack of loading there, and one of the key reasons around us getting into this camp early is to make sure that we're ready to go

for the rigours of what the bowling unit [is] going to encompass. Building confidence is the main thing, setting him up to succeed in that first Test match, having enough time, that will be the critical question," Australia head coach Andrew McDonald said as quoted by ESPN.

Green would be regarded as a specialist batter, though, if his bowling does not quite measure up. Last year, he demonstrated his aptitude for catching up quickly on the subcontinent with key half-centuries in Lahore and, in Galle, where he won Player of the Match on a tricky surface.

The all-rounder, though is essential in balancing Australia's side. The selectors will have to choose whether to stick with a two-quick, two-spinner balance, as they did against South Africa at the SCG, or to support their usual strength in pace with an additional quick, if he is unable to bowl (or play).

McDonald however, ruled out using three specialised spinners despite Green's inability to bowl.

Matt Renshaw and Peter Handscomb, who both played at the SCG, are other options for the Aussies at No 6 if Green isn't seen as a specialist batter, with the latter complementing a plethora of left-handers who might be working in his favour.

Football, a life changer for two Jharkhand girls, Sumati and Amisha

CHENNAI: Football has emerged as a true life-changer for two Jharkhand girls in the India under 20 women's national camp in Chennai, namely Sumati Kumari and Amisha Baxla.

To the two young girls, football is the true life changer -- it gives them deep mental peace and satisfaction. Football, more than anything else, provides them with positive vibes.

Sumati and Amisha are now training at the Home Games Sports Arena in Chennai for the forthcoming SAFF U-20 Women's Championship, which will take place in Dhaka, Bangladesh, from February 3-9, 2023.

Sumati, still a teenager, has already suffered a lot in her life. But every time she was hit by a tragedy, all she did was cling more to football. It erased a lot of her agony and made her



more determined to become a better footballer.

Hailing from the Gumla district in Jharkhand, the 19-year-old Sumati Kumari is an unusually strong girl. Back in 2019, she suffered a massive

personal tragedy as her mother passed away when she was in the National camp in Goa. As her village had no telephone connection, the news of her mother's demise reached her two days later. A devastated Sumati had a choice to make - to go back home to her family or stay in the camp and represent the nation. She decided to stay since she knew playing for the country would definitely have made her mother proud.

"When I was in Goa, I got the news of my mother passing after two days. I was helpless and could not do anything about it. My coaches told me to leave for home, but I decided to stay and play for the country because that is what gave me the mental peace I was looking for," said Sumati as quoted by an AIFF press release.

Rashid Khan to lead Afghanistan for three-match T20I series against UAE



KABUL: Afghanistan cricket team will travel to UAE for a three-match T20I series in accordance with a contract agreed upon by the two cricket boards in

November with the series starting from February 16. Afghanistan announced a 22-player squad for the T20I series in UAE next month which will be led by leg-spinner Rashid Khan, who has been re-instated as the skipper after having let go of the leadership role earlier.

He was appointed captain for the 2021 T20 World Cup in July. Rashid, who claimed that the selection committee and ACB had not gotten his consent before drafting the team, resigned from his position a month before the competition started, and Nabi assumed leadership. However, Afghanistan has not yet announced the names of their coaching staff after the

contracts of head coach Jonathan Trott and bowling coach Umar Gul were not renewed last month. The back-room team of regional coaches has been led by assistant coach Raees Ahmadzai.

Several Afghanistan players will miss the opening week of the Pakistan Super League, which begins in Multan on February 13, due to the timeline of the series. It will be the first meeting between the teams in any international format since 2018, when they met at the 50-over Cricket World Cup Qualifier. Afghanistan won the meeting by five wickets, and the men in blue have been victorious in the last four T20I meetings between the teams.

Gujarat Giants appoint Mithali Raj as mentor ahead of inaugural Women's Premier League

AHMEDABAD : Gujarat Giants has appointed legendary Indian batter and former captain Mithali Raj as the mentor and advisor for the side ahead of the inaugural edition of the Women's Premier League (WPL), which will take place in March-April 2023.

Over the years, Mithali's trailblazing achievements and contributions to Indian cricket have not only earned her numerous awards and accolades but have also played a



key role in bringing women's cricket into the limelight, both on national and international platforms.

As a mentor and advisor, Mithali will also promote women's cricket and help develop the sport at the grassroots level in Gujarat.

"The inaugural season of the Women's Premier League is a fantastic move for women's cricket and the involvement of the Adani Group is a massive boost for the sport as well," said Mithali Raj, ex-Skipper of the Indian Women's

National Cricket Team as quoted by an Adani Sportsline.

"Women's cricket is growing steadily, and this kind of impetus will undoubtedly encourage young women to consider taking up cricket professionally. I believe that the high-impact participation of corporates will help hasten the process of eventually bringing more glory to India. This level of influence can help strengthen the sporting ecosystem and enhance opportunities for women athletes".

"Mithali Raj is a role model for the young generation and we are delighted to have such an inspirational athlete on board to mentor our women's cricket team," said Pranav Adani, Director of Adani Enterprises.

"This is the first time the Adani Group has ventured into women's cricket, and we are privileged to be able to promote women in sports through the inaugural Women's Premier League. We believe that the presence of international sporting heroes like Mithali will attract new talent not just into cricket but also into every other sport and transform the professional sports ecosystem," added Pranav.

Acknowledged as one of the greatest female cricketers of all time, Mithali Raj opened her ODI career with a rare accomplishment - a century on debut. Mithali is the highest run-scorer in women's ODIs and has scored 17 half-centuries in her T20Is. In 89 T20Is, Raj has also scored 2,364 runs at an average of 37.52, with the best score of 97.

PM calls Winter Games, snow cricket in Kashmir "an extension of Khelo India movement"

NEW DELHI: In his first 'Mann Ki Baat' of the year, Prime Minister Narendra Modi on Sunday talked about the snow cricket matches during the Winter Games in Kashmir and called it an "extension of Khelo India movement"

During the 97th edition of his monthly radio address, Prime Minister Modi also urged the visitors to attend such events whenever they plan a trip to Kashmir.

"Winter Games were organized in Srinagar, Kashmir. The theme of these Games was - Snow Cricket! You might think Snow Cricket would be a very exciting game - and you are absolutely right. Kashmiri youth make cricket even more amazing in the snow.

"Through this, there is also a search for young players in Kashmir, who will later play



as Team India. In a way, this is also an extension of the Khelo India Movement. In Kashmir, there is a lot of enthusiasm among the youth regarding sports. In the coming times, many of these youth will win medals for the country, and will hoist the tricolour. I would suggest that the next time you plan a trip to Kashmir, take out time to visit such events. These experiences will make your trip even more memorable," Modi said

Jammu and Kashmir has produced some really exciting cricketing talent as of late. One of the most brilliant emerging talents from here is pace sensation Umran Malik. The 23-year-old is also known as the 'Jammu Express'.

Umran earned a lot of acclaim across the world after his exploits in the Indian Premier

League 2022, which saw him take 22 wickets in 14 matches with the best bowling figures of 5/25. Legendary pacers Dale Steyn (also the bowling coach of Umran's IPL team Sunrisers Hyderabad) and Brett Lee are some of the mighty figures of the sport who were impressed with Umran's sheer pace, which made it easy for him to cross the 150 mark while bowling.

He has represented India in eight ODI matches, in which he has taken 13 wickets with the best bowling figures of 3/57. Umran has also played seven T20I matches for India, in which he has taken nine wickets with the best bowling figures of 3/48. His wicket-taking ability and knack to disturb a batter's footwork with his pace have made him an exciting talent to watch out for.