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



Govt notifies scheduled time limit of eight more services: CS



Google blocks over 50,000 pro-China propaganda accounts



Sushmita Sen as fearless 'Aarya' is back, actress shares intriguing teaser of season 3

We are world champions: Grambusch expresses happiness after winning Hockey WC



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46 killed, 100 wounded in Peshawar mosque blast

AGENCY
ISLAMABAD, JAN 30

The death toll has risen to 46 in the suicide blast that took place in a mosque in the Police Lines area of Peshawar in Pakistan on Monday, according to Dawn.

The casualties were confirmed by Peshawar Commissioner Riaz Mehsood, who also stated that a rescue attempt was ongoing within the mosque.

"An emergency has been imposed at hospitals across the city and injured persons are being provided the best medical facilities," Dawn reported citing the senior official as saying. Those who are injured in the blast, are reportedly said to be in critical condition.

The blast took place in the mosque located in the Police Lines area of Peshawar during afternoon prayers.

The security officials said that the suicide attacker was present in the front row during the prayers when he exploded himself, as per local media reports. The injured were taken to the Lady Reading Hospital of Peshawar for treatment.

An eyewitness said that there were at least 120 people in the mosque when the explosion took



place. He said that the injured mostly included police personnel.

Former Pakistan Prime Minister Imran Khan has condemned the terrorist suicide attack in a mosque in Peshawar. He called for improving intelligence and

equipping police forces.

"Strongly condemn the terrorist suicide attack in police lines mosque Peshawar during prayers. My prayers & condolences go to victims families. It is imperative we improve our intelligence gathering & properly

equip our police forces to combat the growing threat of terrorism," Khan wrote in a tweet.

The area has been completely sealed and only ambulances are being allowed to enter the locality, according to Dawn.

All party meet: Oppn raises issues like Adani stocks, governors' interference



AGENCY
NEW DELHI, JAN 30

An all-party meeting called by the government brought up issues like Adani stocks, BBC documentary ban and governors' interference in states ruled by opposition parties, ahead of the Budget Session of Parliament that commenced on Monday morning.

Several opposition parties raised critical issues, including the recent stock market matter concerning Adani Group stocks. Members of Parliament (MPs) asked the government to hold a discussion on the matter as it concerns the economy of the country, and therefore concerns the people at large.

Among those parties that raised the issue were RJD, CPI-M, CPI, Aam Aadmi Party (AAP) and National Conference.

"Why is no inquiry done? Where is CBI (Central Bureau of Investigation), ED (Directorate of Enforcement) or SEBI (Securities and Exchange Board of India)? Why is it allowed to swindle funds belonging to the public? We have asked for a discussion on the floor of the house and if the government doesn't bring it, we will again raise it in Parliament," AAP leader Sanjay Singh told a news agency.

"What does the government gain by the ban on documentaries like that of the BBC? It only creates unnecessary curiosity," argued the Opposition.

"We asked for a discussion on the same. We want clarity," TMC leader Sudip Bandyopadhyay told a news agency. Several opposition parties also raised the issue of a governor's overreach and interference in opposition states.

Haryana CM visits Shefali Verma's home after T20 WC win



SHIV KUMAR SHARMA

ROHTAK: Haryana Chief Minister Manohar Lal Khattar visited U19 T20 women's cricket team captain, Shefali Verma's home in Rohtak on Monday morning and congratulated her family. This comes after the Indian women's cricket won the ICC U19 T20 world cup on Sunday beating England. "I reached U19 T20 World Cup-winning Indian team captain Shefali Verma's home in Rohtak. I congratulated her grandfather on his granddaughter's achievement

by offering him sweets. I also extended my best wishes to her family. The country is proud of daughter Shefali and the entire cricket team," the Chief Minister said in a tweet. Shafali played a pivotal role in helping India claim the inaugural U19 title with an emphatic seven-wicket victory over England on Sunday. Shafali is already an established star in India's senior side and wants to make the visit to South Africa even more worthwhile with another piece of silverware.

Punjab sets new record by giving 26074 jobs in 10 months: Mann

BUREAU
CHANDIGARH, JAN 30

Punjab Chief Minister Bhagwant Mann on Monday said that the state has set a new record by providing government jobs to 26074 eligible youth purely on basis on merit.

Addressing the gathering here at local Municipal Bhawan during a function to hand over appointment letters to 188 Junior Engineers, the Chief Minister said that the state is witnessing a new revolution where the youth are being empowered with government jobs. He said that this is just the beginning and 26074 jobs



have been given in ten months of tenure. Bhagwant Mann said that more jobs are in pipeline and this process will continue in the coming days too.

SC to hear pleas challenging Centre's ban on BBC Documentary

AGENCY
NEW DELHI, JAN 30

Supreme Court on Monday said, it will hear on February 06, 2023 the petition filed by journalist, N Ram and advocate Prashant Bhushan, and others, on taking down their tweets with links of the BBC Documentary. Senior advocate, Chander Uday Singh, for Ram and Bhushan, mentioned the matter before the bench of the Supreme Court, headed by the

Chief Justice of India (CJI) Dr Dhananjaya Yeshwant Chadrachud, that how the tweets by N Ram and Prashant Bhushan were deleted using emergency powers and how the students in Ajmer were suspended for streaming the documentary. "It is regarding use of 'emergency powers' to block clips and tweets, please consider it," Singh pleaded to the Supreme Court. "We will list it for hearing. Next week Monday, we will list it for hearing," the bench of the Supreme Court, led by the CJI said.

Arya Samaj played important role in independence of India: Som Prakash



SHASHI PAL JAIN
KHARAR, JANUARY 30

Som Prakash, Union Minister of State, Ministry of Commerce and Industry, said today that the Arya Samaj played a very important role in the independence of the country, which can never be forgotten. He said that due to the teachings of Swami Dayanand Saraswati there was awakening in the country and because of this the chains of slavery were broken. Som Prakash was delivering a speech as the chief guest in the inaugural session of the Freedom Festival organised by the Arya Samaj, Kharar this evening which will continue till February 5.

Today's programme was presided over by Dr. Satnam Singh Sandhu, Vice Chancellor of Chandigarh University. Som Prakash said that work was done by Arya Samaj to unite the country and to re-

move the evils spread in the society. Arya Samaj worked against child marriage, casteism and emphasised on their education to give equal rights to girls. He said that if anyone has done real work against the caste system, it is the Arya Samaj. He said that the country is destined to become Vishwaguru again under the leadership of Prime Minister Narendra Modi and in the 100 years of independence of the country which will be completed in 2047, the country will be known in the world as having Ram Rajya. The minister said that the PM should act against all those people who want to break the country. Vishch Bandhu Arya, Vikas Garg, Vikas Singla, M P Arora, Naresh Singla, Tara Chand Gupta, Vijay Aggarwal, Shashi Aggarwal, Manishwar Lal, besides others, were present in the function in large numbers.

Snowfall and windstorm derail life in HP

AGENCY
SHIMLA, JAN 30

Overnight snowfall on the high reaches of the state and windstorm and light rain disrupted vehicular traffic and snapped power supply in many places, derailing normal life during the past 24 hours in the state.

Reports arriving here said that high reaches of the state have experienced light to moderate spell of snowfall as higher peaks of Chamba, Kullu, Shimla and Kinnaur received fresh snowfall last night. Many roads have closed due to slippery conditions and mounting of snowfall in Lahaul Spiti, Chamba's Pangi and Bharmour and Upper Shimla with the district headquarters has been cut off. In the past 24 hrs 280 roads including 4



National Highways are reported closed.

The movement of people is being affected due to the blocking of roads. NH-5 connecting the capital to Kinnaur is closed for traffic at Kufri and

Narkanda. Similarly, the highway connecting Rohru to Khadapathar and the highway connecting Chopal to Shimla is closed near the window.

There is more possibility of snow as dark clouds are hovering the sky. The Meteorological Center has appealed to the district administrations of Shimla, Kinnaur, Lahaul-Spiti, Kullu, Chamba, Mandi, Kangra and Sirmour not to allow tourists and people to go to higher areas.

Traffic may be affected due to snowfall. In low line areas of Shimla, Solan, Bilaspur, Una, Sirmour and Hamirpur wind storm with speed of 40 to 50 km per hour disrupted the normal life disrupted power supply in most places. Power supply remained disrupted in 300 electric transformers (DTR) which likely to take time to re-

stored in the inclement weather. The coldwave increased in the state as Mercury plummets in snowline areas however it is unchanged in rest of the state. Lesser incidents of snowfall & rain.

The state didn't witnessed good winter rain and snowfall due to erratic weather conditions apple growers are still waiting more snow which is considered white manure for good crop. The productivity and soil moisture dependent on good spell of snowfall which was still missing in mid and low snowbelt to greatest extent. Delayed rain, lack of snow, Sudden rise in Mercury and minimum temperature staying above normal are warning signals for good crop apple Growers and off seasonal vegetable farmers.



FIR against 10 for damaging and burning copies of Ramcharitmanas

LUCKNOW: A case has been lodged against 10 named persons, including Samajwadi Party (SP) national general secretary and MLC Swami Prasad Maurya, and some unidentified persons for allegedly damaging and burning copies of Ramcharitmanas, a police spokesman said here on Monday. The spokesman said that the FIR was lodged by Bharatiya Janata Party (BJP) worker Satnam Singh 'Lavi' at PGI police station late on Sunday night. It may be noted that some persons claiming themselves to the members of Akhil Bharatiya OBC Mahasabha burnt pages of Ramcharitmanas in Vrindavan colony in the state capital Lucknow.

Hindon-Ludhiana flight to be launched in summer: Scindia

NEW DELHI: Union Civil Aviation minister Jyotiraditya Scindia on Monday said that a regular flight between Hindon and Ludhiana will be launched in summer. Scindia's announcement came after Aam Aadmi Party (AAP) Rajya Sabha MP Sanjeev Arora wrote a letter to him, requesting him to not to disconnect Ludhiana from metro cities.

Sensex, Nifty close higher in volatile trade as IT, oil shares recover

MUMBAI: Benchmark BSE Sensex and Nifty closed higher in a highly volatile trade on Monday, riding on the back of a recovery in IT, oil and financial stocks after a two-day fall.

The 30-share Sensex recovered 169.51 points or 0.29 per cent to settle at 59,500.41. During the day, it rose by 313.34 points or 0.52 per cent to 59,644.24.

The broader NSE Nifty gained 44.60 points or 0.25 per cent to end at 17,648.95 as 29 of its stocks advanced.

Crowd hurls bottle at singer Kailash Kher during concert in Karnataka

BENGALURU: Vijayanagar Police on Monday detained two persons, accused of hurling a bottle at the noted singer and Padma Shri awardee Kailash Kher while he was performing a concert at the stage in Karnataka's Hampi.

The matter came to the fore after a video of the incident made rounds on social media. During the incident, Kher was performing a concert at the closing ceremony of Hampi Utsav at Hampi, Vijayanagar. As per the police, the bottle throwers were angry with the singer as he was not singing Kannada songs. Police's investigation into this matter is underway. Further information is awaited.

Guru Ravidas birth anniversary on February 3



R K KASHYAP CHHACHHRAULI: Thousands of people from Jagadhri Vidhansabha will participate in the state level birth anniversary celebrations of Saint Shiromani Guru Ravidas Ji Maharaj on February 3, said Education Minister Kanwarpal Gurjar. Gurjar said that he held the meeting of BJP Mandal Chhachhrauli at Rest House Chhachhrauli. Guiding the BJP workers, Education Minister Kanwar Pal said that on February 3, Haryana Government is celebrating the birth anniversary of Haryana state level sant Shiromani Guru Ravidas Ji Maharaj in a grand manner at Anaj Mandi Jagadhri. All BJP workers should participate in this Jubilee celebration and encourage other workers and citizens to attend the Jubilee program along with them. Education Minister Kanwar Pal imposed duties on the BJP workers for Jagadhri Jayanti celebrations on 3rd February. Saints are common to all, today we all are walking on the path shown by Saint Shiromani Guru Ravidas Ji Maharaj. The Education Minister called upon everyone to participate in the birth anniversary celebrations of Saint Shiromani Guru Ravidas Ji Maharaj. He said that the present BJP government is working to take people of all religions and castes together. This programme is being held in our Vidhansabha Jagadhri, so it is our duty that the maximum number should also be from our Vidhansabha constituency. BJP District Media Chief Kapil Manish Garg, Divisional President Kalyan Singh, Divisional General Secretary Dr. Jagdish Dhiman, Divisional General Secretary Dr. Shiv Kumar, District Executive Member Gulshan Arora, SC Morcha Divisional President Sanjeev Feruwalla, Shakti Center Chief Gaurav Goyal, Kuldeep Singh Rana Mandkhe-di, Mahima Singh Sankheda, Rampal Sharma, Rajesh Bhardwaj, Chairman Virendra Gulabgarh, Ramesh Demopura, Karm Singh Sherpur, Krishna Hadauli, Kalaram Salempur, Ramesh Chahdo etc. remained were also present.

Stolen iron pad recovered



SADHORA—PREETI RANI: The team led by Thana Sadhaura arrested a vicious thief, stolen iron pad recovered. A police spokesman said that working under the guidance of Superintendent of Police Mohit Handa, the team of police station Sadhaura has succeeded in arresting a vicious thief. The stolen iron pad was recovered from the accused. The accused was produced in court and sent to judicial custody. While giving information, Station Manager Dharampal said that Harendra Kumar, a resident of Sadhaura, lodged a complaint that he was constructing his house in Sadhaura. An unknown thief stole an iron pad from his under-construction house on January 29. On the basis of this information, a team was formed under the leadership of Chief Constable Ashok Kumar. While taking action, the team arrested Kaval Nain alias Nani, s/o Shri Haveli Ram, a resident of Vastian Mohalla Sadhaura, and recovered the stolen iron pad from his possession. The accused was arrested, presented in court, and sent to judicial custody.

District level exhibition organised



SADHAURA-PREETI RANI: A district-level science, mathematics, and environment exhibition was organised at SNN Government Senior Secondary School Model Town Yamuna Nagar. In which students of various government and private schools from Yamuna Nagar district presented their models on seven subjects. In this competition, three students, Dheeraj, Simran, and Prateek, from the Government Senior Secondary School Lahadpur Block in Sadhaura, presented their models on different subjects, and all three got the first position in their respective subjects. All three were encouraged by giving them prize money and a certificate for Rs. 21,000 each. On this occasion, for the guidance of the children, Mrs. Ranjana Gupta and Mr. Mamchand Saini, professors of Vidyalaya Laharpur, were also honoured with certificates. The school's principal, Mr. Siya Ram, congratulated all the professors and students for their work. On this occasion, Mrs. Nisha Rani, Seemavarma, Ranjana Gupta, Mamchand Saini, Ritu Arora, and Mathematics teachers Rajesh Sharma, Rajneesh, Pooja, and Ashwini Saini were present from the staff. Mathematics teacher Rajesh Kumar Sharma, while congratulating the students, said that now the students of Government Senior Secondary School, Lahadpur Block Sadhaura, will perform excellently in the state-level competition.

Govt notifies scheduled time limit of eight more services: CS

BUREAU CHANDIGARH, JAN 30

Haryana Chief Secretary Sh. Sanjeev Kaushal today said that the State Government has notified the scheduled time limit of five more services of Health department and three services of Agriculture Department provided to the citizens under Right to Service Act, 2014.

Sharing the information, the Chief Secretary said that the certified copies of already registered Birth/ Death certificate in current year will be issued within 14 days, while the certified copies of previous year upto 1972 will be issued within 30 days and the certified copies prior to 1972 will be issued within 90 days. Similarly, registration of name of child in the certificate will be done in 30 days of the event. The correction of entry in the register of Birth and Death (after submission of complete application) will be done



in 30 days. Sh. Kaushal further informed that the new registration of Genetic Counseling Centre/ Genetic Lab/ Genetic Clinic/ Ultrasound Clinic and imaging centre and Renewal of registration of Genetic Counseling Centre/ Genetic Lab/ Genetic Clinic/ Ultrasound Clinic and imaging centre will be done in 90 days.

According to the notification, if applicant applied for delayed registration of birth and death events post 21 days but within 30 days of the occurrence, registration shall be done within 21 days.

The registration for post 30 days but before 1 year of the event shall be done within 30 days. The registration for birth and death events post 1 year after the occurrence of event, upto 1972 will be done in 60 days and incase of the event prior to 1972, the registration will be done within 90 days.

Sh. Kaushal further informed that as per the new three services of Agriculture Department provided to the citizens under Right to Service Act, 2014, the firm registration for seed production will be done in 21 days and processing plant registration for processing of seeds will be done in 21 days. Similarly processing plant renewal for processing of seeds will be done in 21 days.

Successful operation of Ptois done in Adesh Hospital



GOLDY CHUGH SHAHABAD, MARKANDA: The first successful operation of Ptois has been done at Adesh Hospital, Mohdi. It is a great gift to the people of Kurukshetra and Ambala that they have started the operation of Ptois. This operation has been done by ophthalmologist Dr. Preeti. Talking to reporters, Dr. Preeti said that 16-year-old Priyanka was suffering from ptois since birth as Priyanka had a complaint of drooping eyelids in both eyes. In ptois, the upper eyelid of the eye hangs over the pupil, due to which the patient's ability to see becomes blurred. She said that Priyanka is absolutely fine after the operation and now there is no problem in her ability to see. Dr. Preeti said that ptois can be congenital or can also happen with ageing. But now the facility of operation of ptois has been given in the order, now the people related to this disease will not have to wander anywhere. She said that Priyanka's operation has been successfully done by Frontalis Silicon.

Walking awareness tour against drugs held

SHIV KUMAR SHARMA KURUKSHETRA, JANUARY 30

A one-day 195th anti-drugs awareness programme was organised at Dayanand Mahila Mahavidyalaya under the guidelines and guidance of Haryana State Narcotics Control Bureau chief and Ambala Division Additional Director General of Police Shrikant Jadhav Bhapuse. It was organised with the joint efforts of Programme Officer Dr. Suman Anand, Dr. Sonia Rani and Dr. Ritu under the Seven Day National Service Scheme. Haryana State Narcotics Control Bureau's awareness program and rehabilitation in-charge Dr. Ashok Kumar Verma was invited as the chief speaker. Sonia Rani and Dr. Ritu welcomed Dr. Ashok Kumar Verma.



Dr. Ashok Kumar Verma said that women power is worshipped as a goddess in India. The names of rivers are also on women power. Bharat is called Mother India. Today women power is participating in the development of the nation which is a matter of pride.

But the propaganda of drugs by some anti-social elements has become a curse for our youth. Strengthen the bureau by giving secret information to the bureau on 9050891508. Those who give up drugs can also take advantage by contacting the above number. At the end of the programme, the volunteers took out an awareness walk against drugs under the leadership of Dr. Ashok Kumar Verma. He was speaking of drug-free Haryana, food of milk and curd. National Service Scheme officers and volunteers participated in the occasion.

The agriculture officer should make farmers aware of crop registration: Deputy Commissioner Anish Yadav

PARI BAJAJ

KARNAL: Deputy Commissioner Anish Yadav instructed the officials of the Agriculture and Farmers Department to regularly visit villages for registration on the Meri Fasal Mera Byora portal and encourage the farmers of the sub-division for crop registration. Farmers should be given complete information about crop registration on this portal through various mediums in the villages. He said that under Azadi Amrit Mahotsav, it is mandatory for farmers to register on this portal to sell rabi crops at support prices. He told me that the portal has been started by the government for the convenience of the farmers, and that there are many benefits to getting the crops registered. He told me that Meri Fasal-Mera Byora is an important government scheme.

Workshop organised on Veda and Sanskar

RAJNI SONI YAMUNANAGAR, JAN 30

St. Lawrence International School, Pabni Road, Jagadhri, under the guidance of Chairperson Dr. Rajni Sehgal, organised a special workshop for teachers and children on the topic, 'Sanskar is the basis of education'. The main speaker of the workshop was Vipin Shastri, Principal of Gurukul Shadipur. Students from classes VI to VI participated in it. In the workshop, Principal Ravinder Singh Wadhwa greeted the chief speaker Vipin Shastri with a welcome speech. He said that the values teach us how to live life and separate us from the crowd. How to make life better, we have to think on this aspect for which it is very important to be educated. Describing the culture of India,



he said that Indian culture and civilization is the oldest and richest culture and civilization in the world. It is considered the mother of all the cultures of the world. Be it the art of living, science or the field of politics, Indian culture has always had a special place.

The cultures of other countries have been getting destroyed along with the stream of time, but the culture and civilisation of India has remained immortal with its

traditional existence since ancient times. Vedas are considered to be the oldest books of the world. Since the beginning, Indian culture has been very sublime, syncretic, powerful and vibrant, in which scientific approach towards life and amazing coordination of spiritual tendency is found. Religion; The knowledge that is in the book has to be followed, everyone's path is different, everyone's opinion is different.

Boxer Suraj Rohilla honored with Shining Star India Award 2023 in Ghaziabad



SHIV KUMAR SHARMA

JIND: A grand ceremony of Shining Star India Award 2023 was organized in Ghaziabad, Uttar Pradesh, in which great personalities of the country were honored from different categories including sportspersons, social workers, journalists and leaders who have brought laurels to the society and the country. In the felicitation ceremony, Suraj Rohilla, a boxer from village Fatehgarh in Jind district of Haryana, was also awarded the Shining Star India Award for bringing glory to the country by winning the gold medal in the International Boxing Competition held in Nepal from January 7 to 9. has been awarded by Renowned Bodybuilder Dipak Nanda Indian Rock and Renowned Plus Size Model Parul Nanda. Suraj Rohilla told that the Shining Star India Award 2023 ceremony was organized by Eagle Production under the supervision of Dr. Vijay Viraj. Suraj said that such honors motivate me to move forward continuously, which doubles my curiosity to work hard.

MLA listens public's problems,allocates crores of rupees for improvement of roads

MAINPAL KASHYAP

INDRI: MLA Ramkumar Kashyap listened to the problems and complaints of the people of the area in the public hearing program at the rest house of the Irrigation Department and many problems of the people were solved on the spot and some problems were solved by the concerned departments. Necessary directions were given to the officers of Hundreds of problems and complaints came before the MLA in the public hearing program like providing financial assistance, drainage of dirty water, providing employment, electricity-water, transfer, getting grant amount, pension, getting ration, getting yellow ration card made. He told that I myself also give instructions to senior officers of the administration to solve the problems and complaints of the people through phone. In the public hearing program, the MLA told that in the assembly budget session last days, all the MLAs of the state put forward



the main demands of their constituencies in front of the House and I also raised the issues of the demands of my constituency with great prominence. He said that the government has allocated crores of rupees for the improvement of the roads of all the assembly constituencies and in this series, the work of improving the roads will soon be started with the amount of crores for the improvement of various roads of the assembly constituency Indri. MLA said that the government has announced to give crores of rupees to all the gram panchayats of Indri assembly constituency for the development

works of the villages and soon this amount will be used for the development works of the villages. There is no dearth of funds with the government to get the development work done, rather the aim of the government has been to get maximum development work done in every area. He said that the Chief Minister Manohar Lal is a far-sighted person and during his reign all-round development has taken place equally in all the assembly constituencies of the state. His effort has been and will continue to be, to solve the problems of the people of the constituency and to complete all the development works that can be done in the constituency in time. He said that the BJP government formed under the leadership of the Chief Minister of the state, Manohar Lal, during its last 8 years tenure, has made many public welfare schemes in the interest of every section of the society and the people of the state are also getting the benefit of these schemes.

Vipin Kamboj elected president of block committee, Radaur

NIRMAL RADAUR, JANUARY 30

The election for the President and Vice President of Panchayat Samiti Radaur was held on Monday. BJP-backed candidate Vipin Kamboj was elected president while Ritu Pundir of JJP was elected vice-president. Vipin Kamboj won with 12 votes, while Ritu Pundir won with 9 votes. Election Officer and SDM Jagadhari Ashok Munjal said that the election was completed peacefully. He said that two candidates Deepak and Vipin were in the fray for the post of president in which Vipin got 12 votes, while Deepak got 8 votes. Same for the Vice President, three candidates Ashish Chauhan got 3, Rajesh Kumar got 8 and Ritu Pundir got



9 votes. Ritu Pundir won by securing 9 votes.

Earlier this election was postponed twice. Today, a heavy police force including Tehsildar, DSP Rajat Gulia, Station House Officer Rajkumar was deployed on the spot regarding the election. After the victory,

the supporters of the winning candidates celebrated the victory on the beat of drums at Shaheed Udhram Singh Kamboj Dharamshala. On the occasion, youth BJP leader Vikas Kamboj, INSO State President Ajay Rao welcomed the winners by garlanding them.

Rotary and Rotract Club hold blood donation camp at Anajmandi Dharamshala



LADWA (NARESH GARG): A blood donation camp was organized by Ladwa's Rotary and Rotract Club in collaboration with New Grain Merchant Association. Project Chairman, former Assistant Divisional President Rakesh Khurana said that on occasion of Mahatma Gandhi's death anniversary, a blood donation camp was organized by Rotary and Rotract Club in collaboration with New Grain Merchant Association at Anaj Mandi Dharamshala. In which Chairman of Kanam Foods and famous social worker Vijender Goyal participated as the chief guest. Assistant Divisional President Amit Singhal was present as a special guest. Chief guest Vijender Goyal and other guests paid tribute to the statue of late Mahatma Gandhi by offering flowers and inaugurated the blood donation camp by lighting the lamp. Goyal honored the blood donors by putting badges and presenting them gifts along with certificates. He said that by donating blood not only the life of another person can be saved. Rather, one's own health can also be kept well. He said that the kind of social work being done by Rotary, Rotract Club is really commendable.

Tribute paid on death anniversary of Father of the Nation at Early Step Pre School



LADWA, JANUARY 30 (NARESH GARG):

Tributes were paid to Father of the Nation Mahatma Gandhi on his death anniversary at Early Step Pre School, Ladwa.

School principal Sonia Goyal said that on this day Nathuram God had shot and killed the father of the nation, Mahatma Gandhi. He said that the Father of the Nation Mahatma Gandhi played a very important role in the freedom struggle. He said that he loved children very much and today he is remembered across the country on his death anniversary and we all should follow the path shown by him and always remember him in our hearts.

Player gets success only by working tirelessly in game: Sandeep

LADWA (NARESH GARG): In the National Karate Championship organized last day at Chandigarh University, Chandigarh and National Karate Fight League, Solan, the Youth Sports Academy of Ladwa won the gold medal by performing brilliantly. All the players were warmly welcomed upon reaching the academy. Sandeep Garg, Chairman of Stalwart Foundation, was chief guest in the program and congratulated all the players and wished them a bright future.



Chief guest Sandeep Garg told the players that this is a proud moment for the academy. Sportspersons have brought laurels to their parents and the entire Ladwa city in entire North India. He said that all

sportspersons should take maximum participation in sports and win medals. He said that a player gets success only by putting in tireless efforts in the game. On the strength of their dedication and hard work, the players of the Youth Sports Association have hoisted their flag. On the other hand, Youth Sports Academy coach Chaman Lal told that Garv Mangala, Garvit Mangala, Bharti and Aditya Bangar captured the gold medal while performing brilliantly at Chandigarh University. Former Panalia Ekant and Sukhraj won silver, Manas Lalar and Ishant Saini won bronze in this competition. At the same time, in the Karate Fight League competition held in Solan, Ekant Jogi Majra and Sukhraj Singh won the gold medal and Aditya Bangar won the silver medal.



HOSHARPUR (DALJEET AJNOHA): Punjab government has recently promoted five IPS officers of the 2009 batch As Deputy Inspector General Of Police . Today the pipping ceremony of two officers Sh.Rakesh Kaushal and Sh.Ajay Maluja was held in the office of Worthy Director General Of Police Punjab . Sh. Gaurav Yadav IPS W/DGP Punjab did the ceremony, congratulated both the officers and wished them all the best for the future . Sh. Jatinder Aulakh IPS IGP Intelligence Punjab and Sh. Sukhchain Singh Gill IPS IGP Headquarters Punjab were also present on the occasion.

NEWS AT A GLANCE

It is important to keep Aadhaar card information updated: DC

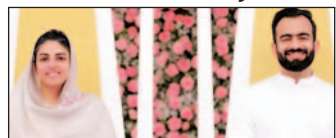
KULJIT SINGH JANDIALA GURU: Harpreet Singh Sudan, Deputy Commissioner, Amritsar, while giving information, said that the Punjab Government's



Administrative Reforms Department has started the facility of updating 'Proof of Identity' and 'Proof of Address' of citizens' Aadhaar

card in service centers and if any If he wants to update his mobile number, he can do it too. He said that residents of Amritsar can avail the online service by logging on to <https://myaadhaar.uidai.gov.in/>. He said that the information can be updated by submitting the identity proof/address proof document at the nearest service center and any citizen can get this service by paying a fee of Rs.50 only at the service center. Sudan said that the Aadhaar card can also be used by the government to get the benefit of government services. So all individuals are requested to keep Aadhaar updated. He also urged all government officials to verify Aadhaar before accepting it as proof of identity.

Nirankari Satguru Mata Sudiksha Maharaj



DALJEET AJNOHA HOSHARPUR: 'Relinquish the ego and embrace the Supreme God to lead a serene life' was expressed by Nirankari Satguru Mata Sudiksha Ji Maharaj while addressing the colossal Nirankari fraternity on the second day of the 56th Annual Nirankari Saint Samagam of Maharashtra at Bidkin DMIC area of Aurangabad. Satguru Mata Ji further while articulating said that a man considers himself to be superior and prioritises the materialistic things in his mind, which hinders him from leading his life in true realm, which can be attained by staying connected to the Ultimate Truth. Satguru Mata Ji further explained that just as a drop of water merges and becomes a part of the ocean likewise, when a man quits his self-centred identity (Ego) and connects with the Ultimate Truth, attains highest status of human embodiment.

Mout School Surtia win gold medal in national level competitions



ISHWAR GARG TALWANDI SABO: The 9th National Level Competition conducted by Pole Ring Federation of India was held at Sacred Soul School Sardulgarh. In these competitions the boys team of The Mount School Surtia won the first place defeating the Rajasthanu team. The girls' team of the school won the first place by defeating the Tamil Nadu team. On this occasion, Sardulgarh MLA Gurpreet Singh Bananwali inaugurated the games and played the role of chief guest. They were joined by the Managing Director of Sacred Soul School, Bhagatvir Singh, Alamvir Nand Singh Kauri. The Managing Director of The Mount School Surtia Gurbeant Singh and Didar Singh congratulated the players.

Dhillon summons by Vigilance Bureau

SURINDER DAMDAMI FARIDKOT: Former Faridkot MLA Kushaldeep Singh Kikki Dhillon was today summoned by the Vigilance Bureau in the case of disproportionate assets.

Meanwhile, the vigilance officials interrogated Kushaldeep Singh Dhillon for about an hour and asked for the details of the property created by him. It is worth mentioning that this action has been taken by the vigilance on the basis of the complaint received by them and in this case earlier evidence was collected by the vigilance at its level and after that Kushaldeep Singh Dhillon was called for questioning today.

Aman Arora hands over job letters to 19 JEs in housing dept

SHASHI PAL JAIN CHANDIGARH, JAN 30

Punjab Housing and Urban Development Minister Mr. Aman Arora on Monday handed over appointment letters to 19 Junior Engineers (Civil) at PUDA Bhawan, SAS Nagar (Mohali).

While congratulating the newly recruited officials, he said that Chief Minister S Bhagwant Mann led Punjab Government has been making concerted efforts to provide employment opportunities to the youth of the state and over 26000 jobs in the government sector have been provided in just it's 10 month regime.

Aman Arora implored JEs to work diligently and with full honesty, adding that transparent and corruption-free governance is the single point agenda of Chief Minister S. Bhagwant Mann led state government. He wished them all the best for future. Highlighting the decision taken for welfare of govern-



ment employees, the H&UD Minister said that the state government has constituted a five member committee headed by Chief Secretary to formulate the standard operating procedure (SOP) for implementing the old pension scheme (OPS) as Mann government is fully committed for welfare of employees.

Principal Secretary Housing and Urban Development Mr Ajoy Kumar Sinha and Chief Administrator PUDA Ms Apneet Riyait were also present on the occasion.

Police recover 1503 chinese dor bundles, arrest 56

CHANDIGARH: A week after Punjab Government led by Chief Minister Bhagwant Mann has ordered ban on the sale, storage and purchase of such kind of China Dori made of synthetic material, Punjab Police have further intensified the ongoing drive against this fatal kite flying string. Sharing weekly details on action taken against sellers trading in the Chinese Kite string, Inspector General of Police (IGP) said that Police teams have recovered 1502 Chinese dor bundles after registering 50 First Information Reports (FIRs) and arrested 56 people indulged in selling this fatal kite flying string. Since the drive started against Chinese kite strings, Punjab Police have recovered a total of 12866 Chinese dor bundles after registering 284 First Information Reports (FIRs) and arrested 311 people from December 19, 2022.

Police public meeting at Thana Nangal bhur

GURDITT RANDHAWA SUJANPUR, JAN 30

A police public meet was organized at Police Station Nangalbhur under the chairmanship of SP Headquarters Dharamveer Singh.

In-charges of adjoining Indora and Damtal of Himachal Pradesh, Mukerian of Hoshiarpur district of Punjab and police post Bhargala also participated in the meeting. On this occasion, it was decided to maintain mutual coordination to prevent crime. It has been asked to maintain regular vigil in villages and cities. The shopkeepers of Adda Nangal Bhur, Adda Mirthal, Aabadgarh, Talwara Jattan, Chakk Chimna were instructed to install night watchmen in



their respective markets and each shopkeeper should keep a light bulb near his shop and keep it on during the night. Emphasis was laid on installing CCTVs near all the shopkeepers in the markets.

Panch-sarpanchs, shopkeepers were ap-

pealed to the drug addicts to cooperate with the police in the war against drugs. On this occasion, made aware about the new app "You Share We Care" launched by the District Police. On the occasion DSP City Lakhwinder Singh, SI Angrej Singh were present.

Tamil Nadu kite wins all over championship



KULWINDER KARWAL SARDULGARH, JAN 30

The two day 9th National Pole Ring Championship was held at Sacred Souls School Kauriwarra Sardulgarh. In which sub-junior, junior, senior competitions were conducted. Giving information, General Secretary of Pole Ring Federation of India, Nand Singh Kauri & President Gurbeant Singh said that teams from Tamil Nadu, Karnataka, Pondicherry, Jharkhand, Rajasthan, Delhi, Haryana, Punjab participated. In the senior category, the team from Tamil Nadu won & got first position, the team from Uttarakhand won the second position, the team from Rajasthan won the third position and the team from Delhi won the fourth position. In the junior category, the team from Tamil Nadu got the first place, the team from Rajasthan got the second place, and the team from Delhi got the third place. In the sub-junior category, the Tamil Nadu team secured the first position, Haryana second and Punjab third.

Mann should fulfil promises to people of Pb without listening to Delhi's talks: Comrade Bhattal

KULDEEP SOOD BARNALA, JAN 30

The governments of Punjab do not run from Delhi. Punjab Chief Minister Bhagwant Singh Mann should fulfil the promises made to the people of Punjab without listening to the talks of Delhi.

These words were said by Comrade Sukhwinder Singh Sekhon, State Secretary CPIM Punjab in a special conversation with journalists at Comrade Harditt Singh Bhattal Bhawan Barnala. He said that the cabinet minister of the Bhagwant Singh Mann government has been removed due to the corruption case and some MLAs are also going to be arrested for corruption. So, because of this, the AAP government will have to change its policies and not



run the government from Delhi. Today bribes from courts, and tehils have become higher than before. Reta and Bazari have become out of reach of people. Even after years, drug addiction could not be freed, even youths have died due to drug addiction.

It was announced to open 16 medical colleges but initially, not even one could be completed. The people were cheated and votes were taken by Kejriwal and Bhagwant Mann by lying to the people. Aam Aadmi's government is not an Aam Aadmi government. Bhagwant Mann has kept a maximum number of securi-

ty personnel and vehicles with him and has also provided vehicles to his family members.

The Aam Aadmi government has cheated the people by opening a Mohali Clinic and people's money is being siphoned off like water. At this time, member provincial committee Bhup Chand Channo and member provincial committee and district in-charge Roop Basant Singh Waraich also addressed and said that Harishan Singh Surjit's birthday is being celebrated at Hoshiarpur, a huge conference will be held in it. Yechari will also participate especially.

7th grand ration distribution event organized by Munde Ahmedgarh Welfare Club



AHMEDGARH (MAHAVIR GOYAL): Munde Ahmedgarh de welfare club under the leadership of President Rakesh Garg organized the 7th grand annual function and ration distribution function at Agarsain Sewa Sadan Ahmedgarh . The event was presided over by Padmashri Vijay Chopra Chief Editor Punjab Kesari Group, Giani Gagandeep Singh Nirmale Chief Sevadar Gurmati Sewa Society Jandali Khurd and Constituency MLA Prof Jaswant Singh Gajjanmajra. The chief guest Padma Shri Vijay Chopra said that Munde Ahmedgarh Welfare Club made a very important contribution by providing ration to the down-trodden people of the society. Famous personalities from social, religious, political and administrative fields specially participated on this occasion. President Rakesh Garg said that the club has been continuously distributing ration to 25 families every month for a long time and a huge ration distribution event is held every year. But due to Corona, the grand ration distribution event could not be held for the last two years. Akali leader Gurmeet Singh Ubhi performed the ribbon cutting ceremony. Jyoti Prachanda ceremony was performed by Shri Salasar Seva Mandal and Lakshmi Narayan Seva Dal.

DC holds meeting with officials of dept under progress of departmental schemes



KARNPREET KARAN BARNALA, JAN 30

Deputy Commissioner Mrs. Poonamdeep Kaur held a meeting with various departments at the meeting hall and took stock of the progress of the schemes. On this occasion, he reviewed the Magnarega scheme, under which 605,701 man-days were given in the year 2022-23. District Barnala is at the third place in employment generation under this scheme. On this occasion, District Family Welfare Officer Dr. Pravesh Kumar said that 4257 lab tests of 15504 patients have been done since August till now in the Aam Aadmi Clinic of villages Ugoke and Chuhanke already running in the district and medicines were given free of cost. On this occasion, the Deputy Commissioner reviewed the services of Oat Clinics, De-addiction Center and Rehabilitation Centre. Apart from this, the works done at Manal Cowshala through Cow Cess and the works of Public Works Department were reviewed. SDM Gopal Singh, Assistant Commissioner (J) Sukhpal Singh and officials of various departments were present on this occasion.

Moga industrial focal point association felicitates BJP District President Dr. Seemant Garg



SANJEEV ARORA MOGA, JAN 30

Aam Aadmi Party leaders are making big posters and talking about taking plenty of action, but so far no action has been initiated to take Platy out of Moga. Because this process is long and the involvement of FCI and other procurement agencies is necessary. Because the transport cost increases on taking the plate out, which has not yet been agreed upon with the procurement agencies and soon action will be initiated to take the plate out of Moga after talking to the central ministers. The above views were expressed on the occasion of felicitating BJP's District President Dr. Seemant Garg under the leadership of Subhash Grover, President of Moga Industrial Focal Point Development Association.

Insurance company asked to pay Rs.31,742/- including interest and Rs.10,000/- as damages and Rs.5500/- as expenses

KULDEEP SOOD BARNALA, JAN 30

Agreeing with the arguments of Advocate Dheeraj Kumar Barnala on behalf of Oriental Insurance Company Limited from the bench of Hon'ble Consumer Commission Barnala Chairman Ashish Kumar Grover and Member Urmila Kumari and Member Navdeep Kumar Garg, the insurance sum of Rs.31,742 was awarded to Asha Rani widow Gulshan Kumar resident of Barnala. including interest anAn order to pay Rs.10,000/- as damages and Rs.5500/- as costs was passed.It may be mentioned that Asha Rani's husband Gulshan Kumar had taken medical insurance from the said Oriental Insurance Company during his lifetime.

Gulshan Kumar fell ill on 18-07-2020 and died during treatment on 19-07-2020. Whose hospital expenses came to Rs.31,742/- due to lack of documents from the insurance company Asha Rani through Advocate Dheeraj Kumar Barnala filed a case against Oriental Insurance Company Limited on the pretext of non-payment. Treatment amount including interest anAn order to pay damages and costs was made.

CHET RAM RATTAN NAWANSHAHR, JAN 30

RMBDAV Centenary Public School Moosapur Road, Nawanshahr under the patronage of Principal Mrs. Sonali Sharma ji, the 35th anniversary and annual function of the school held. Chief guest (Secretary D.A.V. CMC & Chairman) Arvind Ghai Mr. Rashmi Ghai, (Director PS-I Aided School DAV CMC) J.P. Shur (AROP B Zone-F) . JK Sidhu, (Manager) Vinod Chugh were present.

This ceremony was celebrated with enthusiasm in the presence of praiseworthy and respectable people. The program started with DAV song, after lighting the lamp, all the guests were welcomed with flowers by the Principal Sonali Sharma. After that, the



annual report of the school was presented by the Principal Sonali Sharma. The program started with Ganesh Vandana and Swagatam dance song.

The students of "Natkgat Toli" (Nursery, LKG, UKG) enthralled everyone with their

spirited dance performance and reminisced their childhood days to all present. Students paid tribute to the brave sons of the country through Salaam India dance. Students of classes I and II took everyone to the olden days by presenting a retro dance.

Yoga and healthy body are
necessary in stressful life :
Kishan Kapoor

SANJAY AGGARWAL
DHARAMSHALA: The fourth edition
of the Fit India campaign was
organized today at the Government
Girls School, Dharamshala by the
Excellence Sports Center Sai.
Kangra Chamba Lok Sabha
Constituency MP Kishan Kapoor
participated in the program as the
chief guest. MP Kishan Kapoor said
that the Fit India campaign is the



result of the far-
reaching thinking
of Prime Minister
Narendra Modi.
He said that
India was started
on 29 August
2019 by Prime
Minister
Narendra Modi.
MP Kishan Kapoor said that the Fit
India program organized by Prime
Minister Narendra Modi and the
Government of India is a gift given to
38 crore youth of the country. He said
that it is the effort of PM Narendra
Modi that the youth of the country
can keep themselves healthy in this
fast-paced life. He said that in today's
era many diseases are being found
in children. Due to busy work, we are
unable to pay more attention to our
health.

He said that keeping in mind
today's stressful lifestyle, the
importance of yoga and a healthy
body becomes more important. The
basic objective of this program is to
promote sports in schools and
colleges as well as keep them
healthy. He said that in this series,
different programs will be organized
by the Sports Ministry of the
Government of India for one week at
different places.
During this, Kangra Chamba MP
Kishan Kapoor honored the winners
of painting, slogan writing, essay
writing, question and answer
competition organized under the Fit
India campaign.

Plans to be made for
Jwalamukhi Temple :
Sanjay Rattan



SANJAY AGGARWAL
DHARAMSHALA : According to the
Gupta Navratri tradition going on for
world welfare and world peace for 9
days in the world famous
Shaktipeeth Shri Jwalamukhi Temple,
it was duly completed today on
Monday with Purnahuti and Kanya
Pujan in the Mahayagya. Sanjay
Rattan, MLA of Jwalamukhi
Vidhansabha, participated in the
traditional worship of the temple on
the occasion of this auspicious day
and took blessings from Maa Jwala
and duly worshiped the holy lights so
that the whole world may have peace
and welfare of the whole world. Also
wished with the flame. MLA Sanjay
Rattan said on the occasion that in
order to maintain the ancient
traditions of the Gods and
Goddesses of Himachal, the special
contribution of the priests associated
with the temples remains to maintain
the traditions, along with this Jwala
Devi Shaktipeeth should maintain its
identity in the whole world. For this,
how to increase the facilities of the
devotees coming from the country
and abroad in the temple and
maximum facilities should be made
for the devotees so that they can
take a good message from here. He
said that soon new plans will be
made in the temple by taking
everyone's cooperation and they will
also be put on the ground so that the
devotees can get world class
facilities here. The officials have also
been instructed to speed up the
development work of the temple in a
planned manner as soon as possible.

HIMACHAL/JK

YUGMARG, CHANDIGARH, TUESDAY, JANUARY 31, 2023

High reaches draped in white blanket

(UND)
SHIMLA, JAN 30

Himachal Pradesh recorded major
spell of fresh snowfall as tourist re-
sorts Kufri, Narkanda, Fagu and
many others high peaks were draped
in white blanket, light to moderate
snowfall partly disrupted normal
life in Manali and its surrounding
areas though tourists are definitely
not complaining about this.

Met office spokesperson said
that Chitkul (Kinnaur) received 75
cms(2.6 ft) of snow, Nichar, Roh-
tang Tunnel south Portal,
Khadrala(Shimla), Shikaridevi
(Mandi), Kaza (Lahaul-Spiti) 60
cm(two ft), Kothi(Kullu)45 cm,
Pooh & Sangala(Kinnaur) 41.5cm,
Kalpa(Kinnaur)39 cm. Kukumseri
and Keylong 14 cm, Tourist resort
Kufri 16 cm, Tourist resort Manali
2.5 cm, Solang(Kullu) 50cm, Tabo
and Udaipur 8.5 cm, Khadapather,
Theog and Narkanda (Shimla) 30
cm, Khadki 15 cm, Chopal ten cm,
Kotgarh 12 cm. Dalhousie(Cham-



ba) had 37 mm rain, Manali(Kul-
lu):33 mm, Shimla Rampur(Shim-
la): 24 mm Seobagh, Dhaulakaun
14 mm (Sirmaur), Nahani 13 mm
and Solan 10 cm, Sundernagar
(Mandi)8 mm, Dharmshala 6 mm
and Kangra five mm. Light rainfall
also recorded in many places of
Shimla, Kangra, Solan, Mandi and
Kullu minimum temperature im-
proved in tribal areas however it was
below normal in the rest of state.
Minimum temperature of Shimla
was 1.6 and 1.5 degrees below nor-

mal, Keylong in Lahual Spiti minus
four degrees and six degrees above
normal, Kalpa was minus two ,
Dharamshala 7, Una 8.6, Nahani 9,
Solan 6, Manali 0.4, Kangra 10.8
4.3, Mandi 3.6, Bilaspur 7.5,
Hamirpur 10.7, Chamba 8.3, Dal-
housie one and Kufri minus 0.1 and
Narakanda minus 1.4 . India Me-
terological Department issued orange
alert of widespread snowfall and
rain in Himachal Pradesh warning
people to save them from cold wave
and power supply.

21 girl students visit Govt Women ITI



ASHOK KUMAR
TAHLI WAL, JAN 30

On Monday, 21 girl students of 9th and 11th class
of Vocational Course ITE of Government Senior
Secondary School Bathu visited Government
Women's Industrial Training Institute Pandoga under
the chairmanship of School Principal Ashwini
Sharma. During this, the children got detailed in-
formation about the working style of IT lab and
modern computerized fashion design and embroi-
dery machines in the institute. During this visit, the
Principal Engineer VS Dhillon of the Institute re-
ceived full cooperation from the officers and em-
ployees of the Institute.

CPS inspects entry gate of Baddi



ANWAR HUSSAIN
BADDI, JAN 30

Chief Parliamentary Secretary
Ram Kumar Choudhary in-
spected the entry gate of Baddi
on Monday. CPS wants to
make this entrance more attrac-
tive and pollution free. For
which he along with BBND
officials visited the site here and
gave proper directions to the of-
ficials. A green park will be
built here. The Suncity road

will be four-lane from the en-
trance. This will be the first
four-lane road of Baddi.CPS
Ram Kumar Chaudhary told
that the foundation stone of this
entrance being built in the name
of Green Baddi will be laid next
month during the CM's visit.
About four crore rupees are es-
timated to be spent on this. Un-
der which a residential colony
equipped with all facilities will
be prepared here along with
Fourlane, Green Park. Some in-

dustrialists say that they have to
go to Chandigarh because there
is not enough residential colony
to live here.

In view of this, on the demand
of industrialists, it has been de-
cided to develop a modern
colony here to be made on PPP
mode. It will be prepared by
Himda. So that there is no bur-
den on the government and if
the entrance here is good then
the investors coming from out-
side will be attracted here.

Speech competition organized by Nehru Yuva Kendra

KISHORI LAL BAINS
UNA, JAN 30

As part of the National
Youth Parliament Festi-
val, a speech competition was
organized for the youth by Nehru Yuva
Kendra.

In this competition or-
ganized virtually, 20 par-
ticipants from Una and
Bilaspur districts ex-
pressed detailed views on
sports, health, education
and social media. 13 par-
ticipants from Una dis-
trict and 7 from Bilaspur
district participated in this
competition.

Deputy Commissioner
Raghav Sharma attended
the event as the chief
guest. The Deputy Com-



missioner said that
through such activities
organized by Nehru Yuva
Kendra, the youth get im-

portant information about
the democratic process as
well as various topics re-
lated to the youth and

with the help of this the
young generation will be
able to deal with the chal-
lenges of the future.

Congress leaders should see gifts given by central govt, should not do politics. Nanda

DINESH AGARWAL
SHIMLA, JAN 30

BJP cum media in-charge
Karan Nanda said that this
time the Union Budget is go-
ing to be historic, and Con-
gress leaders will only do
politics regarding this bud-
get. Even today, some Con-
gress leaders have made
statements regarding the
union budget, and the union
budget has not even come yet.

Prime Minister Narendra
Modi has always considered
Himachal Pradesh his second
home, and the Prime Minis-
ter has always given Hi-
machal Pradesh a big gift
without asking for it.
Whether it is AIIMS in Bi-



laspur or Bulk Drug Park in
Una district, both are to be
built at a cost of Rs. 1923
crore, and not only this,
Prime Minister Narendra
Modi has also given Hydro
Engineering College to Hi-
machal.

Prime Minister Narendra
Modi has always worked ac-

tively for the progress of Hi-
machal Pradesh, and if any
party acted with hatred to-
wards Himachal, then it was
only the Congress party,
which also snatched the in-
dustrial package of Himachal
Pradesh. If we talk about the
National Highway Authority
of India, then recently the
National Highway Authority
of India has been working
ahead to make the Kullu-
Manali road double-laned.
The total cost of making this
road double-laned will be
more than 500 crore. This
will lead to progress in Hi-
machal. Perhaps the leaders
of the Congress party criti-
cise for the sake of criticism;
they have never seen the
progress of Himachal.

Patients will get treatment with better facilities : Sudhir Sharma

SANJAY AGGARWAL
DHARAMSHALA JAN 30

Zonal Hospital Dharamshala has been awarded under the Rejuvenation
Scheme in 2021-22. Due to this, the felicitation ceremony in the regional
hospital is given by the Government of India for the quality and cleanliness
campaign of health institutions. It was the first prize in 2018-19 as well,
while in 2021-22 also it has been the overall first, with a prize of 35 lakhs.

At the same time, for 2022-23, it is also running ahead with excellent
marks. MLA Sudhir Sharma honored the staff members of the hospital.
MLA Sudhir Sharma said that it is a matter of happiness that the Zonal Hos-
pital is being known for providing good facilities.



increased in emergency. Will also be prepared to deal with emergencies.
MLA Sudhir Sharma said that no shortage will be left to get the patients
treated with better facilities.

Dr. Rajesh Guleri, MS, Dharamshala Hospital, gave detailed infor-
mation about the programs of the hospital. Zonal Hospital Dharamshala has
met the national quality standards. In such a situation, the hospital has got
National Accreditation at the national level with 92 marks. Due to which
10 thousand will be available for every bed every year. In this way they will
be provided with a budget of 30 lakhs for the next three years. During this
ADC Saurabh, Municipal Commissioner Anurag, SDM, CMO Kangra and
others were present.

Provision of 25 percent reservation for weak children in recognized private schools



KISHORI LAL BAINS
UNA, JAN 30

Giving information, Deputy Director Devendra Chandel said
that under Section 12 of the Right to Education Act, to give 25
percent reservation for students of economically weaker sec-
tions and disadvantaged groups in recognized private schools
and to make them aware for reimbursement of fees. In order to
ensure compliance with the guidelines issued by the High
Court, all the private schools in the district should make pro-
vision of 25 percent reservation for the admission of children be-
longing to the reserved classes.

He said that all private schools should be made aware through
publicity for the admission to be held in the year 2023-24 so
that poor and reserved class students can get its benefit. Apart
from this, make sure to print the details of reservation in the
prospectus along with mentioning it on the notice board of the
schools. Action plan to be prepared under Prahar Abhiyan on
drugs in Una district Una, January 30 - An action plan will be
prepared for the next one year by various departments includ-
ing Education, Police Health, State Tax and Excise and Women
and Child Development Department for drug prevention
through Prahar campaign in Una district and in this direction
Work will be done at the grassroots level.

N.L Sharma, CMD, SJVN commences Dam concreting of Dhaulasidh Hydro Project

DINESH AGARWAL
SHIMLA, JAN 30

Nand Lal Sharma, Chairman &
Managing Director, SJVN today vi-
sited under construction 66 MW
Dhaultasidh Hydro Electric Project,
Himachal Pradesh.

During his visit, Sh. Nand Lal
Sharma commenced the concreting
of Dam with press of button at San-
otu, Hamirpur. With completion of
excavation works at Dam pit and
both the river banks, Dam concret-
ing work has commenced today.
Now, the project has entered into an
advanced stage of construction. Sh.
Sharma also inaugurated the Non-
Family Accommodation for project
employees at Salasi, Hamirpur. The
bachelor accommodation has been
constructed at an accelerated pace to
facilitate the employees posted at
project. This will also enable faster
project execution by facilitating
24x7 availability of the employees at
project sites.

Nand Lal Sharma took a detailed
review & monitored the ongoing
construction activities at various
project components. Excavation
works at Power House site have also
been completed and the first stage



concreting of Power House will
commence shortly. Excavation
works of Tail Race Channel are also
nearing completion. Sh. Sharma
conveyed his satisfaction with the
pace of work. Addressing the em-
ployees and contractor's manpower
deployed at various project sites, Sh.
Nand Lal Sharma motivated all to
ensure the completion of the project
within the scheduled timeline in De-
cember 2024. On this occasion, Sh.
Parminder Awasthi, Head of the Pro-
ject along with project officials were
also present.

The Foundation Stone of 66 MW Dhaultasidh
Hydro Electric Project was laid by Hon'ble
Prime Minister Sh. Narendra Modi on 27th
December 2021. The esti-
mated cost of this Run of the River project being
executed on Beas river is Rs 687 crores and the fi-
nancial closure of the project has been stamped
with Himachal Pradesh State Co-operative Bank.
On commissioning, the project will generate 304
million units of energy an-
nually. The levelized tariff for the
generated electricity will be Rs. 4.46
per unit. This hydro project is majorly
contributing to the overall socio-
economic development of the re-
gion. With the construction activities
of the project in full swing, multiple
job opportunities, direct and indirect,
have been generated. The project has
also given a boost to the local busi-
nesses. Under the CSR initiatives,
various community assets are being
developed which are benefitting lo-
cal populace and the state of
Himachal Pradesh.

Rayat Bahra Group is committed to provide jobs to every student pursuing education in its colleges: Chairman Bahra



DALJEET AJNOHA HOSHIARPUR: Rayat Bahra Group is committed to provide jobs to every student pursuing education in its colleges. The views were expressed by Gurvinder Singh Bahra, Chairman, Rayat Bahra Group during the Garv-The Pride function organized at Hoshiarpur Campus. He told that during the session 2022-23, the group has got around 2000 students placed in big companies of the country and abroad. In the same thread, job offer letters have been given to around 250 students in the Hoshiarpur campus. He wished all the best for the bright future of the students who got selected on good annual package in various companies. Chairman Bahra appreciated and congratulated the Training and Placement Cell for this success. At the beginning of the function, the Campus Director Dr. Chandra Mohan welcomed the students and their parents present in the function. He appreciated the efforts being made by the team of Training and Placement Cell in Hoshiarpur campus for placement of students. During the function, job offer letters were given to around 250 students who have completed their studies in 2022-23.

Campaign to spread awareness on leprosy



KULWINDER KARWAL SARDULGARH: On the occasion of Sacrifice Day of the Father of the Nation, Mahatma Gandhi, a leprosy awareness campaign was launched at SDH Sardulgarh under the direction of Civil Surgeon Mansa Dr. Ashwani Kumar and under the leadership of Senior Medical Officer Dr. Ved Parkash Sandhu. On this occasion, all the officers and employees took an oath that they will continue to commit and strive to provide health services to the person with leprosy without any discrimination. Giving information, Health Inspector Nirmal Singh Kanakwalia said that if there is any symptom like copper colored numb spots on the skin, no sensation of cold and hot on the skin, then he should contact the nearest health center as soon as possible. Dr. Amandeep Kamboj, Pharmacy Officer Prabhjot Kaur, Pharmacy Officer Avtar Singh, Ravinder Singh Ravi, Kewal Singh, Parladh Singh, Narinder Singh Sidhu, Kulwinder Singh etc. were present on this occasion.

IIT Ropar and PU to collaborate in science and technology
BAHADURJEET SINGH RUPNAGAR: Indian Institute of Technology (IIT) Ropar and Panjab University Chandigarh have signed a MoU on Monday to foster collaboration and support the activities of Science and Technology. "The MoU brings together the R&D strengths of both the esteemed Institutions with the expertise and experience of the Industries and will help to bring technological solutions of the scientific problems of the Industry and academia and will also help in setting up a robust and vibrant innovation-driven technology development ecosystem," remarked Prof. Rajeev Ahuja, Director, IIT Ropar, on the MoU signing. In order to support the mandate of 'Atmanirbhar Bharat', the Panjab University, Chandigarh and the Indian Institute of Technology Ropar will work together to lead S&T Cluster in the region. Recognizing the importance of institutional cooperation in the fields of science, technology, and innovation, the cluster will adopt a bottom-up approach for developing capabilities and gradual build-up of resource generation in the later years.

Book Bank Jagraon conducts "Bhandara" in memory of Sunny Verma



SUKH NAHAR JAGRAON: Book Bank Jagraon president and social activist Hemant Verma organized "bhandara" in the loving memory of his son Sunny Verma, before conducting "bhandara" Sunny Verma's family conducted "path" at his office. It is worth mentioning that Sunny Verma highly contributed to the association while he was project director. He also helped several students and gained huge respect for himself and his untimely demise made every person mournful. Late Sunny Verma's father launches social welfare projects very often in memory of his son. He is also preparing a vast library as a tribute to his son.

YUGMARG, CHANDIGARH, TUESDAY, JANUARY 31, 2023

Delegation from national defence college meets Punjab Governor

SHASHI PAL JAIN CHANDIGARH, JAN 30

A delegation of National Defence College(NDC), Ministry of Defence, GoI on a socio-political study tour to the State of Punjab, met Shri Banwarilal Purohit, Governor of Punjab and Administrator, UT, Chandigarh, here today at Punjab Raj Bhavan.

The delegation was extended a warm welcome at Punjab Raj Bhavan. The Governor appreciated NDC's rich tradition of training senior professionals from military and civil service background in the fields of strategic security.

He said that success of any nation depends on how effectively it can harness resources available at its disposal, foremost among which is human resource.



The NDC, where senior officers from armed forces and from civil services are imparted knowledge, performs the task of development of human resources effectively. Their skills are honed to elevate them to effectively deal with national security issues. The Governor said that the aim of the NDC course to teach "strategic, economic, scientific, political and industrial aspects of national defence"

is extremely relevant. Motivating the delegates, the Governor said that we are celebrating 75 years of Indian independence and have entered 'Amrit Kaal' of the centenary of our independence, which is a crucial phase for all of us.

It is time to come together and build a nation which can be hailed as one of the developed nations of the world. For this, we need the efforts of officers like

you to take all positive steps in this direction. I am sure the knowledge and understanding which you have gathered from the NDC will help you in this pursuit. Wishing the delegates all the best, the Governor said that 'I hope that you all will bring greater laurels to the National Defence College and your country as seasoned professionals in your domains of expertise'.

BJP leader Gigga announces struggle over repair of road from Badala to Jhanjeri



SHASHI PAL JAIN KHARAR, JAN 30

The State Publicity Secretary of BJP Khushwant Roy Giga has threaten to start an agitation if the Govt. failed to repair the road from Badala to Jhanjeri which was abandoned for a long time after laying the stone on it.

He told the reporters at Rasanheri village today that a long time ago, the concerned contractor threw stones on this road and abandoned it, and now the situation is that road accidents are happening here every day and stones are falling on people with tires of vehicles. He said that the glass of a shop at Rasanheri

was broken by a stone yesterday. Similarly, a girl's arm was broken in a road accident.

He said that despite repeated requests, no action is being taken in this regard. He said that the people would start agitation soon if the Govt. failed to do repair work immediately

AAP govt is trying to close dispensaries in name of mohalla clinics: NK Sharma

VICKY BHABAT ZIRAKPUR, JAN 30

The Aam Aadmi Party government, which is committed to providing good health facilities to the people, is busy strangling the existing health facilities. This government has completely reneged on every promise made to the people during the elections.

These things were expressed today by NK Sharma, former MLA of Sromani Akali Dal from constituency Derabassi, protesting in sharp words against the closure of the old dispensary built on one acre at village Chatt. He said that the present government is working on closing the dispensaries and hospitals that are already running in the name of mohalla clinics. He said that a dispensary was running in the village



since the year 1983 in which a doctor, nurse and pharmacist were working. With the closure of this dispensary, the people of about 10 nearby villages have been deprived of health facilities. He said on the closure of the convenience centers that the Sromani Akali Dal government had built the convenience centers to relieve the people from being pressured by the government offices, but the present government is working on closing them. He said that the dispensary running at Dapar village has been closed and a small mohalla clinic has

been built where a doctor comes only for two or three hours. He said that the government is not spending as much on these mohalla clinics as it is on their advertisement, while neither medicines, nor testing labs, nor x-ray machines are available in them. He said that the Dhakoli Hospital in Zirakpur area was built during the Sromani Akali Dal government, but first the Congress and now the Aam Aadmi Party government has failed to upgrade it while the population of this city is continuously increasing.



Dham Pal, Adviser to Administrator, officers and staff of Chandigarh Administration paying homage to Father of the Nation, Mahatma Gandhi and observing two minutes silence in the memory of the martyrs of India's freedom struggle at UT Secretariat, Chandigarh.

Gurumat Samagam at Gurdwara Damdama Sahab Pathankot



SHARANJEET PATHANKOT, JAN 30

Sarbat Khalsa organized a Gurmat Samagam at Gurdwara Damdama Sahib, Mirpur Colony, Pathankot. This Gurmat Samagam was organized with the support of Jathedar Gurdeep Singh Gulati the chief organizer of the organization and Sangat. During the Samagam, Panth's famous narrator and preacher Bhai Harpreet Singh of Faridpur explained the Gurbani. Later, the ragi Jatha of Bhai Gurbachan Singh and Bhai Rajan Singh enthralled the congregation by performing Kirtan. The Kirtan was preceded by the indulgence of Nitem, Sri Sukhmani Sahib and the ongoing Sahaj Path. On this occasion, the chief organizer of the organization, Jathedar Gurdeep Singh Gulati, Master Chanan Singh, Paramjit Singh Assistant Speaker, Sucha Singh Goraya, Jaspal Singh Bunty, Manmohan Singh Kesar, Charanjit Singh Gulati, Narinder Kaur Kesar, Surinder Kaur Padda, Waswan Singh Kahlon.

Sacrifice of martyrs can never be forgotten, entire country will always be proud of its great martyrs: ADC

R VERMA GURDASPUR, JAN 30

In the memory of the martyrs who laid down their lives for the nation during the freedom struggle of the country, at 11:00 this morning, the officers, employees, police jawans of all departments observed a 2 minute silence at District Sadar Maqam Gurdaspur. Tributes were paid to the martyrs.

First of all, at exactly 10:55 in the morning, the policemen gave a guard of honor to the martyrs by turning over their weapons. Meanwhile, the policemen sounded the bugle and observed silence for 2 minutes at exactly 11:00 am. All the officers and employees present on this occasion also paid tribute to the martyrs. Additional Deputy Commissioner (General) Dr. Nidhi Kumudh Bamba said



that they offer flowers of devotion to all the martyrs who laid down their lives during the freedom struggle. He said that the sacrifice of martyrs can never be forgotten and the entire country is proud of its great martyrs.

Today, if we are breathing in the glory of a free country, it is possible only because of the martyrdom of those great martyrs. He said that even today the soldiers of our security forces are making their sacrifice for the unity and integrity of the country. Additional Deputy Commissioner Dr. Nidhi Kumud said that

we should do our duty with full honesty and loyalty by contributing to the creation of the dream country of the martyrs. On this occasion, SDM, Gurdaspur Ms. Amandeep Kaur Ghuman, DDPO Mr. Satish Kumar, District Education Officer. Amarjit Singh Bhatia, Axion Panchayati Raj Baldev Singh Bajwa, Mr. Ashok Kumar from Statistics Department, Mr. Apart from District Land Defense Officer Harcharan Singh Kang, officers of other departments and staff posted at the district headquarters were also present.

Dr. Nidhi Kumud Bamba issues an order focusing on traffic, safety in markets

GURDASPUR (R VERMA): Senior Police Captain, Batala Mr. Satinder Singh informed through 20 January 2023 that due to the winter season, there is often very dense fog, due to which visibility becomes very low. The shopkeepers of Batala city keep the goods of the shops about 8-10 feet outside their shops, due to which the traffic is very difficult for the people due to the narrow road in the market and the vehicles collide with each other due to the fog. And there is fear of deterioration of the law and order situation due to a tense situation due to an atmosphere of fighting.

Keeping all this in mind, Dr. Nidhi Kumud Bamba, Additional, District Magistrate, Gurdaspur, using the powers under Section 144 of the Criminal Procedure Code, 1973, has passed the following orders in District Gurdaspur that no shopkeeper may leave his shop without warrant. Will not keep any goods of his shop outside. No shopkeeper shall erect any street in front of his shop without the permission of the Corporation. No sand or gravel should be placed outside the shop on the road area above the shop. The hawkers will not pitch hawkers in the general markets except in the space allotted to them for hawking. These orders will remain in force from 25th January 2023 to 25th March 2023.



7 day and night NSS Camp culminates at MCM



RAJIV JAIN CHANDIGARH: The seven Day and Night NSS Special Camp, held on the theme of 'Swachh Bharat Abiyan' and 'Fit India Campaign', culminated at Mehr Chand Mahajan DAV College for Women, Chandigarh. The Chief Guest for the valedictory session was Dr. Nemi Chand Golia, State Liaison Officer, State NSS Cell, Chandigarh Administration. Speaking on this occasion, Dr. Golia expressed appreciation for the efforts of the college's NSS units for accomplishment of the dual objectives of empowerment of volunteers and service to the society. He highlighted the significance of seemingly small efforts in bringing about positive change in the society and motivated the volunteers to work for social upliftment. Adding that healthy youth is imperative for a healthy nation, Dr. Golia advised the students to focus on their own holistic development and well-being. Principal Dr. Nisha Bhargava congratulated NSS units for successfully organising such an expansive camp that not only developed the personality of volunteers but also promoted their physical, mental and holistic well-being.

RR Bawa DAV College for Girls, Batala conducted'HavanYajna'to mark beginning of the New Semester



BATALA (VERMA): Under the patronage of Dr.Ekta Khosla, Principal, RR Bawa DAV College for Girls, Batala and under the able guidance of Dr.Meenakshi Duggal (Coordinator) and Dr. Lucky Sharma (Dean Student Welfare), 'HavanYajna' was conducted to mark the beginning of New Semester. On this occasion, Sh. Rajesh Kawatra, Chairman of Local Advisory Committee along with his wife Smt.AnuKawatra graced the occasion as the Chief Guest while Member of Local Advisory Committee Sh. Vinod Sachdeva and Sh.AshwaniMarwaha made a special appearance. Principal Dr.Ekta Khosla formally welcomed the eminent guests with green planters. Amidst the Vedic Chantings and Shlokas, the Prayers were offered for the welfare of the nation and the world by worshiping Lord Agnidev. While addressing the students, Principal Dr.Ekta Khoslapropounded the importance of havanyajna and emphasized that itshigh energetic vibrations bring positivity, conviction and compliance in the atmosphere. She added that the college is committed to provide better facilities to the students and emphasized on working hard for better opportunities and wonderful achievements inthe upcoming year.On this occasion, Dr.Meenakshi Duggal also congratulated the students for the new semester and provided detailed information about various skill courses of 30 hours and advised them to join these courses for their skill enhancement.

Blood donation camp organized in NITTTR Sec 26 on occasion of Martyrs Day of Mahatma Gandhi

SHASHI PAL JAIN CHANDIGARH, JAN 30

Truth, peace, cooperation, dedication and goodwill and implications of Mahatma Gandhi ji, a blood donation camp was organized at NITTTR Sector 26 Chandigarh as a tribute on his Martyrs Day. The camp was organized by National Academy of Customs, Indirect Taxes and Narcotics Zonal Campus, Chandigarh in association with Red Cross Chandigarh, Vishvas Foundation Panchkula and PGIMER. Two minutes silence was also observed at 11 o'clock in the memory of Mahatma Gandhi.

As per press note issued by the organizers the Camp started by Sunil Singh Katiyar ADG, chief guest Samita Katiyar, Pranjal Singh ADD, Varun Soni DD, Manoj Kumar Bhan DD and other guests Dr. Suchet Sachdev from PGI, Sadhvi Nee-



lima Vishvas, President from Vishvas Foundation and Sushil Kumar Taank from Red Cross Chandigarh lighting the flame. Sunil Singh Katiyar ADG, Chief Guest Samita Katiyar, Inspector and other employees of the department also donated blood in the camp. In the camp, the participants were told about the importance of blood donation by motivating Sunil Singh Katiyar, Pranjal Singh, Dr. Suchet Sachdev and Sadhvi Neelima Vishvas. Around 100 participants participated in the camp. The camp was successfully

completed by 73 blood donors under the supervision of Dr. Deepika from PGI Chandigarh. It was assured by the department to organize such humanity implication programs in future also. All blood donors were encouraged by giving appreciation letters and gifts. On this occasion from Vishvas Foundation, Rishi Saral Vishvas, Rishi Mohit Vishvas, Sadhvi Preeti Vishvas, Madhu Khanna, Rishi Shashvat Vishvas, Ramesh Suman, Varinder Kumar Gandhi, Vikas Kumar and other dignitaries were also present.

NEWS AT A GLANCE

BKU extends support to college teachers against reduction in retirement age



SUKH NAHAR
JAGRAON: A delegation of Punjab and Chandigarh College Teachers' Union (PCCTU) including Prof. Bahadur Singh, S.D. College, Barnala (Executive Member, PCCTU), Prof. Rajinder Singh (Area secretary PCCTU, Punjab University Patiala), Prof. Tara Singh (District President PCCTU, Barnala) and Prof. Varun Goel (Executive Member, PCCTU) met Sh. Joginder Singh Ugrahan at his residence at village Ugrahan. The delegation made Sh. Joginder Singh Ugrahan aware about the current scenario of Higher Education of the Punjab. The members of the delegation explained Sh. Ugrahan as to how the present Bhagwant Mann Government has played a political stunt about the implementation of UGC Seventh Pay Commission for college and University Teachers of Punjab. The teachers were expected to receive their salary for the month of October 2022, payable in November 2022, in accordance with the revised pay scales. The PCCTU expressed serious concern and deepest displeasure regarding reduction in retirement age of college teachers from 60 years to 58 years.

Miss World America Shree Saini felicitated



RAJ SADOSE
ABOHAR: Shree Saini, the first Indian woman to be crowned Miss World America, was accorded a grand welcome at Rajyoga Bhawan on her arrival here. Brahma Kumaris center in-charge Pushplata applied tilak on her forehead and presented a bouquet. Shree Saini, who was the last runner-up in the Miss World competition and was declared as the ambassador of Beauty with a Purpose (BWPP) campaign, shared her experiences and said that since childhood, she had a resolve to reach the world stage to be helpful in the education and development of needy children. After moving to the US, at the age of 12, the doctors who fixed a pacemaker due to heart related problem, forbade her to dance, but the artist in her defied the ban. She participated in various competitions and won. This boosted her morale and now she has reached the present position.

AAP hands over diagnostic testing in govt hospitals to private company: SAD

RAWEL BHINDER
PATIALA: Shiromani Akali Dal (SAD) senior leader Charanjit Singh Brar today said the Aam Aadmi Party (AAP) government had not only rebranded primary health care centres as Aam Aadmi clinics after closing rural dispensaries, but had also extended the contract for all diagnostic tests to a private company at astronomical costs. Charanjit Brar was here at Khaira Gajju Aam Aadmi clinic which has been made operational by transferring staff from the nearby Kotla Village. The erstwhile PHC in this village was established in 1978 and also a free chemist shop and diagnostic centre established by the erstwhile S Parkash Singh Badal government which are both lying closed presently. Talking to newsmen, Mr Brar

said it was shocking that the AAP government had expanded the scope of a private diagnostic company – Krishna Diagnosis and handed over responsibility to it to conduct laboratory tests in government hospitals. Terming this as a scam, he said fresh tenders should be issued so that this work could be allotted on competitive basis till such time the government does not hire laboratory technicians and make all laboratories functional. Brar said AAP convener Arvind Kejriwal had promised to make healthcare free for all Punjabis including bearing calls for all operations. "Forget doing this, he has forced Punjab chief Minister Bhagwant Mann to go in for a useless branding exercise to revive AAP's sinking ship in Punjab. He said the situation vis a vis healthcare services was so bad in Punjab that patients had to purchase their own syringes. He also highlighted how the AAP government had forgotten all promises made to the people.

Valley receives first major snowfall, disrupting air and surface traffic

UNI SRINAGAR, JAN 30

Kashmir valley received the season's first major snowfall disrupting flight operations and blocking the Srinagar-Jammu national highway on Monday.

While Srinagar and the plains received moderate snow, the upper areas received heavy snow disrupting normal life. Several flights have been cancelled at Srinagar International Airport on Monday morning. Director, Srinagar International Airport Kuldeep Singh Reshi said that visibility is only 200 M and there is continuous snowfall.

He also advised passengers to avoid inconvenience and to avoid Congestion. "please check the status of your flight from your airlines before coming to the airport", he said. The traffic on Srinagar-Jammu national highway was suspended due to shooting of stones and mudslides at many places between Banihal -Chanderkerot and fresh snowfall at Qazi-



gund area. "Jammu-Srinagar NHW still blocked. People are advised not to travel on NH-44 without confirmation from TCUs", a traffic police tweet said. Train services were also affected due to snowfall and it was still snowing. Railways officials told UNI and added "We are clearing snow from the track as soon as it is cleared the traffic would be restored", he added. Many far flung areas of Kashmir valley were also

disconnected from their district headquarters due to heavy snow-fall.

Srinagar and its adjoining areas wore a white blanket of snow much to the delight of the people and tourists staying here. Roof tops, trees, roads surrounding hills were covered with snow representing a glorious view of nature. This was the first major snowfall in Srinagar during this winter. It was intermittently snowing at

present in Srinagar and adjoining areas. Tourist resorts of Gulmarg, Pahalgam and Sonamarg, also received moderate to heavy snowfall today. The Meteorological forecast of currently widespread moderate to Heavy Snowfall in Kashmir, Hilly areas of Jammu, Moderate Rain with thunderstorms at most places of Jammu.

IMD has issued "Orange color" heavy snowfall warning for Jammu and Kashmir for today. It

Dr. Inderjit Kaur Khokhar honoured by cabinet minister on Republic Day



RAWEL BHINDER PATIALA, JAN 30

The cabinet minister of Punjab for social security, women and child development, Dr. Baljit Kaur honoured Dr. Inderjit Kaur Khokhar, Head Teacher of Government Smart School, Grain Market, Patiala with a certificate and memento for her contribution in the field of education and research during 74th Republic Day celebration programme organized by the district administration held at Raja Bhalinder Singh Sports Complex, Polo Ground here today.

Dr. Khokhar is a Patiala based academician, who has a 21 years of teaching experience to her credit. She passed her post-graduation in history from government Mahindra college, Patiala with gold medal. She completed her master of philosophy (M.Phil.) from Himachal Pradesh University, Shimla and Doctor of Philosophy (Ph.D.) from Panjab University, Chandigarh in the subject of history. She has also qualified the National Eligibility Test (NET) in the subject of history and declared eligible for Asst. Professorship in the universities and colleges by the University Grants Commission (UGC), New Delhi.

Prakash Purab of Sri Guru Ravidas to be celebrated



BUREAU PATHANKOT, JAN 30

A special meeting was held at Sri Guru Ravidas Dharamshala Gopal Nagar Dhariwal under the chairmanship of patron Babu Teja Singh. In which President Dr. Kamaljit Singh, Daljit Singh, Bua Singh, Gurmej Singh, Chaman Lal, Tarsem Lal, Harbhajan Singh, Jaspal Singh, Paramjit Singh, Surjit Kaur were present.

Giving information, President Dr. Kamaljit Singh said that the 646th birth anniversary of Sri Guru Ravidas Ji will be celebrated by the devotees on February 5 with great devotion.

He said that Akhand Path will be started on Friday, February 3 and Nagar Kirtan will be performed on February 4. On February 5, after the feast of Akhand Path, Bhai Jaswinder Singh, Baba Kuldeep Singh, Baba Amrik Singh and other ragi-dhadi groups and narrators will entertain the congregation with katha-kirtan from 12 noon to 2 pm. In the meantime, Guru's Langar will be used endlessly. They appealed to the Sangat to arrive on time.

RAMAN GUPTA KAITHAL, JAN 30

On Sunday, CIA-1 arrested 3 accused including Kabadi while tightening the noose on the gang of vehicle thieves.

From whose possession 5 stolen bikes, 1 three wheeler, parts of a Tata AEC and other vehicle parts and scrap have been recovered. DSP Ravindra Kumar Sangwan, while disclosing the said success through a press conference, said that working on the instructions of SP Maqsood Ahmed, committed to maintain the safety of life and property of the common man, under the leadership of CIA-1 in-charge SI Ramesh



Chand. HC Devendra Singh's team has succeeded in busting a vehicle theft gang. The DSP said that on Sunday evening, on the basis of a secret information by the team of HC Devendra Singh, the accused Arjun Nagar Kaithal resident Pawan Ku-

mar on a bike near the old hospital Kaithal. alias Monu and Aman alias Golu, resident of Sirta Road Kaithal, were arrested. During investigation, the bike recovered from the possession of the accused was found stolen.

RN KHERA CHANDIGARH, JAN 30

On the occasion of the martyrdom day of Vaish Shiromani and father of the Nation, Mahatma Gandhi, a tribute meeting was organized under the supervision of Punjab State President of International Vaish federation (IVF), Surinder Singla. Shashikant Sharma, General Secretary of Senior Citizens Welfare Association, while giving information on the life of Gandhi, said that Gandhi Ji was a priest of non-violence and truth, he has been the first such great person of the country who was honoured with the title of father of the Nation and his picture is being published on the Indian currency. "To pay him a true tribute, we should work for

the welfare of the nation and society by following the path shown by him", he added. While addressing the gathering, Surinder Singla said that on the request of the organization, the United Nations on the birth anniversary of Mahatma Gandhi has declared October 2 as the International Day of Non-Violence.

He said that starting from the office of the Chief Minister of Punjab to all the government offices of Punjab, constitution writer Dr. B.R. Ambedkar and Shaheed-e-Azam Sardar Bhagat Singh's Portraits have been installed, which is a commendable work had been done by the Punjab Government, but in these days the portrait of Mahatma Gandhi is not visible in the government offices of Punjab.

Blood donation is great donation, blood donation is life donation: Dr. Mukesh Agarwal



RAMAN GUPTA KAITHAL, JAN 30

Under the joint aegis of District Red Cross Society and Shri Khatu Shyam and Salasar Mandal, a blood donation camp was organized in the hall of RKSD College on the death anniversary of Mahatma Gandhi.

Indian Red Cross Society General Secretary Dr. Mukesh Agarwal as chief guest and Saket Mangal, head of RKSD organization as special guest participated in this camp. 80 blood donors voluntarily donated blood in this blood donation camp. Donors who do-

nated blood in the blood donation camp were honored by Dr. Mukesh Agarwal by putting badges and giving blood certificates. Dr. Mukesh Agarwal said that blood donation is a great donation, blood donation is life donation. Therefore, every healthy person should donate blood, so that their lives can be saved by giving blood to needy patients as per their requirement. By donating blood, there is no weakness of any kind in our body. Therefore, we should donate more and more blood to help the patients. He also requested the general public that we should try to save the

life of the needy person by organizing blood donation camps on our birthday or on other auspicious events. District Red Cross Society Secretary Ramji Lal said that last year 6230 blood units were collected by organizing 65 blood donation camps by District Red Cross Society Kaithal. He appealed to the youth of district Kaithal to donate blood at least once a year, so that blood can be made available to the needy patients. On this occasion Principal SK Goyal, Dharamveer Chemist, Ashok Mital, Surendra Mital, Kapil Goyal, Sachin Garg, Sanjeev Sharma, were present.

Sanjay Tandon meet Agriculture Minister Narendra Tomar

CHANDIGARH (CS JOLLY): Senior BJP leader Sanjay Tandon met Union Agriculture Minister Tomar, who arrived in Chandigarh to inaugurate the two-day G20 summit, which began on Monday. Apart from topical issues, both the leaders discussed at length about the conference and how this hosting is changing India's image across the globe.

On this occasion, Tandon presented the self-written book 'Balramji Das Tandon Ek Prerak Charitra' dedicated to his father Balramji Das Tandon as a gift to him.



CS distributes Ulcer care kits to leprosy patients on NLED



SUMER GARG SANGRUR, JAN 30

On the occasion of father of the Nation, Mahatma Gandhi's martyrs' day, National Leprosy Eradication Day(NLED) was celebrated at Sri Guru Arjan Dev Leprosy Ashram and Civil Surgeon(CS), Sangrur, Dr. Parminder Kaur distributed ulcer care kits to leprosy patients, for the care of their numb limbs, apart from this, an oath was also taken by the Civil Surgeon regarding non-discrimination with leprosy patients.

CS, said that leprosy is curable and its treatment is possible only if its symptoms are identified at the initial stage and treated immediately. She further said that we should identify the

leprosy patients and get them treated at the earliest, so that the numb limbs can be saved from permanent numbness. She also assured the leprosy patients of all the facilities provided by the government.

Dr. Parminder Kaur said that the National Leprosy Eradication fortnight is being celebrated from today till February 13, people are being made aware about not showing any kind of discrimination with leprosy patients and for the prevention of leprosy disease. She said that society should always treat people suffering from leprosy or any other serious disease well, so that the affected person can overcome the disease by becoming mentally strong.

PGIMER conducts first ever simultaneous living donor kidney transplant

LK BANSAL CHANDIGARH, JAN 30

Donor Kundan's braveheart family's magnanimous gesture of Organ Donation saves 4 lives with the transplantation of Heart, Liver, Pancreas and 2 Kidneys

Achieving another milestone, PGIMER conducted its first ever simultaneous pancreas & kidney transplant from where the pancreas was retrieved from a deceased donor while the kidney was donated by the sister of patient, 22nd January turned unfortunate for 21 year old Kundan Baitha from Siswa Bairagi, West Champaran, Bihar when going to some work, Kundan's bike skidded, leading his head hit against the road and making him unconscious with fatal head injury. On getting the tragic news, the family first got Kundan to Regional hospital, Una and seeing no improvement, Kundan was shifted to PGIMER in an extremely

critical condition on 23rd January. However nothing could alter the destiny and Kundan's seven days of grueling struggle between life and death came to an end on 29th January when he was declared brain dead by the certification committee at PGIMER. But even in this darkest hour and amid their own grief, the grief stricken father Narsingh Baitha showed exceptional courage by consenting to donate the organs of their deceased dear

one when the option of Organ Donation was flagged to him. Following the family's consent, heart, Liver, kidneys and pancreas were retrieved from the donor for transplantation to improve others' lives. Paying rich tributes to the donor family, Prof. Vivek Lal, Director PGIMER stated, "One develops a different level of respect for the donor families like this one of donor Kundan Baitha, who sustain the hope in others.



Students of Sanmati school excel in competitions organized at LR DAV college



SUKH NAHAR JAGRAON, JAN 30

Students of Sanmati Vimal Jain school shined brightly in competitions organized at Lala Lajpat Rai DAV college on the occasion of birth anniversary of the valiant freedom fighter.

Giving more information about this, school director Shashi Jain and principal Supriya Khuranna said that the students performed excellently in inter-school competition organized at the college. "School's class 12th student Inderjeet Kaur stood first in declamation competition, class 10th student Jasmine Kaur stood second while Anjali Sharma grabbed third spot in essay writing competition and Ripanjot stood third in poster making competition," she said.

GOVT OF PUNJAB	
TENDER REFERENCE NO. 01 OF 2023 DATE:-25-01-2023	
The department of Punjab Water Supply & Sewerage Board invites online bids for:-	
Sr. No	Description of work
1.	Part-A Construction of 1.50 MGD Water Treatment Plant including testing, commissioning & operation of WTP for 12 months complete in all respects at Fazilka, Distt Fazilka, under Special Assistance for 2022-23.
2.	Part-B Providing and Laying and Distribution System, Clear Water Tank, Clear Water Sump, Raw Water Sump, Pump Chamber, Connecting Pipes, HT room and providing and fixing of pumping machinery and all other works contingent thereto at Fazilka Distt Fazilka under Special Assistance for 2022-23.
3.	Construction of RCC MPS including P/F pumping machinery, providing and laying DI K-9 Rising Main, Construction of staff quarter, restoration of roads and all other works contingent thereto at Guruharsahai Town Distt Ferozepur (Left out by SPCPL)
Last date and time for online submission of bid shall be:- Up to 14.02.2023 at 03:00 P.M.	
For detailed terms and conditions refer to website https://eoroc.punjab.gov.in	
3d/- Executive Engineer, P.W.S. & Sew.Div., Abohar	
PR-PB-Advt. No :- NA/12/14181/2022/20812	

EDITORIAL

Diplomatic maturity

Despite the ongoing hostilities, India's invitation to Pakistan and China for the foreign ministers' meeting of the Shanghai Cooperation Organisation (SCO) is a smart diplomatic move which reflects the country's maturity and pragmatic approach. India is hosting the meeting to be held in Goa in May. The invite to Pakistan Foreign Minister Bilawal Bhutto Zardari and his Chinese counterpart Qin Gang signals India's intent to reach out to two neighbours with whom its relations have remained strained in recent years.

The trust deficit with these two hostile neighbours should not be allowed to diminish the significance of such multilateral meetings. The onus is now on Islamabad and Beijing to utilise the opportunity to find a way forward. The regional grouping includes China, Russia, Pakistan, Kazakhstan, Kyrgyzstan, Tajikistan and Turkmenistan. If the meeting could provide even a small window of opportunity for a thaw, India must not be the one to miss it. In fact, the bilateral ties with Pakistan are now at a new low, particularly against the backdrop of Bilawal's despicable remarks targeting Prime Minister Narendra Modi personally. In a sharp reaction, India's Ministry of External Affairs termed his comments, made on the sidelines of the United Nations Security Council, as an 'uncivilised outburst' and a 'new low' even by Pakistani standards. By sending out the invitation for the SCO meeting, India has thrown the ball in Islamabad's court. Invitations for multilateral meetings are normally accepted.

Whether or not Bilawal attends the meeting will be a major point of interest. Pakistan has to decide whether to send Bilawal or somebody else to represent the country. No Pakistan Foreign Minister has visited India in the past over a decade; Hina Rabbani Khar was the last to do it in 2011. In another sign of its conciliatory approach, India has also invited Chief Justice of Pakistan Umar Ata Bandial for the meeting of Chief Justices of SCO nations, scheduled for March. India's diplomatic overture also assumes significance in light of Pakistan Prime Minister Shehbaz Sharif's offer of talks with India, though with several riders. Though Sharif extending an olive branch is significant for its optics, there is nothing on the ground to suggest that Islamabad is willing to give up its long-standing strategy of using terrorism as an instrument of state policy. His offer for the resumption of talks came with the rider of restoration of Article 370 in Jammu & Kashmir, a precondition that is unacceptable to India. The bilateral relationship with China too suffers from a trust deficit. Qin Gang, China's new Foreign Minister, said recently that 'both sides are willing to ease the situation and jointly protect peace along their borders.' China has been reluctant to walk the talk, but that has not deterred India from keeping all lines of communication open.

Why Singapore Airlines is investing in Air India?

When the Singapore Airlines Group (SIA) released its operating statistics for December 2022, it revealed that it carried almost 12 per cent more passengers compared with a month ago and four times more than a year ago. Its two carriers, SIA and Scoot, carried a total of 2.7 million passengers in December. For the entire year, it carried a total of 20.7 million passengers, a jump of 900 per cent from 2021.

The airline cited the relaxation of travel restrictions in Hong Kong, Japan, and Taiwan for boosting the demand for air travel and supporting a recovery in those markets.

Though impressive, the passenger numbers are still 76 per cent of December 2019's figure of 3.54 million passengers carried.

SIA's passenger load factor (PLF) in December 2022 came in at 89.7 per cent during the month – 3.8 percentage points more compared with a month ago and 43.2 per centage points more year-on-year. The airline noted that this is the highest monthly PLF in the SIA's history, full-service carrier, SIA, and low-cost airline, Scoot posted record monthly PLFs of 89.1 per cent and 91.6 per cent respectively. PLF for December 2019 was 87.6 per cent.

However, it should be noted that PLF is a function of the number of planes an airline has in service. During this period where there's a global shortage of capacity, some airlines under utilise their planes either to keep airfares high or because they do not have enough resources to maximize the use of their fleet.

According to fleet data from ch-aviation.com, at the moment, SIA has 36 inactive aircraft between its two main airline brands. Among the



aircraft sitting on the ground are 15 Boeing 777ERs, two Airbus A350s, two A380s, and two 787-8s.

With increasing competition in the coming year and with China's reopening from COVID-19 lockdowns, airlines in Northeast Asia are expected to put more capacity in the air which would result in supply putting pressure on prices. SIA is expected to do the same to contend for market share.

Already in December, Scoot resumed flights to Zhengzhou, China in December 2022, while SIA restarted fortnightly passenger services from Singapore to Beijing on 30 December 2022.

While the China market is still slowly recovering, SIA has been expanding its capacity in India, an

important market, since the middle of last year. SIA has already resumed flights to the following South Asian cities at frequencies matching or exceeding pre-C levels: Bengaluru, Chennai, Delhi, Dubai, Hyderabad, Kathmandu, Kochi, Kolkata, and Mumbai.

To underline the strategic importance of the Indian market to SIA, it made a commitment to continue to invest in the market late last year.

On November 29, the airline announced that it will be converting its 49 per cent stake in Vistara into a 20 per cent stake in the new Air India Group, with the additional USD250 million used to acquire another 5 per cent. SIA has also agreed to inject up to another USD615 million after the merger is completed, (expected by March 2024),

expected to consolidate its airline assets which meant it was likely to merge Vistara with Air India. SIA could have stepped away from its investment in the Indian market and sold its 49 per cent stake in Vistara. However, it decided to take a minority stake in a larger airline, and here are some of the possible reasons.

First of all, the new Air India Group will be a much bigger player in the Indian aviation market. Its four airlines will have a 26 per cent market share based on domestic seat capacity and 21 per cent of international seat capacity in the current quarter, based on OAG data.

India as a market and a source of travelers is of strategic importance to both SIA as well as Singapore overall. SIA will in time be able to increase its connectivity to Indian destinations as well as serve Indian passengers on international routes using Changi Airport as a transit point. This could open up attractive destinations in other parts of Southeast Asia, Australia, New Zealand, North Asia, and the west coast of America to Indian passengers. With the massive Terminal 5 in Changi opening in the middle of the next decade, any additional passenger churn will be vital to ensure the airport expansion fulfills its promise.

India is among the top three aviation markets in the world and poised to double passenger traffic over the next 10 years supported by rising income levels and ongoing investments in its aviation infrastructure. It is projected to exceed 300 million airline passengers by 2027. However, India also remains underserved with low international seats per capita, signifying significant growth potential.

Japan to create new agency to counter fake news



The Japanese government has announced the creation of a new unit next year that would counter fake news and online disinformation, according to the National broadcaster NHK.

According to the experts, disinformation is sent to the public through social media networks and that can influence public opinion and cause social turmoil. Some analysts say Russia has employed such methods against Ukraine and that China has done so against Taiwan.

Disinformation has become a rampant problem in the digital age, experts said.

Japan's Chief Cabinet Secretary Matsuno Hirokazu said spreading fake information not only threatens universal values but could also affect security, reported National broadcaster NHK.

The government plans to set up the new unit in the Cabinet Secretariat in April 2024 to prepare for possible foreign disinformation campaigns.

The unit will feature specialists from the foreign and defense ministries, the Cabinet Intelligence and Research Office, and other bodies. They will work together to quickly identify such campaigns and send out accurate information, National broadcaster NHK reported.

Google blocks over 50,000 pro-China propaganda accounts

Google blocked more than 50,000 pieces of content shared by pro-China accounts last year across various platforms like YouTube, Blogger, and AdSense, the company said.

Sharing the information on their blog site, Google's Threat Analysis Group, on Thursday, said they have blocked the group, alternatively known as 'Spamouflage Dragon' and 'Dragonbridge' that usually share contents, which are pro-China views and included a higher volume of content critical of the US.

The group has primarily targeted Chinese speakers, but some narratives were in English and other languages, it said in a statement.

Threat Analysis Group's (TAG) mission is to understand and counter serious threats, including actors engaged in coordinated information operations (IO).

TAG further stated that they have terminated over 100,000 DRAGONBRIDGE accounts in the IO network's lifetime. Despite their scale and profuse content production, DRAGONBRIDGE achieved practically no organic engagement from real viewers in 2022, the majority of DRAGONBRIDGE channels had 0 subscribers when Google disrupted them, and over 80 per cent of DRAGONBRIDGE videos had fewer than 100 views.

In the rare cases where DRAGONBRIDGE content did receive engagement, it was almost entirely inauthentic, coming from other DRAGONBRIDGE accounts and not from genuine users. Comment activity was mostly from other DRAGONBRIDGE accounts.



"Blogger engagement metrics also show almost no authentic audience for DRAGONBRIDGE's blogs. For blogs terminated in December, nearly 95 per cent of DRAGONBRIDGE blogs received 10 or fewer views, and over 96 per cent received no comments," the statement read.

"The DRAGONBRIDGE Channels and blog post promotes pro-China messages and criticizes the US. The channel's pro-China content included narratives praising China's pandemic response, criticism of pro-democracy protests, and significantly in 2022, more strident support for unification with Taiwan," it added.

Even they shifted some of its focus toward White House Speaker Nancy Pelosi after she made a visit to Taiwan.

In 2022, DRAGONBRIDGE increased its focus on and sharpened its criticism of the US with posts mostly in Mandarin, English, and other languages.

"In 2022, DRAGONBRIDGE also posted narratives claiming the US was responsible for stoking tensions abroad and meddling in the domestic affairs of other countries. DRAGONBRIDGE's US-focused narratives portrayed US society and democracy in a negative light, cycling through political and social narratives that evolved with the headlines. In 2022, Google removed DRAGONBRIDGE content on topics such as the US Covid-19 response, racial inequality, political divisions, inflation, and other controversial topics," according to the statement.

POEMS

Autumn Convalescence

the egg smells like honey in this reversal.
its membrane-entrails hang thick and loose

off broken shell. this life waits
like a surveillance helicopter.

i quiet my thigh with a warm palm—
trying to flatten this new nerve

erupting in habitual pulses
at three, just when

i begin to remember you
the afternoon transforms into an achy

yellow. but maybe it's the smell of trees
dying along kelly drive, the light like freedom.

this time of blood on the leaves and fingers
sticky with crimson sap.

BY VICTORIA STITT

Mid-life obesity connected to physical frailty risk in older age: Study

Researchers discovered that being overweight, including having a bulging belly, starting in middle life is associated with a higher chance of developing physical weakness in old age.

The findings of the research were published in the open-access journal BMJ Open.

Frailty is often wrongly perceived as a purely wasting disorder, say the researchers, who emphasise the importance of keeping trim throughout adulthood to help minimise the risk.

Frailty is characterised by at least 3 and pre-frailty by 1-2 of the following 5 criteria: unintentional weight loss; exhaustion; weak grip strength; slow walking speed; and low physical activity levels. It's associated with vulnerability to falls, disability, hospital admission, reduced quality of life and death.

Mounting evidence suggests that obese older adults may be at increased risk because obesity aggravates the age related decline in muscle strength, aerobic capacity, and physical function. But few studies have tracked weight changes and frailty risk over the long term.

The researchers therefore drew on participants in the population based Tromso Study to find out whether general (BMI) and abdominal (waist circumference) obesity separately and jointly, might affect the risk of pre-frailty/frailty.

The Tromso Study consists of seven survey waves of 45,000 residents from Tromso, Norway, aged 25 to 99, carried out between 1974 and 2015-16. The current study drew on data from waves 4 (1994-5) to 7 (2015-16).

The final analysis included 4509 people aged 45 or older. The average



age at baseline was 51, with the average monitoring period lasting 21 years.

A BMI of less than 18.5 was categorised as underweight, normal

as 18.5-24.9, overweight as 25-29.9, and obesity as 30 and above.

Waist circumference was categorised as normal (94 cm or less for men and 80 cm or less for

women); moderately high (95-102 cm for men and 81-88 cm for women); and high (above 102 cm for men and above 88 cm for women).

By 2015-16, 28% of participants were pre-frail, 1% were frail, and 70.5% were strong. In all, nearly 51% of those who were strong and 55% of those categorised as pre-frail were women.

While participants in both the strong and pre-frail/frail groups put on weight and expanded their waistlines during the monitoring period, there were higher proportions of participants with normal BMIs and waistlines at the start of the monitoring period in the strong group.

With the exception of co-existing conditions, such as diabetes, potentially influential factors, including alcohol intake and smoking, educational attainment, marital status, social support, and physical activity

levels differed significantly between the strong and pre-frail/frail groups and were accounted for in the analysis.

Those who were obese in 1994, assessed by BMI alone, were nearly 2.5 times more likely to be pre-frail/frail at the end of the monitoring period than those with a normal BMI.

Similarly, those with a moderately high or high waist circumference, to start off with, were, respectively, 57% and twice as likely, to be pre-frail/frail than those with a normal waistline.

Those who started off with a normal BMI but moderately-high waist circumference, or who were overweight but had a normal waistline, weren't significantly more likely to be pre-frail/frail at the end of the monitoring period. But those who were both obese and who had a moderately-high waist

circumference at the start of the monitoring period were.

Higher odds of pre-frailty/frailty were also observed among those who put on weight and among those whose waistlines expanded than in those whose weight and waistlines remained the same throughout.

While the findings echo those of previous long-term studies, this is an observational study, which didn't track potentially influential changes in lifestyle, diet, and friendship networks that might have occurred during the monitoring period.

And the researchers point out that the findings were still significant for participants with baseline obesity and higher waist circumference when the over 60s were excluded from the analysis. Few underweight people were included in the study.

SHORT TALKS

Hi-Tech Pipes Ltd. Records Highest Sales Volume in Q3FY23

CHANDIGARH: Hi-Tech Pipes Ltd. (NSE: HITECH, BSE: 543411), one of the leading steel processing companies in India, reported its financial results for the Quarter and Nine Months ended 31st December 2022 with Q3FY23 Revenues from operations going up 29% to Rs.569.29 Crore as compared to Rs. 440.02 Crore in Q3FY22; Total sales volumes increased by 40% to 91,232 tonnes as compared to 65,088 tonnes in Q3FY22; Profits after tax increased by 28% to Rs.13.02 Cr. as compared to Rs.10.17 Cr. in Q3FY22. Meanwhile, it started the Commercial Production of Color Coating Line at Sikandrabad, U.P. with an installed capacity of 50,000 MTPA, a Forward integration to existing Cold Rolling and Continuous Galvanizing Line facility. The company has witnessed an increase in overall capacity utilization of existing facilities. The company has recently started purchasing electricity of 5Mwp from Amplus RJ Solar Private Limited under Solar Power Purchase Agreement as a group captive user. Maximum Power needs of the Company for Sikandrabad, U.P. Facility has now been fulfilled by Solar Power. This would help significantly in savings power cost, which is a significant cost element in the company's manufacturing process. Moreover, there will be a reduction in the carbon footprint by reducing the emission of carbon dioxide into the atmosphere. This is an important step towards having a renewable and alternate source of energy to the company.

Axis Mutual Fund launches 'Axis Business Cycles Fund'

CHANDIGARH: Axis Mutual Fund, one amongst the fastest growing fund houses in India, announced the launch of their new fund offer – Axis Business Cycles Fund, an open ended equity scheme following business cycles based investing theme. The NFO opens on 2nd February 2023 and closes on 16th February, 2023. The scheme will be managed by Mr. Ashish Naik. The new fund will track the NIFTY 500 TRI and the minimum investment amount would be Rs. 5000 and in multiples of Rs. 1/- thereafter. On the launch of the NFO, Mr. Chandresh Nigam, MD & CEO, Axis AMC, said "If one were to assess India's growth through a 'Business Cycle' lens, we are currently at an interesting position, between the Expansion and Peak phase. Multiple drivers are beginning to fall in place for investment cycle pick up in India. Axis Business Cycles' unique hybrid investment approach (mix of Top Down and Bottom Up) follows the Quality style of investing and offers no market cap bias to investors. As a fund house that believes in leveraging market opportunities in a disciplined manner, we believe that the Axis Business Cycles Fund will be a notable add on an investor's portfolio." A cycle is a function of demand and supply. Basic business economics teaches us, whenever the supply is higher, prices will go down and when the demand is higher, the prices will go up. Such movement is what creates a cycle, and this can be found across smallest of businesses to the largest of them. We believe there are four primary phases of the business cycle being expansion, peak, slowdown, and trough. Every economy, and by extension, business goes through these phases. How long a phase will last, or when it will move into the next phase is uncertain.

TKM Announces Prices of Urban Cruiser Hyryder's CNG Variant

CHANDIGARH: LUDHIANA: Toyota Kirloskar Motor (TKM) today announced the prices of the Urban Cruiser Hyryder's CNG variants. TKM had earlier announced its foray into the CNG segment with the launch of Toyota Glanza and Urban Cruiser Hyryder in November 2022. Commenting on the same Mr. Atul Sood, Vice President, Sales and Strategic Marketing said, "The launch of the Urban Cruiser Hyryder has been a significant milestone for us, in keeping with Toyota's quest for promoting sustainable mobility solutions. Today, it gives us immense pleasure to announce the prices of its CNG variants for our customers, who have shown overwhelming interest in the product since the launch. At Toyota, we are committed in making a shift towards low-carbon energy sources, with a vision to realise a 'Carbon Neutral Society'. We are confident the competitively priced Urban Cruiser Hyryder CNG variants will encourage widespread acceptance of environment friendly technologies and provide multiple options to customer to meet their diverse requirements." One of first of its kind in the segment, the Urban Cruiser Hyryder is available with a factory fitted CNG kit in both S & G grades. Equipped with a Manual Transmission (MT) powertrain in both the grades, the CNG variant will be in addition to the Self-charging Strong Hybrid Electric as well as the Neo Drive variants, which are already available in the market.

Community Kitchen Organized

Panchkula: To help the underprivileged sections of the society, a Community Kitchen or Bhandara, was organized by Shree Shyam Karuna Foundation. The arrangements for successful conduct of the Bhandara were handled by the Care Taker Car Service Center. Sanjeev Dewan and Sandeep Dewan, the founders of Care Taker, themselves distributed food to the labourers and needy people. A community kitchen is held every week in the Industrial Area, Phase 2 of Panchkula by the social and charitable organization Shree Shyam Karuna Foundation. This was the 44th Bhandara put up by the foundation informed the it's sevadar. Amitabh Rungta. This time also free food was distributed to people. Hundreds of people who reached near the Bhandara Van had a full meal and also took food packets for the family. Curry, rice, roti and a vegetable were given in the meal.

TAC Security Founder Trishneet meets Punjab CM

Chandigarh: Punjab Chief Minister Bhagwant Mann, during his two-day visit to Mumbai, met Trishneet Arora, CEO and Founder of Mohali based TAC Security. During the meeting, Chief Minister Bhagwant Mann held discussions with Trishneet Arora, regarding Invest Punjab to be organized next month. Earlier, Chief Minister Bhagwant Mann had invited many renowned entrepreneurs in Mumbai to invest in the state and to participate in the Invest Punjab conference to be held in Mohali. Trishneet Arora has been raising the issue of bringing huge investment for employment of youth in Punjab for a long time. Earlier, during the Vision Punjab program, he had also appealed to CM Mann to create a favourable environment in the state for the investors.

Vi Rs. 99 pack to drive Digital India growth

SHIMLA: In line with its strategy to get closer to bottom of pyramid users driving Digital India growth, leading telecom operator, Vi is offering entry level recharge at just Rs. 99 for users across the country. Vi is the only pan-India, high speed data network which is offering essential mobile connectivity with both voice and data services to consumers at this price point. Enabling bottom of pyramid users in Shimlato stay connected, Vi's 99 RC offers full talk time and 200 MB data with a validity period of 28 days. Mukul Sharma, Cluster Business Head- Punjab, Haryana, HP, J&K, Vodafone Idea, "Catering to the affordability of consumers, Vi continues to take measures to offer the best in class mobile services at most attractive price points. We invite mobile users and non-users to join the high speed Vi network at just Rs. 99 and continue enjoying the benefits of mobile connectivity in the digital era. This will not just drive inclusivity but also enable more users to enter the digital bandwidth." Vi has also opened new format Vi Shops to service prepaid rural consumers in the market. It offers a wide bouquet of curated offerings for Bharat Yojna in areas such as Jobs & Skilling, Govt. Exam preparation, English language skills amongst others.

All Vegan Food Stars Are Not Equal. These Can Cause Bloating, But...

Undeniably, going vegan has become a lifestyle trend. Since the choices of vegan options have increased, more people are trying meat substitutes such as tempeh, tofu, soya chunks, seitan and so on. These are fantastic options, but a few of them can cause bloating. Plant-based meats are dense in protein, fibre and a form of carbohydrate that the stomach cannot digest easily. This leads to an initial gassy phase for vegans. Moreover, plant-based diets have fewer calories than meat-based diets. As a result, vegans sometimes have to consume more food to meet energy necessities. This additional amount of food has to travel through the digestive system, which might cause gassiness or bloating.

Tofu A popular meat substitute, tofu is created from processing soybeans. Almost all beans and bean products trigger gas to some extent, due to high levels of oligosaccharides. Oligosaccharides are a type of complex carbohydrate that the human body simply cannot metabolise easily. Tofu is derived from soybeans, so it's not unexpected that eating a lot of it increases bloating. How can I avoid bloating? Don't eat more than 100 to 120 grams of tofu, which is ideal for an average adult. Instead of eating tofu at dinner, try to include it in your daytime meals, as our metabolism rate is faster throughout the day, preventing gassiness. Mushrooms Mushrooms are fleshy and almost mimic the texture and flavour of meat. They are often labelled a vegan's favourite food, but excessive consumption might lead to unnecessary bloating and even diarrhoea. Mushrooms contain raffinose, which the small intestine cannot completely metabolise, causing gas and a bloated belly.

How can I avoid bloating? Instead of eating mushrooms as a main course, top your main food with a few sauteed mushrooms. Mushrooms can improve your immune system and help fight off diseases. Jackfruit A fruit in the fig family, jackfruit can be eaten fresh or cooked. After cooking, the flavour of this fruit truly complements any spices or sauces you choose to cook it

with. There are countless ways to spice up jackfruit, from



using sauteed jackfruit as a filling for sandwiches to eating it as a side dish. This versatile fruit, however, contains fructans, a carbohydrate variety that can induce gas and

bloating in some people. How can I avoid bloating? Please avoid this option if you have a stomach problem; even if you want to eat jackfruit, not more than two to three pieces are recommended. Others can eat six to seven pieces of this fruit as part of their meal. When cooking jackfruit, try not to make it too spicy. Also, since it is not high in protein, adding side veggies and small amounts of legumes will give you a balanced meal.

Plant-Based 'Meat' It is fantastic that food firms have developed completely vegan meat substitutes. Vegan meat options include plant-based sausages, plant-based chicken, and soy chorizo. Considering that these meats have the same texture and flavour as meat, they are an easy way to satisfy meat cravings to start with. However, a few of these products are heavily processed and contain too many preservatives, making them the worst choice. This affects our digestive capacity, causing stomach aches and gut discomfort.

Kishwer Merchant: "I ditched my usual glamorous look"

Chandigarh : Jo pyaar likhta hai, kya pyaar karne ke kaabil hai? Disney+ Hotstar recently launched its latest romantic drama, 'Dear Ishq' to answer this. Set against the backdrop of an Indian publishing house, the platform brings to masses a tale of love, a journey with complex emotions, and at the crux of it, a story of two completely opposite personalities, who walk this simple journey of life, unknowingly falling for each other. Directed by Atif Khan and Produced by Yash Patnaik and Mamta Patnaik, Beyond Dreams Entertainment Private Limited, the show recently aired on 26th January, 2023, streaming now exclusively on Disney+ Hotstar. As the show Dear Ishq hits the floors, audiences and fans seem to love the show and the characters as well! What comes across as a pleasant surprise is to witness popular actress, Kishwer Merchant in a fresh role as the owner of a publication house. The gorgeous actor ditched her glamorous avatar and resorted to simple saris and a minimalistic look for her role a Maya in the series. Talking about her character and look, Kishwer Merchant said, "My character is the owner of a publication house and obviously she has read so much and has a lot of experience, so she has a strong persona and vibe! To slip into this stern and dynamic character, I ditched my usual glamorous look and I have worn cotton sarees for the character."



Clovia launches second store in Chandigarh at Elante Mall

CHANDIGARH: Fashion, lingerie and personal care brand Clovia has launched its 50th store at Elante Mall, Chandigarh, as part of its aggressive nationwide offline expansion plans. The store is located on the second floor at Elante mall and houses the complete range of Clovia's lingerie, sleepwear, and activewear as well as the full range of personal care products from the House of Clovia. This is Clovia's second store in the City Beautiful, while marking its 11th outlet in Punjab. The brand plans to further scale its retail footprint & aims to open 100 EBOs across Indian markets by the end of this financial year. The brand-new outlet is spread across 550 square feet and has been designed keeping in mind the brand's ethos and will provide a consumer-friendly shopping experience across product categories to its patrons.

Commenting on the launch, Mr Pankaj Vermani, Founder and CEO, Clovia said that we are extremely delighted to have reached the half-century milestone! We received an overwhelming response from our first EBO in Sector-17 shopping plaza and this encouraged us to open another store in the city to provide a differentiated retail experience within a mall to our customers. We will continue working towards introducing the best of styles & products at Clovia and aim to exceed our customers' expectations every time they visit the store or shop online.



Pepsi roped in megastar Yash as its brand ambassador



LUDHIANA : Youth-centric beverage brand Pepsi, made a blockbuster announcement as it roped in megastar Yash as its brand ambassador. Yash, the superstar, who shattered all geographical boundaries to become a force to reckon with, has had a hugely successful run at the box office. The disruptive partnership between Pepsi and Yash will become a huge topic of conversation amongst the youth of India. Commenting on the association, Saumya Rathor, Category Lead, Pepsi Cola, PepsiCo India, said that we are thrilled to join hands with Rocking Star Yash, a name that truly defines the spirit of fearlessness and living life on your own terms - something that Pepsi consumers resonate strongly with. Yash brings a strong connect and influence over the youth that cuts across geographies. Yash will be instrumental in deepening consumer connect as we look to expand the brand's footprint. We are excited for Pepsi's journey in 2023 as we gear up to showcase the actor in an all-new avatar which is bound to leave fans pumped. Pepsi has constantly reinvented and innovated itself to be a part of the cultural fabric of India. Yash, on the other hand, has been lauded for his fearless and bold persona in Kannada cinema and enjoys a massive fanbase across the nation. This blockbuster collaboration is all set to enthrall consumers this summer.

IEC University Successfully organized two days 'BBN Bike Ride'



CHANDIGARH: A two-day mega bike ride based on the theme "Himachal by heart, Indian by spirit" was successfully organized on 25th and 26th of January at the famous IEC University located at Atal Shiksha Kuni, Badli Himachal on the occasion of Himachal Statehood Day and Republic Day. Students and faculty of IEC University participated with great enthusiasm in this mega event along with the members of famous D R R (Delhi Royal Enfield Riders) bikers group from Delhi. 80 bikers participated in this bike rally, which was welcomed with great enthusiasm by the university family (academic and non-academic). Through this grand rally, the message of patriotism was given. Rally started from Delhi to IEC University on the first day and from IEC University to Badli, Nalagah and back to Delhi on Republic Day. On this occasion cultural programs based on patriotism were organized by the students which were full of patriotism. Also, the scintillating performance of professional musical band 'Zaher' made the program more attractive and exciting. This program not only entertained the audience but also sowed the seeds of strong patriotism in their hearts. At the end of the program all the participants were felicitated. IEC University Management thanks and appreciates all for making this mega event successful.

A stint of producers being the backbone of upcoming film 'Kali Jotta' releasing on 3rd Feb

Punjab, 30th January 2023: Despite being the backbone of the Film Industry, Producers are probably the least recognised and, at the same time, the most difficult-to-define professionals of the Film fraternity. With the ever-growing scale of the Punjabi Film industry, there are a number of names added to the list. Sunny Raj, Sarla Rani, Varun Arora and Santosh Subhash Thite are all set with their release 'Kali Jotta' under Neeru Bajwa Entertainment, U&I Films and VH Entertainment productions. Through these production houses, we have received many Punjabi hits like Koka, Paani Ch Madhaani, Laung Laachi 2, Maa Da Ladla etc. a reason to joy is that the filmmakers are delivering a great piece of art 'Kali Jotta' to the theatres on 3rd February. Vijay Kumar Arora helmed the romantic period-drama 'Kali Jotta' which features Satinder Sartaj, Neeru Bajwa and Wamiqa Gabbi in prominent roles. Producer-actress Neeru Bajwa remarked of this rich, enchanted love story, "I have always been a massive admirer of Punjabi culture and language, as everyone has been able to see through my work. I've always made an effort to honour my heritage. Even if my early interest in the workforce flourished, becoming a producer has deepened my connection to it." Commenting on the film, producer Sarla Rani said, "I'm thrilled to be associated with the movie 'Kali Jotta,' which explores a serious female subject. Working as a producer on a movie with such a dedicated star cast was quite challenging and a great opportunity for me. Working has even further elevated my spirits." Producer Sunny Raj expressed his gratitude about the film, saying, "In addition to having an incredible star cast, I feel extremely confident in having handled this delicate subject with such hard-working filmmaker Dadi. I am also very appreciative of the audience's affection and enthusiasm for this movie and its songs."



Tata AIA Life Insurance Sampoorna Raksha Supreme is now more powerful with Tata AIA Vitality Riders benefits

GURUGRAM : As the purest and most effective form of life insurance cover available, Term Insurance Plans safeguard policyholders and their families from the uncertainties of life. However, work schedules that keep us busy daily have changed how we live and affected us. Tata AIA Life Sampoorna Raksha Supreme and Vitality Protect rider offer comprehensive protection with wellness benefits for those who wish to safeguard their families' futures. Tata AIA Vitality is a globally recognised, science-based wellness program that helps consumers understand and improve their health while also rewarding them. On enrolling into the Wellness Program, consumers get an upfront discount of up to 5% on your premium. The premium discount in the subsequent years may increase or decrease based on their Wellness status (decided based on their engagement levels, Completion of health assessments, achievement of fitness goals etc). Sampoorna Raksha Supreme product allows customers to opt for a more enhanced protection cover with Tata AIA Vitality Protect Rider and Tata AIA Vitality Health rider. These are non-linked riders, which lets consumers select their choice of protection against a range of health conditions, stay protected against uncertainties such as Death, Accidental Death & Disability, Critical Illness etc and also helps them get their fitness goals on track for bringing positive changes to their health and lifestyle, while rewarding them with premium discounts!

Orchids The International School, Gurugram organizes 'Atulya Bharat' to celebrate India's 74th Republic Day

Faridabad: Orchids The International School organized the 'Atulya Bharat' - a cultural fest for the students and parents to celebrate India's 74th Republic Day. The objective of the cultural event was to educate the students about India's rich cultural heritage and celebrate the country's diversity. The celebration began with hoisting the Indian National flag, which was followed by a cultural program and a performance of traditional folk dance by students and their parents representing various states and their traditional dances. The day was an opportunity for students to understand and explore Indian culture and its widely accepted values, including the way of life, beliefs, food, knowledge, dances, and attire. Along with folk dance, parents and children walked the ramp through the attire of different states and set up food stalls representing different states with their cuisines. "We are delighted to provide a platform to our students where they can experience the diverse Indian culture. The students and parents actively participated in all the events throughout the day while looking radiant in different traditional attires. We are glad that the day helped our students to learn more about the diverse Indian states and their exquisite forms of dance, music, games, and culinary tradition. I thank the staff and my entire faculty for making this a grand event", said Vibha Gupta, Principal Orchids The International School, Sector 56.

Samsung to Launch New S Series on February 1, Pre-reserve Now for Great Offers

Chandigarh : Samsung will launch the new Galaxy S series on February 1, paving the way for a new era of Galaxy innovation. Ahead of Unpacked, TM Roh, Samsung's President & Head of MX Business said the new Galaxy S series will be the epitome of how we define the ultimate premium experience. Samsung is raising the bar and setting new standards for what's epic, he added. "This year, Galaxy S series has extended our innovation heritage by doubling down on our fundamentals. That's why our pro-grade camera system is getting smarter, offering the best photos and videos in any light among our Galaxy smartphones. Along with the hardware and software optimization, our newest chipset, born out of Samsung's open partnership philosophy, enables the fastest and most powerful Galaxy performance. Our ecosystem connectivity is also getting easier and more seamless than ever," TM Roh said. At the top of the Galaxy S series is our Galaxy S Ultra, which you can trust to give you the best of the best with redefined performance and quality, he added.

Aakash BYJU'S celebrates one year of successful operations of its Jamalpur branch in Ludhiana

Ludhiana: Aakash BYJU'S, India's leader in test preparation services, today celebrated an year of successful operations of its Jamalpur branch in Ludhiana. The branch was opened on 22nd January 2022 as an extension center with Foundation courses as the only offering. Owing to the growing demand for its JEE and NEET coaching from parents and students alike, the institute started



offering its NEET and JEE courses along with the Foundation courses in the now full fledged corporate branch. The celebrations were attended by 100+ parents and students along with branch officials from Aakash BYJU'S. The branch also felicitated 22 of its students for their outstanding achievements during the celebrations. Within an year of operations, the students of the branch have outshined in a number of olympiads. 25+ students have been selected for

NSO and IMO with 12 being the best international rank in NSO and 8 in IMO. In his comments on completing an year of operation of the branch, Mr. Parmeshwar Jha, Regional Director, Aakash BYJU'S, said, "We are elated on completing an amazing first year of our branch. The branch within a short span has already delivered good results with many students qualifying the national Olympiads. This says a lot about our pedagogy, teaching methods and course material. Our vision, Students First, will always be of the utmost importance to us and we will continue to promote student-centric education, delivering courses and bringing education to students wherever they are." Students can enrol for and take the instant Admission cum Scholarship Test (ACST), ACST, direct through marksheet or register for Aakash BYJU'S National Talent Hunt Exam (Anth), the institute's flagship annual scholarship exam, to take admission in Aakash. Aakash BYJU'S offers result-oriented coaching services for NEET, IIT-JEE, Olympiads, and foundation programs to 3.30 lakh students every year through its direct and online classrooms. It is fast expanding its physical presence to cater to students, especially of the Tier-II and Tier-III cities and towns, while stepping up its Cloud-based online coaching services.

Zee Punjabi's show Nayan Jo Vekhe Unvekha lead actress overwhelmed by love received by audience

Punjab: The audience has always found "Nayan-Jo Dekhe Unvekha" on Zee Punjabi which telecasts Mon-Fri at 8:30 p.m. to be quite remarkable and has garnered a lot of love. The audience has been completely captivated by the show's storyline, which centres on Nayan, a perfect and standout young woman who is endowed by God with special abilities. Her capacity to predict every potential problem and her capacity to converse with the dead have drawn the most attention from the audience. Moreover, the twist of fate that alters Nayan's life keeps the spectator interested in the show. She performs the role of a perfect wife by shielding her husband Devansh from all challenges and life-threatening conspiracies and bestowing him with her blessings. Ankita Saini, who plays the show's main character Nayan, recently shared in an exclusive interview with the media how they manage their busy schedules to maintain the dramatic and captivating entertainment that has continually captured the attention of the audience. It has become one of Zee Punjabi's favourite programmes because of the strong connection that exists between the character Nayan and the story of the show. The show's lead actress, Ankita Saini aka Nayan, thanks Zee Punjabi for giving her the opportunity, saying, "The show has given me instant recognition, and my character has become a very special part of my career." With its emphasis on the supernatural and the powers that Nayan's character possesses, the show stands out in every way.



Sony SAB ropes in Swati Kapoor in the upcoming romantic family drama

Chandigarh : Sony SAB's upcoming romantic family drama, Dhruv Tara, is set to be a unique and captivating love story that spans different eras and perspectives. The show follows the journey of Dhruv and Tara, portrayed by Ishaan Dhawan and Riya Sharma respectively, as their paths cross in the present day. Tara, a princess from the 17th century, travels through time in pursuit of a cure for her brother's illness. This creates an interesting dynamic as the audience will be able to see how the differences in time periods affect the way the characters view love and relationships. The existing cast will now be joined by the talented actress, Swati Kapoor, as Ayesha, a wealthy and pampered daughter of the Dean of Agra's best medical college. This character adds a new perspective to the show, as Ayesha, being from a privileged background, struggles with facing difficulties in life and tends to put her own needs above others, creating a complex and nuanced character. Ayesha and Dhruv have had a connection in the past, but will her feelings for Dhruv turn into an obstacle in Dhruv and Tara's unusual love story? Only time will tell! The show's compelling narrative, diverse cast, and exploration of different perspectives on love and relationships across different eras, is expected to appeal to a wide range of viewers from all ages and backgrounds, making it a hit for the whole family to enjoy. The audience will be able to see how the characters' different opinions and experiences shape their understanding of love and relationships and how they are affected by the time periods they come from. On playing the role of Ayesha, Swati Kapoor says, "I am ecstatic to join the cast of Dhruv Tara. The show has a distinct and riveting storyline, and I am eager to take on the role of Ayesha, a multi-dimensional and intriguing character. I am confident that my experience will allow me to infuse the character with my own personal touch. I am honored to be a part of the Sony SAB family, as this is my first show with the channel, and I am hopeful that this partnership will be a long-lasting one. I am eagerly looking forward to collaborating with the talented cast."



Raveena Tandon to soon make her debut on Disney+ Hotstar

Chandigarh : She is smart! She is gorgeous! She is a perfect combination of beauty with brains, the one and only Raveena Tandon. The highly versatile actor known for pushing boundaries as an actor and storyteller, associates with Disney+ Hotstar for an upcoming digital series. While she prepares to surprise her fans and the audience at large with yet another exciting project, the streaming platform shared a glimpse of the show. Sharing her excitement, Raveena Tandon, said, "I'm extremely elated to be a part of the Disney+ Hotstar family. This show is going to be very special for me as I've always liked to challenge and reinvent myself with every character I've ever played and this show has given me just that, all I can say is, stay tuned for some fun!" Gaurav Banerjee, Head- Content, Disney+ Hotstar & HSM Entertainment Network, Disney Star, said, "It brings us immense happiness to announce our association with Raveena Tandon. She is and has been a superstar throughout her journey in the Indian Film Industry and together, Disney+ Hotstar and Raveena Tandon will soon bring some magic on the audience screens".



Infosys Foundation Announces Third Edition of the Aarohan Social Innovation Awards

CHANDIGARH: Infosys Foundation has launched the third edition of the Aarohan Social Innovation Awards. To further social innovation in India, Infosys Foundation is inviting innovators and social entrepreneurs from across the country to participate in the awards. The Aarohan Social Innovation Awards 2023 seek to encourage and reward individuals, teams and NGOs developing unique technology-based solutions that have the potential to bring about a significant difference to the underprivileged across India, at scale. The Infosys Foundation will commit up to INR 50 lakh per winner, with a total award purse of INR 2 crore. Sumit Virmani, Trustee, Infosys Foundation said that at Infosys Foundation, we have always believed in the power of working relentlessly towards social good. Aarohan Social Innovation Awards further this very aim through a platform where the finest innovations with the potential to impact social good are valued, encouraged, and rewarded. The past editions of the awards have been a huge success, creating tremendous impact. With the 2023 edition, we hope to carry this momentum forward by encouraging social innovators across the country to translate their ideas and passion into impactful award-winning solutions, with the potential to bring real change, at scale.





LUDHIANA (SACHIN MOUDGILL) : Senior Aam Aadmi Party leader Sharanpal Singh Makkar on Monday took charge as the Chairman of District Planning Committee in the presence of Cabinet Ministers Bram Shankar Jimpa and Chetan Singh Jouramajra. After assuming the charge, Makkar thanked Punjab Chief Minister Bhagwant Mann and the leadership of the Aam Aadmi Party. Makkar said that he would discharge his duty with utmost dedication and commitment besides a transparent, accountable, and responsive administration would be ensured. He said that effective implementation of pro-people policies of AAP government will be his top priority. He said that strenuous efforts would be made to facilitate the people and the pace of development works will be expedited in the district. The Chairman categorically said that corruption and inefficiency in the delivery of services to people would not be spared at any cost. He pointed out that those who indulged in corrupt practices will face strict action. Meanwhile, Jimpa and Jouramajra also expressed confidence that Makkar will deliver effective services to the people and will take the development of district to new heights. Prominent among those present on the occasion included MLAs Gurpreet Bassi Gogi, Daljit Singh Grewal, Kulwant Singh Sidhu, Rajinderpal Kaur Chhina, Hakam Singh Thekedar, Markfed Chairman Amandeep Singh Mohi, Chairman Navjot Singh Jarg, AAP district chief (rural) Harbhupinder Singh Dharaur, senior AAP leaders Dr KNS Kang, Ahbaab Singh Grewal, Gurjit Singh Gill and several others.

Harjot Singh Bains Emphasises the use of modern communication tools for the propagation of Punjabi



RAWEL BHINDER PATIALA: Higher Education and Language Minister of Punjab Harjot Singh Bains has emphasized the use of modern means of communication for the promotion and dissemination of the Punjabi language. He was here as a chief guest today to attend the Kavi Durbar organized by the Department of Languages under the Festival. Panjab Kala Parishad Chairman Padmashri Surjit Patar presided over the Kavi durbar and the top Punjabi, Hindi and Pwadhi poets participated. While Padmashri Dr Ratan Singh Jaggi and Shiromani Kavi Darshan Buttar were present as special guests. Cabinet Minister Harjot Singh Bains, referring to Rekhta, an organization working for Urdu and Hebrew in Israel, said that countries that respect their mother tongue always progress. He said that we must learn other languages too, but our Mother tongue Punjabi should never be forgotten. Referring to the orders given by Chief Minister Bhagwant Mann to write all the boards in the state by February 21 in Punjabi, Bains said that the Punjab government is working diligently to give due respect to the Punjabi language. The Language Minister emphasized the need to use modern means of communication for the greater expansion of the Punjabi language, including introducing the famous poets of Punjabi to our new generation, and said that under this, first of all, the head office of the Language Department should be equipped with modern facilities .

Children pay tributes to Mahatma Gandhi

JASWINDER SHARMA KARNAL : On the death anniversary of Mahatma Gandhi, the ambassador of peace who influenced the world with his thoughts and practical life, children and teachers at Nanheda School paid tribute to him by keeping silence for two minutes. Udham Singh Kamboj, the senior teacher of the school, said while addressing the children in the morning assembly that Gandhiji's whole life was dedicated to the public. There was not even an iota of difference between his words and actions. He presented serious and exemplary thoughts about every phase of human life in front of the society. He said that a sparse leprosy awareness campaign is being conducted to create awareness about leprosy on Gandhiji's sacrifice day. He said that to make India leprosy-free, scientific information about leprosy must be spread to every person. He said that the way smallpox and polio have been made history by our joint efforts, similarly, leprosy will also have to be made history. Highlighting the life of Gandhiji, the school head, Mahindra Kheda, said that on his call, lakhs of people joined the freedom struggle and fought against the British Empire. Inspired by Gandhiji's simplicity, honesty, and devotion to duty, the people started joining him. Gandhiji taught the lesson of self-reliance by spinning a charkha. He went to the slums, carried out cleanliness drives, and gave a message to the public to be health conscious. He said that Gandhiji was a priest of non-violence. Even today, the whole world wants to move forward on the path of peace laid out by Gandhiji. Gandhiji also launched campaigns against social evils. He said that it is very sad that the worshipper of non-violence became a victim of violence and got martyred, saying, "O Ram."



Presidents, vice-presidents of Panchayat samiti take oath

PREETI SAINI SADHAURA, JANUARY 30

Sub-divisional magistrate Jaspal Singh Gill administered oath to the presidents and vice-presidents of Panchayat Samiti Bilaspur, Chhachhrauli, Pratapnagar. In which President of Panchayat Samiti Bilaspur Sunita Devi, President of Panchayat Samiti Chhachhrauli Rajkumar, President of Panchayat Samiti Pratapnagar Reena Devi and President of Panchayat Samiti Sadhaura Vandana took oath. Similarly, Rahul Panjeta from Panchayat Samiti Bilaspur, Subhash Chand from Panchayat Samiti Chhachhrauli, Sanjeev Kumar from Panchayat Samiti Pratapnagar and Nee-lam from Panchayat Samiti Sadhaura also took oath. SDM Jaspal Singh Gill told the members that the people of the constituency have elected them as their representative. It is the responsibility of the presidents and vice-presidents of the



block committee to get development works done in the constituency without any discrimination. People's representatives elected by the administration will continue to get full cooperation in the development works in the constituency. He is hopeful that the elected public representatives will work with the administration to take forward the public interest works. The people of Halke have entrusted you with a big responsibility for the development of Halke. He said that whatever developmental schemes have been started by the government in the interest of the

people, they should be taken to the people and try to get their benefits. On this occasion, BJP District President Rajesh Sapra, District Council Chairman Ramesh Thaska, Block Development and Panchayat Officer Jogesh Kumar, Panchayat Secretary Balkar Singh, Sanjeev Saini Nambardar Chhachhrauli, Vishal Goyal Chhachhrauli, Gulshan Arora, Gaurav Goyal, Geetaram Kashyap Sarpanch, Somnath Goyal, Saurav Gulabgarh, Sanjeev Saini, Sachin Handa and other dignitaries were also present.

Sarpanch should honestly live up to the aspirations of the people using the grant: Ishwar Singh

GUHLA CHEEKA (KULBHUSHAN SHARMA): Guhla MLA Ishwar Singh has called upon Panchs and Sarpanchs to use the grants honestly and try to live up to the aspirations of the people. Ishwar Singh was talking to reporters after meeting the panchs and sarpanchs of Siwan block at his Chika residence today. People from Harsaula, Kangthali, Siwan, Chakku Ladana, and Polad villages were mainly included in those who met the MLA. He said that they should also work with full devotion and honesty and leave the worry of money to them. The MLA said that first of all, solve the day-to-day problems of the villagers, which mainly include electricity, water, streets, education, medical care, sewerage, etc. He said that these problems are faced by the people on a daily basis, and if these problems are solved then it will be easy to solve the big collective problems of the villages. Not only did he warn Panchs and Sarpanchs about corruption, he also gave clear instructions to the officials that they should work with complete honesty and that every penny sent by the government for the development of villages should be spent at the right place. He said that if he smells corruption anywhere in the constituency, he will not tolerate it, and strict action will be taken against the corrupt officers and employees. Meanwhile, panches and sarpanchs associated with dozens of deras also met the MLA and demanded that the roads leading to the deras be paved and other problems be redressed.



Cleanliness drive held



PARI BAJAJ KARNAL.: On the second day of the camp, NSS volunteers of Guru Nanak Khalsa College carried out a cleanliness drive in the surrounding areas of village Kachhwa. Under the leadership of Pradeep Kumar and Dr. Deepak, the students illuminated the paths leading to the fields of village Kachhwa and gave the message of cleanliness to the villagers. The volunteers went to the fields, specifically gave the message to the farmers not to burn stubble, and visited the stubble collection center. The volunteers motivated the farmers for horticulture and flower cultivation. The students cleaned the premises of Vinayak College and raised awareness about not using polythene. In the evening session, Dr. Virendra Singh, NSS Program Officer from DAV College Cheeka, gave a detailed lecture on self-reliant India and self-employment to the students. He said that there are many employment opportunities in India. If we all follow the management, then we can become the ones who give employment to the people in India itself. There is no shortage of talent here. Dr. Virendra also apprised the volunteers about Digital India and the benefits of yoga. Volunteers like Vanin, Nikhil, Anmol, Deepjot Kaur, Jasht Mehta, Palak, and Kusum were also present on this occasion.

The Red Cross Society distributes warm clothes to people



DALBIR MALIK KURUKSHETRA: Under the guidance of Deputy Commissioner and Red Cross Society Chairman Shantanu Sharma and the leadership of Red Cross Secretary Randeep Singh Sheokand, the Red Cross Society distributed warm blankets to labourers working at a brick kiln near the village of Mathana and people living in slums to avoid the cold. Jerseys, sweaters, towels, and hygiene kits for women were provided. Red Cross Secretary Randeep Singh said that these items are made available to the needy from time to time by the district committee branch in collaboration with the Indian Red Cross Committee's Haryana State Branch in Chandigarh. The Red Cross Society's clerk, Om Prakash, and Prakash Chandra, a technician, first visit the slum area, and then supplies are made available to them as per their requirements. Earlier, the Red Cross had distributed warm blankets to people sleeping on the footpath near the railway station, near Brahmasarovar, under the Pipli bridge at night to save them from the cold. The aim of the Red Cross Committee is to provide relief from the cold to any needy person.

Justice Ravi Shankar Jha, Chief Justice, Punjab & Haryana High Court to inaugurate ADR Centre on 31st Jan

KULWINDER KARWAL SARDULGARH: The Punjab State Legal Service Authority is recruiting lawyers under the Legal Aid Defense Council System Scheme in Punjab. This scheme is being inaugurated by Hon'ble Chief Justice Punjab and Haryana High Court Mr Ravi Shankar Jha at ADR Center Mansa on January 31, 2023. This information was given by the Secretary, District Legal Services Authority, Madam Shilpa. She said that under this scheme, one Chief Defense Council, one Additional Chief Defense Council and 3 Assistant Chief Defense Councils have been recruited at the Legal Aid Defense Council System Office. Under this scheme, the criminal cases which were defended by the Free Legal Services Authority will now be defended by the advocates of the Legal Aid Defense Council system.

People can get free legal help with DLSA



people present there whether they want any free legal aid or any other legal advice. On Monday, the schemes of NALSA and Halsa were mainly publicised in the villages of Traveller's Van Tarawadi, Rajgarh, Pakhana, Derapurbiyan, etc., and by distributing pamphlets, information was given on how one can get free legal consultation by telling his problem at the District Legal Services Authority Karnal. can be obtained by the District Legal Services Authority; children, senior citizens, members of scheduled castes and tribes, or common citizens whose annual income from all sources is less than Rs 3 lakh, are entitled to free legal advice or aid. In this publicity van, Mrs. Satish Kumar Gaur, Panel Advocate, and Sushma, Para Legal Volunteer, distributed pamphlets about various schemes like the Victim Compensation Scheme, Free Legal Aid, and Fundamental Rights and Fundamental Duties and publicised .

Message of Sant Ravidas giving to the society in Prabhat Pheri: Mukesh Kansal



VINOD DHIMAN JAGADHARI: Preparations are going on in the district regarding Sant Ravidas Jayanti. Jayanti will be celebrated on February 5. On the occasion of Jayanti, devotees are engaged in organising Shobha Yatra and Samagam in temples. Social worker devotee Mukesh Kansal Mandkhedi told me that from January 25 to February 4, Prabhat Pheris are being organised in Mandkhedi village, in which children and elders are participating enthusiastically. The word is spreading that the saint gave the message of brotherhood to society. He was a social reformer. He showed the love of God for the followers, community, and people of the society through his many devotional and social messages. Even today, people remember Sant Ravidas. On the day of his birth festival, people listen to great religious songs, couplets, and verses. By the way, they are respected all over the world. Children should be aware of the message and ideology of Sant Ji; he played a major role in liberating society from discrimination and tying it in the thread of unity.

Indane gas agency holds safety workshop



R K KASHYAP CHHACHHRAULI, JAN 30

A safety workshop was organised in Balachaur village by the Indane Gas Agency. Self-help group women members actively participated in this workshop. The chief guest in the program, senior officer of Indane Gas, senior cell officer of Ambala Zone, Ramratan Pal said that most of the gas cylinder acci-

dents happen due to negligence. He said that women should be careful while cooking in the kitchen, always keep the cylinder straight, keep the cylinder away from the stove, do not hold the hot utensil with the pallu of the saree or any chunni, keep the cylinder off after going out or after work.

Switch off the regulator, contact the distributor immediately in case of any accident

or smell, change the gas cylinder pipe after every 5 years, open the windows and doors immediately if you smell gas and do not touch any electrical switch, etc. Information explained in detail. Indane Gas Agency Director Dinesh Nehra, Advocate Sahil Nehra, Sarpanch Balachaur, Self Help Group members Rajni, Nisha, Deepak Gupta, Shivcharan etc were present on the occasion.

Human Rights orders probe in fake case against Shandilya

SHIV KUMAR SHARMA AMBALA, JANUARY 30

Khalistani and Jarnail Singh Bhindranwala supporter Manny Bindra in connivance with Manish Kumar, Inspector of Ambala City Sadar Police, got a fake FIR 340/22 registered in section 506 on 27 December 2022. Viresh Shandilya had written a letter to the Human Rights Commission regarding this FIR, taking cognizance of which the Human Rights Commission ordered the Superintendent of Police of Ambala to take action on the complaint of Viresh Shandilya. Shandilya wrote a letter to the Haryana Human Rights Commission on December 30, 2022, that on December 4, 2022, he along with his family went to the wedding of Ambala's deputy mayor Rajesh Mehta's daughter, where Khalistani and Jarnail Singh Bhindranwala supporters Manny Bindra attacked him. Police registered FIR 331/22 under section 323, 506 against Manni Bindra on December 16, 2022 in Sadar police station.

Shandilya said in a letter sent to the commission that Jarnail Singh Bhindranwala's supporters met Sadar Police after 23 days of his complaint, and registered FIR 340/22 under section 506 on 27 December 2022, which was 23 days after his complaint. Manny Bindra's fabricated FIR was registered against Shandilya.



Allegations of recruitment irregularities of Ranbir Singh varsity not proved in Vigilance probe

SHIV KUMAR SHARMA CHANDIGARH, JAN 30

State Vigilance Bureau (Haryana) handed over the report of vigilance investigation of recruitments going on for the last two years to Dr. Ranpal Singh, Vice Chancellor of Chaudhary Ranbir Singh University last week after necessary approval. According to sources, the State Vigilance Bureau (Haryana) was entrusted with the investigation of permanent recruitments made in the university from June 2018. These include two posts of driver, three posts of Clerk cum Data Entry Operator, two posts of Associate Professor Economics, two posts of Associate Professor Physical Education, two posts of Associate Professor Physics, four posts of Assistant Professor Physical Education, two posts of Assistant Professor Physics. Post, the recruitment of two posts of

Assistant Professor Economics was to be investigated by the Haryana Vigilance Department.

A false complaint was given by a senior teacher of the university to a higher official of the Haryana government and there were mistakes in the investigation given by the 3-member team of the higher education department of the government. On 15 February 2021, the then Registrar, Chaudhary Ranbir Singh University was relieved from his post before the completion of his tenure. The government has now realised its wrong decision from this report. During the interview of Associate Professor of Physical Education, Dr. Sandeep Berval, a member of the selection committee, breached the confidentiality of the proceedings of the selection committee by accusing all the other members, subject experts, the Governor's nominee

and the SC nominee in the committee and contacted the press. Dr. Sandeep Berval was suspended by the university administration. A retired judge is conducting an inquiry against him. The State Vigilance Bureau in its final report found that the information regarding the recruitment exam for 2 posts of driver on 11.01.2019 was false. In such a situation, the allegation of a gap of two years in recruitment and examination was false. Nor was the matter of violation of any government order stopping the recruitment proved. Similarly, no evidence of any irregularity was found in the recruitment of 3 posts of clerk. The State Vigilance Bureau has also mentioned in its report that the report of the inquiry committee constituted by the Higher Education Department, Haryana, under the chairmanship of the Vice-Chancellor of Kurukshetra University.

Vijay Jain accuses police of saving accused

MAINPAL KASHYAP INDRI: Police arrested Rajghai resident Prem Nagar Karnal and 3-4 other unknown persons in the case of strangulation with the intention of killing, hitting the head with sticks, snatching a vehicle, and keeping hostages in lieu of not giving one lakh rupees. The police have registered the case and started action. Complainant Vijay Jain, a resident of Alpha City Karnal, told the Ramba police in his complaint that my younger brother Ajay Jain also lives with me. On December 23, 2022, at around 3:30 p.m., a person came to my house and said that I wanted to meet Ajay Jain, so I asked him his name; he gave it as Rajghai, so I told him to wait. Later, he asked me where Ajay had gone, to which I replied that my brother Indri had gone. He said, "Okay, I will meet you later." At about 4 o'clock in the evening, on my mobile number 9466337711, my brother Ajay Jain called me from his mobile number 9802710003 and started saying that I was coming from Indri and that when the village reached between Salaru and Dard that Rajghai had By putting Maruti car number HROSBB 3072 in front of my vehicle, he has snatched the key of my vehicle and is demanding one lakh rupees from me. After that, I told my brother, "Don't worry; I am coming to you soon." When I reached Grinfield School, which is on Indri Karnal Road from my house in my Activa, I told Rajghai to leave my brother. Rajghai came in a fit of rage and said, "How can I leave like this?" And how will you leave here like this? I have come with full preparation. Rajghai called his colleagues and started telling them to come soon; let's finish them today itself. After this, Rajghai threw me down on the ground, climbed on top of me, and strangled me with the intention of killing me. When my brother tried to free me, he was also badly beaten. After that, after saving our lives with great difficulty, we had gone to the camp of Harjeet Shahi, when Rajghai, along with his other companions, forcefully entered the camp, took me and my brother out and beat me badly with sticks and sticks, shouting save-save.

People protests against police



MIHA CHAHAL BILASPUR : The people of the colony along with their relatives reached the Bilaspur police station on Monday to plead to find Vikas Kumar, the medical store operator missing from Bilaspur for four days. The family members got angry when the investigating officer for the case was not there. And they decided to lay siege to the police station. As soon as the information was received, the station in-charge, Bilaspur, reached the spot and listened to the family members. The people who came along with the family members gave time until three o'clock to the police station in-charge in Bilaspur and said that if no action is taken in the matter today, they will lay siege to the police station. Relatives and people of the colony, Gulzar Singh, Anil Rana, Manjit Singh, Jaikumar Sharma, Rajesh, Gaurav, Tanveer, Rohit, Sachin, and Pankush Khurana said that even after four days, the police have not found the medical store or the missing Vikas Kumar till date. didn't even bother to go to Vikas's house to inquire. The above-mentioned people also say that Vikas Kumar did not go missing from Shiv Chowk, Bilaspur; he was abducted. The day he was abducted, his phone kept ringing until late at night, but calls were not received.

We are world champions: Grambusch expresses happiness after winning Hockey WC

AGENCY
BHUBANESWAR,
JAN 30

Following his side's FIH Men's Hockey World Cup win, Germany skipper Mats Grambusch took to social media on Monday to express happiness over his team's win.

Germany produced an outstanding performance and scripted an incredible penalty shootout victory against Belgium to win the FIH Hockey World Cup for the third time on Sunday.

Mats took to Instagram to post a picture celebrating Germany's third title win.

"Hi, we are world champions! @honamas_hockey," said caption of Mat's post. After falling behind by two goals early on in the game, the German side won the match 5-4 in the shootout.

The Germans defeated the reigning champions at Bhubaneswar in the summit match after coming back from a two-goal deficit thanks to goals from Niklas Wellen, Gonzalo



Peillat, and Mats Grambusch.

Within the first ten minutes, Belgium jumped out to a 2-0 lead, which was the finest conceivable start. The Belgian side took the lead after Florent van Aubel's goal in the ninth minute, and they increased it to two

goals in the tenth. Belgium appeared on autopilot until Tanguy Cosyns put the ball in the goal. In the second quarter, Germany exerted pressure. Niklas Wellen scored from a penalty corner to give Germany a point despite missing a penalty shot.

To chase 340 like that gives us confidence, says Bavuma

BLOEMFONTEIN : Following his side's five-wicket win over England in the second ODI, South Africa skipper Temba Bavuma, said that the chase of 340-plus runs has given his side a lot of confidence and he enjoyed his batting during his century.

A century from skipper Temba Bavuma (109 off 102 balls) laid the platform for South Africa's third-highest successful ODI run-chase on Sunday as they gained an unassailable 2-0 lead in the three-match bilateral series against England.

"Very special. Always a tough ask against England. This was a good way to test our way of playing. To chase down 340 like that, gives us a lot of confidence. Really enjoyable for me today, it is good I am making myself valuable. We were pretty relaxed with David and Marco still there, it needed something miraculous for us to lose the game," said Bavuma in a post-match presentation.

"We dominated the first 10 overs with the ball, and they felt the intensity. Our ending not as good perhaps. With the bat, it was about understanding the conditions well and using it to our advantage. Lovely crowds today, been a while since I played here. We feel it will be the same in Kimberley, thanks to the crowds today. Wednesday will be another



er chance for us to execute our plans," concluded Bavuma.

South Africa's late push for automatic qualification to the 2023 Men's Cricket World Cup in India received a significant boost on Sunday after their incredible run-chase in Bloemfontein in the second ODI against England, which saw them win by five wickets.

Bavuma's second ODI ton was followed by valuable contributions from the middle order during the 343-run chase, including an unbeaten 65-run stand for the sixth wicket between David Miller (58*) and Marco Jansen (32*). The hosts chased down the total with five balls to go.

Emotional Shafali Verma eyes off historic South Africa double

POTCHEFSTROOM (SA), JAN 30 : Victorious ICC Under-19 Women's T20 World Cup-winning captain Shafali Verma has wasted no time in turning her attention to leading India to more success at next month's ICC Women's T20 World Cup.

An emotional Shafali played a pivotal role in helping India claim the inaugural U19 title with an emphatic seven-wicket victory over England on Sunday and the 19-year-old is now eyeing off a historic double.

Shafali is already an established star in India's senior side and wants to make the visit to South Africa even more worthwhile with another piece of silverware at next month's tournament, ICC reported. "No, the big one also," Shafali noted when asked if the U19 trophy was the only one she was looking to take back from South Africa.



Half centuries from Arjun and Yuvraj helps Chandigarh to respectable 260/5

CHANDIGARH, The timely half-centuries from skipper Arjun Azad and Yuvraj Choudhary rescued UT boys to post 260/5 against hosts Chhattisgarh on the second day of the ongoing Col CK Nayudu Trophy match being played at Bhilai.

Earlier, Chhattisgarh added only 33 runs to their overnight score of 237/7 and got bundled out for 270 runs. Mandeep Singh (3/57) and Neil (3/67) shared three wickets each while Paras (2/51) took two wickets.

In reply, Chandigarh got off to a disappointing start as the team's top order - Harnoor Singh (15), Pradeep Yadav (25) and Ayush Sikka (0) failed with 64/3 on

the board. Arjun Azad and Yuvraj Choudhary covered up the loss with a 124-run partnership for the fourth wicket to steer the innings to 188. Gagandeep Singh separated the duo by dismissing Arjun who scored 85 runs off 105 balls with the help of 12 fours and a six. Later, Yuvraj played another partnership of 49 runs with new batter Mayank Sidhu but failed against Deepak Singh who clean bowled him and reduced the side at 237/5. He scored 87 runs in 148 balls which was well studded with six boundaries and five sixes. With unbeaten batters - Mayank Sidhu (29) and AA Kumar (7), Chandigarh ended the day at 260/5.

CHANDIGARH HOUSING BOARD (A Chandigarh Administration Undertaking) 8, Jan Marg, Sector 9-D, Chandigarh PUBLIC NOTICE

Before Secretary, CHB Exercising the Powers of the Estate Officer,
UT Chandigarh.

Subject: Mutation/Transfer of ownership right in respect of Dwelling Unit No. 2568 (Ground Floor) of EWS/LIG Category in Sector 44-C, Chandigarh on the basis of Sale Deed in the name of MS. MANPREET KAUR BANGA D/O SH. GURSEWAK SINGH from the name of allottee/transferee SMT. NEELAM JAIN W/O SH. SANT KUMAR JAIN.

It is hereby notified for the information of the general public and all concerned that the Dwelling Unit No. 2568 (Ground Floor) of EWS/LIG Category in Sector 44-C, Chandigarh stands in the name of allottee/transferee SMT. NEELAM JAIN W/O SH. SANT KUMAR JAIN. Now, SMT. NEELAM JAIN W/O SH. SANT KUMAR JAIN has sold the above said dwelling unit to MS. MANPREET KAUR BANGA D/O SH. GURSEWAK SINGH vide Sale Deed Executed and registered in office of Sub-Registrar Chandigarh on 26.12.2019. MS. MANPREET KAUR BANGA D/O SH. GURSEWAK SINGH has requested this office for transfer the above said dwelling unit in her name on the basis of sale deed.

If any body has any objection upon the mutation of the said property in favour of applicant, he/she/they may submit the objection in writing to the undersigned within 15 days of the publication of this notice, failing which, the ownership of the said dwelling unit shall be transferred in favour of above said claimant(s).

Secretary,
Chandigarh Housing Board, Chandigarh
WEAR MASK, WASH YOUR HANDS, WATCH YOUR DISTANCE.

CHANDIGARH HOUSING BOARD (A Chandigarh Administration Undertaking) 8, Jan Marg, Sector 9-D, Chandigarh. Ph. : 0172-4601826 PUBLIC NOTICE

SH. SURJEET SINGH S/O SH. AMAR NATH, R/o House No. 3370, Sector 45-D, UT, Chandigarh, has approached to the Chandigarh Housing Board for the issuance of Duplicate Copy of Allotment Letter, No Due Certificate, Transfer Letter no. 650 dt. 06.07.2017, in respect of Dwelling Unit No. 3370, Sector 45-D, Chandigarh due to loss of these documents. SH. SURJEET SINGH S/O SH. AMAR NATH has furnished the online complaint at Police Unit: Sector 34, Chandigarh vide L.A.R. No. 2023/000972, on dated 11.01.2023 regarding the loss of above said documents. Any person having any objection, against the issuance of duplicate Copy of Allotment Letter, No Due Certificate, Transfer Letter no. 650 dt. 06.07.2017 in respect of the above said Dwelling Unit to the said SH. SURJEET SINGH S/O SH. AMAR NATH, he/she should file the objection before the undersigned in writing within 15 days from the publication of this notice, failing which the documents shall be issued. Further, in case original documents as mentioned above are found by anyone, the same should be submitted in the above noted Police Station or in the Office of the undersigned.

Secretary,
Chandigarh Housing Board, Chandigarh
WEAR MASK, WASH YOUR HANDS, WATCH YOUR DISTANCE.



Live more, Bank less

Notice of Branch Relocation

The Chandigarh branch of DBS Bank India Limited is relocating with effect from 27 March 2023, as per the details given below.

Current branch address:

SCO-316, Ground Floor, Sector 40 D,
Chandigarh - 160036

New branch address:

SCO : 42-43, Ground Floor, Sector 9 D, Madhya Marg,
Chandigarh - 160009

Business Hours:

Monday to Saturday 10am to 4pm.
2nd and 4th Saturdays are closed.

All the banking services from the earlier branch premises will be seamlessly offered in the new premises.

NORTHERN RAILWAY
E-Tendering

Open tenders through E-tendering are invited by Sr. Divisional Engineer/Coordination, Northern Railway, Ambala from the willing contractors for following work upto 15.00 hrs. on the date of closing shown against the work and will be opened thereafter.

S. No.	Name of Work	Approx. Cost (Rs.)	Earnest Money (Rs.)	Period of Completion	Date of closing & opening
1	Extension of FOB from P.F. No. 5/6 to PF no. 4 with LIFT near RMS office at Saharanpur station in the section of ADEN/SRE.	6611202	132200	45 Days	15.02.2023

NOTE 1. Tenderers are required to upload scanned copies of all related eligibility documents including PAN/TIN/GST as per conditions. 2. The required Earnest Money will be acceptable On-line payment through Net Banking/or Payment Gateway payment only well before & upto 15.00 hrs. of closing date & time of tender. 3. Tenderers should have Class-III Digital Signature Certificate to participate in E-Tendering of works tenders. 4. For detail, please log on IREPS website www.IREPS.gov.in. 5. GST will be levied as per GST Act, 2017. **Open Tender Short Term Notice No.: NIT-46/UMB-2022-23 Dated : 30.01.2023** 30/3/2023

Serving Customers With A Smile

CHANDIGARH HOUSING BOARD
A Chandigarh Administration Undertaking
8, Jan Marg, Sector 9-D, Chandigarh

PUBLIC NOTICE

PUBLIC NOTICE

This is to inform the general public that Cover Notes bearing the following serial numbers have been lost or misplaced:

20001164471 20001191942

Please note that the use or issuance of the above cover notes for insuring of any motor vehicle or any other property would be illegal and unauthorized and Liberty General Insurance Limited would not be liable in respect of the above cover notes or any liabilities thereunder. Any person who finds or comes across the above cover notes, may please intimate us immediately at Liberty General Insurance Limited at our Corporate Office address: 10th Floor, Tower A, Peninsula Business Park, Gangotri Road, Karam Marg, Lower Parel, Mumbai 400013, India. E-mail: antifraud@libertyinsurance.in, Toll Free Number: 1800-266-5844, Phone: +912267001313, FAX Number: +912267001606 to initiate necessary action against the above misuse. The notice is issued in the public interest on 31st January 2023, for and on behalf of Liberty General Insurance Limited, IRDA Registration No: 150, Corporate Identification Number: U66000MH2010PLC209656

CHANDIGARH HOUSING BOARD (A Chandigarh Administration Undertaking) 8, Jan Marg, Sector 9-D, Chandigarh. PUBLIC NOTICE

Before Secretary, CHB Exercising the Powers of the Estate Officer,
UT Chandigarh.

Subject: Mutation/Transfer of the transferee in respect of Dwelling Unit No. 3070 (Ground Floor) of Category LIG in Sector 47-D, Chandigarh on the basis of Transfer Deed in the name of SMT. SARBINDER KAUR W/O SH. HARMOHAN SINGH BAWEJA, D/O SH. MOHINDER SINGH DUGGAL, from the name of allottee/ transferee SMT. GURJEET KAUR W/O SH. MOHINDER SINGH DUGGAL.

(MOTHER TO DAUGHTER)

It is hereby notified for the information of the general public and all concerned that the Dwelling Unit No. 3070 (Ground Floor) of Category LIG in Sector 47-D, Chandigarh stands in the name of allottee/transferee SMT. GURJEET KAUR W/O SH. MOHINDER SINGH DUGGAL. It has been reported by SMT. SARBINDER KAUR W/O SH. HARMOHAN SINGH BAWEJA, D/O SH. MOHINDER SINGH DUGGAL, who has applied for transfer of ownership rights in respect of said Dwelling unit on the basis of Transfer Deed in her name which was Executed and registered in office of Sub-Registrar Chandigarh on 18.01.2023.

If any body has any objection upon the mutation of the said property in favour of applicant, he/she/they may submit the objection in writing to the undersigned within 15 days of the publication of this notice, failing which, the ownership of the said dwelling unit shall be transferred in favour of above said claimant(s).

Secretary,
Chandigarh Housing Board, Chandigarh
WEAR MASK, WASH YOUR HANDS, WATCH YOUR DISTANCE.

CHANDIGARH HOUSING BOARD (A Chandigarh Administration Undertaking) 8, Jan Marg, Sector 9-D, Chandigarh PUBLIC NOTICE

Before Secretary, CHB Exercising the Powers of the Estate Officer,
UT Chandigarh.

Subject: Mutation/Transfer of ownership right in respect of Dwelling Unit No. 393 (Ground Floor) of Category HIG-II in Sector 45-A, Chandigarh on the basis of Sale Deed in the name of SH. DURGA DASS S/O SH. SATBIR GOEL & SMT. SONIA GOYAL W/O SH. DURGA DASS GOYAL from the name of allottee/transferee SMT. ASHA KUMAR W/O LATE SH. NARESH CHANDER KUMAR & MS. SUGANDHITA D/O LATE SH. NARESH CHANDER KUMAR.

It is hereby notified for the information of the general public and all concerned that the Dwelling Unit No. 393 (Ground Floor) of Category HIG-II in Sector 45-A, Chandigarh stands in the name of allottee/transferee SMT. ASHA KUMAR W/O LATE SH. NARESH CHANDER KUMAR & MS. SUGANDHITA D/O LATE SH. NARESH CHANDER KUMAR. Now, SMT. ASHA KUMAR W/O LATE SH. NARESH CHANDER KUMAR & MS. SUGANDHITA D/O LATE SH. NARESH CHANDER KUMAR has sold the above said dwelling unit to SH. DURGA DASS S/O SH. SATBIR GOEL & SMT. SONIA GOYAL W/O SH. DURGA DASS GOYAL vide Sale Deed Executed and registered in office of Sub-Registrar Chandigarh on 29.09.2022. SH. DURGA DASS S/O SH. SATBIR GOEL & SMT. SONIA GOYAL W/O SH. DURGA DASS GOYAL has requested this office for transfer the above said dwelling unit in their name on the basis of sale deed.

If any body has any objection upon the mutation of the said property in favour of applicant, he/she/they may submit the objection in writing to the undersigned within 15 days of the publication of this notice, failing which, the ownership of the said dwelling unit shall be transferred in favour of above said claimant(s).

Secretary,
Chandigarh Housing Board, Chandigarh
WEAR MASK, WASH YOUR HANDS, WATCH YOUR DISTANCE.

CHANDIGARH HOUSING BOARD (A Chandigarh Administration Undertaking) 8, Jan Marg, Sector 9-D, Chandigarh. PUBLIC NOTICE



Subject: Transfer/Mutation of Allotment / Registration D.U. No. 3135-3 of MIG-II Category in Sector 44-D, Chandigarh in the names of (1) SMT. PRAGYA DEVI D/O LATE SH. VISHWA NATH (2) SMT. IJYA SHARMA D/O LATE SH. VISHWA NATH (3) SMT. ANJU SHARMA D/O LATE SH. VISHWA NATH (4) SH. SHESHSHAYEE GAUTAM S/O LATE SH. VISHWA NATH (5) Legal heirs of Late SH. ASHUTOSH GAUTAM S/O LATE SH. VISHWA NATH (a) SMT. SUDESH SHARMA W/O LATE SH. ASHUTOSH GAUTAM (b) SH. VIBHU GAUTAM S/O LATE SH. ASHUTOSH GAUTAM (c) MS. DIVYA SHARMA D/O LATE SH. ASHUTOSH GAUTAM (d) MS. DIVYA SHARMA D/O LATE SH. ASHUTOSH GAUTAM on the intestate demise of allottee/ transferee SH. VISHWA NATH S/O SH. SITA RAM.

It is hereby notified for the information of the General Public and all concerned that SH. VISHWA NATH S/O SH. SITA RAM is owner of Dwelling Unit No. 3135-3 of MIG-II Category in Sector 44-D, Chandigarh expired on 09/11/2004 at Chandigarh as informed by his legal heirs (1) SMT. PRAGYA DEVI D/O LATE SH. VISHWA NATH (2) SMT. IJYA SHARMA D/O LATE SH. VISHWA NATH (3) SMT. ANJU SHARMA D/O LATE SH. VISHWA NATH (4) SH. SHESHSHAYEE GAUTAM S/O LATE SH. VISHWA NATH (5) Legal heirs of Late SH. ASHUTOSH GAUTAM S/O LATE SH. VISHWA NATH (a) SMT. SUDESH SHARMA W/O LATE SH. ASHUTOSH GAUTAM (b) SH. VIBHU GAUTAM S/O LATE SH. ASHUTOSH GAUTAM (c) MS. DIVYA SHARMA D/O LATE SH. ASHUTOSH GAUTAM, have requested for transfer of ownership of Dwelling Unit No. 3135-3 of MIG-II Category in Sector 44-D, Chandigarh in their names on the basis of intestate demise of SH. VISHWA NATH S/O SH. SITA RAM. They have further stated that no other legal heir has been left out and they are the only legal heirs of deceased owner of the above said Dwelling Unit.

In case anybody has any objection regarding the claim/right/interest in the dwelling unit which is proposed to be transferred by the Chandigarh Housing Board In favour of (1) SMT. PRAGYA DEVI (DAUGHTER) (2) SMT. IJYA SHARMA (DAUGHTER) (3) SMT. ANJU SHARMA (DAUGHTER) (4) SH. SHESHSHAYEE GAUTAM (SON) (5) Legal heirs of Late SH. ASHUTOSH GAUTAM S/O LATE SH. VISHWA NATH (a) SMT. SUDESH SHARMA (DAUGHTER-IN-LAW) (b) SH. VIBHU GAUTAM (GRAND SON) (c) MS. DIVYA SHARMA (GRAND DAUGHTER), he/she may submit the objection in writing to the undersigned within 30 days of the publication of this notice, failing which the registration and allotment of the said dwelling unit shall be transferred in favour of the above claimant's.

Secretary,
Chandigarh Housing Board, Chandigarh
WEAR MASK, WASH YOUR HANDS, WATCH YOUR DISTANCE.



Sushmita Sen as fearless 'Aarya' is back

Actress Sushmita Sen has started shooting for the third season of the hit web series 'Aarya'. On Monday, Sushmita shared a video to give a glimpse of her titular character in the new season. In the teaser, she is seen loading her pistol and smoking a cigar in style. Speaking about her character, Sushmita said, "Aarya is synonymous with my name. I have lived as Aarya for two whole seasons and the love received by the audiences has only encouraged me to do more. Walking on the sets of Aarya Season 3 makes me feel at home and gives me a sense of empowerment."

I'm grateful to the entire team at Disney+ Hotstar, Ram Madhvani Films and Endemol Shine India for the vision of creating Aarya and taking it to newer heights with every season."

'Aarya' is created by Ram Madhvani. On expanding the series with the third part, Ram shared, "Getting to and commencing Season 3 of Aarya is too special for me and my team. I'm grateful to our audiences who showered the series with so much love and stayed invested in the journey and evolution of Aarya Sareen."

I can promise them they are going to ask for more seasons after this one. I'm equally thankful to the team at Disney+ Hotstar, Endemol Shine India and our entire team at Ram Madhvani Films, especially Co-Producer Amita Madhvani and our Executive Producer Sia Bhuyan. Also, to all our actors especially Sushmita Sen, who makes Aarya so memorable in people's hearts."

From being Emmy nominated for the International Emmys with season 1 to getting so much love and awards for Season 2, it's been a fantastic ride...here's to a roaring Season 3." Sushmita made a thrilling comeback with 'Aarya' in June 2020. In the Series, the actor plays the protagonist, a powerful and strong character, who goes beyond boundaries to protect her family from the world of crime. The first season was even nominated for the 'Best Drama' series at the International Emmy Awards.

Richa Chadha learning Kathak for her role in 'Heeramandi'

Actress Richa Chadha has reunited with her old love, and it's not a person. Richa formally trained in the classical dance form of Kathak as a child but was forced to stop it due to her board exams. As now her role in maestro Sanjay Leela Bhansali's Heeramandi demands Kathak training, the actress started preparing for the same.

"I trained in Kathak as a kid under Pt Abhay Shankar Mishra for ten years as a child. Then life happened and my love for dance got left behind. I was afraid I lost my touch as like any art form, it depends on practice. But it kind of felt like swimming and I think I can float without a lifejacket. I think dance has the potential to make a person more connected, grounded, confident and definitely happier. Movement is medicine. This year I hope to complete my degree in the dance form, under the aegis of my guru Pt. Rajendra Chaturvedi," Richa shared.

Speaking of 'Heeramandi', it will explore stories of courtesans and the hidden cultural reality of Heeramandi, a dazzling district, during pre-independent India. Basically, it is a series about love, betrayal, succession, and politics in the kotahs which promises SLB's trademark larger-than-life sets, multi-faceted characters and soulful compositions. "Heeramandi" is an important milestone in my journey as a filmmaker. This is an epic, first of its kind series based on the courtesans of Lahore. It is an ambitious, grand and all-encompassing series; therefore I am nervous yet excited about making it. I am looking forward to my partnership with Netflix and bringing Heeramandi to audiences all over the world," Bhansali, who has entertained us with his films 'Devdas', 'Black', 'Bajirao Mastani', 'Guzarish' and 'Ram Leela' among others, said.



Shilpa Shetty turns fitness GURU

Struggling to find the motivation to workout? Worry not. Actress Shilpa Shetty's latest Instagram post will provide you with valuable strategies on how to find motivation to lead a healthy and fit life. Shilpa took to the social media application on Monday and shared a workout compilation video of herself. In the clip, she is seen doing several exercise routines, including weight training, cardio, yoga and pilates. She also revealed a mantra to have a healthy lifestyle. According to Shilpa, "consistency, dedication, discipline, and effort are the four pillars upholding one's goal of achieving all their dreams." Shilpa wrote, "Consistency, dedication, discipline, and effort are the four pillars upholding one's goal of achieving all their dreams... including the dream of a healthy and fit body. Modifying your daily habits and switching over to a healthy & regulated lifestyle is a must. Put in the hard work regularly and you WILL eventually see the difference. But, achieving your dream physique isn't the end of the road. You have to be consistent to maintain it."

She added, "Remember that this mantra won't give you instant or quick results, but it'll be absolutely worth the effort you put in over a period of time. Happy Monday!" Meanwhile, on the work front, Shilpa will soon be making her grand OTT debut with Rohit Shetty's upcoming web series 'Indian Police Force' alongside Sidharth Malhotra and Vivek Oberoi, which will stream exclusively on Amazon Prime Video. The show aims to pay an ode to the "selfless service, unconditional commitment, and fierce patriotism" of police personnel across the country.



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