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



Former cricketer Vinod Kambli booked for assaulting wife

MUMBAI: A case has been registered against former Indian cricketer Vinod Kambli for allegedly abusing and assaulting his wife at the couple's flat in suburban Bandra here, police said. The case was registered on a complaint from his wife Andrea, alleging that Kambli in an inebriated state threw the handle of a cooking pan at her due to which she suffered a head injury, a Bandra police station official said. The incident occurred between 1 pm and 1:30 pm on Friday, the police official stated. Before coming to the police, Kambli's wife got herself treated at Bhabha Hospital, he added.

16 children fall ill after eating poisonous Jatropa fruit in Mirzapur

MIRZAPUR: As many as 16 children have fallen ill after allegedly eating poisonous Jatropa fruit in a colony in Chunar police station area on Saturday, a senior official here said. The children had consumed the poisonous fruit "mistaking it for almond," the official said, adding the condition of all the children is stable. The children were admitted to the Divisional Hospital and are being treated under the supervision of Mirzapur Medical College Principal R B Kamal. "The children were first brought to the Community Health Centre. After giving first aid, the children were admitted to the Divisional Hospital," Kamal said. "Some children of Chunar's Kansiram Awasthi Colony were playing in the nearby LIC campus after coming from school. While playing, the children ate the fruit of Jatropa mistaking it for almond."

One dies, 5 injured in road accident in Una dist

HAMIRPUR/UNA : One woman died and five were injured when their car had a head-on collision with another car coming from the opposite direction at Dangoli village of Una district Sunday. The family of the deceased Vishnu Devi was going for a pilgrimage to Deotsidh in Hamirpur district from Mukerian in Punjab when this accident took place, said an official spokesman. All the injured have been admitted to Regional Hospital Una. According to the information, on Sunday morning, a family of Punjab's Mukerian was going to Baba Balak Nath temple in a car to pay obeisance at Baba Balak Nath temple in which six people including driver Balwinder Singh were travelling.

Sand to be available at Rs. 5.50 per cubic feet in Punjab: CM

**BUREAU
GORSIAN KHAN MOHAMMAD (LUDHIANA),
FEBRUARY 5:**

In a historic initiative aimed at ensuring supply of cheap sand and gravel to the public, the Punjab Chief Minister Bhagwant Mann today dedicated 16 public mines here to the masses thereby ensuring pit head price of sand to Rs 5.50 per cubic feet.

Interacting with the media persons after dedicating 16 public mining sites spread over seven districts here today, the Chief Minister said that the state government has fulfilled another poll guarantee made with the people. He said that the state government has eradicated the sand mafia which had flexed its muscles in the past to ensure that people get cheap sand. Bhagwant Mann said that now the sand will be sold at just Rs.5.50 in each of these public mining sites thereby giving a major reprieve to the people.

The Chief Minister said that only manual excavation of sand will be permitted in these public mining sites and no mechanical excavation of sand will be allowed. He categorically said that no mining contractor will be allowed to operate in these public mining sites. Bhagwant Mann said that 16 mines have been dedicated to the people and by next month 50 more such mines will be operational across the state.



He said that the state government has built an app which will give complete information to people about public mining sites and will

even facilitate online payments. Bhagwant Mann said that 16 mines have been dedicated to the people and by next month 50 more such mines will be operational across the state.

The Chief Minister said that an app has been launched that will be linked to Google maps and will guide the person to the nearest public mine. He said that it will ensure supply of cheap sand to the people and check their exploitation by contractors and transporters. Bhagwant Mann said that it will

boost the rural economy as a large number of youth and labour will be engaged in this exercise, leading to higher incomes. The Chief Minister said that it will eliminate middlemen in the sale and purchase of sand and gravel, leading to empowerment of the common man. He said that it is now one of the lowest rates at which sand is available to any person across the country. Bhagwant Mann said that the presence of public mining sites will automatically distort the prices.

Taking steps to make Gaushalas self-reliant: Haryana CM

**SHIV KUMAR SHARMA
PANIPAT, FEB 5**

Chief Minister, Sh. Manohar Lal said that the state government is taking effective steps to make the state's gaushalas self-reliant. He said that a grant of Rs 30 crore is given every year for fodder of cattle. The Chief Minister was addressing on the occasion of the anniversary celebration of Shri Jagat Guru Brahmanand Gaushala in Panipat's Kurana village.

The Chief Minister approved several demands for

Kurana village. He approved the demand for widening four roads of the village to five and a half meters. With the population of



the village being more than 10,000, the Chief Minister also announced to give the benefit of Mahagram Yojana to Kurana village, along

with an assistance of Rs 21 lakh for Shri Jagat Guru Brahmanand Gaushala, Kurana.

Apart from this, Member of Parliament, Sh. Sanjay Bhatia and Rajya Sabha member, Sh. Krishan Lal Panwar announced Rs 11 lakh each and MP Arvind Sharma announced Rs. 2.50 lakh for the Gaushala.

The Chief Minister said that cow is considered a symbol of Indian civilization, culture and traditions. Cow has been given the status of mother in religious texts and is worshipped.

Dhesi, Amit Agarwal get more power in Hry CMO

**BUREAU
CHANDIGARH, FEB 5**

Reshuffle of portfolios was reported in Haryana CMO with new appointments. DS Dhesi, Special Principal Secretary to CM, has become the most powerful after the allocation of work. He has been given 13 departments in CMO. Apart from legislative work and proposals, ordinances to be placed before the cabinet and parliamentary matters will also be handled by him. Apart from this, there are also important departments like Industries and Commerce, Jail, PWD.

After the recent appointment of Jawahar Yadav as



OSD, Chief Minister Manohar Lal has now handed over the responsibility to him. Though no portfolio has been allotted to him yet, he will look after all the political matters of the CM in view of the 2024 elections. IAS Amit Agarwal, Additional Principal Secretary to Haryana CM, is also at a strong position

in the CMO. He considered very close to the Chief Minister, has been given the work of Kurukshetra Development Board along with AYUSH, Archives, Energy, Health, Tourism, Higher Education and Medical Education. HCS Sudhanshu Gautam will be the OSD of CM. He will see the CM's announcements. There has been no change in the duties of Bhupeshwar Dayal, OSD to Haryana Chief Minister Manohar Lal.

He will look into the CM window and complaints as before.

State govt to bear expense of treatment of seriously ill girl: HP CM

**BUREAU
SHIMLA, FEB 5**

The State government will bear the entire cost of treatment of 18 years old Meenakshi Thakur, who belongs to Bihari area of district Hamirpur. She is suffering from a serious illness. Chief Minister, Thakur Sukhvinder Singh Sukhu has directed district administration to take necessary action in this regard.

Meenakshi Thakur along with her mother today met Chief Minister Thakur Sukhvinder Singh Sukhu at Circuit House, Hamirpur and apprised him that she is suffering from serious illness and is undergoing treatment at PGI Chandigarh. She told that her family is not in a position to bear the expenses on the treatment.

Chief Minister Thakur Sukhvinder Singh Sukhu directed the district administration to take necessary steps to help Meenakshi. He said that total expenditure



of her treatment would be incurred by the State government.

The Chief Minister gives highest priority to social concern along with human sensibilities. Thakur Sukhvinder Singh Sukhu has taken many ambitious decisions for the weaker sections of the society after assuming the office of the Chief Minister. He is continuously preparing such schemes and programs which can empower the needy person.

SC to get five new judges today

**AGENCY
NEW DELHI, FEB 5**

The Supreme Court is all set to get five new judges, taking its strength to 32 against the sanctioned strength of 34, on Monday when three chief justices-- Justice Pankaj Mithal, Justice Sanjay Karol and P.V. Sanjay Kumar -- of high courts of Rajasthan, Patna and Manipur respectively will take oath alongside two other senior high court judges.

Justice Ahsanuddin Amanullah of the Patna High Court and Justice Manoj Misra of the Allahabad High Court will also be administered oath of office by the Chief Justice of India

(CJI) as Supreme Court judges in a ceremony to be held at the court's auditorium in its new building complex. The senior most among the five judges, whose names were officially announced by the Centre on Saturday, is Justice Mithal whose parent cadre is the Allahabad High Court. He was serving as the Chief Justice of the Rajasthan High Court since October 14, last year. Born on June 17, 1961, Justice Mithal is a 1982 commerce graduate from Allahabad University. He completed his LLB in 1985 from Meerut College and enrolled as an advocate in the Bar Council of Uttar Pradesh the same year.

Pakistan's former president Musharraf dies after prolonged illness

**AGENCY
NEW DELHI, FEB 5**

After a long bout of serious illness, former Pakistan President and chief of Army staff Perviz Musharraf died today at the American Hospital in UAE's Dubai after spending years in self-imposed exile. He was 79.

There's no official communication if his body will be brought back to Pakistan, though his family has been trying to bring him back home since last year.

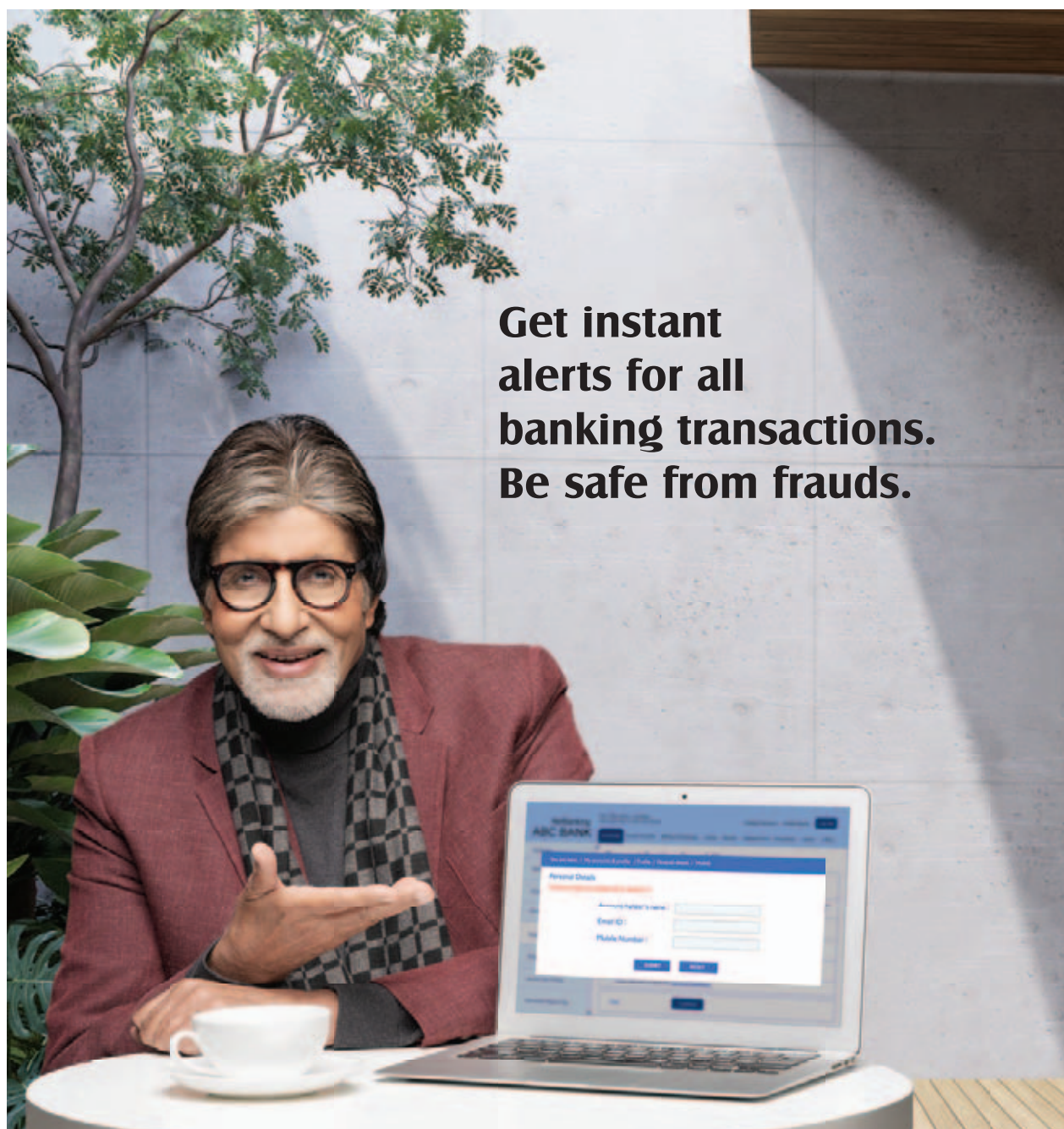
Mr Musharraf's organs were malfunctioning because of an ailment called amyloidosis. This disease af-



fects connective tissues and organs, inhibiting normal functioning. It's a rare disease caused by a build-up of an abnormal protein called amyloid in organs and tissues throughout the body.

Facing charges back home for the assassination of former Prime Minister Benazir Bhutto in 2007, Mr Musharraf has been living in Dubai for the last eight years. He had earlier expressed his desire to spend the "rest of his life" in his home country, and wanted to return to Pakistan as soon as possible.

The former President was the tenth president of Pakistan after a successful bloodless military coup in 1999. He served as the 10th Chairman Joint Chiefs of Staff Committee of Pakistan (CJSC) from 1998 to 2001 and the 7th top general from 1998 to 2007.



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There is no passion to be found playing small - in settling for a life that is less than the one you are capable of living.

Nelson Mandela

YUGMARG, CHANDIGARH, MONDAY, FEBRUARY 6, 2023

Kalyan participates in Guru Ravidas jayanti programme

SHIV KUMAR SHARMA
KARNAL: Guru Ravidas jayanti programme was organised in many villages including village Kutel and Bastada. MLA Harbinder Kalyan participated in the programmes and extended greetings and best wishes to all. On reaching the Jubilee programme, the villagers present welcomed the MLA Kalyan and expressed gratitude to the MLA for the Ambedkar Bhavans and community centres built during the tenure of the BJP government in various villages. While addressing the people, he said that Sant



Shiromani Ravidas Ji has given a deep message for the welfare of mankind through his speech and

couplets. Saint Shiromani Guru Ravidas Ji has given such teachings that you should do your work and also

follow the path of God. Through his actions, he gave a message not only to the country but also to the world to rise above caste and discrimination. The ideology of saints is a source of inspiration for the society, the birth anniversaries of saints work to unite the society and in the same way we all together should celebrate the birth anniversaries of all the saints with great enthusiasm and mutual harmony. He said that many great saints have blessed this land of India by taking birth in our country for centuries, because of which India is called Vishwaguru. Walking on the

33 koti deities reside in cow: Dr. Arvind

Shiv Kumar Sharma
ROHTAK: Today Jagat Guru Brahmanand participated in the annual festival of Gausshala village Kurana Panipat where he said that according to Skanda Purana 'Cow is the Supreme God and Vedas are the Supreme God'. Lord Shri Krishna has said in Shrimad Bhagavadgita - 'Dhenunamasi Kamdhenu' means I am Kamdhenu among cows. All Gods and Goddesses are pleased by the service of the cow, as well as the family gets the boon of happiness, prosperity and good health. Any defect in the horoscope can be removed by the service of the cow and freedom from the obstacles that come due to Pitridosh etc. On this occasion Naresh Garg, head of Jagat Guru Brahmanand Gausshala, Ashok Kumar, IPS son of DGP



Kurana village of Uttarakhand, Archana Gupta, District President of Bharatiya Janata Party Panipat, District Councillor Sudesh Anja, Sarpanch Sudesh wife Suresh Jagla, Chaudhary Dharampal, head of Kurana Barah,

former Sarpanch Jagdish, former Sarpanch Salyawan Jhanda, Mukesh Shastri, Dinesh Nara, Rajendra Sharma Kurana, Suresh Shastri, Ramroop Sharma, Randhir Pannu, and other dignitaries and villagers were present.

CLASSIFIED

I, Khushpreet W/o Lovepreet Singh R/o 238, Gali No. 6D/2, Vikas Nagar, Chheharta, Amritsar have changed my name Khushpreet to Khushpreet Kaur . Please concerned Note.

72737

I, Harleen Kaur W/o Jaskaran Singh Nagi R/o.1890, Gali No.1, Aggarwal Dharm Shalla Bagh Ramanand Amritsar have Changed my name from Harleen Kaur to Harleen Kaur Angi

72737

I, Rakesh Jain S/o Kishori Lal Jain R/o.3102, Mahsulain Gate Jandiaila Guru Amritsar-143115 Change name to Rakesh Jain S/o Kishori Lal Note all

72737

I, Meena W/o Rakesh Jain D/o Ramesh Kumar R/o.3102, Masulain Gate Jandiaila Guru Amritsar-143115 Change my name after marriage Meena Jain

72737

I, Sarbjit Singh S/o Ragbir Singh R/o.2102/13 Gali Hatim Tai Gate Hakima Amritsar have Changed my name to Sarbjit Singh

72737

I, Kishan Singh S/o Bachan Singh R/O Vill Chhiddan Po & Teh Ajnala Distt Amritsar Have Changed My Name Krishan Singh To Kishan Singh All Concerned May Please Note.

72737

PUBLIC NOTICES

I, Jagvir Singh s/o mahinder singh R/o Ward No.8 tehsil & Distt mansa declared that that my son Gulab singh is out of my control. So I disown him from all my moveable and immovable properties. Anybody dealing with him on their own risk.

50008

I, Amarjit Kaur widow of Nirmal Singh R/o W.No. 4 Payal Teh-Payal (Ludhiana) declare that my son Paramveer Singh Gill and his wife Mandep Kaur Gill is out of my control. So I disown with them from my moveable/immovable property. If anybody dealing with them at his/her own risk.

63372

I, Shaik Kalesha Vali S/o Shaik Alla Vali R/o Plot No. 5 Apoorva Sarovar Near Pullaiah College Nandikotkur Distt. Andhra Pradesh Pin-518002 now residing at 20 Garhri Pin 910702, C/o 56 APO (Bathinda Cantt.) declare that in my Part-2 order my daughter name & her DOB wrongly entered Shaik Sathiya and DOB 02-06-2011. But my daughter correct name is Shaik Safiya and her correct DOB is 02-06-2010. So amended my daughter name and her DOB in my Part-2 order.

63372

I, Shaik Kalesha Vali S/o Shaik Alla Vali R/o Plot No. 5 Apoorva Sarovar Near Pullaiah College Nandikotkur Road Kurnool Distt. Andhra Pradesh Pin-518002 now residing at 20 Garhri Pin 910702, C/o 56 APO (Bathinda Cantt.) declare that in my Part-2 order my son name wrongly entered Shaik Mohammed Tanveer. But my son correct name is Shaik Mahammad Tanveer. So amended my son name in my Part-2 order.

63372

I, Karamjeet Kaur W/o Gurtej Singh R/o Kharak Singh Wala (Mansa) declare that in my son army No. 4500123N Sep Amrinder Singh is serving a Sikh Li C/o APO my name recorded as Karamjeet Kaur. but correct name as Karamjit Kaur.

63372

We Narender Maggo S/o Sh Late Prem Prakesh Maggo And Niti Maggo W/o Sh Narender Maggo R/o H.no 364 Block No 19, Doctor Hira Singh Road Civil Line Ludhiana Declare That Our Daughter Ditya Maggo Is Out Of Control. So I Disown With Her From My Moveable/immovable Property. If Anybody Dealing With Them At His/her Own Risk.

9000

I, Shanker S/O Rajiv kumar, R/o Plot no 182, Gali number 3, Chakki wali gali, Batala Road, Gokul Vihar ,Amritsar have changed my name from Shanker to Shanker Dharnae. Please note it.

72737

I, Meenakshi Mishra W/o Tarun Kapoor R/o 44,Joshan Colony, Meera Kot Chowk, Ajnala Road, Amritsar have changed my name to Meenakshi Kapoor after marriage

72737

I, Kulbir Kaur Kang W/o Harmeet Singh Kang Resident of Vill. Gadian, Gadhriyan, Naushera Majja Singh Tehsil and District Gurdaspur, Punjab (India) declare that in my Real Son Abhiraj Singh's ICSE Board Matriculation Certificate my name has been wrongly mentioned as Kulbir Kaur. But my correct name is Kulbir Kaur Kang. As per my other documents. Please correction this mistake in my Son's Matriculation Certificate.

72737

I, Harmeet Singh Kang S/o Ranjit Singh Resident of Vill. Gadian, Gadhriyan, Naushera Majja Singh Tehsil and District Gurdaspur, Punjab (India) declare that in my Real Son Abhiraj Singh's ICSE Board Matriculation Certificate my name has been wrongly mentioned as Harmeet Singh . But my correct name is Harmeet Singh Kang. As per my other documents. Please correction this mistake in my Son's Matriculation Certificate.

72737

I, Army No.15478066H rank DFR name Naveen Kumar Presently Residing at 44, Armd Regt C/o 56 APO, India declare that as per army record the name of my Mother is mentioned as Mainwati Devi but her Correct name is Memvati vide affidavit No. IN-PB67975604524543V dated 4-2-2023 best before Notary public Amritsar

72737

I, Priyanshu Kaushik D/o Ravinder Kumar, resident at Village Bapora District Bhiwani, Haryana - 127111 declare that name of my father has been wrongly written as Ravinder in my educational documents. The actual name of mine is Ravinder Kumar, which may be amended accordingly.

63372

I, Vivek Bains, S/o Harbhajan Lal R/o Village Dandewal, P/o Tutomjara, Tehsil Garhshankar Distt Hoshiarpur declare that the name of My grandfather's name is Sunder in the Fard Jambandi Maal record. My grandfather's name is Shankar Das on my father's documents. Sunder and Shankar Das are two names of my grandfather and both names were the same person.

63372

I, Bandana W/o Army No.JC-249956K rank NB/RS name Uday Bhan Verma Presently Residing of Khalifhatpur Brahimpur, Brahimpur Kusma tanda, Ambedkar Nagar Uttar Pradesh-224190 declare that I have Changed my name from Bandana To Vandana Verma vide affidavit No.IN-Pb67980177400344 V dated 4-02-2023 Best Before Notary Public Amritsar

72737

I, Vijay Manohar Khot S/o No.15522909N rank SWR name Khot Akash Vijay Presently Residing at Khilegaon Tq. Athani Distt Belagavi State Karnataka-591212 declare that I have Changed my name from Vijay To Vijay Manohar Khot vide affidavit No.IN-KA48573273345879 V dated 13-01-2023 Best Before Notary Public Amritsar

72737

I, Indutai Vijay Khot M/o No.15522909N rank SWR name Khot Akash Vijay Presently Residing at Khilegaon Tq. Athani Distt Belagavi State Karnataka-591212 declare that I have Changed my name from Indutai To Indutai Vijay Khot vide affidavit No.IN-KA48568871512259V dated 13-01-2023 Best Before Notary Public Amritsar

72737

I, Jasbir W/O Charanjit Singh R/O 60, Abhinandan Park, Nandanpur Road, Maqsudana, Jalandhar, Have Changed My Name From Jasbir To Jasbir Kaur.

72778

I, Charanjit S/O Des Raj R/O V.p.o. Kotli Than Singh, Distt. Jalandhar, Have Changed My Name From Charanjit To Charanjit Rattu.

72778

I Gurmiko Jonson Singh Thandi S/O Balbir Singh, R/O Vill. Bhara Mazara, Tehsil Banga Distt Sbs Nagar Punjab India-144511 Have Changed My Name From Gurmiko Jonson Singh Thandi To Gurmiko Johnson Singh Thandi

72778

I Jatin S/O Som Lal R/O Vpo Sujion, Distt S.B.s. Nagar Punjab India-144506 Have Change My Name From Jatin To Jatin Badhan

72778

I Rashmi Rani D/o Lachman Dass R/o House No.25,shivalk Avenue Premium Jatehullapur Khara, sas Nagar And My Daughter Presently Residing At 84,park Side Drive, Brampton Ontario Canada L6y2g9 Have Changed The Name Of My Daughter Drishti And Drishti Drishti To Drishti Mahant.

900019

I Khushpreet Singh S/o Mohinder pal Residence Gagar Road, Badal shri muktsar sahib declare that in my documents my father name wrongly interred Mohinder Singh. But correct father name is Mahinderpal

90004

I Harcharan Singh Gill S/o Gurdev Singh Residence # 266/Z-5, St.no.17/1-B, Guru Gobind Singh Nagar, Bathinda 151001 have changed my name to Harcharan Singh.

90004

I Sarabjeet kaur Gill W/o Harcharan Singh Residence # 266/Z-5, St.no.17/1-B, Guru Gobind Singh Nagar Bathinda 151001 have changed my name to Sarabjeet Kaur.

90004

I jaswinder pal w/o Prem Kumar Residence #31121, St.no 12/6 Paras Ram Nagar bathinda have changed my name to Jaswinder pal to Meenu.

90004

I Anil Kumar parjapat s/o Birbal Parjapat Residence # 31612, st no 4, paras Ram Nagar Bathinda have changed my Minor Son Name Dishant Kumar to Dishant Parjapat.

90004

I, Smt Surjit Kaur wife of No 606770-T Ex Sgt Karam Singh Minhas R/o VPO :Daroli Kalan, Tehsil & District Jalandhar (Pb) have changed my name from Smt Surjit Kaur to Smt Kamaljeet Kaur. All concerned please note it.

42778

LOST & FOUND

1- Certified that it is brought to notice of General Public that Original Sale Deed No. 2947 dated 05.03.1999 in favour of Niranjan Singh S/o Mangal Singh S/o Mangat Singh AND Original Sale Deed No. 1085 dated 1.07.1996 in favour of Jaswant Singh S/o Kapoor Singh And Niranjan Singh S/o Mangal Singh has been lost and if anybody find the Original Sale Deed No. 2947 dated 05.03.1999 in favour of Niranjan Singh S/o Mangal Singh S/o Mangat Singh AND Original Sale Deed No. 1085 dated 1.07.1996 in favour of Jaswant Singh S/o Kapoor Singh S/o Niranjan Singh S/o Mangal Singh then contact to Labh Kaur, Mobile No. 98765-15239. Lost information Report SR No. 313141/2023 Dated 04/02/2023.

63372

LOST & FOUND

I, Nirmal Singh S/o Salwinder Singh R/o.314 Circular Road Mohalla Tank Shatri Tam Taran declare that Sale Deed executed by Jagtar Singh S/o Gurmej Singh in Favour of Sukhraj Kaur W/o Harbhej Singh vide Vaska No.1466 dated 11-06-2013 has been lost.

72737

PUBLIC NOTICE

It is for general information that I, Mandep Bawa, S/o Resham Dass, residing at, House No.19986-L, Street No.8, Juihar Singh Nagar, Bathinda, Punjab-151001 was adopted by Harbans Lal, resident at, House No.19986-L, Street No.8, Juihar Singh Nagar, Bathinda, Punjab-151001 on date 16/08/2016 through Adoption Deed No.-120 registered at No. Jild No.0, Vol. 4, page No. 0 dated 16/08/2016 at Bathinda Sub-Registrar Office. Now, I hereafter be known as Mandep Bawa son of Harbans Lal, R/o House No.19986-L, Street No.8, Juihar Singh Nagar, Bathinda, Punjab-151001.

100078

I, Geeta W/o Manish Kumar R/o B-8/206/46 Opposite Park, New Laxmipura, Jalandhar have changed my name Geeta to Geeta Gupta, Gitaniji to Gitaniji Gupta .I also declare that these names are of one and same person i.e. myself.

42778

I Saroj Bala W/o Sh. Sanjeev Kumar R/o Village Kutail, Distt. Karnal have changed my name from Saroj Bala to Saroj Devi. In future I may be known as Saroj Devi.

100074

I Jaswinder Kaur wife Ranvir Singh Khairabad Phul Khurd District Rupnagar Punjab have changed my name to Navjot Kaur.

50008

I Nitin Wadhwa S/o Gulbassh Kumar R/o #510, Ward No.7, Morinda, Distt Rupnagar Have Changed My Name From Nitin To Nitin Wadhwa.

50008

I Abdul Waheed Aziz S/o Muhammad Munir R/o Near Kamal Cinema Malerkotla I Have Changed To My Name To Abdul Wahid.

50008

I gurjeet Singh Chauhan s/o Lillu Singh r/o sangtiwala distt. Sangrur have changed my name to gurjeet singh

50008

I Jashanpreet Singh S/o Manpreet Singh Village Kandiala Tehsil Patti District Tam Taran have change My Name To Singh Is My Surname And Jashanpreet Is My Given Name.

50008

I, hitherto known as PARDEEP SINGH S/O MOHAN SINGH , residing at Flat No-903, GH-4, OPPOSITE IT PARK SECTOR-23, DISTT PANCHKULA HARYANA - 134116 have changed my name and shall hereafter be known as ADITYA SINGH.

900014

I Symbol Singla S/O Sh. Surinder Singla R/O Shiv Colonial Ward No. 1 Cheema Mandi Distt. Sangrur Have Changed My Name To Shaurya Singla. Both The Names Are My Names.

63372

I, Gurwinder Kaur Sidhu D/o Partap Singh R/o Togawal changed my name to Gurwinder Kaur.

63372

पब्लिक नोटिस

गंजित साप नं० ७९ मेडी मांसेरबंटा दे पलट री अमरजीत नू कोस कुमार सैन पुंउर नू कास चंद सैन दे नाम डे है। जिस चदर बिच नू पलसीर सिप पुंउर नू मरलीन सिप चानी पिंड चुदान उगोली मांसेरबंटा सिपु मांसेरबंटा मेरालि नं० ९४११७२-९७७४२ चंदे जिस पलट री अमरजीत मर- बंतिमदर मांसेरबंटा दे चदर बिच चदन करदारे बेगाने यलोरा सब ३०५७ फीट १८-१२-२००३, ३०५९ फीट २८-०३-२०१८ दे अपाए पुंउर हेतु नू दे नाम अमरजीत वरन मरबी चदपास पुपपउर छेती है। पुपिबउर चदपासेन दे अपाए दे गंजित साप नं० ७९ मेडी मांसेरबंटा री अमरजीत अमरजीत कोरी साचे है। चंदर जिसे बिजली री नू सिप पुंउर नू मरलीन अमरजीत वरन मरबी जिसे सिपु री कोरी बिजली दे डी जिस नोटिस दे चदर डे ३० दिन दे भंवर भंवर जिम उरसावर नू हेत सिपे भंवरन सां छोम आदी री dr.colon@punjab.gov.in दे उरन सदा है। बिच भंर डे बाजार जिसे बिजली री जिसे सिपु दे बिजली दे बिजली दे कोरी मरबा री कोरी साचे है।

सूची
मेरालि नं० ९४११७२ दे सिपु मेडी टापीनल्लि, पंचायत पंचायत मेडी वरन मेरत -६६ बंर-११, मेराली।

PUBLIC NOTICE

BEFORE SH. SANJAM GARG, HCS, ASSISTANT ESTATE OFFICER, EXERCISING THE POWERS OF ESTATE OFFICER, U.T. CHANDIGARH.

SUBJECT:-Transfer of Ownership in respect of RESIDENTIAL Site No. 3225, Sector 23-D, Chandigarh (RP 7818) to the extent of 33.33% Share on the basis of Registered Will of Late Smt. Sita Devi.

It is notified for the information of general public and all concerned that as per record of this office Smt. Sita Devi is the owner/lessor of RESIDENTIAL Site No. 3225, Sector 23-D, Chandigarh to the extent of 100% Share. It has been informed by Shubham Ludhra, Gurgaon Ludhra that Smt. Sita Devi expired on 09/01/2003 and they have also intimated the following legal heirs of the deceased owner/lessor:- (i) Gunshan Kumar (Son) (ii) Usha Manchola (Daughter) (iii) Usha Sethi (Daughter) (iv) Anil Kumar (Son) (v) Parveen Budhraj (Daughter) (vi) Shubham Ludhra (Grand Son) (vii) Arun Kumar (Son Deceased) (viii) Divan Chand (Nephew Deceased) (ix) Gaurav Ludhra (Grand Son) (x) Mukesh Rai Ludhra (Son) (xi) Swarna Khurana (Daughter) (xii) Ashok Kumar Ludhra (Son) (xiii) Vanisha Mehta (Daughter) (xiv) Usha Rani (Daughter in Law). Now, Shubham Ludhra has applied for the Transfer of Ownership in respect of RESIDENTIAL Site No. 3225, Sector 23-D, Chandigarh, to the extent of 33.33% Share held by Late Smt. Sita Devi in their favour on the basis of Registered WILL dated 21/02/2000. If anybody has any information about any other legal heirs of the deceased other than mentioned above, the same may be intimated to the Estate Officer U.T. Chandigarh, immediately. If anybody has any objection upon the mutation of the said share in the name of said beneficiaries, they may furnish in writing in the office of the undersigned within 30 days from the date of publication of this notice, failing which the said share in the said property will be mutated accordingly in the name of above said beneficiaries and no further claim whatsoever shall be entertained at any later stage.

SH. SANJAM GARG, HCS, ASSISTANT ESTATE OFFICER, EXERCISING THE POWERS OF ESTATE OFFICER, U.T. CHANDIGARH.

PUBLIC NOTICE

BEFORE SH. RAJIV TEWARI, ASSISTANT ESTATE OFFICER, EXERCISING THE POWERS OF ESTATE OFFICER, U.T. CHANDIGARH.

SUBJECT:-Transfer of leasehold rights in respect of Industrial Plot No. 340, Phase-II, Industrial Area, Chandigarh (INDI-692), to the extent of 1/3rd Share in the name of Sh. Anil Kaushal on the basis of U-Registered WILL dated 25.03.2022.

It is notified for the information of general public and all concerned that as per record of this office property known as Industrial Plot No. 340, Phase-II, Industrial Area, Chandigarh to allotted in the name of M/s Prem Chand Kaushal & Co. consisting three partners namely (i) Sh. P.C. Kaushal, (ii) Mrs. Vidya Wat, & (iii) Sh. Anil Kaushal. At present the property stands in the names (i) Sh. P.C. Kaushal, (ii) Sh. Anil Kumar & Sons (HUF) through its Karta Sh. Anil Kumar & (iii) Sh. Anil Kaushal. Now, Sh. Anil Kaushal has applied for the transfer of leasehold rights to the extent 1/3rd Share in his favour on the basis of U-Registered WILL of Late Sh. P.C. Kaushal dated 25.03.2022 & also submitted the undertaking that the above said firm has been closed and all the liabilities of the said firm and its business have also been cleared till date. If anybody has any objection upon the mutation of the said property in favour of above named applicant, they may furnish in writing in the office of the undersigned within 30 days from the date of publication of this notice, failing which the said share in the said property will be mutated accordingly and no further claim whatsoever shall be entertained at any later stage.

SH. RAJIV TEWARI, ASSISTANT ESTATE OFFICER, EXERCISING THE POWERS OF ESTATE OFFICER, U.T. CHANDIGARH.

PUBLIC NOTICE

BEFORE SH. RAJIV TEWARI, ASSISTANT ESTATE OFFICER, EXERCISING THE POWERS OF ESTATE OFFICER, U.T. CHANDIGARH.

SUBJECT:-Transfer of leasehold rights in respect of Industrial Plot No. 340, Phase-II, Industrial Area, Chandigarh to allotted in the name of M/s Prem Chand Kaushal & Co. consisting three partners namely (i) Sh. P.C. Kaushal, (ii) Mrs. Vidya Wat, & (iii) Sh. Anil Kaushal. At present the property stands in the names (i) Sh. P.C. Kaushal, (ii) Sh. Anil Kumar & Sons (HUF) through its Karta Sh. Anil Kumar & (iii) Sh. Anil Kaushal. Now, Sh. Anil Kaushal has applied for the transfer of leasehold rights to the extent 1/3rd Share in his favour on the basis of U-Registered WILL of Late Sh. P.C. Kaushal dated 25.03.2022 & also submitted the undertaking that the above said firm has been closed and all the liabilities of the said firm and its business have also been cleared till date. If anybody has any objection upon the mutation of the said property in favour of above named applicant, they may furnish in writing in the office of the undersigned within 30 days from the date of publication of this notice, failing which the said share in the said property will be mutated accordingly and no further claim whatsoever shall be entertained at any later stage.

SH. RAJIV TEWARI, ASSISTANT ESTATE OFFICER, EXERCISING THE POWERS OF ESTATE OFFICER, U.T. CHANDIGARH.

I Amarjit Singh Sandhu S/o Hira Singh R/o Village Virkan Wali, R/o. Lohgarh, Tehsil Zira, Distt. Ferozepur Have Changed My Amarjit Singh.

63372

I, Manpreet Singh S/o Gurjit Singh R/o Vill: Samana Khurd Po. Samana Kalan (Ropar) changed my name to Manpreet Singh Mavi.

63372

I Narinderjit Singh S/o Pakhar Singh R/O Of Vill.Paharpur, Distt. Patiala, Punjab Have Changed My Name To Narinderjeet Singh.

63372

I, Raman S/o Roshan Lal R/o H.No. 854 W.No. 17 St.No. 03 Ram Ganj Road Moga (Moga) changed my name to Raman Kumar.

63372

I Navdeep Singh Kainth S/O Joginder Singh Kainth R/O Bhunder Wali Gali, Near Bus Stand, Rampura Phul, Distt. Bathinda. Have Changed My Name From Navdeep Singh To Navdeep Singh Kainth.

63372

I, Vipin Kumar Banger S/o Prem Nath Banger R/o H.No. 94 Vill: Bahadur Ke Bhattian (Ludhiana) changed my name to Vipin Kumar.

63372

I Manoj Kumar Chhabra S/O Charan Dass R/O W.No.8, House No.194, St.No.11, Bhim Nagar, Moga, Punjab, Pin-142001 Have Changed My Name To Manoj Chhabra.

63372

I, Baljinder Singh S/o Jalor Singh R/o Vpo. Dala Patti Dasumara Dala (Moga) changed my name to Baljinder Singh Hira.

63372

I, Tirth Singh S/o Tara Chand R/o Vill: Bal Kohna Po. Khiwa Teh- Nakodar (Jalandhar) changed my name from Tirth Singh to Tirth Singh Bal.

63372

I, Rajdeep Kaur Johal W/o Ranjit Singh R/o Vpo. Sarhali Teh-Phillaur (Jalandhar) changed my name to Rajdeep Kaur.

63372

I, Mahaveer S/o Gulzari Lal R/o Vill: Aujla Dhak Po. Lidan Kalan Teh- Phillaur (Jalandhar) changed my name to Mahaveer Dadra.

63372

I Sarabjit Kaur W/o Hardeep Singh R/o Rampura Road Bhawanigarh Tehsil Bhawanigarh Distt. Sangrur have changed my name to Sarbjeet Kaur.

63372

I, Satish Kumar S/o Krishan Chand R/o B-6/379 Rahon Road Vikas Nagar, Nawanshahr, Distt. SBS Nagar, (Punjab), 144514 have changed my name from Satish Kumar to Satish Kumar Rana.

63372

I, Interpreet Kaur Rekhi W/o Harshdeep Singh Rekhi R/o J/13/158 Rajori Garden New Delhi changed my name from Interpreet Kaur to Interpreet Kaur Rekhi.

63372

I Gurnam Singh S/o Harwail Singh R/o Village Nigdhu, District Karnal declare that I have changed my name from Gumam Singh to given name Gumam and surname Singh.

100070

I Narender Kaur W/o Gurnam Singh R/o village Nigdhu, district Karnal declare that I have changed my name from Narender Kaur to given name Narender and surname Kaur.

100070

I, Manjit Kaur alias Manjit Kaur Sidhu, W/o Nirbhay Singh, Rathi Patti, Resident of village Ghanauri Kalan, Tehsil Dhuri, District Sangrur, known by both names. Now I have changed my name from Manjit Kaur Sidhu to Manjit Kaur. Concerned Note.

98726

Two snakes caught from commode in village house



MAINPAL KASHAYAP
INDRI: In the middle of Nanheda village of the sub division Indri, the sighting of not only one but two snakes in the commode in a house belonging to LIC agent Jayaprakash sparked panic in the area. The family called Mahindra Kheda, the school teacher of his own village, known as Snakeman, and he also saw a huge snake. The house of LIC agent Jayaprakash, a resident of village Nanheda, is located in the middle of the village. But when he caught the snake last Saturday after hard work, it was a very small snake. The head of the family, Jai Prakash, was shocked at what happened. On Sunday morning, the snake appeared again, and the family approached Master Ji again. The family members breathed a sigh of relief when Masterji caught the big snake. However, there is an atmosphere of panic among the people of the entire village due to the incident of finding a snake in the commode. Jayaprakash expressed his gratitude to snakeman Mahindra Kheda.

People urged to follow Guru Ravidas's teachings



PAWAN DAHOLA
JIND : The 646th birth anniversary of Sant Shiromani Guru Ravidas was celebrated with great fanfare in Dahola village. Mainly the candidates of Zilla Parishad from Ward No. 10 were in the program. Master Virender Dhillon, social worker Dilbagh Sandil, District Youth President of Congress Party, Dinesh Dahola, Alewa Block Committee Chairman, Deputy Chairman, Representative Jora Singh and other dignitaries were present. Dilbagh Sandil, a social worker who arrived at the event, said that saints do not belong to any caste or religion but belong to all societies. He urged those present to follow the teachings of Sant Shiromani Guru Ravidas Ji. In the beginning of the program, a flower garland was offered in front of the picture of Sant Shiromani Ravidas and worship was performed according to the rules.

Guru Ravidas jayanti celebrated

MEGHRAJ LUTHRA
KACHHWA: The 646th birth anniversary of Shiromani Guru Ravidas was celebrated in Kachhwa village of district Karnal under the chairmanship of Ravit Kumar and Karmaveer, head of both the temples of the village. Devotees thronged both the temples since morning and the devotees received the prasad. A bhandara was held in both the temples. On this occasion Dr. Deepak, Sarpanch representative of village Kachhwa said that saints do not belong to any caste community but they are the saints of the whole nation and our life becomes meaningful by following the path shown by those saints. He inspired the common people to rise above casteism, untouchability, superstition and social evils and build a civilized society with solidarity. Temple head Ravit Kumar honored the sarpanch representative by giving him the form of Saint Shiromani Guru Ravidas.

646th jayanti of Guru Ravidas ji celebrated

SHIV KUMAR SHARMA
KARNAL, FEBRUARY 5

Shri Guru Ravidas ji's 646th birth anniversary was celebrated with enthusiasm at Shri Guru Ravidas Sabha Mandir Sadar Bazar. Nagar Kirtan was taken out on Saturday, which was flagged off by MP Sanjay Bhatia. Bhandara was organised on the temple premises on Sunday. Congress district convenor Tarlochan Singh, former chief Ashok Khurana and state spokesperson Jogindra Valmiki specially participated in this programme. The head of the meeting, Rohit Joshi, Daya Prakash, Bharat Bhushan, Prabhu Dayal and Dilip Kumar felicitated the guests by presenting them with Siropa and mementos. On this occasion Pradhan Rohit Joshi threw light on the life ideals of Shri Guru Ravidas ji and called upon the people who reached the program to follow the path shown by Shri Guru

Ravidas ji. On this occasion, Tarlochan Singh said that the message given by Guru Ravidas ji several centuries ago is not only relevant even today, but its importance has increased manifold. Guru Ravidas always worked to eradicate evils from the society, so that unity could be created in the society. Today every society needs to follow the ideals of Ravidas Maharaj. Former Pradhan Ashok Khurana said that Saint Guru Ravidas always opposed external ostentation and did the work of uniting all religions in the thread of unity by rising from caste

discrimination. State spokesperson Jogindra Valmiki said that today it is our responsibility to follow the path shown by Guru ji and serve humanity with a true heart. On this occasion former councillor Vinod Titoria, former councillor Nanakchand, Fakirchand Fakiriya, Jogindra Nambardar, Sukhrum Bedi, Sanjeev Kamboj, Ashok Dugal, Prem Malvania, Prakashveer, Ved Prakash, Shekhar Dewan, Hukam Chand, Bishan Das, Kalicharan, Rakesh Kumar, Jogindra Kardam, Amit Kumar and Raj Kishan etc. were also present.

HARYANA

YUGMARG, CHANDIGARH, MONDAY, FEBRUARY 6, 2023

Haryana on number one spot in Khelo India Youth Games

BUREAU
CHANDIGARH, FEB 5

Continuing with its spectacular performance in the ongoing Khelo India Youth Games in Madhya Pradesh; Haryana stays at the top of the table with 22 gold, 15 silver and 12 bronze medals.

Congratulating the winning players, Chief Minister, Sh. Manohar Lal said that the players have once again proved that Haryana is the super power of sports in the country.

"It is clear from the results of the competitions that Haryana is full of sports talents; that is why we are constantly working to promote sports in every village," he said, adding that the state government will provide all sports facilities to every player in future also and will make Haryana a nursery of sports. The Chief Minister



said that this is the result of Haryana's strong sports policy, due to which gold medals are coming in abundance in the Youth Games. He said that last time, the state government had also doubled the prize money given to the winners of the Khelo India Youth Games. The player winning gold medal was given Rs 1 lakh, Rs 60,000 to the silver medalist and Rs 40,000 to

the bronze medalist. Not only this, Rs 5,000 were also given as incentive to the sportspersons of the state for participating in the games. "It is the effect of the sports policy that the players of the state are continuously performing brilliantly," he asserted. The 5th Khelo India Youth Games will continue till February 11 in eight cities of Madhya Pradesh. About 6,000 players from the country are participating in 27 sports. Haryana has won 15 medals including 8 gold in boxing and 4 gold, 4 silver, 4 bronze medals in athletics. In shooting the state has won 2 gold, 3 silver, 2 bronze; while 3 gold and one silver in cycling. Two gold medals in badminton, one gold medal in volleyball and two gold medals in archery have been achieved so far.

646th Prakash Utsav of Guru Ravidas celebrated



PREETI SAINI
SADHAURA: The 646th Prakashotsav of Saint Shiromani Shri Guru Ravidas Ji Maharaj was celebrated with great pomp and gaiety across the state. In this series, in hundreds of villages of Sadhaura, MLA Renubala took part in the Nagar Kirtan by participating as the chief guest and took the blessings of Guru ji by lighting the lamp in the night vigils. Speaking on the occasion, the MLA said that Guru Ravidas ji is one of those great saints who showed people the right path to remove the evils and evils spread in the society. He has done the work of tying the whole society in the thread of unity with his devotional spirit. She said that for Guru Ravidas ji, work was worship. He used to talk about giving respect only to the qualities instead of external appearances and ostentatiousness. The Guru said that 'Man Changa to Kathoti Mein Gang' means that if our mind is pure then God resides in our heart. She said that Guru Ravidas Ji Maharaj never left the path of devotion. The MLA said that Ravidas ji was the biggest opponent of the caste system. He believed that because of these castes, humans are moving away from each other, due to which the social environment is polluted. He appealed and said that in view of today's situation, keep the children away from bad habits and make them aware about education.

Villagers informed about cancer



NIRMAL
RADAUR: Cancer Day was observed at Health and Wellness Centre Khurdi. The programme was presided over by Dr. Anu. Giving information about cancer to the villagers, Dr. Anu said that at present cancer is spreading rapidly. Every person above 30 years of age should keep checking his BP and blood sugar. Stay away from smoking. Do not consume tobacco and alcohol. Eat fresh and nutritious food. At the same time, he said that breastfeeding works to reduce the cancer of the mother. Asha workers along with Sarpanch Ashok Kumar and ANM Munni were present on the occasion.

Overloaded vehicles with mining materials plying: Waryam Singh

NIRMAL
RADAUR, FEBRUARY 5

The team of DTO, which reached the area to take action against overloaded vehicles filled with mining material, has been accused of taking bribes. Videos purportedly of taking bribes are going viral on social media. On Saturday afternoon, the employees posted on this vehicle were allegedly accused of taking money. The video is of Radaur-Jatlana road on Saturday afternoon. The personnel posted in the vehicle overtake the overloaded tractor-trolley filled with mining material and stop it. A worker gets

down from the team car and goes to the tractor-trolley driver and gives something. The employee then points to other employees sitting in the vehicle on which the driver of the vehicle turns the vehicle and stops it near the tractor-trolley driver. Then the employee alighted from the car sits in the car. The vehicle of the department moves towards Jatlana and the overload vehicle towards Ladwa. Advocate Waryam Singh alleged that overloaded vehicles filled with mining material are being taken out day and night in the area for money. The whole game of overload is going on with the connivance of some

officers and employees. A few months ago, in the vigilance raid on the DTO department, the allegations of bribery were found correct. At the same time, overloaded vehicles are being driven out indiscriminately by taking bribes. The viral video of corruption has once again raised questions on the departmental officers. He will soon meet the Chief Minister and the Home Minister in this matter and demand action against the complicit officers and employees. On the other hand, when SDM Radaur Amit Kumar was contacted, he said that the matter is not in his knowledge.

Chowki Kithana police arrests accused, 9 bottles of country and 6 bottles of hand liquor recovered

RAMAN GUPTA

KAITHAL : An accused was arrested by the Chowki Kithana police under the direction of SP Maqsood Ahmed to arrest illegal liquor smugglers and khurds.

A police spokesperson said that the team of HC Sukhdev and constable Ankit Singh of Chowki Kithana police, during evening patrolling, received a secret information that Shamsher Singh, a resident of Kasan, is doing business of selling illegal liquor at Nilkanth

Vaishnav Dhaba Kasan. Taking prompt action by the police, the suspect Shamsher Singh was arrested after raiding the said dhaba. During the investigation, 9 bottles of country liquor from a cardboard box and 6 bottles of hand liquor from a plastic can were recovered from the possession of the accused.

By registering a case against the accused in Rajound police station, further action is being implemented by the police as per the rules.

646th birth anniversary of Sant Ravidas celebrated

SANJAY VERMA
PEHOWA, FEB 5

The 646th holy festival of holy light of Sant aint Shiromani Shri Ravidas Ji Maharaj was celebrated with great pomp in the town and nearby villages. On this occasion, Minister of State Sandeep Singh mainly participated in village Jhansa. Apart from this, National Organisation General Secretary of Shri Guru Ravidas Rashtriya Mahapeeth and Member of Ministry of Judicial Empowerment, Government of India, Suraj Bhan Kataria and Chairman of Jannayak Janata Party Disciplinary Committee Professor Randhir Singh also specially arrived. Sandeep Singh said that Saint Shiromani Guru Ravidas Maharaj did the work of awakening a spark in the society by eradicating the discrimination of high and low along with the name of God. Shri Guru Ravidas Maharaj Vidyapeeth's National Organisation's Suraj Bhan Kataria said that Government of India's Sabka Saath Sabka Apart from

the slogan of development, equal development work is being done for all sections of the society under social harmony. He said that Shri Guru Ravidas Maharaj had envisioned such a society in which no one is big or small and everyone lives equally. Professor Randhir Singh also called upon



the coming satsang that the way Sir Guru Ravidas Maharaj in the Middle Ages 646 years ago, awakening the light of knowledge, had advised people to stay away from unbroken and other issues. The villagers gave a grand welcome to the Nagar Kirtan from different religious, social and political organisations.

House-to-house flag hoisting campaign launched by AAP

KULBHUSHAN SHARMA

GUHLA CHEEKA: Aam Aadmi Party's senior worker and social worker Kulbhushan Sharma, as per the order of the party, started a campaign to put the flag from house to house, in Housing Board Colony Cheeka Ward No. 16 and Professor Colony Cheeka Ward No. 15. Talking to journalists on this occasion, he said that in order to give the country an honest and right government in public interest, the next government will have to be



brought in Haryana following the policies of Arvind Kejriwal. Only Arvind Kejriwal will end corruption and nepotism spread in Haryana. He said that in the previous governments whether it is BJP or Congress, all together have promoted casteism, nepotism, regionalism in the politics of Haryana and looted the innocent people. But Arvind Kejriwal has raised the flag of his party in New Delhi, in Punjab, in Gujarat, in Goa and in other states, and the pledge given by him to work with a noble policy, to serve the people honestly, is landing in the hearts of the people. Under the leadership of National Organisation Minister Sandeep Pathak, National Advisor Anurag Danda, State Incharge Rajya Sabha MP Dr. Sushil Gupta and under the guidance of Arvind Kejriwal, the people of Haryana are ready to take over the reins of the state in the hands of the Aam Aadmi Party. The workers are propagating the policies by reaching out to each and every public and trying to bring true honest public interest to the government in Haryana. With him on this occasion S. Gajjan Singh, District Councillor Rakesh Khanpur, Kamjit Antal, Balwinder Singh, Kuldeep Kaur, Jagjit Singh, Neeraj Kumar Advocate, Jagtar Singh, Malvinder Singh Dhaliwal, Subhash, Jai Bhagwan, Mangatram, along with other workers were also present.

75,000 women die of cervix cancer every year: Dr Anil

RAJNI SONI
***YAMUNANAGAR, FEBRUARY 5**

On the occasion of World Cancer day, a seminar was organised at Aggarwal Hospital, Yamunanagar. Dr Anil Aggarwal, a senior and national awardee surgeon of the region who has conducted thousands of cancer surgeries, said that it is a very painful fact that every year about 3 lakhs of women suffer from cancer of cervix, out of which 75 thousands women are dying which is largely preventable. This is happening only because of lack of awareness among the masses.

Dr Aggarwal said that this is the only cancer for which a highly effective Indian vaccine is now available for a very cheap price of Rs 400 only. Previously only foreign vaccines were available at a very



high cost of Rs 4000 each dose. He said that only 2 to 3 doses need to be given to the girls during the age 9 to 14 years many years before their sexual exposure. This is now a settled issue that cancer of cervix is caused by a sexually transmitted virus called HPV virus.

It is very fortunate that with the advent of this vaccine, the cancer is preventable in 95 per cent of cases. But at the same time it is an unfortunate fact that only 5 per cent of girls are getting it simply because of lack of awareness. Dr. Susmita Aggarwal, a gold medalist gynaecologist told the audience that all women should get their PAP smear examination done every six months after the age of thirty. If these two steps firstly vaccination

and secondly regular examination by gynaecologist, then 75 thousands lives could be saved annually.

Guru Ravidas was a devotional saint and a great social reformer: Garg

LADWA (NARESH GARG): Stalwart Foundation Chairman and social worker Sandeep Garg participated as the chief guest in the programme organised for the 646th Prakashotsav of Guru Ravidas ji on Sunday at the Sant Shiromani Guru Ravidas Mandir at Ladwa-Hinauri Chowk. People warmly welcomed Sandeep Garg with flower garlands and drums. He said that Saint Ravidas Ji was very religious in nature. He was a devotional saint and a great social reformer. On the other hand, Pradhan Roshan Lal stated that a procession was held in the city on Saturday and that a large bhandara was held in the temple grounds on Sunday, in which a large number of people took the prasad. And the members of the temple committee honoured Sandeep Garg with a memento. Hardev Singh, Ajit Singh, Manga Ram, Praveen, Rohit, Manish, Rampal, Satish Kumar, Amarjeet Singh, Rupesh, Pawan, Sandeep, Arun, etc. were present on the occasion. Ladwa 1, Sandeep Garg, a social worker, takes part in a programme with members of the community at the Guru Ravidas temple in Ladwa.



Follow teachings of Guru Ravidas Ji: Balla

SHIV KUMAR SHARMA
KARNAL, FEBRUARY 5

Member of Haryana Pradesh Congress Committee, former member of Haryana Police Recruitment Board, Rajendra Balla participated in the programme organised today on the occasion of 646th birth anniversary of Saint Shiromani Guru Ravidas Maharaj Ji in Shamgarh, Sandhir, Jamba, Padwala, Nigdu, Sawant, Shambhala, Bras etc villages of Nilokheri Assembly. The dignitaries of the village present in the programme welcomed him. Rajendra Balla said in his address that somewhere in the tradition of Indian saints, there have been precious and precious saints, but it is difficult to find someone else who shines like Saint Ravidas ji on the Indian horizon.

Sant Ravidas ji gave the message of equality and humanity to the society and described love and brotherhood as the basis of life. He said through his speech that "I



would like such a rule where everyone gets food, no one should be small or big, Ravidas should be happy". Rajendra Balla said that we get inspiration from this type of Amritvani of Guruji that Guruji wants to establish an equal society for all, where everyone gets enough food and no one sleeps hungry. No one should be hurt, everyone should live together with love and harmony.

On this occasion Master Mahendra Singh, Amarjit Singh, Pala Ram, Balwan Singh, Amit Kumar, Balbir Singh of village *Sham-

garh*, Mahinder Singh of village *Haibatpur*, Phool Kumar, Balwan Singh, Dr. Rajpal of village *Zamban* and Rinku Sabha Pradhan, Prem Pal, Jita Ram, Roshan Lal, Jaibir Singh, Joginder Ammi Lal Pradhan of village *Sandhir*, Krambir Nambardar, Subhash, Jayakumar, Sohanlal, Bhirban former Sarpanch of village *Nigdu* Krishna Master, Barthu Ram Purva Pradan, Subhash Chand, Jai Singh, Mamu Ram, Somdat Munde, Master Karan Singh, Rameshwar and other dignitaries were present in village Sawant.

AAP holds rally in Kangthala



KULBHUSHAN SHARMA

GUHLA CHEEKA: Aam Aadmi Party's National Advisor Anurag Dandha addressed a huge public meeting in Kangthali to make the workers aware about the policies of the party. Giving this information, the coordinators of the public meeting, Meena Saini and Bittu Rana said that a large number of workers from all the circles of Kaithal district reached this public meeting and listened to the views of Anurag Randa. He said that it is very important to bring AAP government in Haryana to remove casteism, regionalism, nepotism and corruption for which every worker of Aam Aadmi Party is going door-to-door promoting the policies and giving information about the vision and mission of Arvind Kejriwal to the people. He said that even today people are yearning for basic facilities and are agitating. He said that if you see in Guhla, the roads are in bad condition for the last 5 years. The present ruling people are enjoying power by ignoring these facilities of the people, and people are losing their lives due to accidents on the roads. But even today people who are intoxicated by power are fooling people by showing them only vegetable gardens. He said that in the coming time AAP will form the government in Haryana with absolute majority and will rid the people of these power greedy people. On this occasion, Gajjan Singh Gobind Pura, Rakesh Khanpur District Councillor, Kamjit Antal, Jagjit Singh, Kulbhushan Sharma, Kashmir Singh Sivan, Anita Kangthali, Vikram Kangthali, Mahendra Rana, Amar Singh Gill, Hardeep Rathi and other workers were also present with him.

Ravidas Jayanti celebrated



PREETI RANI
SADHAURA, FEBRUARY 5

Ravidas Jayanti was celebrated with great fanfare at Sant Shiromani Shri Guru Ravidas Mandir Parbandhak Sabha, Ward 4,5 New Toli Kacha Kila Sadhaura.

President Rishipal inspired everyone to follow the path shown by Guruji. In this speech, he said that Guru Ravidas in his bani has talked of setting up a town which should be free from all sorrows and where everyone would be happy. Nishan Sahib was unfurled and Bhandara was organized.

On this occasion, Vice President Babusinh, Vice President Garibnath, General Secretary Anil Nahar, Treasurer Lalchand, Secretary Ajmer, Store Incharge Vipin, Auditor Jagat Singh Ji, Publicity Secretary Manish, Deepak, Organization Secretary Abhishek, Dharamvir etc. were present.

EDITORIAL

Wages of sin

Like a Frankenstein monster, terrorism nurtured by the Pakistani deep state for decades is coming back to bite it with devastating effects. The recent suicide bombing inside a mosque in Peshawar’s high-security zone, killing nearly 100 worshippers, raises disturbing questions over Islamabad’s long-held policy of using terror outfits to further its cause. The resurgence of Tehreek-e-Taliban Pakistan (TTP) is, in a way, a perverse payoff for Pakistan’s policy of supporting the Afghan Taliban. The TTP has, of late, stepped up its attacks after calling off its most recent ceasefire with Islamabad. The victory of the Taliban in Afghanistan has actually rejuvenated the TTP and the Afghans have refused to play mediator. Contrary to the earlier expectations of strategic advantage with the return of the Taliban in the neighbouring country, Pakistan is actually feeling the heat in the wake of increased terrorist attacks targeting its assets. The military bosses in Rawalpindi had earlier hoped to expand their strategic footprint in the region after the American withdrawal from Afghanistan. However, the situation has quickly changed on the ground. In the past, Islamabad struck a deal with the terror outfit under which several militant leaders, who had declared war on the Pakistani state, were released. Pakistan is now paying the price for appeasement with the blood of its citizens. Instead of surrendering their arms, the TTP leaders set out their own conditions for talks that virtually asked Pakistan to hand over its control of the former tribal areas to them. The militants used the peace negotiations to reorganise themselves.

The spurt in terror strikes could not have come at a more inopportune time as Pakistan is in the grip of a worsening political and economic crisis. It has also led to the weakening of the state authority, providing a favourable environment to the outlawed groups with a strong ally across the border. The TTP has claimed responsibility for the Peshawar mosque attack to avenge the death of its commander Umar Khalid Khurasani, who was killed in Afghanistan in August last year. The terror outfit has upped the ante against Pakistani soldiers and cops since November last year when it abruptly ended a ceasefire with the government. It has been warning the police and the military to stay away from operations against its fighters in the restive Khyber Pakhtunkhwa province that borders Afghanistan. The Peshawar attack shows that the confidence of both China and America in Pakistan’s counter-terrorism capabilities is highly misplaced. Islamabad’s problems are compounded by the Afghan Taliban’s brazen sheltering of Tehreek leaders and fighters. Time is virtually running out for Pakistan. Its leaders must now take an unambiguous stand against terrorism in any form. If it wants Afghanistan to not harbour terrorists, it should first dismantle the terror infrastructure on its own soil.

Indian gold market on rise

India, the world's second-largest consumer of gold jewellery, has experienced rapid change over the last few years due to evolving demographics witnessing growing demand for lightweight and studded jewellery, reported Asian Lite International citing World

The gold jewellery exports in India have grown from USD 7.6 billion in 2015 to USD 12.4 billion in 2019. Bridal jewellery dominates the gold jewellery landscape, enjoying 50-55 per cent of market share in India, reported Asian Lite International.



Gold Council.

"India is a strong pillar of support for the global gold markets as the second-largest consumer of gold jewellery. While weddings and festivals act as important drivers of jewellery demand, our rich cultural heritage and historic status as a major global force in world commerce underpin this strong socio-economic relationship with gold. Over time, we have

created countless reasons and joyous occasions to accumulate gold. Bridal jewellery segment alone accounts for nearly half of the market share with rural India being the largest consumer of gold jewellery in the country," said Somasundaram PR, Regional CEO, India, World Gold Council.

The gold jewellery exports in India have grown from USD 7.6 billion in 2015 to USD 12.4 billion in 2019. Bridal jewellery dominates the gold jewellery landscape, enjoying 50-55 per cent of market share in India, reported Asian Lite International.

Plain gold jewellery maintains 80-85 per cent of market share, the majority of which is 22-carat although the market for 18-carat jewellery is growing. Daily wear jewellery accounts for 40-45 per cent of the market.

Plain gold jewellery exports accounted for 38 per cent of gold jewellery exports from India in 2021. Over the last decade, nearly 90 per cent of India's jewellery exports have flowed to just five major markets: namely, the UAE, the US, Hong Kong, Singapore and the UK, reported World Gold Council.

Meanwhile, South India dominates Indian gold jewellery consumption, accounting for 40 per cent of the country's total jewellery demand.

Aside from gold, India has a sizeable and vibrant silver jewellery market and is the world's largest fabricator of silver jewellery, reported Asian Lite International.

"Our 2019 consumer survey, carried out by Hall & Partners, found that 60 per cent of the women surveyed owned gold jewellery, closely followed by 57 per cent who owned silver

jewellery, but only 26 per cent owned diamond jewellery," reported World Gold Council.

Meanwhile, Platinum jewellery did not appear among the top purchases by female consumers, as this market is still in its infancy in India.

Notably, India was the largest consumer of gold before being overtaken by China in 2009. In 2021 India bought 611t of gold jewellery, second only to China (673t) but comfortably ahead of all other gold-consuming markets, a recent World Gold Council report revealed.

Literature & Health

Intermittent fasting might reverse type 2 diabetes

According to a recent study published in the Journal of Clinical Endocrinology & Metabolism of the Endocrine Society, patients who underwent an intermittent fasting diet intervention achieved complete diabetes remission, which is defined as a HbA1c (average blood sugar) level of less than 6.5% at least one year after stopping diabetes medication. Intermittent fasting diets have become popular in recent years as an effective weight loss method. With intermittent fasting, you only eat during a

Agricultural University in Changsha, China. "Our research shows an intermittent fasting, Chinese Medical Nutrition Therapy (CMNT), can lead to diabetes remission in people with type 2 diabetes, and these findings could have a major impact on the over 537 million adults worldwide who suffer from the disease."

The researchers conducted a 3-month intermittent fasting diet intervention among 36 people with diabetes and found almost 90% of participants, including those who took blood sugar-

lowering agents and insulin, reduced their diabetes medication intake after intermittent fasting. Fifty-five percent of these people experienced diabetes remission, discontinued their diabetes medication and maintained it for at least one year.

The study challenges the conventional view that diabetes remission can only be achieved in those with a shorter diabetes duration (0-6 years). Sixty-five percent of the

study participants who achieved diabetes remission had a diabetes duration of more than 6 years (6-11 years).

"Diabetes medications are costly and a barrier for many patients who are trying to effectively manage their diabetes. Our study saw medication costs decrease by 77% in people with diabetes after intermittent fasting," Liu said.

Meditation helpful for anorexia patients

Unfortunately, many family members, acquaintances, and celebrities have suffered from anorexia nervosa, or AN, a severe mental illness characterised by extreme concerns about weight, shape, and self-esteem. AN symptoms include an eating disorder, nutritional restriction, deliberate vomiting, and severe emaciation.

such worries. The study's findings demonstrate alterations in the activity of brain areas associated with anxiety.

The team's mindfulness meditation program has seen a significant decrease in obsessive thoughts about the test subject's self-image and brain activity associated with related emotions.



Mindfulness meditation is already commonly used as a therapy for AN. Its clinical utility in treating neurogenic emaciation, on the other hand, has not before been explored.

Mindfulness meditation, according to a team of researchers at Kyoto University's Graduate School of Medicine, does alleviate

"Our results suggest that the participants in the study became better at accepting their anxiety as it is," says lead author Tomomi Noda.

Mindfulness and meditation work hand-in-hand. The former teaches practitioners to hone their awareness of their present experience and their ability to not judge and

rather accept their circumstances. The latter is the medium by which mindfulness can be approached.

"We focused on the possibility that patients with AN try to avoid their crippling anxiety about weight gain and self-image by restricting food or vomiting," adds co-author Masanori Isobe.

A 4-week mindfulness intervention program examined neural changes using tasks designed to induce weight-related anxiety. The researchers then regulated this anxiety by helping patients accept their current situations and experiences at face value, instead of avoiding them.

The researchers used functional magnetic resonance imaging -- or fMRI -- to analyze attention regulation in relation to eating disorders. The study's results support the subjective experiences of the researchers. However, it was unexpected to them that several global events, such as the Covid-19 pandemic and the Russo-Ukrainian war, were significant factors in patients' anxieties.

"We anticipate practical implications of our results in clinical psychiatry and psychology and broader research into mitigating suffering through mindfulness, using the strategy of self-acceptance to regulate attention," concludes group leader Toshiya Murai.

POEMS

To My Enemies

I'm still here, in a skin thinner than a dybbuk's raincoat; strange as the birds who scrounge, those stubborn pumps that bring up nothing...

Maddened by you for whom the cash register, with its clerical bells, is a national church; you, whose instant smile cracks the earth at my feet...

May your wife go to paradise with the garbage man, your prick hang like a shoelace, your balls become raisins, hair grow on the whites of your eyes and your eyelashes turn into lawn mowers that cut from nine to five...

Man is a skin disease that covers the earth. The stars are antibodies approaching, your president is a tsetse-fly...

-BY BERT MEYERS

True stories can win out on social media: Study

Previous studies have claimed that lies spread more quickly online and are more popular with the general public than the truth, but a recent study offers a more positive conclusion.

Researchers found that posts on the social media site Reddit that included news articles fact-checked as true received more engagement and positive reaction than posts with news labeled as false.

In one measure, Reddit posts linking to true information received nearly twice as many upvotes -- the equivalent of 'likes' -- as posts that were marked as false.

That contrasts with a widely reported 2018 study of Twitter users that found false stories diffused more rapidly and widely than those that were true.

While the results of the Twitter study were troubling, this new research cautions against 'painting with too broad a brush' about how people act on social media, said Robert Bond, lead author of the study and associate professor of

communication at The Ohio State University.

"We found that the true information received a lot more attention and engagement on Reddit than false information," Bond said.

Bond conducted the study with Kelly Garrett, professor of communication at Ohio State. An early view, uncorrected version of their accepted study was published online in the journal PNAS Nexus.

"The findings that Twitter users were more likely to share false information may have less to do with human nature and more about how people behave on different social media platforms," Garrett said.

Twitter and Reddit differ in many ways, including their technical attributes, social norms and people they serve, the researchers noted. That may be a key for differences in how users of the two platforms respond to true versus false information.

One important difference is that



Twitter has a short message format, with many messages generating no reaction at all, and with very few extended discussions. In contrast, Reddit has complex, threaded discussions, and users often engage in sustained conversations.

For this study, the researchers examined all political posts on Reddit between 2016 and 2018 that included a link to a news article. They specifically looked for posts with a comment linking to one of three fact-checking organizations: PolitiFact, Snopes or the

Washington Post Fact Checker. All posts included a news article that one of these organizations had labeled as true, false or mixed.

This resulted in a dataset of 10,308 posts that included links to 10,785 comment threads that could be classified as being true or false, according to the fact-checkers. These posts received about 8.3 million comments from about 783,000 unique comment authors.

The results clearly showed more engagement with posts including true information.

Posts in which the fact-checked information was true received an average of 929 comments, versus false posts, which received 581 comments on average.

Posts that linked to true information also led to longer conversations - an average of 323 hours, versus 234 hours for those labeled false.

Findings showed that commenters were faster at posting fact checks for

false stories than for true stories. And the researchers found that, after a fact-checking comment was posted, the commenting rate for posts with false information dropped off more quickly than posts that were labeled as true.

The researchers did a second analysis that further showed the importance of fact-checking to how Reddit users reacted.

Reddit is organized into what are called subreddits for different communities. That means that the same news article could be posted in different subreddits - and some of the posts could include the fact check, while others did not.

The study examined engagement with posts that did not include a comment with a fact check - even though a fact check was available.

"Among threads that did not receive a fact check, we found little substantive difference in engagement. Posts with false information received about as much engagement as posts with true information," Bond said.

"That suggests Reddit users were responding to fact checks and were more engaged with those they knew were labeled as true."

This study can't say why true stories were more popular on Reddit than they were on Twitter, Garrett said. But there are some plausible reasons why that may be. For one, each subreddit has clear rules about what are acceptable posts and moderators who monitor what is posted and can take down posts that violate rules.

"Reddit is a community that has watchdogs, both the moderators and other users. They often look for untrue information and correct it, and the community is responsive to those corrections," Garrett said.

"That's a very encouraging sign and a pretty stark contrast to what was found in the Twitter data. We saw vibrant conversation around true stories on Reddit. And that's great news."

The media's contribution is important for the development of the country: Naib Tehsildar



SHANTI GAUTAM
BADDI: Press Club Baddi celebrated its 14th foundation day with great fanfare at the rest house of Barotiwala, in which Naib Tehsildar Baddi Gopal Krishna Mukhiya participated as the chief guest, while the programme was presided over by club president Rajendra Chaudhary. Special guests and keynote speakers included Ranesh Rana, state president of the National Union of Journalists (India), and Anil Malik, vice president of the Federation of Indian Industry. First and foremost, Press Club Chairman Roop Kishore Thakur detailed the organization's history, stating that from January 2009 to the present, the organisation has raised issues related to the media, but it has also played an important role in social responsibility. Be it in the field of literacy or health, the club has performed its responsibility well by organising more than a dozen blood donation camps. Club President Rajendra Chaudhary said that it was thanks to the efforts of all the members that the club got its permanent building in 2018. This building is very old and will be renovated and developed as a learning center. The founder president of Sarvapratkhab Club, Ranesh Rana, was honoured with flowers, and the tenure of all the presidents was remembered, including Polaram Chaudhary, Balbir Thakur, Surendra Sharma, and Kishore Thakur, who held the post of dignified president. Press Club Treasurer Ji Kumar presented the last year's financial account and read out the balance sheet (2021-22) before the House, which was passed by the House. This balance sheet has been sent to the registrar so that organisation transparency is maintained. The chief guest, Gopal Krishna Mukhya, stated in his address that the media is the fourth pillar of the country, that a healthy nation cannot be imagined without it, and that its contribution to the development of the country even before independence is memorable.

Birth anniversary of Saint Ravidas celebrated with great pomp



ANWAR HUSSAIN
NALAGARH: In Nalagarh, the birth anniversary of Saint Ravidas was celebrated with great pomp on Sunday, and a procession was also taken out. During this, the work done by Saint Ravidas to eradicate untouchability was highlighted, and the glory of Saint Ravidas was also praised through a cultural program. In the procession taken out on the occasion of Saint Ravidas Jayanti in Nalagarh, people enthusiastically participated and shed light on the life of Saint Ravidas, saying that from the lives of great men we learn to maintain brotherhood. Saint Ravidas prioritised work and bathed in the Ganges. It is said that if the mind is healed, then the Ganga in Kathoti.

15 electric buses will run in Dharamshala: Sudhir Sharma

SANJAY AGGARWAL
DHARAMSHALA, FEB 5

Dharamshala MLA Sudhir Sharma is now focusing on running electric buses in the city along with IT park. The operation of electric buses will help in making the traffic in Dharamshala city smooth, pollution free and convenient and the city will move fast towards becoming smart. Sudhir Sharma said that a total of 15 electric buses are to be run in Dharamshala, out of which one bus has been included in the HRTC fleet. Apart from this, 9 charging stations have also been installed in the city. Sudhir Sharma said that very soon electric transport facility will start in Dharamshala. With this, bus facility will be



provided in those wards of the city, where big vehicles cannot go. Sudhir Sharma said that earlier, when he was a minister in the government, he had included this ambitious project in the Smart City DPR. He told that soon Transport Minister Mukesh Agnihotri will flag off these buses. He said that these buses which would help in pollution control would make the city smart in true sense. Dharamshala Smart City Limited Company has prepared this project under Fame India Scheme. He

informed that 10 e-vehicle charging stations are to be set up in Dharamshala. 9 E-Vehicle Charging Stations have been set up. With this, e-vehicle owners will also start getting this facility soon. Only one site has been reserved. Dharamshala Smart City Limited Company will provide 15 electric buses in collaboration with HRTC as a pilot project. There will be 15 to 25 seats in the electric bus, in which the disabled can sit and travel in the bus with a wheel chair. E-buses will be more comfortable due to air suspension infrastructure and air conditioning. These buses will charge in less time. They have been manufactured under Electric Bus FAME-2 (Faster Adoption and Manufacturing of Electric Vehicles).



The honourable Deputy Chief Minister Mukesh Agnihotri participated in the programme organised on the occasion of the birth anniversary of Shri Guru Ravidas Ji at Ispur, Haroli, today and bowed his head.

HIMACHAL

YUGMARG, CHANDIGARH, MONDAY, FEBRUARY 6, 2023

Govt to fulfil its election commitments: CM Sukhu

AGENCY
HAMIRPUR, FEB 5

HP Chief Minister and senior Congress party leader, Sukhvinder Singh Sukhu assured people that the party government would fulfil its ten commitments given to them during the elections. He said the Congress party always believed in actions and not in hollow promises, he told reporters Sunday.

On the second day of his three days tour to his home district of Hamirpur, Sukhu listened to the people's problems and demands and assured them that their problems would be solved on a priority basis.

He said it would take four years to bring the state's economy back on track as the BJP has left a liability of Rs 11 thousand crore on the state exchequer.

Sukhu said Himachal's economy will be brought back on track in the coming times.



Taking a jibe at the BJP and its leaders, he said the BJP government had left behind liabilities worth 11,000 crores and it would take time to repay the taken loans.

He said that ten guarantees have been given for five years which will be completed soon and there is nothing to worry about. Sukhu said OPS has been implemented for the

convenience of the employees and it becomes obligatory to implement the decisions taken in the cabinet.

He said OPS has been implemented despite the fact that the central government was not going to help us. He said the government has implemented OPS after considering that the government employees have to move ahead if they do not get the

Travel programme of the Deputy Chief Minister

KISHORI LAL BAINS

UNA: Deputy Chief Minister Mukesh Agnihotri will hold a meeting with the field officers of the district on Monday, February 6. Giving this information, an official spokesperson said that the Deputy Chief Minister would hold a meeting with the officials of Jal Shakti Department on February 7. Apart from this, on February 8, he will be on a field tour of the district. He told me that as per the program, he will leave for Delhi on February 9 and hold a meeting with various ministers of the Government of India on February 10. The Deputy Chief Minister will spend the night at Una on February 11 and leave for Shimla on February 12.

Ensure scientific disposal of plastic waste: HPSPCB



AGENCY
SHIMLA, FEB 5

A spokesperson of the Himachal Pradesh State Pollution Control Board said here today that plastic waste has been dumped haphazardly across 70 dump sites in the states. Taking prompt action in this regard, the H.P. State Pollution Control Board has directed the Urban Development (UD) Department and Rural Development (RD) and Panchayat Raj Department to take necessary action for scientific disposal of the plastic waste dumped haphazardly. He said that the Solid Waste Management Rules, 2016, Rule 15, clearly stipulate the roles and

responsibilities of the local authorities and village panchayats regarding scientific disposal of the solid waste produced and remediation of legacy waste sites. He said that the State Board, in its directions has raised the issue that at present total legacy waste to the tune of 1,90,796 tonnes is lying in ULBs namely Dharamshala Mandi, Baddi, Solan, Kullu, Manali, Bilaspur, Una, Santokhgarh, Baijnath, Chowari, Dalhousie, Rewalsar, Sarkaghat and Hamirpur. It has observed that the progress of legacy waste remediation work in most of the above-said ULBs is sluggish and lags behind the timeline stipulated in the Solid Waste Management Rules, 2016.

India has left Silicon Valley behind in the field of IT: Anurag Thakur

KISHORI LAL BAINS
UNA, FEB 5

Union Information cum Broadcasting Minister, Anurag Thakur has said that India has left Silicon Valley behind in the field of Information Technology. Thakur said this during a meeting of the party functionaries at Una last night.

Thakur said that 9 years ago when the Congress government was in power at the Center, the inflation rate was 12%, corruption was rampant in the whole country and the country was in policy paralysis. Then the BJP fielded Narendra Modi as the Prime Minister of the country and he took a pledge that he would neither eat nor let him eat and since then the central government of the BJP has not been accused of any kind of corruption. He alleged that the Congress leaders only try to level false allegations on the image of Prime Minister Narendra Modi but all their efforts have failed due to the clean image of the Prime Minister. He said, "The strong central government administered 220 crore corona vaccines free of cost to the people in the country during the difficult times of Covid, did the work of giving free food grains to 80 crore poor



people for 28 months and the central government spent Rs 4 lakh crores for this". BJP works keeping Antyodaya in mind and plans to help the person who stands in the last row. He said, "Today countries like the United States are struggling with inflation and the inflation rate there is 8.3% and India's inflation rate is 5.7% today. Under the leadership of Prime Minister Narendra Modi, the country's economy is going to grow at the rate of 7%, if compared with the time of the Congress government in India,

Foreign Direct Investment has increased more than 2 times and today there are 90 thousand startups in the country; He claimed that today the country is moving towards the digital economy, whether it is chai wala or ready fadi wala, all are doing business through Google. Digital transactions worth 12 lakhs 62 thousand crores have been recorded in the country. Today the credibility of our country is increasing all over the world. Today India's Covid vaccine certificate is digitally available on phone and the rests of the countries still have it on paper. In this matter, today India has left America's Silicon Valley behind, the central minister said. He said, "Congress only talks about the state governments in the centre but is unable to talk about the central issues; the Congress party had only done the work of misleading the public during its reign. The Modi government had sanctioned 3.50 crore pucca houses for the poor, out of which more than 2 crore have been completed and given to the poor. Today the budget of Pradhan Mantri Awas Yojana has been increased by 66%; it shows that the Modi government is working resolutely on the promises made to the poor".

Vaccination of children to be monitored through U-WIN portal

DINESH AGARWAL
SHIMLA, FEB 5

'Sukh ki Sarkar' in the State has taken effective measures towards increasing the immunity of children from childhood, in order to prevent them from fatal diseases. Vaccination to be done in the state with a view to increase the immunity of children and prevent them from various diseases will now be implemented through U-WIN portal. U-WIN portal has been started by the government as a pilot project in Solan and Sirmour districts. Complete information about maternal and child vaccination in the state will be available on this portal. Under this center sponsored project, these two



districts have been included in selected districts across the country. This portal has been developed on the lines of CoWIN portal. The data of all the vaccination beneficiaries of the state will be available in the portal. Complete information about vaccination from time to time after the birth of the child will be available on this portal. Earlier, information related to vaccination was available

only through offline medium. This portal is also being linked directly to the labor room, so that correct and accurate information is available. All government and private hospitals are also being linked with the U-WIN portal. All the beneficiaries will get the information regarding their vaccination through SMS. The Mother and Child health is one of the most important health aspects and complete information regarding their schedule of vaccination along with venue and time through SMS on their registered mobile number from the U-WIN portal itself. Beneficiaries may get vaccinated in any state as the record of U-WIN portal is available at the national level.

Prakash parv of Shri Guru Ravidas Ji celebrated in Tahlialwal



ASHOK KUMAR

UNA: On the occasion of Dhan-Dhan Satguru Ravidas Ji Maharaj's Prakash Parv, Shri Guru Ravidas Religious Assembly Tahlialwal led a procession. This procession from Tahlialwal to Bathu Bathadi, Bhangla, and Charan Chhoh Ganga after bathing the idol of Shri Guru Ravidas Ji Maharaj will end at the Shri Guru Ravidas Temple in Tahlialwal. The procession was welcomed everywhere. Tahlialwal welcomed the procession by distributing fruits at the offices of Maharishi Valmiki Guru Ravidas and Youth Ekta Mahasabha Tahlialwal. The head of the Mahasabha presented Siropa to Shri Guru Ravidas Ji Maharaj, and the office-bearers of Shri Guru Ravidas Dharmic Sabha were honoured by the Mahasabha by giving Siropa. The Mahasabha's office bearers were also honoured with siropa. Chief Advisor Sulinder Singh Chopra, Pradhan Amit Dodhi, Deputy Pradhan Rinku, General Secretary Ramesh, Mukesh Industrial Pradhan, Media In-Charge Rohit, Satnam, Harish, Ram, Ravinder, Aman, Kishore, and other officials were present.

Every promise made to people of state should be kept by state govt: Saudan

JOGINDER DEV ARYA
BANGANA, FEB 5

Bangala's state government has declared bankruptcy after only one and a half months in office. Now the government has to run for five years. How will OPS give Rs. 1,500 per month to women and fulfil the other ten guarantees? This was stated by BJP National Vice President Saudan Singh. Information and Broadcasting Minister Anurag Singh Thakur, and former Chief Minister Prem Kumar Dhumal. He said that the Congress party has gained power by showing its manifesto to the public. Now the state government should fulfil those promises and give benefits to the public. He said that during the 9-year tenure of the Modi government at the Center, the schemes were run for the benefit of the public. As soon as the Congress



government was formed in the state, they did a disservice to the public by stopping those schemes. He said that the Congress in the country has reached its limit. Due to the false announcements of the Congress in the state, the public gave power to the Congress. Now that the people have given Congress the reins of power, the state government should fulfil them. He said that it was a wrong step by the government to decertify hundreds of government offices opened during the previous BJP government. And this is cheating the public.

Three villages of Dharamshala in the grip of diarrhea

SANJAY AGGARWAL
DHARAMSHALA, FEB 5

The cases of diarrhea are not taking the name of stopping in some areas of Dharamshala, the headquarters of Kangra district. 24 new cases of diarrhea have been reported from these areas, due to which a total of 74 people have come under the grip of diarrhea so far. However, out of these 34 are active cases which are undergoing treatment. Amidst the cases of diarrhoea, the health department team visited the affected areas and made people aware about prevention of diarrhoea. Two rapid response teams have been formed after the diarrhea cases came to light, which are going door-to-door to provide information about how people can be saved from diarrheal disease. Medicines, ORS and

zinc tablets are being made available to the people. SDM Dharamshala Shilpi Bekta said that this village will remain under surveillance for the next few days. She said that the Health Department is keeping a close watch on every situation. SDM Status Bekta said that the Jal Shakti Department has been instructed by the administration to clean the water sources. She said that the health department and administration teams are continuously visiting the affected areas. She said that during the visit made by the Health Department team on Friday, it has come to light that even the drinking water tanks in the houses of the people are not clean. Shilpi Bekta said that people should take special care of this and clean the tanks of their houses as soon as possible, so that the situation can be dealt with.

NEWS AT A GLANCE

Apeejay College student honoured by All India Radio Delhi as a Grade artist

HARPREET SINGH LEHAL
JALANDHAR: Sandeep Singh, a student of Apeejay College of Fine Arts Jalandhar of Department of Music Instrumental has been honoured as an A Grade artist by All India Radio Delhi for his excellent rendition of Dilruba. He has proved his talent by playing Dilruba in Harivallabh Sangeet Samaroh. Sandeep Singh has so far shown the magic of his music not only at the national level but also at the international level in Canada, Australia, Thailand, Malaysia and New Zealand and has also got the opportunity to work with AR Rahman, the famous music composer of Bollywood music industry. Principal Dr. Neeraja Dhingra congratulated him on his great achievement and wished him luck to attain even more heights. He appreciated the efforts of Dr. Anupam Sood, Head, Department of Music Instrumental and Dr. Seema Sharma for their efficient guidance. Sandeep Singh gave the credit of his success to his family and the continuous opportunities he got in the college to enhance his talent, the encouragement of the Principal Dr. Neeraja Dhingra and the continuous work of the teachers of the Department of Music Instrumental.

**Weekly yoga organised
at Arya Samaj**



R K KASHYAP
CHHACHHARAULI: Weekly Yagya was organised at Arya Samaj Pratap Nagar, in which Kamaljit Saini, a member of the Haryana Staff Selection Commission, was present along with his family. Kamaljit Saini, Member Haryana Staff Selection Commission along with his family participated in the Havan under the priesthood of Arya Muni and Pawan Gupta. Principal Sandeep Gupta praised the glory of Saint Ravidas and Lord Vishwakarma. After that there were melodious hymns filled with devotion and patriotism of Arya Muni. Suman Chaudhary, Vijay Chaudhary, Praveen Batar, Sarpanch Tarun Wallia, Vishnu Wallia, Ramkumar Arya, Mukesh Batar, Mahipal Rohilla, Ramesh Ahluwalia and local Aryans offered sacrifices and blessings and best wishes were given to the host family.

69 donate blood at camp



SHIV KUMAR SHARMA
KARNAL: Today, Glass Arena India Pvt Ltd, VS Design Consultants, Gupta Dairy Farm, Goyal Property and District Red Cross Society organized a massive blood donation camp for Thalassemia affected children at Kalpana Chawla Medical College, Karnal. About 75 people were registered for the camp and 69 people volunteered to donate blood. Kapil Kishore, the coordinator of the camp, welcomed all the blood donors and said that regular blood donation gets rid of many diseases and does not cause any weakness in the body. He said that the youth must donate blood 3 or 4 times a year. He said that every boy and girl must get their blood tested before marriage to avoid diseases like thalassemia. Every pregnant woman should also have her blood checked. All the blood donors were also honored with certificates of appreciation. He said that the next blood donation camp will be held on 12th February 2023 at Pal Dharamshala, near old Bus Stand, Kunjpura village from 9 am to 1 pm.

Free dental check-up camp held



RK KASHYAP
CHHACHHARAULI: A free dental camp was organized at Jhar Chandna under the Public Health Dental Department of Yamuna Institute of Dental Science and Research. A total of 89 disabled patients' teeth were examined in the camp. In the camp, various treatments including fillings, extractions and teeth cleaning were advised. Sarpanch Paramjit Kaur said that we should clean our teeth daily. About the camp, the principal of the institute Dr. Sushant Garg advised everyone that teeth are an important part of our body and also important for the beauty of our face. We should take special care of our teeth. By keeping them clean regularly, we can avoid various dental diseases, he said. Mohit Kapur, head of the operations department, and Simrat Kaur advised the children not to eat sticky and sweet food. Dr. Lakshya, Madhu, Pooja, Nidhi and Akanksha were present on the occasion.

Aman Arora felicitates International sportsperson Kaur Singh and Sunita Rani

SUMER GARG
CHANDIGARH, FEB 5

In order to promote sports culture in the state as per the commitment of Chief Minister, Bhagwant Mann, Cabinet Minister, Mr. Aman Arora, yesterday, inaugurated 'Khedan Halqa Sunam Diyan', which were organised in the memory of his father Late Punjab Minister, Babu Bhagwan Dass Arora at Shaheed Bhai Mati Das Senior Secondary School, Longowal.

This would be for the first time in the history of Punjab that as many as 207 teams, comprising 2037 players, from a same constituency are participating in the rural sports, stated the cabinet minister.

On the occasion, Mr. Aman Arora, while felicitating Padma Shri heavyweight International Boxer, Kaur Singh and Padma Shri, Sunita Rani called them sports icons of Punjab.

He interacted with players and urged them to play with spirit of sportsmanship. The



Cabinet Minister said, "Three categories of sports— Volleyball Shooting, Volleyball Smashing and Tug of War, are being organised to promote sports culture at the ground level as per the commitment of Chief Minister, Bhagwant Mann, who is ardent sports lover".

While highlighting the projects being carried out in Sunam assembly constituency,

Mr Aman Arora said that a stadium will be constructed with the cost of Rs. 3.97 crore at Longowal to ensure the state-of-the-art sports infrastructure to the youth. Apart from this, Shaheed Bhai Mati Das Senior Secondary School, Longowal and Govt Senior Secondary School (Boys), Sunam will be converted into School of Eminence, Rs 3.62 crore will be spent on completion

New executive committee formed by Bhai Himmat Singh Nagar Block A Welfare Society

GAMBHIR
LUDHIANA: Bhai Himmat Singh Nagar, Block A, Dugri residents, for societal development. The meeting was organized. In which A new executive committee for the society was formed. The residents enthusiastically participated in the meeting and unanimously formed the new executive committee. in which the society's chairman, Ashwani Kumar, deputy chairman, Harvinder Kaur, president, Rajeev Raina, senior vice president, Raj Kumar Sachdeva, and vice president, Hardeep Singh Gambhir, were appointed senior advisors and advocate Harjeet Singh, legal advisor, respectively. On the occasion, Pradhan Rajeev Raina said that every possible effort would be made for the upliftment of society.



National Jat Convention to mull community upliftment: Palsaniyan

CHAHAL
BILASPUR: Convener of International Jat Parliament Ramavtar Palsaniyan, Convener of International Jat Parliament, PS Kalwaniyan reached Yamunanagar on Thursday and addressed the "Jat Dialogue Meeting" of Yamunanagar regarding the preparations for the National Jat Convention. During this, he discussed social consciousness and upliftment of society with the young and enlightened people of Jat society. During this, the coordinator of the International Jat Parliament Ramavtar Palsaniyan, said that on March 19, 2023, the National Jat Convention to organized by the International Jat Parliament will be held at the Indradhanush Auditorium, Panchkula (Chandigarh), in which the people of the Jat community from all over the country will participate. Haryana Pradesh is in the role of the host, therefore, invited all the community members to participate in the function to pay attention to social unity, employment generation, art, education and literature. At the same time, the need to remember the glorious past of the Jat society and to read the history and know that the Jat society has become very weak politically. There used to be a period when four to five cabinet ministers, four to five state ministers, chief ministers of two states, and four to five state governors from the Jat community were always there.

Scholarship test organised by Paras Institute

VINOD DHIMAN
JAGADHARI: A scholarship test was organised by Paras Institute, Yamuna Nagar. In which more than 100 students from different schools in the district worked to give the exam For those students who pass the exam, scholarships to become chartered accountants will be provided by Paras Sansthan. Rakesh Sharma, Director of Paras Institute, made the students aware of the CA course at Paras Institute, Yamunanagar, and informed them about the excellent results of the students at Paras Institute. He also informed the children about how they can pursue a career within it and how they can move forward after finishing their studies here. He said that after doing the 11th and 12th exams, the children are confused about which field they should pursue further. Regarding this, he said that there is no better field than this for students.

FIR lodged against masked men who came to kill Shandilya



SHIV KUMAR SHARMA
AMBALA: National President of Anti Terrorist Front India Viresh Shandilya is raising voice against terrorism and land mafia including Khalistanis. When Veeresh Shandilya was not found by the masked men who came to his Palika Vihar office in Ambala city with the intention of killing him, they broke the glass panes of the closed office and broke his office computer, LCD, LED, printer, table. Police checked on the spot and the CCTV cameras from neighbors living nearby and late night police lodged FIR 69/23 Indian Penal Code Section 427,452,506, 34 against unknown masked men who came in a white car in Ambala city police station. After registering a case, an investigation team was formed. The above information was given by National President of Anti Terrorist Front India Viresh Shandilya while talking to journalists at his Palika Vihar residence. Shandilya said that he was continuously writing to the police that Khalistani, gangster, land mafia can get him killed but the police did not show any seriousness and on 04 December 2022 also he was attacked by a Khalistani supporter on which FIR 331/22 The police station is registered in Ambala Sadar, in which Khalistani supporters and Manni Bindra, who burnt down his office in 2018, were not arrested.

Awareness camp for construction workers held



SHIV KUMAR SHARMA
KARNAL, FEB 5

An awareness camp was organised for the workers of the area at Ramlila Maidan on Sunday by the new Common Service Center (CSC) located at Ramlila Maidan of Kunjpura village. As a keynote speaker, Dr. Ramesh Kumar, state president of the Building Construction Mazdoor Vikas Kamgar Union, listened to the problems of the workers and guided them. He informed about the beneficial schemes being implemented by the State Government and Labor Department, Haryana in the interest of labourers. Dr. Ramesh Kumar told the labourers that building construction labourers include all construction workers from foundation to roofing, lentre laying, painting, welders, shutter makers, aluminium door makers, glass workers etc. All of them are registered by the Labor Department, Haryana. Only after that the registered workers get the benefits of government schemes. Such workers of the area can contact the CSC of Ramlila Maidan to get themselves registered and for other consultations.

135 district youths were given loan of Rs 96.55 lakh to start their own businesses: DC

RANVIR PARASHAR
KAITHAL, FEB 5

Haryana Scheduled Castes Finance and Development Corporation has made available a loan of Rs 96 lakh and 55 thousand to 135 youths of the district to start self-employment during the financial year, out of which Rs 10 lakh and 30 thousand is the grant amount. During the last month of January, three youths were provided a loan of Rs 1 lakh and Rs 50 thousand by the corporation, of which Rs 20 thousand was a grant amount. Deputy Commissioner Dr. Sangeeta Tatarwal said that during the financial year, the Haryana Scheduled Caste Finance and Development Corporation provided a loan of Rs 96 lakh and Rs 55 thousand to 135 youths to start self-employment. Loans are provided by the corporation to scheduled caste youths to start self-employment. During the financial year in the district, 22 lakh rupees went to 44 beneficiaries for animal husbandry, 60 thousand rupees to 1 beneficiary for pig rearing, 1 lakh rupees to 1 youth in the industrial sector, and 42 to 49 youths started their own businesses. A loan of Rs. 70 lakh was made available. Apart from this, a loan of Rs 23 lakh and Rs 25 thousand has been provided to 31 beneficiaries of MCF, Rs 6 lakh to 8 beneficiaries of MSY under the NSFDC scheme.



Guru Parv celebrated with pomp



SHIV KUMAR SHARMA
KARNAL, FEB 5

Today, Ravidasiya Samaj Seva Sangh celebrated the 646th birth anniversary of Sant Shiromani Guru Ravidas with pomp and joy. Ravidasiya Seva Samaj Sangh put up tableaux across the city and gave a message of mutual brotherhood among the people. First thing in the morning, the tableaux were sent off by offering flowers to Guru ji. Parsad of tea was also distributed by Ravidas Samaj Seva Sangh, especially at Ambedkar Chowk. All the dignitaries present on this occasion urged people to follow the path shown by Guru and all congratulated each other on Guru Parv. On this occasion, Pirathi Singh, Dhup Singh Dahiya, Rajendra Chauhan, Ishwar Singh, Balwan Singh Bank of Baroda, Rampal Choupada, Baljit Sabharwal, Aman Rath, Om Prakash Padha and Hawa Singh Narwal were present.

Doing good to others is good for oneself: Arora

SHIV KUMAR SHARMA
KARNAL: A huge Bhandara was organised on the Purnima day by Shri Sawan Jot Sabha Karnal. This Bhandara was held at Old G.T. Located in front of Standard Tractor Showroom by Chief Guest retired Deputy Commissioner Girish Arora. He said that today is the birth anniversary of Saint Shiromani Guru Ravidas, it is a very auspicious day. He congratulated everyone. He said that every person should get involved in religious works. One feels peace in the mind by doing religious work. At the same time, doing good to others is also good for oneself. Before this, the head of the meeting, Kishore Nagpal and other members welcomed the chief guest Girish Arora and said that the work done during his tenure cannot be forgotten. Sabha Pradhan Kishore Nagpal said that his organisation holds Bhandara every month. We should follow the path shown by the Gurus. On this occasion, Chairman of the Sabha, Kailash Sachdeva, Pradhan Kishor Nagpal, Secretary Jitendra Kataria, Treasurer Gursharan Chaudhary, Ajay Dewan, Om Prakash Sukhija, Deepak Bhugra, Punit Sharma, Girish Kapoor, Vijay Dewan and Satpal Sharma.



Dalit student's killing spreads shock waves in village near Guhla

KULBHUSHAN SHARMA
GUHLA CHIKA, FEB 5

This morning in the village Riward Jangir of Guhla Halka, a sensation spread in the area after the news of the murder of Sumit Kumar, son of Naresh Kumar, a Dalit student studying in the government school of the village. The deceased student was studying in the middle standard class in the village school. It is known that last Saturday, Sumit was seen with some other children around the bus stop of the village but after that, a man from the village allegedly saw him near a religious place in the forest. After that his whereabouts were not known. According to the information, when Sumit did

not reach home after dark, they started search for him. Sumit's uncle Suresh Kumar said that Sumit was first searched in the street and the surrounding area, but no trace of him could be found. He said that he informed the Sarpanch of the village and other people about the disappearance of Sumit, after which they searched the entire village for Sumit, but still no trace of Sumit could be found. Meanwhile, a person from the village told him that he had seen Sumit going to the forest with two or three unknown youths, but due to the distance, he recognized Sumit but could not place the other youths. He said that at that time he had no inkling that something was



going to happen with Sumit, and if he had even the slightest doubt, he would have reached out to him immediately and apprised him of the whole situation. Meanwhile, Suresh said that when the suspicion about his nephew, Sumit deepened, the entire village went to the forest and other possible places to find Sumit.

To give a new life to a stranger, a healthy person must donate blood: Akhil

DALBIR MALIK
KURUKSHETRA, FEB 5

Additional Deputy Commissioner Akhil Pilani said that by donating blood, the life of an unknown person can be saved and the lives of others can be brightened. That's why everyone should always be ready to donate blood. Donating blood causes no weakness, and the body replenishes the blood after some time. Additional Deputy Commissioner Akhil Pilani was speaking at the blood donation camp organised by the district administration on Sunday in the new administrative block of the Small Secretariat regarding the Amrit Mahotsav of Independence. Earlier, ADC Akhil Pilani, District Revenue Officer Rajbir Dhiman, DIO Vinod Singla, Tehsildar Ajit Singh, District Information and Public Relations Officer Dr. Narendra Singh, and District Red Cross Secretary Randeep Singh formally inaugurated the blood donation camp. During this, ADC Akhil Pilani



honoured the blood donors by putting a batch together and giving them a letter of appreciation. About 50 officers and employees of the Mini Secretariat donated blood in this blood donation camp. DIO Vinod Singla played an important role in organising this blood donation camp. The ADC said that every citizen should always be ready to save the life of an unknown person. By donating blood in this way, another family can also be given a new lease on life.

JAGDISH

BANGA: On the occasion of Prakash Parv of Sri Guru Das Maharaj, grand Nagar Kirtan was organized in Banga starting from Sri Guru Ravidas Darbar and traveling through different areas of Banga and ending back at Gurdwara Sri Guru Ravidas. Gurdas Aapke Granthi Daljit Singh, Pradhan Baljit Singh Rai, Ashok Kumar Goma, Paramjit Singh, Inder Singh Sonu, Jaipal, Pritam Das, Nirmala Devi, Jeet Singh Bhatia, MLA Banga Dr. SK Sukhi, Former MLA Chaudhary Mohanlal, Tarlochan Singh, Baba Madhav Gopal, Baba Kulwant Singh, Jeet Singh Bhatia, Paramjit Singh Rai, councilors of the time zone and people from political and social organizations were present.



YUGMARG, CHANDIGARH, MONDAY, FEBRUARY 6, 2023

Arya Samaj not religion but a movement

SHASHI PAL JAIN
NEW DELHI, FEB 5

Governor Acharya Devvratji said today that the founder of Arya Samaj, Rishi Dayanand Saraswati had started a social reform campaign years ago. Today again, such a campaign is needed to make the country's youth drug-free and to save cow farming. The people of Arya Samaj of the country and the world will have to work like a mission for this. He said that on February 12, the bicentenary festival of Rishi Dayanandji will be inaugurated in New Delhi in the presence of Prime Minister Shri Narendrabhai Modi. As many as 35,000 people from all over India and abroad will be present. During the next two years, wherever Arya Samaj is functioning in the whole world, the trends of social reform by Rishi Dayanandji will begin and a worldwide movement will be started for the ideas of Rishi Dayanandji. A seven-day festival was organised by Arya Samaj-Kharad, Punjab under the Amritkal of Independence. Virtually present at the closing ceremony of this festival, the



Governor said that Arya Samaj is not a religion but a movement. Sage Dayanandji had done a great job for social reform and built a healthy society by considering the ancient tradition of the extinct Vedas as the basis. At that time there were many challenges before the country. India was a slave country, women did not have the right to education, untouchability was at its peak. The British had destroyed the Gurukul tradition in India and there was an orgy of poverty everywhere. Irrespective of such problems, Rishi Dayanandji raised his voice and started a campaign for social reforms. He

contributed to Arya Samaj with body, mind and money. Guru Swami Shradhdhanandji also started the Gurukul tradition. Other disciples started schools and colleges through the DAV movement. Expanded the scope of teaching and study throughout the country. Impressed by the thoughts of Rishi Dayanandji, youth like Ramprasad Bismil, Sardar Bhagat Singh, Lala Lajpat Rai came forward and sacrificed their lives for the country. Sage Dayanandji scientifically removed the vices of the society.

Acharya Devvratji said that Rishi Dayanandji had planted the seeds of a new consciousness and

a new awakening in the country through education and social reforms. Today again a lot of work needs to be done for the society. The future of the youth who are addicted to drugs and intoxicants is getting ruined. Arya Samaj will have to create a mass movement for this. He called upon the social reformers of Arya Samaj to go to schools, colleges and universities to inform the youth about the ill-effects of drugs and start a campaign to make them drug-free. Sage Dayanandji used to say that such substances which destroy the intellect should not be consumed. We all need to work together in this direction.

Govt set up a 500-bed multi-specialist hospital in the name of Maharaja Agrasen: Garg



SUMER GARG
HISAR, FEB 5

On the holy festival of Purnima (full moon) Bhajan-Kirtan, Chhappan Bhog and an important meeting of representatives of Vaish Samaj was held under the chairmanship of National President of Agroha Dham Vaish Samaj, Bajrang Garg at Agroha Dham and in this meeting the problems of Vaish Samaj were discussed in detail. Garg said that the Hisar airport which is named after the name of Maharaja Agrasen, the central government as per its promise should make Hisar airport an international airport as Hisar district is the birthplace of Maharaja Agrasen, his name is familiar all over the world and the sentiments of the entire Agarwal countrymen is attached with his ideology. Garg

further said, "In Hisar district, grand Agroha Dham, Medical College, School, Government Hospital, Museum, Auditorium, Gaushtala, Dharamshala, National Highway No. 9, many temples etc. have been made in the name of Maharaja Agrasen and many schemes and ongoing in the district by Agarwal community, there is also a plan to build an international school and university in the name of Maharaja Agrasen". He said that the name of Agroha Dham is famous not only in the country but in the whole world, the government should set up a 500-bed multi-specialist hospital in Hisar in the name of Maharaja Agrasen and trauma center in Agroha Medical College because Agroha Medical College is situated on the National Highway to provide good health care to the public.

Monthly meeting of Medical Practitioners Association Block Talwandi Sabo held



ISHWAR GARG

TALWANDI SABO: The monthly meeting of Medical Practitioner Association Block Talwandi Sabo was held under the leadership of Dr. Jagdev Singh Yatri at Guru Ghar Talwandi Sabo in which the district chairman Dr. Rajveer Singh Dhillon presented his views, while the problems faced by the doctors were discussed. In today's meeting, specially Dr. Indivar Kalra MD of Mind Care Hospital from Bathinda. Department of Psychiatry shared information to get rid of different drugs. On this occasion, Dr. Jagdev Singh Yatri Block President also distributed certificates to the new office bearer of the organization and thanked the doctor colleagues who came to the meeting. A large number of doctor colleagues working in different villages of the block participated in the meeting. On this occasion, Dr. Mani Giana, Dr. Khushi Bagher, Dr. Avtar Singh Buri Sema, Dr. Jagesir Singh Mauji, Dr. Kulveer Singh, Dr. Lakhn Singh Tarkhanwala, Dr. Harwinder Singh Bhai Bakhtaur, Dr. Sukhpal Singh Bagha, Dr. Jagesir Singh Chhathevala, Dr. Happy Talwandi Sabo, Dr. Hardeep Kaur Talwandi Sabo etc. were present.

Educational Exhibition successfully organized at Modern Sandeepni School



SHARANJEET

PATHANKOT: Modern Sandeepni School Mamoon Pathankot, was organized an educational exhibition by the students with great enthusiasm under the supervision of the teachers. Chairman Pawan Mahajan, Pinky Mahajan, and Principal Neeraj Mohanpuri from Sandeepni Education Society Under the Chairmanship of Chief Guest Rajesh Gupta (DEO) Secondary Pathankot and Rajeshwar Singh (Deputy DEO) Organized an educational exhibition by lighting a lamp. In various fields of education like Science, Mathematics, English, Social Studies, Computers, Robotics etc. along with related subjects Besides increasing the knowledge of the models made by the students, the creative aspect of the modern methods of education was also displayed and everyone was made aware of the modern technology. The parents of the students also increased the enthusiasm of the students by attending. Chairman Pawan Mahajan and Principal Neeraj Mohanpuri praised the students and blessed them to make similar progress in future.

Civil Hospital to be a super specialty facility in coming months: Dr. Balbir

PULKIT YADAV
JALANDHAR, FEB 5

Punjab Health Minister Dr. Balbir Singh on Sunday said that the local Civil Hospital would be converted into a super specialty one with availability of advanced medical facilities, that too free of cost, including all types of test. The Minister, who was in the district first time after taking over health portfolio, discussed with the Civil Surgeon Dr. Raman Sharma the proposed project besides directing to submit a detailed project report so that that next course of action could be initiated on this count, which would be a great help to people in need of healthcare services. Dr. Balbir Singh said that once this would turn into a super specialty all the ultra-modern medical services including all types of advanced tests were available free of cost. Saying that he will shortly visit the Civil Hospital, the Health Minister said that the volume of operations at civil hospital would be eased out as the minor operation facility is to be started at all Community Health Centers. He said that there would be no shortage of doctors and staff in the hospitals across district as this issue was being



addressed shortly. The Minister also pointed out that the State Government would replicate the 'Farishte' initiative in Punjab. Under this, the patient or victim of any emergency will be taken to hospital within a minimal time, said the Minister urging doctors and other people, having cars, to carry first aid kits in their vehicles. The doctors could also bring some injections and medicines, which are useful in any exigency to get some time, which is often crucial, to ferry the patient to nearby hospital. At Ghakal Village, after inaugurating the free eye and medical camp Dr. Balbir Singh personally carried out eye check-up of some patients besides providing free medicines and prescription.

Three day workshop organized by mathematics department of SD College

KULDEEP SOOD
BARNALA, FEB 5

A three-day workshop has been organized by the Department of Mathematics of SD College under the 'DBT Star College Scheme' to impart training on 'MATLAB' software. The keynote speaker on the first two days of the workshop was Dr. Vijay Kumar Kukreja, Head, Department of Mathematics, Sant Longowal Engineering College, Longowal. He gave complete information to the students about 'MATLAB' software and said that if the students learn mathematics along with 'MATLAB' software well then they can get very good job in multinational companies. On the third day Dr. Bharti Gupta, Assistant Professor of Mathematics Department from Doaba College, Jalandhar was



the main speaker. He said that many concepts of mathematics can be solved with this software. Together with the teachers of that department, the students were given hands-on training in the 'MATLAB' software. At the end of the workshop, quiz competition and group assignment competition were conducted by Dr. Bharti Gupta. Vanishka, Kusumanjali and Namisha secured first, second and third positions respectively in the quiz competitions. In group

assignment competition, Nikita, Palak and Navpreet Singh secured first position and Himanshi (BSc Part II), Himanshi (BSc Part III) and Harmanpreet Singh secured second position. Addressing the students at the closing ceremony, College Principal Dr. Rama Sharma congratulated the entire department for the successful completion of this workshop and promised the students that more such activities would be organized in future.

Derabassi BJP's executive body of 7 mandals declared, membership campaign will run before LS elections

VICKY BHABAT
ZIRAKPUR, FEB 5

Kewal Singh Dhillon, in-charge of BJP District Mohali, has given consent to the proposed list of Mandal Executive by 7 Mandal Presidents of Derabassi Assembly Constituency. On the other hand, before the Lok Sabha elections, the party will run a membership drive. Giving information from the party office in Zirakpur, BJP leader of Derabassi Vidhansabha, finance committee member and in-charge of Barnala district Sanjeev Khanna said that following the guidelines of organization minister Srinivasulu and approval of district head Sanjeev Vashishtha and zonal officer Mona Jaiswal, BJP district Mohali's in-charge Kewal Singh Dhillon has given



consent. Khanna said that 7 mandals have been created in Derabassi assembly constituency, out of which 3 mandals are from Zirakpur. He said that Jatin Anand president, Aman Singla and Rajendra Kaushik of VIP Road Mandal of Zirakpur have been appointed as General Secretaries, 6 Vice Presidents and 6 Secretaries in the Mandal Executive. Pradeep Sharma President Manisha Sourav and Naginder Singh Chauhan have been

made General Secretaries, 6 Vice Presidents and 6 Secretaries from Dhakoli Mandal of Zirakpur. Suresh Khatkar has been appointed as President, Mrs. Nidhi Baloni as General Secretary, 6 Vice Presidents and 6 Secretaries from Baltana Mandal. Apart from this, Sukhdev Rana has been appointed as President, Kapaldeep Saini and Jatin Sharma as General Secretaries, 6 Vice Presidents and 6 Secretaries from Derabassi Rural Mandal.

Guru Ravidas's teachings will always remain relevant: Jain



RAJIV JAIN
CHANDIGARH, FEB 5

Former Member of Parliament of Chandigarh and Additional Solicitor General of the Government of India, Satya Pal Jain has said that the message of Guru Ravidas is for the entire humanity. Jain was addressing the programme organized on the occasion of Guru Ravidas Jayanti at Shri Ravidas Gurdwara, PGI Chandigarh today. Jain said that the message of Guru Ravidas is for the entire humanity. He said that the message of Guru Ravidas will remain relevant till the end of the world. Jain was also honored by the Guru Ravidas Sabha on this occasion. In addition to others, the chairman of the meeting Shri Prem Chand and Dr. Navneet Kaur were also present on this occasion.

Shri Guru Ravidas Maharaj Ji's teachings inspire mutual brotherhood and welfare of humanity: Manish Tiwari

DALJEET AJNOHA
HOSHIARPUR, FEB 5

Member of Lok Sabha from Sri Anandpur Sahib and former Union Minister Manish Tiwari has said that the teachings of Sri Guru Ravidas Maharaj ji inspire us to strengthen mutual brotherhood and work for the welfare of humanity. Member of Parliament Tiwari had reached Shri Khuralgarh Sahib to pay obeisance on the 646th birth anniversary of Shri Guru Ravidas Maharaj Ji. Addressing the event organized on the occasion, MP Tiwari said that the teachings of Shri Guru Ravidas Maharaj ji have more importance in today's time and inspire to work for the welfare of



humanity by maintaining mutual brotherhood. Congratulating the devotees on the occasion of the arrival of Sri Guru Ravidas Maharaj Ji, he said that he considered himself very fortunate to have had the opportunity to be present on this auspicious occasion. He said that progress of the country and society is possible only by following the ideas of Sri

Guru Ravidas Maharaj. On this occasion, among others, Advocate Pankaj Kripal, Member of Punjab Pradesh Congress Committee, Pranav Kripal Spokesman of Punjab Youth Congress, Dr. Kewal Singh President Managing Committee, Dr. Kulwaran Singh Chairman, Chaudhary Jeet Ram, Makhan Singh, Kishan Gopal Nayyar, Rohit Kumar were also present.

MLA Kohli urges students to come forward to serve the Indian Army

RAWEL BHINDER

PATIALA: As part of the Patiala Heritage Festival-2023 series of events in the Aero Modeling Show, loops, rolls, low passes, knife edges and many other stunts of various aircraft models were shown at the Civil Aviation Club on Sangrur Road here today, which drew applause from the audience. Apart from this, the Cessna-172 on Pipistrel virus aircraft and the paragliding feats became the centre of attraction. On this occasion, Patiala MLA Ajitpal Singh Kohli and Chief Minister's Media Director Baltej Panu joined as special guests, while District Planning Committee Chairman Jassi Sohanwala, I.G. Mukhwinder Singh Chhina, S.S.P. Varun Sharma and ADCs Gautam Jain and Gupreet Singh Thind, former IAS Shivdular Singh Dhillon, SDM and Nodal Officer Charanjit Singh were also present. MLA Ajitpal Singh Kohli said that the district administration deserves congratulations for conducting the Patiala Heritage Festival. He invited the students to come forward to serve the country in the Indian Army,



for which the Punjab government under the leadership of Chief Minister Bhagwant Mann is making special efforts to show the direction to the youth. Media Director Baltej Panu said that with festivals like Patiala Heritage Festival, where tourism gets a boost also reflect our precious heritage. Meanwhile, Deputy Commissioner Sakshi Sawhney has thanked, Patiala Aviation Club, Indian Army, NCC and Aeromodelling Society for their support for the success of this event.

General Council meeting of NCBE at Panchkula

CHANDIGARH: The General Council Meeting of National Confederation of Bank Employees (NCBE) was held today at Indradhanush Auditorium Sector 5 Panchkula which was attended by more than 4000 comrades from Punjab, Haryana, Himachal Pradesh, Jammu & Kashmir and U.T. Chandigarh. The meeting was also attended by large number of lady comrades. Shri Vinod Jaiswal, Chief General Manager, State Bank of India, Chandigarh Circle inaugurated the Conference. The meeting was attended by the Com. Arun Bhagoliwal, President-All India State Bank of India Staff Federation, Com. S.C. Balaji, President, National Confederation of Bank Employees, Com. Rupam Roy, General Secretary, All India Bank Officers Confederation, Com. C.H. Venkatachalam, General Secretary All India Bank Employees Association, Com. OP Sharma, General Secretary INBEF, Com. Debashish Basu Chowdhury, General Secretary BEFL, Com. Mannohan Das Sharma, General Secretary, NOBW along with large number of leaders from every nook and corner of India.



SHORT TALKS

Dipa Karmakar admits to doping violation after facing 21-month ban

NEW DELHI: Indian gymnast Dipa Karmakar has admitted to "unknowingly ingesting banned substance" after being suspended for 21 months for the use of a prohibited substance. The 29-year-old Tripura girl was tested positive for higenamine (S3, Beta-2 Agonists as per the World Anti-Doping Agency prohibited list) which was found in her dope sample. The positive sample was collected on behalf of the Federation Internationale de Gymnastique (FIG) in the scope of an out-of-competition control on 11th October 2021. Higenamine was added to the World Anti-Doping Agency's list of prohibited substances in 2017. "Today marks the end of one of the longest battles I have fought for myself and my career. In October 2021, my sample was obtained for out-of-competition testing and sent for assessment. The result was positive for a banned substance which I unknowingly ingested and could not determine the source of. I decided to take a provisional suspension with the hope of a swift resolution with the international federation," wrote Karmakar on Twitter. Karmakar's ban period will end on the 10th of July 2023 as it was counted from the day the sample was collected which is the 11th of October 2021. "I am happy that the matter has been amicably resolved. My suspension has been reduced by 3 months and backdated by 2.5 months, allowing me to return to the sport I love in July 2023," wrote Dipa Karmakar.

Dybala surges Roma to conquer Empoli in Serie A

ROME: With two assists from Paulo Dybala, Roma bounced back from their consecutive defeats by beating Empoli 2-0 on Saturday. The Giallorossi suffered a setback against Napoli in the last round and an exit in the Coppa Italia quarterfinal in midweek. The home side got the job done in the opening stage as Dybala's outswinging corner set up Roger Ibanez's towering header just under two minutes into the game. Roma repeated the style four minutes later as Tammy Abraham out-jumped the defender to meet Dybala's assist. With the win, Roma temporarily caught Inter Milan in second place with 40 points, while the Nerazzurri host the Milan Derby on Sunday. Elsewhere, Armand Lauriente's solo effort helped Sassuolo register the second consecutive win with a 1-0 victory over a nine-man Atalanta, while Lecce won over Cremonese 2-0 away.

Luis Suarez extends scoring run for Brazil's Gremio



Porto Alegre, Brazil, Feb. 5 (UNI) Former Liverpool and Barcelona striker Luis Suarez continued his prolific form for Brazil's Gremio by scoring twice in a 3-0 home victory over Aimore on Saturday. The 36-year-old opened his account with a header and then capitalized on an errant defensive pass to drive into the box and fire home with the outside of his right boot. Suarez has now scored seven times in five outings for Gremio, whom he joined from Uruguay's Nacional last month. "I'm feeling better as the days go on," Suarez said in a pitch-side television interview after the game. "I'm happy and getting into form, and we're getting to know each other a little more." Suarez also singled out Gremio's fans for special praise. "There is a bond between the fans and the players that has allowed me to feel important from the very first day," he said.

Paras's spin restricts Maharashtra at 329/7 on the opening day

CHANDIGARH: A four-wicket haul by Paras helped hosts Chandigarh to restrict Maharashtra at 329 for seven on the opening day of the Col CK Nayudu Trophy being played at Sector 16 Cricket Stadium on Sunday. UT boys won the toss and put the visitors in to bat followed by an 85-run partnership by openers DS Phatangare and PH Shah. Paras drew the first blood for home when he trapped Phatangare (34) lbw. Later, Yuvraj Choudhary dismissed PH Shah (62) with 124/2 on the board. Thereafter, a dangerous looking 54 runs partnership between Yash Khirsagar and HK Kate proved a bit of relief to visitors until Paras sent them both back in his single spell with 185/4. Yash and Kate contributed 56 and 23 respectively. Skipper SA Veer (17) was dismissed cheaply by Rohit Dhandra to reduce the half side for 207. The team once again gained momentum when Digvijay Patil and AA Porwal added 61 runs for the sixth wicket to take the score to 268. Paras, once again played an anchor role by removing Porwal (22). AS Thenge (19) paid the price against the direct throw of Yuvraj leaving the side at 323/7. With unbeaten batters - Digvijay Patil (84) and Sohan Jarnale (2), Maharashtra scored 329 runs for the loss of seven wickets before the stumps were drawn. Paras (4/86) took the maximum wickets while Rohit Dhandra (1/48) and Yuvraj Choudhary (1/60) shared one each

Border-Gavaskar Trophy: top five player-contests between India, Australia



Nagpur; From the epic face-off between Sachin Tendulkar and Shane Wame to Harbhajan Singh's web over Ricky Ponting, Tests between India and Australia have witnessed several legendary rivalries.

Here's a look at some of the ongoing battles which will be reignited during the upcoming Test series that will be key in deciding the ICC World Test Championship finalists, as per ICC.

Virat Kohli-Nathan Lyon Virat Kohli's dream-like start as India Test skipper at Adelaide was ruined by Nathan Lyon's 7-152, which handed Australia a 48-run win in the opening Test of the series in 2014/15. Among his wickets was Kohli, who fell to a miscued pull after a masterly 141.

Since then, Kohli-Lyon battles have become even more engaging. While Kohli has succeeded in scoring runs against the bowler, Lyon has gotten the better of Kohli on seven occasions.

Adding further flavour to the contest

is the fact that Kohli has struggled a bit against spinners of late. Lyon will look to take advantage of the turning tracks in India but Kohli, going great guns in the white-ball game, can never be counted out.

Cheteshwar Pujara-Josh Hazlewood Cheteshwar Pujara's defiance has tested and tormented Australia's bowling attack in recent years. Few other bowlers have been more frustrated by Pujara's stone-walling than Josh Hazlewood.

Hazlewood identified Pujara's resilience as one of the reasons why Australian pacers could not make regular breakthroughs in the Test series in 2018/19. The batter faced 1258 balls over the series and managed to tire the Australian bowlers with his obdurate batting. He repeated the feat in 2020/21, wherein he faced 928 balls, keeping the Australia bowlers on the field for a long time. India won both series 2-1.

Australia's premier fast bowler

Hazlewood has dismissed Pujara six times in the past, and would love to see his back as soon as possible in India. Pujara's early departure can provide a big boost to Australia's quest for regaining the Border-Gavaskar Trophy.

Ravichandran Ashwin-David Warner David Warner has been Australia's mainstay at the top for almost a decade. He has scored more than 5000 runs in Australia at an average of 58.39. This includes 19 centuries and 14 half-centuries.

However, his record visibly changes in India. He averages 24.25 from eight Tests, with no century to his name. This is mainly due to the presence of Indian off-spinner Ravichandran Ashwin. He has dismissed Warner on 10 occasions in Tests, with five of these dismissals coming in India. Ashwin appears to have an overall advantage over the left-hander. Warner has scored 388 runs in India for Australia and has

made three fifties in eight matches and 16 innings.

An aggressive batter like Warner will probably take the attacking route against the wily off-spin of Ashwin, making this battle a mouthwatering prospect.

Rohit Sharma-Pat Cummins Though the two skippers have not faced each other on many occasions in Tests, the match-up between them will be interesting.

Both Rohit Sharman and Pat Cummins have had great success with their leadership so far. While Cummins has dismissed Rohit twice in Tests, they have never faced each other in India.

India's captain, who will also open the India batting, will look to provide solid starts at the top while Cummins will try to get rid of Rohit early on to establish Australian dominance.

Ravindra Jadeja-Steve Smith: With a Test batting average of 60.89, Steve Smith is one of the modern-day greats. His record is exemplary across nations, and the same holds true against India. He has an overall Test average of 72.58 against India, and also averages 60.0 in India in Test cricket.

At the same time, India all-rounder Ravindra Jadeja has managed to get the better of Smith on a few occasions. He has picked Smith's wicket four times in Tests. Apart from this, Jadeja's sharp fielding has also proved deadly for his opponent, as Smith realized after being caught short of the crease during the Sydney 2021 Test between the two nations.

Jadeja will be an even bigger challenge for Australia's finest batter on pitches suited to his style of bowling.



PCB threatens not to take part in World Cup 2023 if Asia cup moves out of Pak

NEW DELHI: After Asian Cricket Council (ACC) decided that a neutral venue will be announced for Asia cup 2023, Pakistan threatened to pull out from ICC World Cup scheduled to be held in India later this year. Yesterday, the ACC has decided that a new venue for Asia cup 2023 will be finalized in the month of March this year.

According to a source, "PCB isn't happy with this thinking that Asia cup could be relocated to some neutral venue, name of UAE is on top of the list which might get the hosting but if it happens then Pakistan will not travel to India for ICC World Cup 2023."

The ACC chairperson Jay

Shah already revealed that India will not travel to Pakistan for the Asia cup due to security reasons and the tournament will be played at some neutral venue, the new venue will be decided in the second round of the Executive Board meeting of ACC members in the month of March. Last year the Asia cup was held in UAE and the probability of the nation hosting it again is high.

Qatar has also shown interest in staging the tournament as a neutral venue amidst political tensions between the neighbouring countries. It has already hosted a few cricket tournaments and franchise-based cricket leagues.

Calls to boycott cricket rise in Nepal as rape-accused cricketer prepares to enter pitch

KATHMANDU: Calls to boycott the events to be organized by the Cricket Association of Nepal (CAN) have risen as the cricket regulatory body allows rape-accused cricketer Sandeep Lamichhane to practice.

On Saturday, people stood on the protest site of Maitighar Mandala holding placards questioning the move of CAN to induct Lamichhane, who is out on bail but under Police investigation for allegedly raping a minor, in the team.

Demonstrators who stood with placards near the administrative centre-Singha Durbar held the placards reading "CAN or CANNOT?" "Are we safe?"

"Gentleman Game or Mentalman Game?" amongst others. Users have



taken social media by storm against the cricket regulatory body using #BoycottCAN which has gone viral in

the Himalayan nation.

<https://twitter.com/RameshBhushal/status/1621470380710928384>

A Twitter user with the handle @RameshBhushal mentioned the Scotland and Namibian team calling them to boycott the game planned for later this month and tweeted "Hello, Cricket Scotland @CSMOA and Cricket Namibia @CricketNamibia1, could you please boycott the game with Nepal. Our team includes a rape accused player named Sandip Lamichhane. @CricketNep"

Nepal is set to host a triangular series under the ICC World Cup League 2 in Kirtipur from February 14-21 featuring Namibia and Scotland.

Suraj Rohilla, boxing player of Jind district brings laurels

SHIV KUMAR SHARMA

JIND, JAN 5: Suraj Rohilla is a boxing and kickboxing player from village Fatehgarh in Jind district of Haryana state, who has won many medals in various competitions since 2014 till date. Suraj won a silver medal in the 7th state level boxing competition held at Tohana from 16 to 18 July 2022, followed by a silver medal in the national level boxing competition held at Gannaur, Sonipat from 29 to 31 July 2022 itself. In December 2022, from 16 to 18, Suraj won the gold medal in the 1st national level Bharat Boxing Federation Cup held at Mokhra, Rohtak. After that



won silver medal in eighth state level boxing competition held at Bawani

Khera in Bhiwani district from 23 to 25 December 2022. Suraj Rohilla won the gold medal in the 48 kg weight category with a better performance in the International Boxing Competition held in Nepal from 7 to 9 January 2023. Suraj is now 22 years old. In 2014, when a self-defense camp was organized in the government school of the village, Suraj used to go to study on the pretext of skipping class, this hobby turned into passion, after that Suraj kept practicing under the guidance of coach Mr. Rakesh Saini. Suraj's father Mr. Rajesh Rohilla does tailoring work and mother Mrs. Suman Devi is a housewife.

Prime Volleyball League: Debutants Mumbai Meteors set to face Calicut Heroes

BENGALURU: The second day of action in the Prime Volleyball League season 2 will see Calicut Heroes and Mumbai Meteors clash here at the Koramangala Indoor Stadium in Bengaluru for their first match of the season. Calicut Heroes, who were placed fourth in the



previous season, will be eager to get their campaign started with a victory. While the Mumbai Meteors are playing their debut season, their squad boasts an exciting mix of youth and experience.

The match is expected to be a thrilling encounter between two evenly matched teams, with the captains eager to get the season off to a winning start. The presence of fans in the stadium after last season's absence due to the pandemic will add to the

atmosphere and make for a memorable opening match.

Speaking ahead of the exciting contest, Karthik A, the Captain of Mumbai Meteors said, "The squad is really excited for the first match and we cannot wait to get started."

"We are feeling pretty confident, and the inclusion of fans in the stadium should add to the energy levels."

Karthik went on to praise Meteors Head Coach, Sunny Joseph and explained how his presence has boosted the camp ahead of what promises to be a cracking encounter.

"It is a completely different experience for our training under Sunny Sir. He really believes in all of us and is confident in our abilities. It really helps in keeping the squad motivated."

Calicut Heroes captain Matt Hilling, a USA veteran with vast experience, is also playing his first season in Prime Volleyball League. He shared his satisfaction with their preparation and overall experience.

"It has been an amazing experience in India. We have been training hard as a unit since January 15th, and hopefully, the performances will reflect that. Communication has been smooth and efficient between all of us as well," Hilling said.

When asked about his expectation from their encounter against the Meteors, he expects a hard-fought game. "I think we can expect all games to be very competitive, the shortened format and the Super Point and Super Serve mean you cannot afford to let your guard down."

Mithali Raj believes mental preparation is key to World Cup success

Cape Town, Feb 5 (UNI) Former India skipper Mithali Raj has spoken up on a number of fascinating subjects, including the mental aspect of cricket, who her are for the ICC Women's T20 World Cup, India's chances and the overall evolution of the women's game.

India legend Raj was capped 333 times across the formats in her extraordinary international career. And on the back of that experience, the 40-year-old believes that one of the biggest factors going into the ICC Women's T20 World Cup will be to ensure that the players are mentally ready for the contest.

"The ICC Women's T20 World

Cup 2023 will get underway soon and while most of the preparation has already been done, the challenge will be to ensure the players are ready mentally," Raj said.

"For an event like this, you have to do so much work on the mental side. It is so important to be in a very good mental space. The clearer and more composed you are, the more natural your performances will be and your cricket will start to flow," she said.

Australia go into the tournament as the current holders of the trophy and as five-time ICC Women's T20 World Cup champions, and Raj said that they



will be the favourites once again in South Africa, the ICC reported.

"Going into the tournament in South Africa, I think everyone would agree that Australia are the favourites, and deservedly so," Raj said. "They are so difficult to beat because they bat deep and have an excellent batting line-up."

"There are not many teams who can rival them in terms of big hitters, and the fact they have numerous players who can play a similar role means that if one fails, others can step in," she said.

"We saw recently that when they toured India, although that was

a very competitive series, when

it came down to it, more often than not, it was Australia who came out on top," Raj said. Talking about India's chances, the former opener believes that the side are heavily dependent on

its top-order's success and that the bowling will be tested in South Africa.

"Having said that Australia are definitely favourites, we have seen India and England play some of their best cricket in the knockout stages of tournaments so I would not write them off. India also have the knack of bringing their best against Australia," she said.