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



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1446 families to be affected by Gaggal Airport: CM Sukhvinder Singh Sukhu

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Poison-free natural farming has to be adopted to save water, land and life: Guv

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Mayor chairs meeting of Market Welfare Associations representatives



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Rupee gains 32 paise to close at 82.27 against US dollar

MUMBAI: The rupee gained 32 paise to close at 82.27 (provisional) against the US dollar on Thursday, tracking the weakness of the American currency in the overseas market. Traders said the weak US Dollar and decline in US Treasury yields on the back of dovish Federal Open Market Committee (FOMC) boosted investor sentiments. The 25 basis points interest rate hike by the US Federal Reserve was on the expected lines, and the declining crude oil prices boosted the overall sentiments, they added.

Par panel recommends new law to define power, functions of CBI

NEW DELHI: Highlighting withdrawal of general consent for CBI probe by many states, a parliamentary committee has said that an existing law governing the federal probe agency has "many limitations" and there is a need to enact a new legislation to define its status, functions and powers. The federal probe agency was established in 1963. It is governed by the Delhi Special Police Establishment (DSPE) Act, enacted to regulate the functioning of the special police establishment set up in 1941 to investigate cases of bribery and corruption involving purchases and supplies during World War II. The department-related Parliamentary Standing Committee on Personnel, Public Grievances, Law and Justice said that according to the provisions of the DSPE Act, the consent of the state government is a prerequisite for any investigation by the CBI and as on date, nine states have withdrawn the general consent.

Another witness turns hostile in 2008 Malegaon blast case

MUMBAI: Another witness in the 2008 Malegaon blast case was declared hostile after he did not support the prosecution's case on Thursday. The hostile witness had initially given statements under CrPC 161 and 164 when ATS was initially investigating the case. According to the prosecution, this is the 30th witness to turn hostile in the case. In November last year, the 29th witness had turned hostile in the case. This person had given statements to the Anti-Terrorist Squad (ATS) in 2008 about accused Lt Col Prasad Purohit and Sudhakar Chaturvedi. Previously, the 28th witness turned hostile on November 5 after he told the special National Investigation Agency (NIA) court that he does not remember the statement he had given to earlier investigative agency-Maharashtra Anti-Terror Squad (ATS). This witness had reportedly given a statement against the sitting Bhopal MP Sadhvi Pragya Singh Thakur and another accused, identified as Dayanand Pandey, of this case during the initial investigation done by Maharashtra ATS. However, on November 5, he came before the special NIA court and was confronted with the facts of his statement.

Rahul Gandhi gets 2 years jail in 'Modi Surname' Case, granted bail

AGENCY
NEW DELHI/SURAT, MAR 23

Congress leader Rahul Gandhi was found guilty and sentenced to two years in prison on Thursday in a 2019 criminal defamation case over his remarks about Prime Minister Narendra Modi's surname by a court in Gujarat's Surat. However, he was granted bail and his sentence was suspended for 30 days to let him appeal the decision. The case was filed against Mr Gandhi by BJP MLA and former Gujarat minister Purnesh Modi for saying "How come all thieves have the common surname Modi?" The Lok Sabha MP from Wayanad made the remarks while addressing a rally at Kolar in Karnataka ahead of the 2019 Lok Sabha elections, targeting PM Modi over his last name which he shares with fugitive businessmen Nirav Modi and Lalit Modi.

In his first comment after the verdict, Mr Gandhi quoted Mahatma Gandhi, tweeting in Hindi, "My religion is based on truth and non-violence. Truth is my God, non-



violence the means to get it."

His sister and Congress leader Priyanka Gandhi Vadra tweeted, "Scared rulers are pulling out all stops to suppress the voice of @RahulGandhi ji. My brother has never been afraid, nor will he ever be. He will continue to speak the truth. Will continue to raise the voice of the people of the country. The power of truth and the love of crores of countrymen are with him." Gandhi arrived in Surat earlier in the day for the verdict and was received by top leaders of the Congress's Gujarat unit. Supporters and members of the party turned out at various spots in

'Will approach Higher Court': Cong

NEW DELHI, MAR 23

The Congress on Thursday launched a scathing attack at the Narendra Modi-led government after a court convicted its MP Rahul Gandhi in a defamation case and said the party will approach the High Court in this regard. The former Congress president was convicted in a defamation case by a Surat court on Thursday for his "all thieves have Modi surname" remark. The court sentenced him to two years in jail.

However, he was granted bail. "Modi government sends ED (Enforcement Directorate), police, and imposes cases on political speeches. We will appeal in the Higher Court," Congress president Mallikarjun Kharge wrote in a tweet. In an apparent reference to the court's judgement, Rahul Gandhi while sharing one of the quotes of Mahatma Gandhi in a tweet wrote, "My religion is based on truth and non-violence. Truth is my God, non-violence the means to get it."

tweeted he "disagreed" with the verdict. "A conspiracy is being hatched to eliminate non-BJP leaders and parties by prosecuting them. We have differences with the Congress, but it is not right to implicate Rahul Gandhi in a defamation case like this. It is the job of the public and the opposition to ask questions. We respect the court but disagree with the decision," he wrote.

Amritpal Singh's last location in Shahbad: Punjab IGP Lok Sabha, Rajya Sabha adjourned

CHANDIGARH, MAR 23

In a major breakthrough in the ongoing manhunt for fugitive pro-Khalistan leader and radical preacher Amritpal Singh, Punjab's Inspector General of Police (IGP), Headquarters, Sukhchain Singh Gill, on Thursday revealed that the Waris Punjab De chief's last location was in Haryana. Addressing a press conference in Chandigarh on Thursday, the IGP said, "We are still actively searching for Amritpal Singh and have come to know that its last location was in Haryana. We have taken a woman named Baljeet Kaur into custody. Amritpal stayed at this woman's house in Kurukshetra (Haryana) and the Waris Punjab De chief and his close aide had been in touch with her for the last two-and-a-half years." The IGP

said Baljeet Kaur disclosed during questioning that both Amritpal and his key aide, Papalpreet Singh, had stayed at her house on the night of March 19. "We arrested Baljeet Kaur with the help of Haryana Police. She disclosed during interrogation that on the night of March 19, both Papalpreet Singh and Amritpal had put up at her place. She said she had Papalpreet for more than the last couple of years and he had stayed at her house on several occasions," the IGP said. "After staying the night, they moved out of there (her house) the next day. We are examining the CCTV footage and are hopeful of arresting Amritpal soon," he added. The Punjab IGP informed further that Amritpal and his aide changed their two-wheeler near a gurdwara at Sehawal village in Jalandhar and tried to get a boat to get across a river.

AGENCY
NEW DELHI, MAR 23

Both Houses of Parliament on Thursday were adjourned, within minutes after they commenced proceedings amidst ruckus over over Rahul Gandhi's recent remarks in the United Kingdom as well as over the Adani issue. Today marks the eighth day of proceedings of the second leg of the Budget Session, which resumed on March 13. Both Houses observed a moment of silence in honour of Shaheed Diwas, which marks the day revolutionaries Bhagat Singh, Rajguru and Sukhdev were hanged by the British.



Minutes after the proceedings started in the Lok Sabha and Rajya Sabha on Thursday, both the houses were adjourned till 2 pm.

Chairman of Rajya Sabha Jagdeep Dhankhar said that he held three meetings (of floor leaders) on Thursday as part of consultations to

break the logjam between the BJP and the Opposition parties. But both sides have taken a rigid stand.

The meeting began at 10 am today in Dhankhar's chamber to deliberate on securing the orderly functioning of Rajya Sabha.

Union Ministers Piyush

Goyal, Pralhad Joshi, Arjun Ram Meghwal, V Muraleedharan and others were present in the meeting.

On March 21, the Lok Sabha passed the Jammu and Kashmir Appropriation Bill 2023, and the Appropriation Bill (no. 2) 2023. The Rajya Sabha, however, adjourned without undertaking any legislative matters.

Both Houses have been facing repeated adjournments with Opposition demanding a Joint Parliamentary Committee probe into the Adani Group issue and the Treasury benches vociferous in their demand for an apology from Rahul Gandhi for his remarks.

Anti Corruption Bureau arrests a former DSP

CHANDIGARH, MAR 23

Anti Corruption Bureau Haryana, as part of its ongoing drive against corruption, has arrested Phool Singh, a former HPS officer of the rank of Deputy Superintendent of Police in a criminal case registered under various sections of the Indian Penal Code and the Prevention of Corruption Act. Stating this here today, a spokesperson of the Bureau informed that Phool Singh has served in the State Vigilance Bureau, now renamed as Anti Corruption Bureau. A vigilance enquiry was registered against him on the allegations of gross irregularities and criminal misconduct during the investigation of a vigilance case. The allegations were found true after a detailed enquiry. Accordingly, a criminal case was registered against him and his accomplices in Police Station, Anti Corruption Bureau, Hisar under sections 166, 199, 200, 204 Indian Panel Code & 13(1)(d) Prevention of Corruption Act, 1988.

BJP appoints new State chiefs for Bihar, Odisha, Rajasthan, Delhi

NEW DELHI, MAR 23

BJP president JP Nadda on Thursday appointed party chiefs for four States of Rajasthan, Odisha, Delhi and Bihar. Lok Sabha MP from Chittorgarh CP Joshi has been appointed as the new Rajasthan BJP president of Rajasthan, replacing the current state president Satish Punia. The major reshuffle is being seen as party's preparation for the upcoming Rajasthan legislative assembly election which is scheduled to be held in or before December 2023 and for the 2024 Lok Sabha



Elections. Virender Sachdeva, who was till now holding responsibility of the working state president in Delhi, has now been appointed by the BJP high command as the full-time state president of Delhi.

Apart from this, BJP has also announced the appointment of new state presidents in Bihar and Odisha. Member of Bihar Legislative Council Samrat Chowdhary has been appointed as the new State President of Bihar BJP. In Odisha, former State revenue minister Manmohal Samal has been made the new state president of the party.

Xi visit to have no impact on India-Russia ties: Russian envoy

AGENCY
NEW DELHI, MAR 23

Russian Ambassador to India Denis Alipov on Thursday refuted claims by media experts that Chinese President Xi Jinping's recent visit to Russia will harm Indo-Russian strategic ties.

He said in a tweet that there is a lot of analysis making various claims about Xi Jinping's Russia visit. Indian experts say that Russia-China ties will affect Russia-India strategic alignment. The Russian



envoy seemed to shrug it off calling it "wishful thinking". "Profusion of analysis these days of the outcomes of Xi Jinping's Russia visit. The impression as though

various reputable Indian experts almost dream of Russia-China ties harming Russia-India strategic alignment. A wishful thinking case in point," Russian Ambassador to India Denis Alipov tweeted on Thursday.

Chinese President Xi Jinping was on a three-day visit to Russia from March 20 to 23. Xi, in Moscow, met with President Putin, a state visit that highlighted their nations' close ties amid the war in Ukraine which was closely watched by Kyiv and

its Western allies.

Xi Jinping told President Putin that he was convinced that Putin enjoyed the Russian people's support ahead of a presidential election scheduled for next year, it reported.

Speaking at informal talks at the start of Xi's state visit to Moscow, Putin also said that Russia was "slightly envious" of China's rapid development in recent decades.

Meanwhile, Ukraine and the United Kingdom had called on the Chinese leader

to use his influence and press Moscow to end the war. The UK said that China should back up its support for the respect of territorial integrity and demand that Russia end its war in Ukraine. "We hope President Xi uses this opportunity to press President (Vladimir) Putin to cease bombing Ukrainian cities, hospitals, schools, to halt some of these atrocities that we are seeing on a daily basis," UK Prime Minister Rishi Sunak's spokesman said as Xi and Putin met in Moscow.

Punjab, Haryana govts should sit together and find a solution on SYL: SC

AGENCY
CHANDIGARH, MAR 23

The Supreme Court, while giving direction in the (SYL) Sutlej-Yamuna Link canal case today, said that both the states of Punjab and Haryana are an integral part of the country and both the state governments should sit together and find a solution to the SYL case. The Supreme Court has also issued orders to both the states to submit affidavits in two months on the SYL matter. In the same case, the Supreme Court pulled up the Central Government and said that you too should not sit as a mute spectator on this matter, try to find a solution to the matter of these two states. It is noteworthy that Punjab has already categorically refused to give water to Haryana. While Haryana is always claiming to take its share of water at any cost.

It may be mentioned that the Chief Ministers of



both the states have held several meetings on the SYL issue. But the issue remains the same. For the last several decades, this matter has not been resolved, now it has to be seen what happens next.

Haryana was separated from Punjab on 1 November 1966. But there was no distribution of water at that time. A few years later, the Center allocated 3.5 MAF water to Haryana. It was also decided to build 212 km long SYL canal to bring this water. Haryana had completed its part of 91 km canal construction years ago, but Punjab has not yet completed its part.

PUBLIC NOTICES
I, Harjeev Singh s/o Beant Singh r/o #421, Sector 2, Urban Estate, Kurukshetra inform that my daughter Shubh Karman Kaur is out of control. I disown her from my movable and immovable properties. We will not be responsible for its transactions and disputes in future.
52724 I, Mahinder Kaur W/O Pritam Singh R/O Village Aujla Jogi Tehsil And Distt Kapurthala Punjab declare that my husband Pritam Singh was died on 08/05/2020, who had published an Disown Notice on 15/07/2017, in which Grandson Gurdiyal Singh and Jitender Singh S/o Late. Balwinder Kaur W/O Kulwinder Singh R/O Aujla Jogi Tehsil And Distt Kapurthala Punjab has been disowned. Now My One Grandson Gurdiyal Singh is in our Control. Now I Have Declare That My Husband's Disown on Gurdiyal Singh has been Cancel. Concerned please note.
98765 I Shiv Kumar S/o Banarsi Dass R/o 68,New Colony,Ambala Cantt declare thay my Son Mohit Bansal and his wife Preeti Bansal are out of my Control.So I Disown them from my all Movable Immovable Properties
100042 I Karamjit Kaur w/o Army No JC-NYA-15141655H Rank Nb Sub (Gnr) Name Pushpinder Singh Unit 113 Med Regt resident at Village - Chack Amritsaria, Post Office - Dhantha, Tehsil - Samana, District - Patiala, State - Punjab, PIN-147101. As per my husband service documents my date of birth has been mentioned as 06 April 1987 which is incorrect. My correct date of birth is 08 October 1988 as per affidavit No IN-PB83075206483541V dated 23 March 2023.
50008 It is for general information that I, Sarabjit Singh Dhaliwal S/o Sukhdev Singh R/o Patti Langar Near Dera Baba Ganga Ram Sadoike, Moga, Punjab-142055 declare that name of mine and my wife have been wrongly written as Sarabjit Singh and Balwinder Kaur in my minor daughter Jaskaranpreet Kaur aged 16 years in her 10th class educational Documents. the actual name of mine and my wife are Sarabjit Singh Dhaliwal and Balwinder Kaur Dhaliwal. respectively which may be amended according. It is certified that I have complied with other legal requirements in this connection.
63372 I, Khushpreet Kaur D/o Amarjit Singh R/o Dharamkot Road Baba Isher Singh Nagar Kot Ise Khan (Moga) declare that my 10th Class certificate my father name wrongly entered Amarjeet Singh and also my mother name wrongly entered Veerpal Kaur. But my father correct name is Amarjit Singh and my mother correct name is Virpal Kaur. so amended my father name and my mother name my 10th class certificate.
63372 I Swaranjit Singh S/o Gurdev Singh R/o Vpo-Talwandi Kalan Teh-Jagraon Distt Ludhiana declare that in my Passport No. G-6262690 my name wrongly entered Sawarnjit Singh. But my correct name is Swaranjit Singh. so amended my name from Sawarnjit Singh to Swaranjit Singh in my Passport.
63372 I Swaranjit Singh S/o Gurdev Singh R/o Vpo-Talwandi Kalan Teh-Jagraon Distt Ludhiana declare that in my Passport No. G-6262690 my wife name wrongly entered Kanwaljit Kaur. But my wife correct name is Kamaljit Kaur. So amended my wife name from Kanwaljit Kaur to Kamaljit Kaur in my Passport.
63372

I, Sagars s/o Krishan Lal r/o 54/12 Multan Nagar Colony Hansi, District Hisar have changed my name from Sagar to Sagar Uppal. Concerned please note.
84451 I, Lal Chand Saini s/o Mokha Ram, r/o H No 65 Gali No. 1, Near New Anaj Mand Ram Nagar , Ward No. 27 , Kaithal, District Kaithal, have changed my name from Lal Chand Saini to Lal Chand. Concerned please note.
84451 I, Chinkri Sikri/Chinkri wife of Manoj Gulati, R/o House No. 834/1 Ward No. 2, Mahadev Colony Kaithal, District Kaithal, have changed my name from Chinkri Sikri/Chinkli to Chanchal Gulati. concerned please note.
84451 I, Kuldeep Kaur (Aadhar Card No. 5899 9351 6748) W/o Late Sh. Surinder Kumar R/o Village Dhabali, Tehsil Kharar (Mohali) have changed name of my minor son Uttam Ram Dass Ji to Gurpreet Singh
100071 I, Balbir Singh Khattrra S/o Babu Singh Village Katron, (sangrur) I Have Changed My Name Balbir Singh Khattrra To Balbir Singh Please Not.
98726 I, Am Harmanjot Kaur Grewal W/o Dilraj Singh Tiwana R/o Lassoii Teh. Malerkotla Distt. Malerkotla (Pb) I have Change my name Harmanjot Kaur Tiwana.
98726 I, Sangeeta Rani w/o Amar Lal Singla R/O house no. 130, ward no.6, Cheeka Tehsil Guhla District Kaithal Haryana have changed my name from Sangeeta Rani to Sangeeta Singla.
335454 I Dildar Singh S/o Harmesh Singh R/o Vpo Bajjoana, Distt Bathinda have changed my name to Dildar Singh Dhillon
100078 I Sarbjeet Kaur W/o Dildar Singh Dhillon R/o Vpo Bajjoana, Distt Bathinda have changed my name to Sarbjeet Kaur Dhillon
100078 I, Service No. 14641966H Rank NK Name - Murugan S/O Aarumugam R/o 2B, Alappakonar S/O Street, Uthamapalayam Taluk, Gudalur, Gudalur, Theni, Tamil Nadu-625518 Declare that in my service record my daughter name Jeeva Priya mentioned. That now I have changed my daughter name Jeeva Priya to M Jeeva Priya.
100078 I No. 1583151N, Ex-ACP-NK, Nikdev Singh, R/o VPO Kotra Kaurian Wala, Teh Phul, Distt Bathinda Punjab inform all that Amardeep Singh is my real son, his DOB is 31.07.2008, Adhar 652296837932
100078
PUBLIC NOTICE
ਅਸੀਂ, ਰਾਮ ਨਰਾਇਣ ਪੁੱਤਰ ਲੱਖਾ ਰਾਮ ਅਤੇ ਕਮਲਾ ਦੇਵੀ ਪਤਨੀ ਰਾਮ ਨਰਾਇਣ ਦੇਵੇ ਵਾਸੀ ਪਿੰਡ ਭੋ ਡਾਕ: ਲਿੰਧੜਾ, ਤਹਿ: ਤੇ ਜ਼ਿਲ੍ਹਾ ਜਲੰਧਰ ਬਿਆਨ ਕਰਦੇ ਹਾਂ ਕਿ ਸਾਡਾ ਲੜਕਾ ਕਿਰਨ ਕੁਮਾਰ ਅਤੇ ਉਸ ਦੀ ਪਤਨੀਪ ਰਮਜੀਤਕੌਰਸ ਡਾਓ ਤੇਸ ਡਾਓ ਪਰਵਾਰ ਦੇ ਕਹਿਣੇ ਤੋਂ ਬਾਹਰ ਹਨ। ਇਸ ਲਈ ਅਸੀਂ ਇਹਨਾਂ ਦੋਵਾਂ ਨੂੰ ਆਪਣੀ ਚੋਲ-ਓਲੌਲ ਜਾਇਦਾਦ ਤੋਂ ਬੇਦਖਲ ਕਰਦੇ ਹਾਂ। ਇਹਨਾਂ ਨਾਲ ਲੈਣ-ਦੇਣ ਕਰਨ ਵਾਲਾ ਖੁਦ ਜ਼ਿੰਮੇਵਾਰ ਹੋਵੇਗਾ। ਸਾਡੀ ਕੋਈ ਜ਼ਿੰਮੇਵਾਰੀ ਨਹੀਂ ਹੋਵੇਗੀ।
72778
LOST & FOUND
I, Vipin Mukhija S/O Sohan Lal R/O H.No. 02 Street Gali No 28 Colony Vikas Colony Meerut Road Distt. Karnal Haryana Declare That Registry No 5278/1 Date 14/12/1999 Has Been Lost Dated 08/10/2022 And Time 12:00 In Vikas Colony Meerut Road Karnal. DDR No 132310562300360. If Anybody Found Return This Address. Complaint submission Karnal Police Station Karnal Sadar Has Been Recorded.
100046
LOST & FOUND
1- I, Karanveer Singh S/o Rameshar Singh R/o W.No. 10 Dhuri (Sangrur) declare that my sale deed No. 75 Dated 14-01-1980 in the favour of Rameshar Singh S/o Pyara Lal & Randhir Singh S/o Pyara Lal, register by Sub Registrar Dhuri has been lost in Sangrur dated 22-03-2023. If anybody found then contact at my above address/Mob. No. 8968609989.
72737

I, Sudha Rani W/o Sh. Ajay Kumar Soni R/o H.no-115 , Greater Kailash, Opp. Sec-9, Jandli, Ambala City, Distt Ambala, Haryana have changed my name from Sudha Rani to Sudha Soni. Sudha Rani and Sudha Soni are one and same person.
78645 I, Ombir Rana S/o Parmal Singh. R/o Village Padhana.Tehsil Nilokheri. Distt Karnal. That I Have Changed My Name From Ombir to Ombir Rana. In future I will be known as Ombir Rana.
100065 I, Sonia D/o Karamveer R/o H. No. 626/27, Rohtak Road, Luxmi Nagar, Jind, Haryana(126102), have changed my name From Sonia To Sonia Singla. CONCERNED PLEASE NOTE.
100039 I, Naresh Kumar S/o Ramphal R/o H. No. 147, Majra Nand Karan Tehsil & District Kaithal have changed the name of minor son From Suryansh To Suryansh Khatkar. CONCERNED PLEASE NOTE.
100039 I, Puja Devi W/o Pali Ram R/o Geong, Tehsil & District Kaithal have changed my name From Puja devi To Pooja devi. CONCERNED PLEASE NOTE.
100039 I, Munish S/o Subhash Chand R/o H. No. 78A, Gali No. 1, Near plai factory, New Patel Nagar, Tehsil & District Kaithal have changed my name From Munish To Munish Garg. CONCERNED PLEASE NOTE.
100039 I,Sandeep Kumar S/O Sh Narsi village Dabar Thala , District Karnal has changed my daughter name from Vanshika to Vanshika Chaudhary . She shall be known as Vanshika Chaudhary in future.
100046 I,Sandeep Kumar S/O Sh Narsi village Dabar Thala , District Karnal has changed my Son name from Ujjwal to Ujjwal Chaudhary. He shall be known as Ujjwal Chaudhary in future
100046 I Pinki wife Mr. Sanjeev kumar r/o village mahuwa khedi district kurukshetra inform that in my daughter's (Sarika Devi) documents my name is Pinki and in all my documents my name is Pinki Devi which is my name both Pinki and Pinki devi
100046 I, Sandeep Kaur W/o Gurmeet Singh R/o VPO Jamarai Tehsil Khadoor Sahib Distt Tarn Taran declare that I have Changed my name to Sandeep is my given name and Kaur is my Surname
72737 I, Baljinder Kaur Josan W/o Harjinder Singh R/oVillage Kotli Mian Khan Po Khaper Kheri Distt Amritsar have Changed my name to Baljinder is my give name and Kaur is my Surname
72737 I, Sarbjit Kaur W/o Rajwinder Singh VPO. Jasraur Tehsil Ajnala Amritsar have hanged my name to Sarbjeet Kaur
72737 I, Sukhmandip Singh S/o Jaswinder Singh Vill. Sahliwal Tehsil Ajnala Amritsar have Changed my name to Sukhmandip is my given name and Singh is my Surname
72737 I, Rajni Arora W/o Manoj BHALLA R/o.H.No. 34 MOHINDRA COLONY Amritsar have Changed my name to Rajni Bhalla
72737 I, Sarabjit Singh S/o Dhanna Singh R/o.Village Kuhala, Tehsil Baba Bakala Distt Amritsar declare that in Passport No.H8202370 my name and date of birth is wrongly mentioned as Sarbjit Singh Dob is 15-5-1987 but correct Name is Sarbjett Singh Dob is 21-7-1989
72737 I Sangeeta Aneja W/o Mukesh Kumar R/O 2890, Gali Kasiaa Vail, Jandiala Guru, Amritsar hereby declare that I have changed my name from Sangeeta to Sangeeta Aneja. Concerned please note.
72737

I, hitherto Known as PAL SINGH S/o RATAN SINGH R/O. Patti Hardas di, Abadi Rori Wala Verka Tehsil & Distt Amritsar, PUNJAB have changed my name and Shall hereafter be known as IKBAAL SINGH
72737 I, hitherto Known as NARINDER KAUW W/o NISHAN SINGH R/o. V.P.O. Chohla Sahib, Tehsil & District Tarn Taran, Punjab. have changed my name and Shall hereafter be known as NINDER KAUW
72737 I, hitherto Known as RACHHPAL SINGH S/o DHIR SINGH R/O VILLAGE PANWAN, DISTT GURDASPUR - 143513, PUNJAB have changed my name and Shall hereafter be known as RASHPAL SINGH
72737 I, hitherto Known as GURDEV RAJ S/o HAZARA RAM R/o VPO CHHAJJALWADDI, TEHSIL BABA BAKALA, DISTT AMRITSAR, PUNJAB have changed my name and Shall hereafter be known as GURDEV SINGH. I have changed my name not my religion
72737 I, hitherto Known as ARJAN SINGH S/o PIARA SINGH R/o VPO USMANPUR, TEHSIL NAWANSHAHR, DISTT SBS NAGAR-144515, PUNJAB have changed my name and Shall hereafter be known as LAKHWINDER SINGH
72737 I, hitherto Known as GURWINDER KAUW BHULLAR W/o HARPREET SINGH R/O. Village bhullar po bath Tehsil Tarn Taran Distt TarnTaran PUNJAB have changed my name and Shall hereafter be known as GURWINDER KAUW
72737 I, hitherto Known as HARPREET SINGH BHULLAR S/o AMRIK SINGH R/O. Village bhullar po bath Tehsil Tarn Taran Distt TarnTaran PUNJAB have changed my name and Shall hereafter be known as HARPREET SINGH
72737 It is for general information that I, SIMRAN KAUW W/o MANINDERPAL SINGH R/o.2488, Bazar Gujiran Wala, chowk Chabutra Near post office Amritsar Punjab declare that the name of mine has been wrongly written as SIMRANPREET KAUW In daughter's CBSE 10th Class Certificate but my actual name is SIMRAN KAUW respectively, which may be amended Accordingly
72737 I Panchadarla Kumari W/o No. 17025368M Rank Nk/Tech (SA) Golagani Talupula Naidu Presently Residing at Unit 23 Grenadiers C/o 56 APO & Permanent Residing H. No. 5_10 , Village Gokovinipalem, P. O Atcherla, Distt. Visakhapatnam, Andhra Pradesh, Pin 531031. Have Changed my Name from Panchadarla Kumari To Golagani Kumari Vide affidavit dated 23.03.2023 before Ambala
100042 I, Sangeeta Devi spouse of Jai Singh Yadav, resident of Air Force Station Ambala Cantt - 133001 have changed my Name from Sangeeta Devi to Sangita Yadav vide Affidavit dated 23/03/2023 before Tehsil Office, Ambala Cantt.
100042 I Shobha is legally wedded spouse of No. JC 857450X Rank Nb Sub Jagdamba Prasad of Unit 785(I)ADBDE CAMP C/o56APO declare in my Husband Army Record my name is wrongly recorded as Shobha.Her Correct Name is Shobha Devi.
100042 I, SHEFALIKA DALSANIA spouse of JIGAR DALSANIA R/o 8 STAFF ROAD, AF OFFR ENCLAVE, AMBALA CANTT have changed my Name from SHEFALIKA DALSANIA to SHEFALIKA MALHAN (proposed/ adopted New Name) vide Affidavit dated 21/02/2023 before AMBALA CANTT
100042

I CHITHRA SHIBU in the Army Record of my husband No. Jc. 385855w Sub Maj SHIBU TP THATTUMPURATH where as my real name is CHITHRA and the same is mentioned in my Adhar card and PAN Card. It is required for Amendment of my Name in my husband service record. CHITHRA W/o SHIBU TP THATTUMPURATH Modakkalloor, Atholi, Calicut, KERALA, 673315
100042 I Satyendra Kumar Singh S/o Ranjit Singh R/o #05 Narnaul Colony Focal Point Rajpura Tehsil Rajpura Distt Patiala Have Changed My Name From Satyendra Singh To Satyendra Kumar Singh.
50008 I Bhupinder Kaur W/o Singh Surjit R/o Village Gaggarwal Tehsil Khamano Distt Fatehgarh Sahib Have Changed My Name To Kaur Bhupinder.
50008 I Surjit Singh S/o Ranjit Singh R/o Village Gaggarwal Tehsil Khamano Distt Fatehgarh Sahib Have Changed My Name To Singh Surjit.
50008 I, hitherto Known as NARINDER KUMAR S/o RAKHA RAM R/O. H.No.7, Pink Avenue, Majitha Road, Amritsar-143001 PUNJAB have changed my name and Shall hereafter be known as NARINDER VERMA
72737 I, hitherto Known as BHAWANJEET SRIVASTAVA W/o GAURAV SRIVASTAVA R/O.H.No.4, G.T. Road Opp. Ganga Building, Putlighar, Amritsar-143001 PUNJAB have changed my name and Shall hereafter be known as BHAWANJEET KAUW SAINI. I have changed my name only not my religion
72737 I, Army No.15526681A, Rank SWR name Vicky Sharma Residing at 46 Armed Regt, C/o 56 APO India declare that as per army record the name of my mother is mentioned as Sunita Dev but her Correct name is Sunita vide affidavit No. IN-PB83058947811867V dated 23-03-2023 best before Notary public Amritsar
72737 I Jasmin Kaur W/o Gurjeet Singh Shoker R/o Village Jandiala, Tehsil Banga, Distt. S.B.S. Nagar, Punjab, India, 144505 have changed my name From JASMIN KAUW To JASMIN KAUW SHOKER
72778 I, hitherto known as Paramjit Kaur W/O Surjit Singh residing at VPO Madhopur, TehsilPhagawa, Distt. Kapurthala - 144402, Punjab, India have changed my name and hereafter be known as Inderjit Kaur.
72778 I, hitherto known as Anil Kumar S/O Mangat Ram residing at H.No.1058, Sant Nagar, Loadwali Road, Distt. Jalandhar - 144001, Punjab, India have changed my name and shall hereafter be known as Anil Kumar Yadav.
72778 I, Hardeep Singh S/o Avtar Singh R/o H.No. B-1/60, Guru Ravi Dass Nagar, Maqsudan, Jalandhar, Jalandhar have changed my name from Hardeep Singh to Singh Hardeep (surname as Singh).
72778 I sukhjeet Kaur, W/o jaswinder Singh, v.p.o kohala Teh-Ajnala, Dist-Amritsar, I have changed my Name from sukhjeet kaur to sukhjit Kaur
72737 I hitherto known as KASHISH SOOD alias SONAM SOOD D/o DAVINDER SOOD, Residing at Village and Post Office Bara Pind, Tehsil Phillaur, District Jalandhar, Punjab-144418, India, have changed my name and shall hereafter be known as SONAM SOOD.It is certified that I have complied with other legal requirements in this connection
90002

I hitherto known as SHILPY W/o AMARJIT SINGH Residing at House No. 173, Railway Station, Gill, Ludhiana, District Ludhiana, Punjab-141116, India, have changed my name and shall hereafter be known as SHAGUNPREET KAUR. It is certified that I have complied with other legal requirements in this connection
90002 I, Manjit Kaur Rehal W/o Jagdev Singh R/o Sakrali Teh-Nabha (Patiala) changed my name to Manjit Kaur.
63372 I, Paramjit Kaur W/o Gurtej Singh R/o # 201 St.No. 2 W.No. 49 Panchwati Nagar (Bathinda) changed my name to Paramjeet Kaur.
63372 I, Swarna Rani W/o Vijay Kumar R/o W.No. 6 Back Side Scrate Heart School Basti Gobindgarh (Moga) changed my name to Reena Rani.
63372 I, Gurcharn Singh S/o Surjit Singh R/o St.No. 8-A Dashmesh Nagar (Moga) changed my name to Gursharn Singh Gill.
63372 I Deepika D/O Keshav Kumar R/O Jandoli Tehsil Garhshankar (Hoshiarpur) Have Changed My Name To Deepika Kaur.
63372 I, Niranjan Singh S/o Maan Singh R/o Vill: Bugra Teh-Dhuri (Sangrur) changed my name from Niranjan Singh to Naranjan Singh.
63372 I, Sandeep Singh So Balvir Singh R/o Malak Teh-Jagraon (Ludhiana) changed my name Sandeep Singh To Sandeep Singh Dhillon.
63372 I, Surjeet Kaur W/o Ashok Masih R/o Vill: Sherpur Takhtu Wala (Ferozepur) changed my name Surjit Kaur to Surjeet Kaur.
63372 I Sarbjeet Kaur W/o Jaspal Singh R/o Vill-Chaudhriwala, Naushehra Pannuan Teh and Distt Tarn Taran have changed my name from Sarbjeet Kaur to Sarbjit Kaur.
63372 I, Mandeep Kaur W/O Harinder Singh Grewal R/O Village Jhande P.O Baddowal (Ludhiana) Have Changed My name to Mandeep Kaur Grewal.
63372 I Ashu Tosh Alias Ashutosh Kumar S/O Kailash Chander R/O Rampura Phul Distt Bathinda Have Changed My Name To Ashutosh Garg.
63372 I Kirandeep Kaur W/O Pawandeep Singh Grewal R/O Vpo Hathur Tehsil Jagraon Distt Ludhiana Have Changed My Name To Kirandeep Kaur Grewal.
63372 I Satish Kumar Goyal S/O Om Parkash R/O Malik Street, Ward No. 1, Lehragaga (PB) Have Changed My Name To Satish Kumar.
63372 I Harminderpal Singh Ghuman S/o Jagdish Singh, Vill-Bunga, Po Mandian (Malerkotla) have changed my name as Harminderpal Singh.
63372 I Ramneet Kaur Ghuman W/o Harminderpal Singh Ghuman, Vill-Bunga, Po Mandian (Malerkotla) Have Changed My Name As Ramneet Kaur.
63372 I, Amandeep Kumar S/o Jeet Ram R/o Vpo. Chuheki Teh-Phillaur (Jalandhar) Punjab, India, changed my minor son name from Tanuj to Tanuj Kumar.
63372 I Shusma Sharma W/O Surinder Kumar R/O Nihal Singh Wala Distt Moga Have Changed To Anu.
63372 I Rajwinder Kaur W/o Gagandeep Singh R/o Vpo-Salempur. Teh. Dasuya, Hoshiarpur, Punjab Pin-144202 Have Changed My Name To Kaur Rajwinder.
63372

I Rajwinder Kaur W/o Gagandeep Singh R/o Vpo-Salempur. Teh. Dasuya, Hoshiarpur, Punjab Pin-144202 have changed name of my minor daughter Mansirat Kaur to Kaur Mansirat.
63372 I Gurbax Kaur W/O Jaswinder Singh R/O Vpo Bara Jodh Singh, Tehsil Shahkot, Distt. Jalandhar, Punjab Pin-144629 Have Changed My Name To Gurbakhash Kaur.
63372 I Harpreet Kaur Sandhu D/o Paramjit Singh Sandhu W/o Rajveer Singh Sadioura R/o Patti Sarkar, Vill Charik, Moga, Punjab Pin-142001 Have Changed My Name To Harpreet Kaur Sadioura.
63372 I Bimla W/O Kishan Singh R/O Vpo Dingrian, Jalandhar, Punjab Pin-144102 Have Changed My Name To Charan Kaur.
63372 I, Gurjeet Singh S/o Avtar Singh R/o Vpo. Chakkalan Ludhiana Have Changed My Name To Gurjeet And Taken 'Singh' My Surname.
63372 I, Manjeet Singh S/o Balwant Singh R/o Vill. Burj Lambra Distt Ludhiana Have Changed My Name To Manjit Singh.
63372 I Hitherto Known As Arshdeep Kaur D/o Hardev Singh W/o Ramanjot Singh Sanghera R/O Patti Bhatti Ki Vpo Bilga, Tehsil Phillaur, Distt. Jalandhar, Punjab (India)-144036, Have Changed My Name And Shall Hereafter Be Known As Arshdeep Kaur Sanghera.
63372 I Anil Gupta S/o Bishan Saroop R/o H. No. 3582, New Shiva Ji Nagar, Ludhiana have changed my Name Anil Gupta To Anil Kumar.
63372 I, Sukhjot Singh S/o Jarnail Singh R/o Dasaundha Singh Wala (Malerkotla) changed my minor daughter name from Kusumpreet Kaur to Kasampreet Kaur.
63372 I Kirandeep Kaur W/O Pawandeep Singh Grewal R/O Vpo Hathur Tehsil Jagraon Distt Ludhiana Have Changed My Name To Sandeep Kaur Dhaliwal.
63372 I Sangita W/O Jagjit Singh R/O Vpo Dholan Tehsil Jagraon Distt Ludhiana Have Changed My Name To Sandeep Kaur Dhaliwal.
63372 I Sangita W/O Jagjit Singh R/O Vpo Dholan Tehsil Jagraon Distt Ludhiana Have Changed My Name To Sangita Toor.
63372 I Kirandeep Kaur Dhillon W/O Manpreet Singh Bath R/O Vpo Chuhar Chak Distt Moga Have Changed My Name To Kirandeep Kaur Bath.
63372 I, Garima Saini W/o Ankit Aggarwal R/o H.No.43, St.No.3, New Bank Colony, Peerkhana Road, Khanna (Ludhiana) have changed my name to Garima Saini Aggarwal.
63372 I, Beant Kaur Deol W/o Satvir Singh R/o VPO Kishangarh, Tehsil Khanna (Ludhiana) have changed my name to Beant Kaur.
63372 I, Bhagwant Kaur W/o Amrik Singh Aujla R/o VPO Nasrali, Tehsil Khanna (Ludhiana) have changed my name to Bhagwant Kaur Aujla.
63372 I, Gurpreet Singh Waring W/o Mithu Singh R/o Vpo. Waring Khara (Sri Muktsar Sahib) changed my name to Gurpreet Singh.
63372

I, Dimple W/O Vinay Kumar R/O Hno. 412, St. No. 1, Guru Nanak Dev Street, Old Madhopuri, Wno. 20, Ludhiana Dist. Ludhiana Have Changed My Name To Dimple Rani.
63372 I, Gurninder Singh S/o Sarbjit Singh R/o Vpo. Mallu Pota Teh-Banga (SBS Nagar) changed my name to Gurninder Singh Deol.
63372 I, Balram Singh S/o Harpal Singh R/o Mari Mustafa Distt. Moga have changed my name to Balram Singh Gill.
63372 I, Inderjit Singh S/o Bhupinder Singh R/o Vill: Saharan Majra Teh-Payal (Ludhiana) changed my name from Inderjit Singh to Inderjeet Singh.
63372 I, Karmjit Kaur W/o Gurwinder Singh R/o Vill: Daulatpur Po. Babarpur Teh-Payal (Ludhiana) changed my name from Karmjit Kaur to Karamjeet Kaur.
63372 I, Bachhiter Singh Somal S/o Mohinder Singh R/o Vill: Daulatpur Po. Babarpur Teh-Payal (Ludhiana) changed my name from Bachhiter Singh Somal to Bachitter Singh.
63372 I, Jasvir Singh Somal S/o Mohinder Singh R/o Vill: Daulatpur Po. Babarpur Teh-Payal (Ludhiana) changed my name from Jasvir Singh Somal to Jasvir Singh.
63372 I Am Amandeep Kaur Gill W/o Manjit Singh Vill-Nizampur Teh. Payal (Ludhiana) Has Changed Her Name To Amandeep Kaur.
63372 I Am Manjit Singh Gill S/o Sakinder Singh Vill-Nizampur Teh. Payal (Ludhiana) Has Changed His Name To Manjit Singh.
63372 I Amit Aggarwal S/o Tarsen Lal R/o H.No. 59 Pakhowal Road Vishal Nagar Extension Basant Avenue Ludhiana I have change my name from to Amit Aggarwal to Amit Kumar Aggarwal.
63372 I, Mumtaz D/o Ali Mohammad R/o 169 Om Gali Kilan Area Nangal Teh - Nangal (Rupnagar) Pb, India, changed my name to Mumtaz Mohammad.
63372 I, Jaskirat Singh S/o Nirbhair Singh Cheema R/o Vill: Kokri Vehniwal Teh-Dharamkot (Moga) Pb, changed my name to Jaskirat Singh Cheema.
63372 I, Jagsir Singh Jawandha S/o Gurjant Singh R/o Vill: Upli (Sangrur) changed my name to Jagsir Singh.
63372 I, Gurmel Singh S/o Tek Singh R/o Vill: Sihaura Teh-Payal (Ludhiana) changed my name to Gurmail Singh.
63372 I, Hardip Kaur W/o Gurmail Singh R/o Vill: Sihaura Teh-Payal (Ludhiana) changed my name to Hardeep Kaur.
63372

CONTACT

For any Advertisement query

0172-5002721

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Rs 34 500 recovered as challan for bursting firecrackers with a bullet motorcycle



LADWA (NARESH GARG): The Ladwa police issued an challan of Rs 34,500 to the driver who burst firecrackers on a bullet motorcycle. Ladwa police station in-charge Ramsanehi said that a special campaign is being run as per the orders of the District Superintendent. If any bullet motorcycle driver comes out in the city market with his bullet motorcycle bursting crackers, he will be challaned and his bullet motorcycle will be impounded. In the same episode, a bullet motorcycle driver named Piyush s/o Madanlal Niwashi Ladwa bullet motorcycle was challaned for Rs.34500 on Tehsil Road and his bullet motorcycle was also impounded. He said that such miscreants and motorcyclists will not be punished in any way. Those who run their motorcycles in the streets and markets, making such hue and cry and harassing the people. He said that even before this many bullet motorcycles have been challaned and impounded and this work will continue continuously.

Panjani team wins final match of Ebro India Premium League tournament



DARSHAN SHARMA NILOKHEDI: Final match of the cricket tournament going on at the Samana Cricket Ground in Nilokhedhi was held between Panjani and Ekta team today. This tournament was organized by AMRO India Premier League. This time 6 teams participated in this tournament. Tilda, Pijani, Ultimate, Pioroma, Ekta, Infrac, all these brands are from Ebro India. The final match of the tournament took place between Panjani and Ekta Brand. Captain of Panjani team won the toss and electing to bowl first, Ekta Brand team set a target of 115 runs and chasing this target, Panjani brand won the match.

Program organised at Maharaja Agrasen school

RADAUR (NIRMAL): A program was organized at Maharaja Agrasen Senior Secondary Public School, Gumthala. Indian New Year Samvat Pratipada was celebrated with great enthusiasm in the school premises. New Samvat books, cards and flags were distributed to the staff members. After this, the children of classes IV to VIII were taken for excursion to Bhadrakali Temple, Chhathi Patshahi Gurudwara and Brahmasarovar. The children enjoyed a lot here. Staff members informed the children about the importance of religious places. School Principal Dr. Sudesh Bansal said that such programs not only entertain the children but also increase their knowledge.

People from minority Muslim community from Pipli Majra join BJP

RK KASHYAP CHHACHHRAULI: More than 20 people from the minority Muslim community from Pipli Majra joined the BJP. Giving information, senior BJP leader Ashok Chaudhary Bahadurpur, younger brother of Education Minister Kanwarpal Gurjar, said that in the program organized under the chairmanship of BJP leader Virendra Chaudhary in village Peepi Majra of Jagadhri assembly constituency, Inam, Nisar, Ashiq of the minority Muslim community of Peepi Majra village.



Ali Member Block Committee, Salman, Naseem, Arbaz, Anees, Farooq, Munna, Arshad, Parvez, Nazim, Dilshad, Shaikat, Munawwar, Iqbal, Jisan, Farhan, Tasin, Nomin, Nazim, Liaquat, Shamshad, Sajid. Leaving political parties, joined BJP along with his family and friends. Senior BJP leader Ashok Chaudhary Bahadurpur said that people from minority communities have joined BJP after being influenced by the development policies of School Education Minister Kanwarpal. Prime Minister Narendra Modi and Chief Minister Manohar Lal are continuously implementing public welfare schemes for the minority community. Senior BJP leader Ashok Chowdhary said that Education Minister Kanwarpal himself is taking stock of the development works by going to every village and every colony of the city and fulfilling the needs of the common man like roads, drains, electricity, water. During this, Chairman Virendra Chaudhary Gulabgarh, Piplimajra Sarpanch Yasin, Balindra Nambardar, Gopal Kumar, Arun Sharma, BJYM District Vice President Nischal Chowdhary, BJP leader Mudit Bansal Pratapnagar, BJP District Media Chief Kapil Manish Garg remained with him.

HARYANA

YUGMARG, CHANDIGARH, FRIDAY, MARCH 24, 2023

Congress the only alternative in Haryana: Kamal Mann

SHIV KUMAR SHARMA
KARNAL, MARCH 23

Leader Kamal Mann, who is the third time AICC member, made a stormy tour of Jaisinghpura, Dupedi and Jabala villages under 'Hath se Hath Jodo' campaign. She said that she has come to the village as the voice of Rahul Gandhi, Priyanka Gandhi, Shakti Singh Gohil, Bhupendra Singh Hooda, Deepender Hooda and Udao Bhan and to inform the people about Rahul Gandhi's historic Connect India journey. He walked 3500 km from Kanyakumari to Kashmir, to further his views and a letter by the Congress party against the corrupt jumla party and talk about the failed policies of BJP and successful policies of Congress tenure. Kamal Mann said that today all sections of the society whether they are farmers, employees,



businessmen or poor, all are troubled by inflation, corruption and deteriorating law and order situation. She said that this BJP-JJP government has become a joke and this government of two different ideologies has become a coalition to loot the public.

Kamal Mann said that unemployment has increased the most in the last 45 years and Haryana is number one in India in terms of unemployment. One million jobs are lying vacant and Agniveer Yojana is a cruel joke with

the youth. Will a child roam around at a young age wearing a retirement belt after serving in the army for four years? Kamal Mann said that for the first time after independence, GST has been imposed on clothes. Today there is GST on milk, curd, paneer, salt and every food item. It has become difficult for the common man to live. Today rebar, sand, brick, cement have become so expensive that the common poor cannot even dream of building a house. Waiver of the three agricultural laws of the farmer was a jumla till today. Crimes against women have increased by 27 per cent during this rule.

Kamal Mann said that the Modi government has become a capitalist government where only corrupt industrialists like Adani and Ambani are working with Modi and LIC.

Kashyap Rajput Sabha holds meeting for new body

RK KASHYAP

CHHCHHROLI : A meeting of Haryana Kashyap Rajput Sabha was organized at Kapal Mochan Dharamshala. In the meeting, the new executive body of Haryana Kashyap Rajput Sabha was reconstituted. Gulab Singh Kashyap was made the president.



In the new executive, Ramesh Chand was made the chairman, Subhash Kashyap was made the vice-chairman. Same Baljinder Singh Kashyap was made General Secretary and Pradeep Kashyap was made Secretary and Ramkishan Media Incharge. Giving information, the newly appointed District President Gulab Singh Kashyap said that calligraphy Kashyap, Rajkumar, Rajesh, Ratan, Madan, Ravindra, Lalchand, Nareish, Suresh and Sunhara were made vice heads and Geeta, Hari Om, Ram-pal, Tejpal, Sumer Chand and Manish has been made Joint Secretary and Satish, Rajesh, Labh Singh, Rajkumar and Shoran have been made Secretaries. He told that Virender Kashyap and Bir Singh have been made legal advisors and 15 members have also been made. The chairman told that work will be done for the strength and expansion of the organization and work will be done for the organization day and night.

BJP govt has shattered dreams of martyrs: Tarlochan

SHIV KUMAR SHARMA
KARNAL, MARCH 23

The present BJP government has deviated from the objectives for which Shaheed-e-Azam Bhagat Singh, Rajguru and Sukhdev sacrificed their lives. Today, the present government has done the work of ending Bhagat Singh's system based on socialism, exploitation, equality in society, and district convener of Congress, Tarlochan Singh said. He paid tributes to Shaheed-e-Azam Bhagat Singh, Sukhdev and Rajguru on their martyrdom day. The dreams of martyrs have been shattered by the BJP government. Due to the policies of the BJP, the gap between the rich and the poor in the society is continuously increasing. In the 75 years of independence, the Congress and the previous governments took the government forward in the



country. It made welfare policies for the society, worked towards providing economic freedom to the labourers and farmers and worked for the welfare of Scheduled Castes, Dalits, Backwards and Minorities.

The country was taken forward on the path of secularism,

but the BJP did the work of selling the entire system and government undertakings to its capitalist friends. The BJP has done the work of spoiling the secular nature of the country and the fabric of social harmony. He said that the country did not get freedom so easily. The British used to tremble with their courage. Bhagat Singh, Rajguru and Sukhdev fought together with Chandrashekhar Azad for the freedom of the country and were hanged. The country will always be indebted to the brave sons of Mother India Bhagat Singh, Rajguru and Sukhdev for the sacrifice they made for the country. Tarlochan Singh said that the Congress is working towards realising the dreams of the martyrs and will continue to do so in the future.

Worship of Maa Brahmacharini leads to progress in every field: Shalu



MEGHRAJ LUTHRA

KARNAL: Shalu, head of Nari Jagruti Sabha in Indira Colony located on Vikram Marg, said that by worshipping Maa Brahmacharini one gets progress in every field and the grace of Maa Devi remains constant. Today was the second day of Navratri. All the women of the colony and Nari Jagruti Sabha together are reciting Navratri in different homes. On the second day, the story of Maa Brahmacharini was read at the house of Jyotika, a member of the Sabha. All the women together read the story from the book. Many women have observed a fast. Kalash has been installed in the houses according to all the rules and regulations. It is a belief that Maa Brahmacharini flows energy in the world.

Artists of Haryana Kala Parishad pay tribute to Shaheed Bhagat Singh through patriotic songs

DALBIR MALIK KURUKSHETRA : Under the joint auspices of Jan Sahyog Kurukshetra and Haryana Kala Parishad and Sarva Samaj Kalyan Sewa Samiti, a patriotic programme was organized at Government

Congress Laxmikant Sharma and Principal of Government Senior School Sarsa Satyawan Sharma in the programme. All the people who came from the rural area praised presentations and especially on the presentation of Bam Lahari, the pres-



entation of Raja Nahar Singh for the martyrdom of the martyrs was specially appreciated and the villagers danced on the presentation of Bam Lahari. Principal Satyawan Sharma said that the main objective of this event is to awaken the young generation towards patriotism and such programs are organized continuously at the school level in the village.

Bhagat Singh, Rajguru Sukhdev gave importance to country: Khanna

DR ASHOK KUMAR

KARNAL: On the martyrdom day of Shaheed Azam Bhagat Singh, the Senior Citizens Manch remembered him after paying floral tributes and wreaths at the statue of Shaheed Bhagat Singh at the Manch's office, Sector 7 today. On this occasion, President of Senior Citizen Forum, Advocate Suresh Khanna said that today is the martyrdom day of Amar Shaheed Bhagat Singh, Rajguru, Sukhdev who sacrificed their lives for the freedom of the country. He said that Bhagat Singh, Rajguru and Sukhdev were the true sons of India, who gave more importance to their patriotism and love of country than their lives and sacrificed their lives for the motherland. March 23, ie, is the martyrdom day of three brave sons who happily sacrificed their lives while fighting for the country and this day not only gives respect to the country and the pride of being an Indian, but also the sacrifice of the brave sons. On this occasion, the patron of the stage Shamsher Singh Sandhu also paid tribute to Shaheed Bhagat Singh by throwing light on his life. Apart from Suresh Khanna, President of Senior Citizen Forum, AP Manchanda, Shamsher Singh Sandhu, SS Paruthi, Rajesh Paruthi, Dilbagh Mann, Mahendra Chandel, Ashok Mahendru, SS Singhal, Darshan Mongia, Ashwin Gupta, KP Aggarwal, Ishwar Singh were present in the programme. Jai Gopal Arora, Radheshyam Dudeja, OP Garg, Suresh Choudhary, Gulshan Mann and many other members were present.



Disadvantages of bottled water discussed on World Water Day: S.D. Arora



Committee Chief Kanwal Bhasin told that closed bottle water is very harmful for health. Germs are produced in stagnant water, in the same way water gets contaminated due to lack of air in closed bottles, drinking which spoils health. Scientists say that many brands of bottled water have been

found to be contaminated after testing. Committee chairman S.D. Arora said that according to reports, crores of rupees are being spent on bottled water all over the world. If we talk about the year of India, then the prevalence of bottled water has increased a lot in India than all other countries.

AAP is not getting success anywhere: Anil Vij

SHIV KUMAR SHARMA

CHANDIGARH : Haryana Home and Health Minister, Anil Vij, while reacting to the arrest of a van full of propaganda posters against Prime Minister Narendra Modi from the office of the Aam Aadmi Party in Delhi today, said that "Only the loser works like this". Vij was talking to journalists after a pro-



A van full of propaganda posters from Delhi was caught by the police which had come out from the office of the AAP. Some people were also taken into custody after registering a case in this matter. On the other hand, in the case of the Himachal Pradesh government imposing water cess on Haryana, Home Minister Anil Vij said, "They talk big, why water cess, we are getting our share of water. Who are they to impose water cess?"

gramme at Ambala Cantonment. Taking a dig at the Aam Aadmi Party, he said that a person who is a loser and who has accepted defeat, does such things. He said that now neither is anyone listening to it (AAP) in the whole country nor is it getting success anywhere. They have faced defeat in Uttarakhanda, Goa, UP, Himachal Pradesh and other places and now their work is over.

'Hath Se Hath Jodo' padyatra held

SHIV KUMAR SHARMA

KARNAL: A padyatra was taken out behind the Sadar Bazar police post by the Congress under the 'Hath Se Hath Jodo' campaign under the leadership of former MLA Sumita Singh. The workers interacted with the people and told them the policies of the Congress. The anti-people policies of the BJP government



were exposed. On this occasion, Sumita Singh said that every citizen of the country is suffering being a victim of corruption, and inflation is so high that it is becoming difficult for him to earn his livelihood. BJP reached power in the name of religion and communalism, but now the countdown has started. The sacrifice of the Congress party and the hard work of the workers will yield results in 2024 and there will be a Congress government at the Centre and in the state.

She said that 'Hath Se Hath Jodo' is an important campaign, which is the second phase of Bharat Jodo Yatra. Through this we are making everyone aware of Rahul Gandhi's message. The BJP is scared of Rahul Gandhi at this time. From this it is known that the Congress government is going to be formed in 2024. Chand Manocha, Monty Gupta, Lalit, Daya Prakash, Sachin, Neeraj, Sudhir, Deepak, Baljit, Satpal, Paras, Keshav, Devraj, Bilal, Kamal, Sourav etc were present on this occasion.

On 2nd day of Sashast Chandi Mahayagya, youth offer prayers



LADWA (NARESH GARG): On the second day of the Armed Chandi Mahayagya at the Mata Shakumbhari Devi Temple complex located on the Ladwa-Radaur road, the armed Chandi Mahayagya was performed by the youth, worshipping Maa Bhagwati and Havan Yagya was performed.

While giving information, Sumit Garg, head of Mata Shakumbhari Devi Temple Committee, said that on the second day of Navratri, during the armed Chandi Mahayagya, the worship of Maa Bhagwati, Durga Chalisa was first performed by 9 hosts. After that oblations were put in Havan by all the unequals in No Havan Kund. He said that this work will be done daily during Navratras. This Mahayagya is being conducted by 31 learned brahmins from Uttarakhand, Delhi and Haryana. At the same time, the temple premises were also decorated like a bride by the committee. During this event, daily worship of Maa Bhagwati is done from 7 am to 10 am. Wherein, from 10 am to 12 noon Mahayagya is performed by learned Brahmins and at 5 pm, recitation and aarti of Maa Durga is being done. On this occasion, temple priest Nareish Nautiyal, Tulsi Chandra Nautiyal, SK Garg, Aman Garg, Nareish Garg, Sandeep Goyal, Satya Prakash A large number of devotees including Sharma Bhagwandas Arora Arvind Singhal were present.

NEWS AT A GLANCE

Tribute to Martyrdom of S.Bhagat Singh, Sukhdev and Rajguru by Blossoms School



SUKH NAHAR
JAGRAON: Blossoms Convent School commemorated martyr Bhagat Singh on his martyrdom day. The school in presence of the entire staff and students paid tribute to the martyrdom of S.Bhagat Singh, Rajguru and Sukhdev at the school campus. Teachers enlightened the students about life and sacrifices made by the freedom fighters and also talked about their ideologies and beliefs. School principal Dr. Amarjit Kaur Naaz said that we shall always be indebted to these freedom fighters because it is due to their sacrifices that we are living in an independent nation today. "We belong to a nation which always fights against oppression and exploitation. The main motive of imparting this knowledge with students is that the young generation should get inspiration from their sacrifices," she stated. She instructed the students to treat these freedom fighters as their role models and follow the path of truth.

Tribute paid to Shaheed Bhagat Singh on Martyrdom Day



SANJEEV KUMAR ARORA MOGA: We should always remember those martyrs who have given us freedom by giving their martyrdom, always remembering them as our source of inspiration and making the new generation aware by celebrating their martyrdom day and birthday. So that in the new generation we can fill the spirit of the country's pride. The above views were expressed by Dr. Seemant Garg, District President of BJP, on the occasion of paying homage to the portraits of Shaheed Bhagat Singh, Rajguru, Sukhdev on their martyrdom day in the district office of BJP.

Martyrdom Day of Shaheed Bhagat Singh observed at IET Bhaddal



BAH ADURJEET SINGH RUPNAGAR: Martyrdom Day of Shaheed Bhagat Singh, Rajguru, and Sukhdev was observed with great reverence at IET Bhaddal Technical Csmpus .The college administration organized a special program to commemorate the sacrifices made by these great martyrs such as patriotic songs, speeches, poetry recitation by staff & students. Campus-Director Dr. S.S. Bindra expressed his views on this occasion and highlighted its significance. He stated that Martyrdom Day is not only a day of mourning but also a day of inspiration for the youth of our country. The sacrifice made by Bhagat Singh, Rajguru and Sukhdev will always remain an inspiration for generations to come. Their contribution to the Indian freedom struggle is immeasurable and their legacy deserves to be upheld by every citizen of India. Dr. Bindra further added that it is essential to keep their memory alive so that future generations can take inspiration from their bravery and courage. He emphasized that the institute is not only commemorating the martyrdom of these great heroes but also paying tribute to their life and contributions to the Indian independence movement. Pharmacy Principal Dr. Jitender Singh also shared his views on this occasion. He said that the martyrdom of Shaheed Bhagat Singh, Rajguru and Sukhdev was a turning point in the Indian freedom struggle. Their sacrifice inspired many young individuals to join the freedom movement and fight against the British colonial rule. On this occasion, Hotel Management Principal Dr. Kanchan Sharma said that the values of patriotism, courage and selflessness that these great heroes embodied are still relevant today.

CM calls upon people to come forward for realising dreams of Shaheed Bhagat Singh

SHASHI PAL JAIN KHATKAR KALAN, MAR 23

Punjab Chief Minister Bhagwant Mann on Thursday gave a clarion call to the people to extend fulsome support and cooperation to the state government for realising the dreams of Shaheed Bhagat Singh.

The Chief Minister, who paid floral tributes to Shaheed-e-Azam Bhagat Singh here at his native village, said that this day reminds us of the supreme sacrifice made by this great hero at the altar of motherland. He said that the martyrdom of Shaheed Bhagat Singh, Shaheed Rajguru and Shaheed Sukhdev will ever inspire us to rise against any form of injustice, tyranny and oppression. Bhagwant Mann said that it is the moral duty of all of us to wage war against all form of social maladies prevailing in the society.

The Chief Minister said that the state government is leaving no stone unturned for cherishing the aspirations of the great martyrs. He said that the state government is duty bound to ensure the progress of the state and prosperity of its people. Bhagwant Mann



said that the day is not far away when due to concerted efforts of the state government, Punjab will soon emerge as a front runner state across the country. The Chief Minister said the state government is committed to cherish the aspirations of Shaheed Bhagat Singh and carve out a harmonious and egalitarian society. He said that the young hero of freedom struggle had sacrificed his life at a young age for emancipating the country from clutches of foreign imperialism. Mr Bhag-

want Mann said that the state government will leave no stone unturned to cherish the aspiration of the iconic hero.

The Chief Minister said that the Punjab Vidhan Sabha had on Wednesday passed a resolution for carving out Punjab of dreams Shaheed Bhagat Singh, Shaheed Rajguru and Shaheed Sukhdev. He bemoaned that even after passing of more than 75 years of independence the country is combatting issues like poverty, unemployment, illit-

Farmers, Labor workers coordinating committee Ahmedgarh pays homage to martyrs of March 23

AHMEDGARH (MAHAVIR GOYAL): Workers, employees, farmers, youths arrived in large numbers at Bhagat Singh Chowk Ahmedgarh to pay tribute to the martyrs of March 23 by the coordination committee, in which the leaders of the coordination committee made up of various organizations laid flower garlands. Paying homage to Shaheed Bhagat Singh on this occasion, each leader remembered their sacrifices and said that the work of our martyrs is still incomplete because Bhagat Singh wanted to end the robbery of man by man, but our capitalist people did not do it. Tried to suppress the thought, but the hardworking people remembered the martyrs and appealed to the people to gather more strength to complete their work. The following leaders participated: President Sukhcharanjit, Secretary Joginder Singh, Secretary Kulwinder.



IVF organises meeting to pay tributes to trio national heroes



SUMER GARG DABWALI, MAR 23

To observe the martyrdom day of Bhagat Singh, Rajguru and Sukhdev the international vaish federation (IVG) with the full cooperation of all the social organizations of the city has organised a huge tribute meeting at Shahidi Chowk located near sabzi mandi here today. The meeting was headed by the local president of IVF, Mr. Pritam Bansal.

While giving this information, the IVF's secretary, Pankaj Goyal said that city's well known commission agent, Sham Lal Jindal Ganga joined the program as the chief guest whereas famous

businessman, Chiman Lal Kingre wala; All India Aro-ra, Khatri, Punjabi community, head Paramjit Kochhar; IVF's Punjab State Executive President, Saurabh Garg Bunty; Branch Manager of Punjab National Bank, Ashish Garg and CA Govind Singla joined the program as the special guests.

While conducting the stage well known social worker, Sanjeev Shad said that the statues of martyrs, Bhagat Singh, Rajguru and Sukhdev have been established at Shaheed Chowk, where the representatives of various organizations of the city have offered wreaths and floral tributes at the statues.

Prof. Harjit Kaur attributes victory to college, family, management

AJAY MALHOTRA FATEHGARH SAHIB, MAR 23

Head of the Sports Department of Mata Gujri College Prof. Harjit Kaur was especially honored by the entire college staff for winning silver medals in the Master's World Cup Weightlifting competitions held at Auckland, the capital of New Zealand.Honorary Secretary of College Governing Body Jagdeep Singh Cheema Congratulating Prof. Harjit Kaur and wishes her all the best to participate in more such international level competitions in the future also. Cheema said that Mata Gujri College is a premier educational institution of



the SGPC which is continuously making valuable contributions in the field of religion propagation, education, and sports. College Director Principal Dr. Kashmir Singh said that it is a matter of pride that the staff member of the college, Prof. Harjit Kaur has made the name of the college and the area bright by winning silver medals in international level competitions and has become a source of inspiration for her students as well. Dean of Sports Dr. Devinder Singh also con-

gratulated Prof. Harjit Kaur for this wonderful achievement.

Prof. Harjit Kaur thanked the entire staff and attributed her victory to the college, family, and management. She said that without their support, it would have been very difficult to achieve this feat. She said that two years ago, she had won a silver medal in the games held in Australia and her next goal is to win a gold medal in the Raw Powerlifting Games to be held in Calgary, Canada in May this year.

Akali Dal starts contacting families of arrested Sikh youths: Advocate Dharni

FATEHGARH SAHIB (AJAY MALHOTRA): Sukhbir Singh Badal, president of Sromani Akali Dal, has started contacting the families of the victims to provide free legal aid to all the Sikh youths who were arrested during the unconstitutional arrests in Punjab. During the conversation, A member of the 14-member committee Advocate Amardeep Singh Dharni said that he has received many calls from the families of youth/persons who have been illegally picked up by the police.Advocate Dharni said that it is surprising that arrests of young people are being made blindly based on suspicion only. He said that with the formation of this committee, people have got a lot of relief.

Dharni said that new changes are being made in the state by the Bhgwant Mann government, instead of providing employment, the youth are arrested under NSA laws. He said that situations like 1978 to 94 are being created in the state by the Punjab government.Dharani said that under the leadership of Advocate Arsedep Singh Kaler the president of Shromani Akali Dal. Sukhbir Badal nominated Haris Rai Dhanda, Bhagwant Singh Sialka, Gurmeet Singh Mann, Jasdev Singh, Parampreet Singh Pol, Jaspreet Singh Brar, Parampreet Singh, Jubin Chhura, Ravinder Singh Sampla, Gurveer Singh Sidhu, Manpreet Singh Dhalwal and Parambir Singh Sunny in the state level committee.



Punjab, Chandigarh Journalist Union celebrates Martyr's Day as Journalism Rescue Day



VERMA GURDASPUR, MAR 23

The meeting was held under the chairmanship of KP Singh by the Gurdaspur unit of the Union on the invitation of Indian Journalists Union and on the guidelines of Punjab and Chandigarh Journalists Union (PCJU). Dedicated to the martyrdom day of Shaheed Bhagat Singh, this meeting was celebrated as Save Journalism Day. The speakers said that Bhagat Singh and others sacrificed their lives for the attainment of their rights and freedom of

thought. Governments have tried to suppress freedom of speech and writing from time to time. The speakers said that today we are in such a situation that journalism is in danger. Cases of excesses with journalists have also come to the fore in many places. To save this fourth pillar of democracy from becoming hollow, it is very important for journalists to unite. The distance of administration from journalists is continuously increasing. During the meeting, the problems of journalists of the area were also discussed.

Science College observes Shaheed Bhagat Singh Martyrdom Day



JAGRAON (SUKH NAHAR): S. Govt. College of Science Education and Research, Jagraon celebrated Martyrdom Day of Shaheed Bhagat Singh under the able guidance of honourable College Director, Prof. Kirpal Kaur.

The stage was conducted by Dr. Karamdeep Kaur. Students Simran Sharma, Balkar Singh, Mansimran Kaur, Amandeep Kaur, Arshdeep Kaur, Mehak Thakur, Razneet Kaur, Rajveer Kaur, Muskaan, Navjot Kaur and Sanjina presented poems on Shaheed Bhagat Singh's life and his struggle for freedom. Sanjina from M.Sc I Chem. also presented a seminar on the life and philosophy of Shree Bhagat Singh. College Director, Prof. Kirpal Kaur distributed prizes to the participants and encouraged them to participate in future events also. At the end, Prof. Ameet Rana proposed a vote of thanks to all present. All college staff members and students were present.

Press Club Raikot holds protest on Save Journalism Day



HARPREET LADI SIDHU RAIKOT, MAR 23

Describing the imposition of censorship on the media by the Public Information Bureau as an undeclared emergency, the Press Club Tehsil Raikot protested with placards and banners at Sardar Hari Singh Nalwa Chowk in Raikot today.

During the program organized on the call of the Indian Journalists Union, the journalists made the passers-by aware about the attack on the media while performing a

peaceful demonstration at this Chowk located on the Ludhiana-Bathinda State Road. Under the leadership of Press Club Raikot Chairman Balwinder Singh Littar, President Dalwinder Singh Rachhin, patron Santokh Gill, tribute was paid to Shaheed Bhagat Singh Rajguru and Sukhdev on Martyrdom Day.

Addressing on the occasion, club patron Santokh Gill said that in India Press freedom has slipped from 142nd rank to 150th rank worldwide. This is not good news for any democratic country.

Innocent journalists and media house owners, who publish news against the government in the country, are being implicated in serious false cases like treason and put in jail.

Attacks on the freedom of the press have been intensified by giving wide powers to the Public Information Bureau, undeclared emergency and censorship are being imposed. All involved in the demonstration demanded to restore the freedom of the press and strengthen democracy.

Secretary District Legal Services Authority visits drug de-addiction center



DALJEET AJNOHA HOSHIARPUR, MAR 23

District and Sessions Judge-Chairman District Legal Services Authority, Hoshiarpur Dilbagh Singh Johal under the direction CJM-cum-Secretary District Legal Services Authority, Hoshiarpur Aparajita Joshi visited the De-addiction Center, Hoshiarpur today. During this visit, the persons living in the drug de-addiction center were given information about NALSA schemes 2015. He said that taking drugs destroys life and is needed to do good things in the future. On

this occasion, the staff of Narsha Chudau Kendra and Para Lsha Volunteer Pawan Kumar of District Legal Services Authority, Hoshiarpur were present. After this, Secretary District Legal Services Authority visited Atma Sukh Atma Dev Ashram, Hoshiarpur.

During this visit he informed about the NALSA Schemes and Legal Services Schemes for Different Children 2021 to disabled persons/retarded children and also heard their problems. Principal Pawan Singh, President Navdeep Sood and Trustee Sangeeta Sood were present on this occasion.

Journalists observe Martyrdom Day as Save Journalism Day



MANJINDER SINGH, CHET RAM RATTAN BANGA, MAR 23

On the guidelines of Indian Generalist Union (India) and at the invitation of Punjab and Chandigarh Generalist Union, District Shaheed Bhagat Singh Nagar journalists celebrated as Journalism Save Democracy Save Day dedicated to martyrdom day. Journalists of Punjab and Chandigarh Journalist Union Sub Di-

vision Banga led by Jasveer Singh Noorpur and Madam Jatinder Kaur Moonga held a march holding placards with slogans like Save Journalism - Save Democracy. At Khatkar Kalan chanting slogans with enthusiasm, they paid homage to the huge statue of Shaheed Azam Sardar Bhagat Singh by offering garlands. Speaking on this occasion, Jasvir Singh Noorpur said that in view of the current sit-

uation, journalism, which is known as the fourth pillar of democracy, is being destroyed by moneylenders along with the governments, it is very important for all journalists to maintain mutual unity. He said that we all should join the union. Madam Jatinder Kaur Moonga, President of Punjab and Chandigarh Journalist Union Sub Division Banga, said that if journalism survives, journalists survive.

Adventure camp at Harvest International School held

RAIKOT (HARPREET LADDI SIDHU): To provide a unique opportunity to learn beyond the classroom, Harvest International School, Jassowal, organized an 'Adventure Camp' on March 22 on the lush field of Harvest Greens for students from pre-primary to middle school. It was a fun filled day where the students got opportunities to zip across a zip line, travel across a mine field, cross a commando rope, climb a ladder and keep their balance on a Burma Bridge followed by many other extremely exhilarating activities.

The tivities incorporated on campus emphasized on important life skills which enabled the participants to adapt in various work environments. This programme built in them team spirit, friendship and trust. Furthermore, physical fitness and a strong mental balance empowered the young Harvestians to overcome fear within themselves.It was a growth-filled outdoor experience on Harvest Greens and a perfect place to invigorate the students' sense of curiosity with lasting impressions of achievements.



RBU students visit pharma unit



MOHALI (LK BANSAL): The University School of Sciences of the Rayat Bahra University organized an industrial visit of students of B Sc (Honours) and M Sc (Chemistry) to Sun Pharmaceuticals. During the visit the Human Resource and Heads of different departments of Sun Pharmaceuticals explained to the visiting students working of different departments of the unit like warehouse, quality control, dispensing, manufacturing, and packaging, and engineering. The students were acquainted with the latest machines.

The students were escorted by the faculty members who explained to them about processing of different pharmaceutical products at various stages. The officials of the Sun Pharmaceuticals were impressed by the curiosity exhibited by the students to learn detailed working of the pharmaceutical industry. Dr Parvinder Singh, Vice-Chancellor of the Rayat Bahra University, said the objective of organizing the visit was to bridge the gap between academics and industry. He said that such visits helped in making the students aware of the working of different types of industrial units.

Warning of heavy
rain and hailstorm in
five districts



SANJAY AGGARWAL
DHARAMSHALA: Himachal Pradesh has been warned of heavy rain and snowfall on March 24 and 25. The Meteorological Department has issued an orange alert for heavy rain and hailstorm in 5 districts of the state. There is a possibility of this change in the weather due to the activation of Western Disturbance. The weather is expected to deteriorate again in the state. According to the Meteorological Center Shimla, there is a forecast of rain and snowfall in the state on March 24 and 25. An orange alert has been issued for heavy rain and hailstorm in five districts for March 24. During this, there is a possibility of snowfall in the higher mountainous areas. The department has issued an alert for heavy rain and hailstorm for Chamba, Kangra, Kullu, Mandi and Shimla. There is a possibility of improvement in the weather condition in the state from March 26 and there may be rain and snowfall at one or two places. In view of the alert, the local people and tourists have been advised to follow the advisory issued by the concerned departments. Even on Thursday, the sky remained cloudy throughout the day and people had to face cold. Light snowfall occurred on Thursday in the Dhauladhar mountains of district Kangra.

BPL lists will be
reviewed in April

SANJAY AGGARWAL
DHARAMSHALA: BPL lists will be reviewed in Kangra district in the month of April. During this, the work of adding and deleting names in the lists will be done in the Gram Sabha meeting. Deputy Commissioner Dr. Nipun Jindal has issued instructions to all Block Development Officers regarding this. He has asked the Block Development Officers to ensure that the BPL list of each Gram Panchayat is reviewed in the Gram Sabha meeting to be held in the month of April. Dr. Nipun Jindal told that before the Gram Sabha meeting to be held in April, all the BDOs have been asked to constitute a three-member committee and conduct a pre-survey from house to house. This will ensure transparency in the review of BPL list. Panchayat Secretary, Patwari and a local person nominated by BDO will be included in this committee. The Deputy Commissioner has urged the people to give correct information to the committee formed for the pre-survey and actively cooperate in making the BPL lists error-free. He said that many times people complain about the BPL list. For its diagnosis, it is necessary that people must participate in the Gram Sabha meeting and become part of the review process. He said that in the period before the Gram Sabha meeting, people can also give applications to the panchayat or block for addition or deletion of names in the BPL lists.

HIMACHAL

YUGMARG, CHANDIGARH, FRIDAY, MARCH 24, 2023

1446 families to be affected
by Gaggal Airport- CM

AGENCY
SHIMLA, MAR 23

Himachal Pradesh Chief Minister Sukhvinder Singh Sukhu stated in the state assembly on Thursday that as many as 1446 families of 14 villages would be affected by the extension of Gaggal airport who would be provided an appropriate rehabilitation package to rehabilitate and compensate them. Chief Minister was replying to a query raised by BJP member Vipin Singh Parmar, Pawan Kumar Kajal, Congress member Chaitanya Sharma and udhir Sharma in the question hour. Mr Sukhu said Gaggal airport in Kangra district is being expanded to accommodate big aircraft and Techno-Feasibility study revealed that it could be expanded by acquiring more area. Out of 14 villages proposed to be acquired for the purpose, people of ten villages are ready to acquire their agricultural land for the airport. Chief minister said many people of four villages who are concerned about the ruining of their economy and livelihood



Chief Minister, Thakur Sukhvinder Singh Sukhu during the Budget Session of HP Vidhan Sabha today.

to be consulted to resolve their concern . ' The Government does not want to displace any family and it would come out with a rehabilitation scheme for affected families and no one would become homeless due to construction of airports. BJP Member Jai Ram Thakur , Vipin Singh Parmar and Pawan Kajal stated that the Government

should provide appropriate treatment to the affected families and the government should change the expansion plan to reduce the displacement of affected people. Former Chief Minister Jai Ram Thakur said to expand Gaggal airport, the government should provide compensation on the factor two in market cost. Vipin Singh Parmar

Revenue accountant held with bribe amount

SHIMLA/UNA: A revenue accountant of Una district has been caught with a bribe amount of Rs 6000 by the Vigilance department, the said official had collected the amount for extending favours in demarcation of land belonging to a person. An official spokesman said on Thursday the patwari was posted at Thanakalan patwar circle and was not carrying out the work, as a result the man approached the Vigilance department. Accordingly, a trap was laid and the patwari was caught red handed. A case under the Prevention of Corruption Act has been registered and further investigation is on. He said the patwari would be presented before a Una court today for remand.

CM Sukhu reaches out to
the 'Poor and Vulnerable'

DINESH AGARWAL
SHIMLA, MAR 23



Thakur Sukhvinder Singh Sukhu from the very first day after taking oath as Chief Minister of the State had sent a loud and a clear message that the new Government will act as guardian and custodian of the lesser privileged children, destitute women and other vulnerable sections of the society. Despite the precarious financial health of the State, Chief Minister in his maiden Green Budget had 'all in a bag for all' particularly in the sector of social security. The decision to adopt Orphans as the 'Children of the State' till the age of 27 has tight lipped the opposition vis-a-vis it has received accolades from various sections of society. A sum of Rs. 2233 crore was proposed in the budget for social security and the welfare of women, children and other weaker sections. The announcement of constructing an integrated residential complex to be known as 'Adarsh Gram Sukh-Ashray Panisar', for the senior citizens, children, specially-abled children and destitute women has shown the soft corner of the Chief Minister for the underprivileged and homeless. The Complex will have a capacity to house as many as 400 inmates. Yet going further

ahead in this direction, the powers were delegated to the Gram Sabha to recommend all widows and Divyangians (with 40-69 percent disability) for availing the benefits of pension, and also removed the income limit in all such cases. This will benefit both the widows and around 9000 Divyangians (Specially-abled) new beneficiaries under the 'Rahat Bhatta Yojna' by spending an additional amount of Rs. 12 crore. Besides, it was also announced to bring around 40 thousand new eligible beneficiaries under the Social Security Pension. The Rs.101 crore 'Mukhya Mantri Sukh-Ashray Yojna' for children in need of care, as orphans, semi-orphans and specially abled has gone a way ahead to adopt children and orphans upto 27 years of age as 'Children of the State' on the principle of 'Sarkar hee Mata Sarkar hee Pita'.

Students showed talent in
seminar and poet conference

SANJAY AGGARWAL
DHARAMSHALA, MAR 23

On the occasion of World Poetry Day, a seminar and Kavi Sammelan was organized on the subject of 'Importance of Poetry in Indian History Tradition' under the joint auspices of Unnat Bharat Abhiyan and Rashtriya Kavi Sangam on the occasion of 'World Poetry Day' by Department of History, Sapt Sindhu Campus, Dehra, Central University of Himachal Pradesh. As the chief date in the program, Prof. Pradeep Kumar, Prof. Narayan Singh Rao, Director Dehra Campus, Dean Prof. Sanjit Singh, Head of Department Social Work Department and Nodal Officer Unnat Bharat Abhiyan Dr. Shashi Poonam were present. And Dr. Kanwar Chandradeep Singh, Head of Department, Department of History participated in the program as a keynote speaker. Students from every department of Dehra campus participated in the programme. Apart from Hindi, poetry was also recited by the students in other Indian languages like Assamese,



Malayalam, Pahari, English etc., which gave a miniature version of India's linguistic diversity. Poetry recitation by Adamyia, Bhavna, Aarti, Vinod, Manoj, Tauseef, Prakash, Ragini, Aarti Sharma, Rohan, Nirupama, Saanif, Ridhima, Ritanshu, Abhimanyu, Nikita, Saad, Shiva, Ankit Ravindra, Lokeshwar, Lokesh, Balsana etc. . Shiva Panchkaran was in the role of stage director. Apart from this, poetry was also recited by assistant professors like Dr. Shrey Bakshi, Dr. Rajeev Kumar etc. Distinguished guests Prof. Narayan Singh Rao and Prof. Poetry was also recited by Sanjit Singh. The relationship between poetry and history was explained by Dr. Chandradeep.

BJP upset with Chief Minister's ideology
and system change: Puneet Malhi

SANJAY AGGARWAL
DHARAMSHALA, MAR 23

Himachal Pradesh Congress Party Secretary Puneet Malhi attacked the BJP in a press release and said that during the tenure of the previous BJP government, the BJP Manch was running in the state, not the Jan Manch, where the problems of the BJP leaders and workers were heard, not of the public. used to go. Giving advice to BJP MLA Satpal Satti, he said that he should first answer the people of his assembly constituency as to what development works he has done for his constituency. Puneet Malhi said that BJP leaders have been losing sleep due to the growing reputation of Chief Minister Sukhwinder Singh



Sukhu and Deputy Chief Minister Mukesh Agni among the public. He said that Satpal Satti should first ask former Chief Minister Jairam Thakur which arrow he shot in the name of development while in power for five years. The first budget of Chief Minister Sukhwinder Singh Sukhu has lived up to the expectations of the people. Congress's guarantee remains a headache for BJP

leaders. He said that the BJP sitting in the opposition has nothing to say in the budget session, it has become compulsion of the BJP to make noise in the House and walk out from there. Puneet Malhi said that the ideology and system change of Chief Minister Sukhwinder Singh Sukhu has broken the back of BJP. The BJP has lost its mental state due to the work of the government for a few months. He said that even after telling of a double engine government in the state, the tenure of former Chief Minister Jairam was disappointing. The leaders of the Center kept fooling the people by holding rallies in Himachal. Malli alleged that if the previous BJP government and the Modi government sitting at the

Center had been working for the welfare of the state, today the state would not have been buried under a debt of 75,000 crores. He said that former Chief Minister Jairam Thakur insulted the public by opening institutions without budget to save his chair. Whose punishment has been given to him by the people. He said that even after the former BJP government got 11 MLAs from the biggest district of the state, the BJP misled the people in the name of development. Within 100 days, the Chief Minister Sukhwinder Singh Sukhu has given many gifts to Kangra district, which the BJP is not able to digest. He said that today the people of Kangra are seeing themselves as the tourism capital.

DC inspects ponds in Pubowal,
Kutharbit and Dulaihar



KISHORI LAL BAINS
UNA, MAR 23

Deputy Commissioner Una Raghav Sharma inspected the ponds built in Pubowal, Kutharbit and Dulaihar under Haroli assembly constituency. During this, officers of other departments including DFO Una Sushil Kumar, BDO Haroli Mukesh, SC PWD GS Rana

were present. During the inspection, the Deputy Commissioner instructed the DFO Una to prepare a plan soon for the beautification of the ponds. He asked to plant fruitful and shady trees on the banks of the ponds so that the local people can get comfortable and clean environment in summer. Apart from this, he directed BDO Haroli to

complete the remaining work of Panchavati Park under construction at Pubowal soon so that the local people can get the benefit of the park facility. Apart from this, the Deputy Commissioner also instructed the BDO to start the construction work of the park soon by making provision of budget under MNREGA for Panchavati Park in Dulaihar.

Social security pension scheme being
given to 5,544 disabled people in distt

KISHORI LAL BAINS
UNA, MAR 23

Various schemes are being run for the welfare of the minority class. Officers of all the departments should create awareness about the various schemes being run for the people of the minority community through the concerned departments in the camps organized so that the eligible persons can be benefited from these schemes. ADC Una Mahendra Pal Gurjar said this while presiding over the district level review meeting under the 15-point programme. He informed that 51 Anganwadi workers and 46 Anganwadi assistants belonging to the minority community in the district are providing services in Integrated Child



Development Schemes. He informed that 948 children up to 6 years and 260 mothers were benefited in the current year. He informed that 209 children are taking pre-school education. ADC informed that scholarship is being provided to meritorious students of 13 minority communities in the district. ADC informed that one eligible person each has been benefited under the

Prime Minister's Employment Generation Scheme and the Chief Minister's Swabalamban Yojana. 1,106 job cards have been made under MNREGA. He informed that in the current year, 154 boys and girls have been given the benefit of skill development allowance and 60 unemployment allowance and 3 industrial skill development allowance.

Blood Donation camp organized
on martyrs day at Hamirpur

BUREAU
HAMIRPUR, MAR 23

A blood donation camp was organized at Gandhi chowk Hamirpur to commemorate the Martyrs day today. Nearly 105 units of blood were collected during the camp. The blood donation camp was organized by Him Aanchal Education and Welfare Society in which Chander Prakash, Prant assistant general secretary of Rashtriya SwayamSevak Sangh was the chief guest. Speaking on occasion, Chandra Prakash paid tribute to Amar Shaheed Bhagat Singh, Sukhdev and Rajguru first. Chandra Prakash said that there is no charity greater than blood donation. He said that the Him Aanchal Education and Welfare Society is doing a good work for the betterment of the society. Naveen Sharma, President of Him Aanchal Education and Welfare Society, said that March 23 is celebrated as Martyr's Day, on this day Amar Shaheed Bhagat Singh, Rajguru and Sukhdev were hanged by the British government, the brave sons of He had sacrificed his life for the freedom of India at a young age. Sharma said that by donating blood, we can donate life to a needy person, which is more than every donation given by humans, only then blood donation has been called a great donation. Naveen Sharma said that it is a matter of pride for us. That today our society and our young friends are donating blood in a big way. Naveen Sharma said that 105 units of blood were donated in today's blood donation camp, which will be useful to a needy person.

Martyrdom Day organised

JOGINDRA DEV ARYA
BANGANA: Martyrdom Day 2023 was organized courtesy of NSS, NSC and Rover Ranger Unit at Jogindra Dev Arya Atal Bihari Vajpayee Government College, Bangana. The chief guest of the program was Dr. Rekha Sharma, Vice Principal of the college. The program was presided over by Professor Sikandar Negi, Program Officer, NSS. It was started by paying tribute to Shaheed Azam Bhagat Singh, Rajguru and Sukhdev by offering floral tributes. Poetry recitation, painting and slogan writing competition was organized on this occasion. First position in poetry recitation competition, second year student Vishal, second position, second year student Palak Maan and third position, second year student Khushi Received. In the poster making competition, first year student Saniya, second year student Nikita Kaundal, first year student and third year student Anjali got the third position.



Girl students of Indian Institute of Legal
Studies Haridevi meets Speaker

DINESH AGARWAL
SHIMLA, MAR 23

The girl students of Indian Institute of Legal Studies, Haridevi, Ghanahatti, who came to see the ongoing budget session of the Himachal Pradesh Legislative Assembly, met the Honorable Speaker of the Himachal Pradesh Legislative Assembly Mr. Kuldeep Singh Pathania in the Vidhansabha premises. Got information about the working system of the Vidhan Sabha by visiting.

Pathania said that the way today's youth are getting attracted towards the



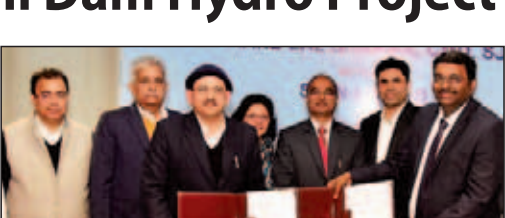
parliamentary system, this will further strengthen the strength of democracy. He said that the House is the best place where elected representatives can raise

issues related to public interest and their solution is also possible. On this occasion, Pathania urged the students to study the democratic system deeply.

SJVN signs EPC contract agreement
for 382 MW Sunni Dam Hydro Project

DINESH AGARWAL
SHIMLA, MAR 23

In the august presence of Chairman & Managing Director Sh. Nand Lal Sharma, SJVN today signed Contract Agreement for Engineering, Procurement & Construction of Civil & Hydro-Mechanical works of 382 MW Sunni Dam Hydro Electric Project. The Contract Agreement for Rs 1098 crores has been signed with M/s Rithwik Projects Private Limited, Hyderabad. Nand Lal Sharma briefed that the Letter of Award for Civil & Hydro-Mechanical works was issued on 14.01.2023. Today, contract agreement for the same has been executed after completion of all pre-requisites. Nand Lal Sharma highlighted that the construction activities of various civil components of the project are going on full



swing. Infrastructure development to facilitate timely execution of the project and mobilization of major contractor at project site is at full pace. This project is scheduled to be completed within 58 months i.e., by November 2027. The contract agreement was signed by Sh. S.K Bhargava, General Manager (SJVN) and Sh. V. Praveen, Dy. General Manager (M/s Rithwik Pvt. Ltd.).

Sacrifices of martyrs should not be forgotten: Sanjeev

VICKY BHABAT
ZIRAKPUR: Today we are breathing in the open air of the free country, we did not get this life of freedom just like that, but we got it only because of the sacrifices of many of our martyrs, we



should never forget that. Derabassi BJP Incharge, State Secretary and Finance Committee member Sanjeev Khanna while paying tribute said that on March 23 the martyr sons of India Bhagat Singh, Sukhdev and Rajguru embraced the death sentence. He said that today even if a thorn touches a member of our family, the whole family gets upset, but to free our country from the shackles of slavery, many families embraced death happily. Never forget. Sanjeev Khanna said that when our martyrs were fighting for the freedom of the country, they also knew that they would have to sacrifice their lives for this, that's why they walked on that path only. Martyrs had given us free India by giving their martyrdom. That's why we should never forget them, rather tell the stories of their martyrdom to the coming generation and keep them alive inside the children, so that the security of the country for which the martyr sons Bhagat Singh, Sukhdev and Rajguru sacrificed their lives, remains in their hands because if the young generation loves the country. And the country will be aware of service, our society and family will also be safe.

Library in name of social worker Mahasha Pratigya Pal AR Sharma inaugurated



VIKAS VERMA
DHURI: In Ram Bagh Dhuri a library named after Mahasha Pratigya Pal a well-known social worker of the constituency was inaugurated by RICELA Group of Companies CMD. Dr AR Sharma did At the beginning of the event, Ram Bagh Trust cashier Hans Raj Garg gave the welcome speech In his address on this occasion, Dr. AR Sharma while presenting his views on the importance of education, said that making someone knowledgeable is the same as giving that person lifelong support and capacity. At the end of the event, President Pawan Kumar Garg thanked all the attendees including Dr. Sharma and discussed the contribution made by Ram Bagh Trust Dhuri in the field of social service. During the program the responsibility of the stage secretary was well performed by the secretary of the trust, advocate Raj Kumar Singla On this occasion, Ashok Kumar Lakha Chairman of Punjab Cow Service Commission, Vijay Goyal Director Ricela Group, Makhan Garg Chairman Cambridge School, Ashok, Suresh Bansal, among others.

Song Tasveer : Team Celebrated by cutting cake



AVTAR SINGH BHANWARA
CHANDIGARH: Easyway Entertainment's Gurtej Sandhu said that for years, he has been sending students from Punjab abroad for higher education, so somewhere he felt that the students of Punjab were moving away from their culture by going abroad, so he started this project under the banner of Easyway Entertainment.

This second song Tasveer is sung by singer Bobby Bajwa; featuring model Geet and Maninder Gill. 14 lakh views in 11 days have proved that the songs shot at beautiful serene locations with sober lyrics will remain evergreen. Singer Bobby Bajwa said sober, romantic songs have always been a hit. Bobby Bajwa, who has directed the videos of more than 900 songs, has so far worked with almost every big artist in the industry of Punjab, be it Surendra Shinda or the legend Hans Raj Hans with whom his song is coming very soon.

21-year-old girl missing, report registered

ASHOK KAURA
PHAGWARA: A 21-year-old girl a resident of Bhangala village is missing for the last three days. Balwinder Kumar a resident of Bhangala village complained to the police that his 21-year-old daughter went outside on March 21 but did not return home. The investigating officer Mangat Gupta said a missing report has been registered in this connection.

Mayor chairs meeting of Market Welfare Associations representatives

SHASHI PAL JAIN
CHANDIGARH, MAR 23

Working towards providing better services to the shopkeepers and market areas of city beautiful, the Sh Anup Gupta, Mayor, Chandigarh chaired a meeting of all the Market Welfare Associations here today.

Anindita Mitra, IAS, Commissioner, Municipal Corporation, Chandigarh, other senior officers of MCC and office bearers of all Market Welfare Associations of Chandigarh, attended the meeting.

During the meeting various issues were raised by the representatives of MWAs including achieving 100% digitally enabled system and creation of QR codes/scanners, vendors of some markets to be digitally enabled and advertisement of G-20 to be allowed free of cost. The other important issues



were also discussed during the meeting i.e. door to door waste collection from MWAs. The MWAs were asked to follow the norms of advertisement control order and use designated space for Advertisement on the SCOs; the issue regarding installation of Fire Safe-

ty measuers/equipments in markets at once was also discussed. The office bearers of Market Welfare Associations discussed the issue of parking facilities in the markets as vacant plots, small neighbourhood parks which are not maintained may be converted into

Vijay Kumar Agnihotri elected President, Tek Chand Gopal as Treasurer

MORINDA (SANJEEV TEJPAL): Election of Bharat Vikas Parishad Morinda took place under the supervision of the Election Officer D.S. Deol. In which Vijay Kumar Agnihotri was unanimously elected as President and Tek Chand Gopal was appointed as Treasurer. Newly elected President Vijay Kumar Agnihotri asked for the support of the council members for ongoing projects and starting new projects and thanked them all. Tek Chand Gopal said that there will be no reduction in the work being done by Bharat Vikas Parishad for social welfare.



505 units of blood collected in camp organized by Rotary Club Kharar



SHASHI PAL JAIN
KHARAR, MAR 23

Rotary Club of Kharar in association with Chandigarh University Ghrauan organized a blood donation camp in which 505 units of blood were collected.

As per information received from Nitin Garg president of the club students of the university campus participated with great zeal, Chairman of Rotary Kharar's blood donation Kamaldeep Singh Tiwana said that this was the

second camp in this week and more camps will be organised in future.

The camp was inaugurated by Chandigarh University's Pro Vice Chancellor Manpreet Singh manna. On this occasion Dr. Arvinder Singh Kang, Jasbir Singh Minhas and Gurtej Singh from University administration and Rotarian Rakesh Manchanda, Trilok Anand, Harpreet Singh, Hardeep Singh, Neelam Tangri, Harnek Singh Maho and others were present.

Sri Guru Granth Sahib World University releases prospectus for Academic Session 2023-24

AJAY MALHOTRA
FATEHGARH SAHIB, MAR 23

The prospectus for the academic session 2023-24 was released at Sri Guru Granth Sahib World University, Fatehgarh Sahib by Pro-Chancellor Professor Ajaib Singh Brar and Vice-Chancellor Professor Pritpal Singh. Expressing delight over the new benchmark being set in the field of academic, research, and co-operative activities within the University, Professor Brar appreciated the hard work of the University officials and teaching and non-teaching staff.

Describing education as the biggest boon, he said that this University is disseminating knowledge to the backward and needy students without any discrimination, as per the ideals laid down by the Gurus. On this occasion, Vice-



Chancellor Prof. Prit Pal Singh said that in the new academic session, the University will run twenty-five departments under eleven different faculties for diploma, undergraduate, master's, and Ph.D. programs.

He added that about seventy courses have been offered. Mentioning the salient points of the prospectus, he said that the University has kept several important scholarships for merit-based students in various disciplines of religion, languages, science, technology, health, and so-

cial sciences. Besides this, under Sri Guru Granth Sahib Scholarship, scholarships are given to needy students without any condition of category. Dean of Academic Affairs of the University Professor Sukhwinder Singh Billing said that the registration and admission for the new academic session have started in the University. He said that the World University is making steady progress in terms of academics and research standards. He said that the University aims to create a disciplined.

HWA House Welfare Association sent stationery to children of border schools



PANCHKULA (SD SHARMA): HWA House Welfare Association, Sector 17, Panchkula has sent notebooks and stationery items for the children of border schools so that they can study better. Notebooks, pencils, pens and other stationery items will be provided to children studying in schools located in border areas of Ladakh & J & K. These items have been collected and sent by Dr. Aruna Abrol, Santosh Sharma, Vaibhav Manchanda, Renu Bhaskar and Col. Anil Kabotara.

The stationery for the children has been sent to the Center for Ladakh and Jammu Kashmir Studies, (CLJKC). CLJKC has been distributing stationery to children studying in border districts for last many years. CLJKC President Advocate Vivek Chauhan, Secretary Prof. Smriti Kahlon, Gehna Vaishanavi, Deepak Vashisht, Vijay Kumar, Jaswinder, Center for Ladakh and Jammu Kashmir Studies received the items from HWA Sector 17, Panchkula and assured that these items will be distributed among the children in the coming days.

Grand welcome by devotees on Radhe Maa's arrival in Amritsar



GURDASPUR (BUREAU): Dharmaguru Radhe Maa reached Guru Nagri Amritsar during her Punjab visit where a large number of her devotees gave her a grand welcome. While talking to journalists, Shri Radhe Maa said that human beings should always follow the path of religion and always serve the poor because God resides in the soul of the poor. She said that only by donating, both the world and the hereafter improve. That's why human beings should always support the truth by participating in religious programmes and serve the poor and the needy. Her sevadar Talibaba informed that Shri Radhe Maa has come to participate in the religious function to be held in Mukeria.

On March 25, on behalf of Shri Radhe Maa Charitable Society, New Delhi, ration to about 5000 needy people in Mukeria, doctors, nurses, staff, cleaning workers, police personnel, media personnel who served during the outbreak of Corona virus will also be honoured. She will take part in the procession taken out on the occasion of Ram Navami in Mukeria on March 30. On this occasion Shri Rupendra Kashyap General Secretary Shri Radhe Maa Charitable Society, Megha Bhabhi and Manisha Bhabhi, Bhupendra Singh, Harjinder Singh, Sanjeev Gupta, Rakesh Nanda, Varinder, Sukhbir Singh Billa, Yograj of Shiv Sena, social worker Chana Chudiwala, Bablu Mahajan along with A large number of devotees were present.

Qaida-e-Noor presents to Judge Navdeep Kaur Gill

VERMA
BATALA, MAR 23

The State Unit of Jagat Punjabi Sabha Canada, under the guidelines of Chairman Ajaib Singh Chatha, and in the leadership of State President Mukesh Verma, one day seminar on anti-drug awareness and sexual harassment,

dedicated to the Martyrdom Day of Shaheed e Azam Bhagat Singh organised in collaboration with College Principal Dr. Ekta at RR Bawa College Batala . Vice president Jasbir Singh Samra, General Secretary Pawan Bhardwaj, counselors Pushpa Devi, Shailja Kumari and Ranjit Kaur etc. were present with him on this occasion. Specially Secretary Legal Services Authority Navdeep Kaur Gill was present as the chief guest to motivate the students on this occasion. Along with District Guidance Counselor Parminder Singh Saini was also



present. They were welcomed by College Principal Dr. Ekta Khosla and President of Jagat Punjabi Sabha, Mukesh Verma. Addressing on the occasion, CJM Navdeep Kaur

Gill expressed her views related to sexual harassment to the girl students and made them aware of their legal rights. She said that girls should immediately take recourse to the law in relation to physical harassment happening to them because the courts have strictest laws for the safety of women. She also advised the girls not to

misuse these laws while exercising their rights. On this occasion, President Mukesh Verma and District Guidance Counselor Parminder Singh Saini made the girl students aware about the bad effects of drugs and inspired people around them to be aware of its ill effects .

They said that it is the duty of every young man and woman to immediately take the drug addicts around them to the de-addiction centers and rehabilitation centers so that they can be treated. On this occasion, Pushpa Devi, Gaurav Saily.

Pathankot police arrests wanted accused in murder case



PATHANKOT (SHARANJEET): In a major breakthrough, Pathankot Police have arrested a wanted accused, in connection with a murder case that took place in 2022. The accused, who was declared a proclaimed offender by the honorable court of Gurdev Singh JMIC Pathankot, had been on the run since the incident occurred. The breakthrough in the case came after months of relentless pursuit by the police. The arrested accused has been identified as Deepak Singh alias Deepu S/o Mangat Singh R/o Feruwal PS Taragarh Pathankot. Divulging more details to press, the senior superintendent of police Harkamal Preet Singh Khakh said that the murder case, registered under FIR No 81 dated 02.09.2022 u/s 302,365,307,148,149,202,204,212,216,120-B IPC PS Sadar Pathankot, had been a challenging one for the police.

BJP Kisan Morcha District Pathankot hold meeting announced office bearers

SHARANJEET
PATHANKOT, MAR 23

A special meeting was held under the chairmanship of Bhartiya Janta Party Kisan Morcha District Pathankot President Gulzar Singh at Gatora village of Bhola Mandal in which State Executive Member of Kisan Morcha and former District President Shyam Lal and District President Scheduled Caste Morcha Avtar Singh were specially present. Present in the meeting Suresh Salathia of Bhola Mandal, who has been former Mandal General Secretary Bharatiya Janata Party, has been appointed Mandal President Kisan Morcha, Kamaljit Singh Pathania Goldi has been appointed as District Vice President and Rinku



Sharma as District Secretary. All the selected office bearers said that they will try to fulfill the responsibility given by the Bharatiya Janata Party Kisan Morcha and for the organizational strength of the party, they will go door to door and deliver the policies for the welfare of the farmers run by Modi .

On this occasion, Gulzar Singh said that the work of the Kisan Morcha is to take the policies made by the central government for the welfare of the farmers to the booth level and to take the problems of the booths to the center

through the district and the state and to establish Kisan Morcha at every booth. To be formed On this occasion Ranjit Singh Dhadwal Secretary Bharatiya Janata Party Kisan Morcha District Pathankot said that Suresh Salathia has been carrying out the responsibility of the party very well in the past as well and hopes that he will take the work of Kisan Morcha door-to-door.

Jarnail Singh, Mohan Singh, Ravinder Pathania, Rupesh Kumar, Sunny Kumar, Baljinder Kumar, Ramesh Lal, Kewal Krishna.

Demand to increase period of 2.25 percent exemption

ZIRAKPUR (VICKY BHABAT): Due to the exemption of 2.25 percent given by the state government to the residents of the state till March 31 in the registration of any type of land, the number of people getting registered in Zirakpur sub-tehsil is continuously increasing.

In view of the sudden increase in the number of registries, the government should appoint one more additional tehsildar in Zirakpur sub-tehsil without delay so that more and more people can take advantage of the relaxation given by the government. Derabassi assembly constituency BJP in-charge, finance committee member and state secretary Sanjeev Khanna said these things while talking to journalists. Khanna said that although the government has given a big relief to the residents of the state by waiving stamp duty, but keeping in view the increase in the number of registries till March 31, the government should appoint one more tehsildar here.

He said that due to the exemption given in Zirakpur sub-tehsil, hundreds of people are reaching daily to get the registries done, but the naib tehsildar posted here can only do the registries to some extent, so either the government appoints another additional tehsildar in Zirakpur. Otherwise, the working hours of the present Naib Tehsildar of Zirakpur should be increased by at least four hours so that the people of Zirakpur city do not face any kind of inconvenience. He also appealed to the property businessmen of his city to extend full cooperation to the buyers of plots, flats and other properties in their projects and get them registered by March 31 so that everyone can get the benefit of the relief given by the government.

Poison-free natural farming has to be adopted to save water, land and life: Guv

BUREAU
BHIWANI, MAR 23

Gujarat Governor Acharya Devvrat said that at present the food and drink has become poisonous due to the use of chemical fertilizers in agriculture, due to which we are coming under the grip of many deadly diseases like cancer and heart attack. On the other hand, global warming is also increasing, due to which we have to face unseasonal rains, floods and sometimes famine. He said that only by adopting natural farming, along with water, land and life, the farmer can be saved. For this, use manure made from desi cow dung and cow urine. The earth gets micro-organisms from this manure, which we have destroyed by using chemical fertilizers. Micro-organisms are the basis of natural farming. Governor Acharya Devvrat gave a message to the followers of the



Ashram to adopt natural farming in Radha Swami Satsang, a program organized for public welfare, poison-free natural farming and environmental protection at Radha Swami Bhavan in the presence of Supreme Saint Huzur Kanwar Saheb Ji Maharaj of Dinod today. Were staying During this,

Governor Shri Devvrat and Saint Huzur Kanwar Saheb Ji Maharaj administered oath to more than 15 thousand followers to adopt natural farming. The Governor said that the followers associated with the Radha Soami Satsang have been following the five principles of leading a virtuous life, abstaining from drugs,

Meeting with Anganwadi workers organised on World Water Day
PREETI RANI
SADAURA: On the occasion of World Water Day, a meeting was organized in Bilaspur regarding Anganwadi workers, which was presided over by Block Coordinator Rajbir Singh, gave detailed information about Jal Jeevan Mission to all Anganwadi workers present on the occasion of World Water Day. Along with this, everyone was also informed that Haryana has become a motivating state in providing clean water from the tap. Request was made to all the workers presen all of you explain the importance of water to all the villagers in your village and motivate them for water conservation, put tape on open running taps and try to save water by getting it installed and avoid contaminating it if we do not save water in time. If saved, the lives of all mankind and other living beings will also be in danger. Supervisor Kamlesh and Coordinator Meghna also expressed their views on water conservation.



Union Agriculture Minister Tomar launches DigiClaim for claim disbursal through NCIP



NEW DELHI, MAR 23

Union Minister of Agriculture & Farmers Welfare, Shri Narendra Singh Tomar launched National Crop Insurance Portal's digitized claim settlement module namely DigiClaim under the ambit of Pradhan Mantri Fasal Bima Yojana (PMFBY) today at Krishi Bhawan, New Delhi. With the launch of the module, claims will be disbursed electronically, which will benefit the respective farmers of six states. Now, the automated claim settlement process will be an ongoing activity to ease all insured farmers' lives and provide them with a sustainable financial flow and support. Besides Shri Tomar, Union Minister of State for Agriculture & Farmers Welfare, Shri Kailash Choudhary, Agriculture Minister of Uttar Pradesh, Union Agriculture

Secretary Shri Manoj Ahuja, CEO, PMFBY Shri Ritesh Chauhan and other senior officials were also present. CMDs of Agriculture Insurance Company of India Ltd and SBI General Insurance were also present including representatives of National Insurance Company (NIC), HDFC Ergo, Bajaj Allianz, Reliance GIC, ICICI Lombard, Future Generali, IFFCO Tokio, Cholamandlam MS, Universal Sompoo and TATA AIG Representatives from SBI Bank, Axis Bank, HDFC Bank ICICI Bank and Yes Bank were also present at the occasion. Speaking on the occasion, Shri Tomar said that it is a matter of pride for our Ministry to have taken a revolutionary step in ensuring that farmers can receive claim amounts digitally in a timebound and automated manner, thereby making our farmers Aatmanirbhar and Sashakt.

'Industrial Visit' organized for Commerce Department students of RR Bawa DAV College



VERMA
BATALLA: Under the aegis of Dr. Ekta Khosla, Principal, RR Bawa DAV College for Girls, Batala and under the able guidance of Mrs. Supriya Duggal (Head, Commerce Department), an Industrial Visit was organized to P.S. Sandhu Engg. Works, which deals in high class Machine Tools and agricultural implements in all kinds of Lathe Machine & Sandsaw Machine. This industrial visit was organized with the motive to make the students aware about the latest technology and trends so that they can make up their minds in the areas of their interest. S. Jaspal Singh explained students about the purchase of raw materials, formulation process and manufacturing of products. He further explained the students about different wood cutting techniques, movement of operators and shaping of various objects into desired forms. Mrs. Supriya Duggal explained the students about production management, plant location, layout routing, scheduling, dispatching and follow up techniques. Principal Dr.Ekta Khosla extended her felicitation to the Commerce Department for this informative Industrial visit.

INLD Parivartan Yatra a grand success: Chahal



RANVIR PARASHAR
KAITHAL, MAR 23

INLD State Executive Member and In-charge of Kaithal District in party affairs Mr. Karan Singh Chahal claimed that during last 23 days of Parivartan Yatra has reached to a grand success as thousands of men and women, particularly the youth are joining INLD Yatra led by its leader Chaudhary Abhay Chautala. This crowd has proved that this party is most popular political party and has a popular political legacy. After addressing party workers talking to media chahal said that in the next Assembly polls INLD will win with absolute majority. He also claimed that his party workers are more dedicated then that of BJP and Congress and this is one of the reasons that this party has emerged more stronger. Many any other prominent officer bearer were present.

620 Volunteers pledged for Nation Building

RANVIR PARASHAR
KAITHAL, MAR 23

As many as 620 Volunteers Pledged to do hard work and to develop moral values among themselves for Nation Building and Rural Development. A seminar "District Level Negibourhood Youth Parliament Program" was held in Local Jat College of Education here organized by Nehru Yuva Kendra, Kaithal. Speaking on the occasion Additional Deputy Commissioner Dr. Balpreet Singh motivated the participants and stressed that the youth can play vital role in over all development of the Nation and State as well. Former Director RRB, Ministry of Finance P.L.Bhardwaj Advocate called upon the volunteers to dedicate themselves for national services as they have



more responsibility for building of Modern India also more stronger in future. Prof. B.B.Bhardwaj Former Head of Department of History in R.K.S.D. College, Kaithal said that a special drive should be launched to save water for the coming generations. He spoke on the World Water Day and asked the youth to mobilize the common man for preserving the nature also. Earlier

District Youth Officer Nehru Yuva Kendra, Kaithal Diksha Mishra highlighted the activities of her department in Kaithal District and explained how the volunteers are motivated by experts for still development in their life for the nation and for themselves. On this occasion Principal Mr. Dinesh Singh, Navneet Goyal and other dignitaries were present.

Shaheed Bhagat Singh, Rajguru and Sukhdev's Martyrdom Day observed at Moon Light School

RAMAN GUPTA
KAITHAL: The Martyrdom Day of Shaheed Bhagat Singh, Rajguru and Sukhdev was observed at the local Moon Light Public School, Kaithal. State Vice President of JJP's ULB Cell and MD of the school, Pala Ram Saini reached as the chief guest and paid tribute to the martyrs by offering flowers in the program organized. During this he expressed his views about the martyrs. All the staff members of the school also offered flowers in the programme. While addressing, Pala Ram Saini said that today the country is remembering its three immortal martyrs. On this day in the year 1931, Shaheed-e-Azam Bhagat Singh, Rajguru and Sukhdev were hanged in the Central Jail of Lahore. The country is celebrating Martyr's Day today in memory of all the three freedoms. He said that he said that the British government had hanged all the



three revolutionaries on the gallows on 23rd March. The place where the execution took place is now in Punjab. Since the martyrdom of Bhagat Singh, the movement for the freedom struggle in the country had intensified. All the three revolutionaries fought against the tyrannical British. Pala Ram said that he had sacrificed his life for Mother India. Bhagat Singh, Rajguru and Sukhdev are still the biggest source of inspiration for the youth.

Silver Oaks School organizes graduation ceremony

KULJIT DHINGRA
RAMPURA PHUL: Children have to show effort to succeed, success does not come, it has to be brought with hard work. These things were expressed by the director of Silver Oaks Schools, Berninder Paul Sekhon, while celebrating the graduation day. This special day provides an opportunity for children to celebrate the end of their preschool year and the beginning of new experiences. Silver Oaks School Rampura Road Bathinda organized a graduation day function for UKG children. Berninder Pal Sekhon started the program by lighting Shams. The children connected everyone with God through the prayer meeting. Head teacher Chhaya Vinocha honored the children by giving welcome badges and certificates. While awarding degrees to the young children, Berninder Pal Sekhon congratulated the children on graduating. He thanked the children's teachers for supporting them in their success. Acknowledging the role of teachers, the school head teacher Chhaya Vinocha thanked the parents for their support in the activities throughout the year and assured them to do more in the future.



BJP Yuva Morcha members pay tribute to martyrs on Martyrdom Day



SATISH SETH
KALAYAT: Martyrdom Day was celebrated by BJP Yuva Morcha by garlanding the statues of Shaheed Bhagat Singh, Rajguru and Sukhdev at the Rest House located in Kalayat Grain Market. Remembering the martyrs, BJP Yuva Morcha Halka President Rajeev Rajput said that it is the result of the sacrifices of thousands of immortal martyrs that today we are breathing freely in independent India. Taking inspiration from the lives of Shaheed Bhagat Singh, Rajguru and Sukhdev, we all should not let the sacrifices of the martyrs go in vain by contributing in every possible way in the development of the country. Rahul Garg, Ankit Zaildar, Manoj, Rakesh Kansal, Rahul Rana, Ajay Pratap, Satish Dhiman, Bhagwan Das Bansal, Baisakhi Ram, Lalit Dhiman, Virendra Rana, Neetu Rana, Vinod, Krishna Rajput, Jasmer Rana, Vicky etc. were present on this occasion.

DC directs officials to revive youth clubs in district

VERMA
GURADASPUR, MAR 23

The Deputy Commissioner directed the youth services, sports department and Nehru Yuva Kendra to revive the youth clubs in the district. Himanshu Agarwal has instructed the officials of the Youth Services Department, Sports Department and Nehru Yuva Kendra to revive the youth club in the district and conduct sports tournaments and cultural activities in different villages and cities so as to inculcate the spirit of competition among the youth. With this, the youth power can be used constructively. He said that along with this a big campaign against drugs should be started by mobilizing the youth. The Deputy Commissioner was holding a meeting with the officials of Youth Services Department, Sports Department, Nehru Yuva Kendra and representatives of youth clubs of the district at his office last evening. He said that the youth club which will do good work in sports and cultural



activities will be honored with the best youth club award. The Deputy Commissioner told the representatives of the youth clubs that if there is any lack of infrastructure for sports in their village playgrounds or if they need sports kits etc., they should contact their office through the Youth Services Department, Sports Department or Nehru Yuva Kendra. can send a demand which will be fulfilled by the district administration. During the meeting, some club members also demanded to set up a shooting range for shooting sports in the district, on which the Deputy Commissioner said that necessary action should be taken by preparing a project report in this regard.

We all should keep inspirational and exemplary literature in our homes to make our children aware of social service and patriotism: Kailash Bhagat

RAMAN GUPTA

KAITHAL: Chairman of HAFED and social worker Kailash Bhagat said that freedom fighters and patriots made their best contribution in the freedom struggle. Patriots irrigated the soil of the country by sacrificing their lives, today we are breathing in the open air because of the martyrdom of the martyrs. On this day, March 23, Sardar Bhagat Singh, Rajguru and Sukhdev were hanged by the enemies of the country. But following the path shown by the martyrs, today our country and society are continuously initiating chapters of development and progress. He said that by taking lessons from the patriots, we should continue to give our invaluable contribution in building a civilized society. He said that we all should keep literature in our homes to give information about the past to our future generations and to make children aware of the sacrifices made by the martyrs so that the children grow up strong in the spirit of nation and patriotism. Act as a facilitator of the service. He also said that we should never forget our martyrs. Today, on Martyr's Day, I pay tribute to all the martyrs.



Maloya's Shaheed Bhagat Singh Youth Club organized a blood camp at Maloya bus stand, in which the youth contributed enthusiastically. Club members told that this camp is in the memory of Shaheed Bhagat Singh. Team of doctors in camp from Sohana Hospital. 214 units blood Club members Amandeep Singh, Jaswinder Singh, Kulwinder Singh, Pankaj Kumar and Harpreet Singh.

Editorial

Friends in need

Has the Bharatiya Janata Party really won the hearts and minds of the Northeast, the former bastion of the Congress? The party is in power in four states. In the three remaining states too, the party claims to be in power, not by winning electoral majorities but by forging alliances with the winners — regional parties — for now.

It speaks volumes about the BJP's ideological character that its imprint remains weakest in the three Christian states of Mizoram (it has just one Buddhist Chakma MLA), Meghalaya (2 MLAs), and Nagaland (12 MLAs). This contrasts, for instance, with the Congress which has won or lost majority votes in all northeastern states several times but never saw resistance to it along religious lines.

The electorates in these Christian states have not accepted the BJP in any substantial way. What then compels the winning regional parties to still share power with the BJP given that the latter has a negligible number of MLAs in these assemblies? The answer probably lies in the endemic psychology of insecurity, which has led most northeastern states to locate themselves in a patron-client relationship with New Delhi, making them believe that their welfare depends on the patronage of the party in power at the Centre.

These alliances are far from ideological; they are transactional. If there were to be a change of guard in New Delhi, party alliances in the Northeast too would begin to transform. This is not just true of the Christian states but also others like Arunachal Pradesh and Manipur, which are known for the 'migration' of legislators towards power centres. In Assam and Tripura, the first terms of the BJP governments were mandated by electoral victories. In Arunachal Pradesh and Manipur, the first avatars of the BJP governments were virtually the Congress in a new bottle, made possible by large-scale defections with liberal help from the respective governors. In their second terms, however, the BJP retained these four states comfortably by going to the elections as the ruling party and bolstered by the clout that it was also in power at the Centre.

The February 2023 elections to the three northeastern states, the results of which were declared on March 2, also have interesting insights to offer. The only state the BJP won clearly with little support from its local ally, the Indigenous People's Front of Tripura, was Tripura. In the House of 60, the BJP was returned with 32 seats and the IPFT with only 1. Their tallies, however, were four and seven short, respectively, from those in the last elections.

Recently, a high-level Pakistani delegation comprising Defence Minister, DG ISI, and Foreign Secretary visited Kabul and held discussions with the Taliban.

While both sides were reticent to discuss the outcomes of the meetings, it is evident that the recent spike in violence constituted the core of the discussions, the Politeia Research Foundation said in a report.

In February, a suicide squad carried out a brazen attack on the Karachi Police Office and killed five people. Earlier, the bombing of a Peshawar mosque, located in a highly secured police headquarters, killed approximately 100 people. There were also frequent clashes between the Taliban fighters and Pakistan border guards. All these developments point to the deteriorating security situation at the Afghan-Pak border, the Politeia Research Foundation reported.

The Taliban takeover of Afghanistan in August 2021 was supposed to be a significant victory for Pakistan. However, since the takeover, Pakistan lost an estimated 637 security personnel and 314 civilians in 543 terrorist attacks primarily carried out by Tehrik-e-Taliban Pakistan



(TTP). There was a resurgence of TTP after the Taliban released all the terrorists from Afghan jails. After a prolonged Pakistani mediation between the Afghan Taliban and the US, the tables turned with the Taliban mediating peace talks between TTP and Pakistan government, the Politeia Research Foundation reported.

It is a paradox that, despite a prolonged and intense engagement, Pakistan's Afghan policy lacks a long-term approach and is guided by elusive objectives such as gaining 'strategic depth'.

Many policymakers in Pakistan, such as Hamid Gul, former Director-General of the Inter-Services Intelligence (ISI), noted that the absence of strategic depth dic-

tated Pakistan's Afghan policy. The objective of gaining strategic depth in Afghanistan serves the corporate interest of the Pakistan military and gives it significant influence in defining security policies.

While Pakistan's leaders may blame the superpowers for entrapping their country in geopolitical conflicts, it should be noted that they sought to define the trajectory of the Great Game in the region. Further, Pakistan's leadership was keen on leveraging its strategic location and willingly played along with the machinations of the big powers in Afghanistan at enormous economic and human costs. The narrative of strategic depth validated such proactive participation, the

Politeia Research Foundation reported. An elusive search for strategic depth and immediate security considerations coloured Pakistan's Afghan policy. For example, in the 80s' Pakistan supported the Mujahidin against the Soviet Union with the help of the US, then helped Mullah Omar to establish the Taliban to fight against the same Mujahidin.

In 2001, Pakistan joined the Americans in War on Terror against the Taliban and subsequently went on to help the Taliban against the US. Pakistan leadership may interpret, with pride, that these shifts indicate an ability to adapt to changing circumstances, the Politeia Research Foundation reported.

However, the fact that Pakistan is now fighting against the Taliban to safeguard its border regions indicates a more significant policy failure.

The skewed security policies of Pakistan are located in its inability to forge an inclusive nationalist framework since its inception. In addition, internal power politics and narrow personal interests of political leadership did not allow inclusive nationalism to flourish.

Subsequently, the military took control of political

power and relied on geopolitical events to conceptualise Pakistan's national identity. After the separation and independence of Bangladesh in 1971, the rhetoric of protecting Pakistan's territorial integrity became even more prominent. The issue of the disputed border between Pakistan-Afghanistan (the Durand Line), which stretched from China to Iran, acquired greater salience, the Politeia Research Foundation reported.

The alleged need for a 'strategic depth' and consolidating the western border probably constitute the primary objectives that provide context to Pakistan's Afghan policies. Pakistan's military leveraged the Cold War and, subsequently, the War on Terror to promote leaders favourable to Islamabad in Afghanistan while outsourcing the bills of such strategies to the West in general and the US in particular.

The dependence on external actors for the financial resources to execute its strategy prompted Pakistan to maintain the facade of cooperation with the US policy in Afghanistan.

Pakistan also sought to build a robust ideological base to legitimise its interventionist policies in

Afghanistan. The Islamic identity of Pakistan was radicalised during the Zia regime through strengthening institutional frameworks such as establishing separate Shariat judicial courts and sponsoring thousands of madrasas, which dictated the terms of engagement with Mujahidin and subsequently with the Taliban, the Politeia Research Foundation reported.

Supporting the Jihad against the Soviet Union, providing a safe haven to the Taliban, and being the only Muslim country with nuclear weapons fostered Pakistan's self-perception as a protectorate of Islam. Moreover, the growing religious radicalism in Pakistan also helped the government to use religious ideology to reach out or create different factions in Afghanistan.

It should be noted that most of the Taliban leadership studied in Haqqani madrasas that were funded by Pakistan Government.

However, Pakistan's interventionist policies in Afghanistan had severe limitations. First, in the eyes of extremist groups, Pakistan's establishment is a pawn of the US. The trust and legitimacy of the Pakistan military are fast eroding among various religious groups.

Literature & Health

Your loveable pet dog or cat might lead to restless nights

According to a new study published in the CABI journal Human-Animal Relations, your lovely pet dog or cat may cause you to have more restless nights than others who are graced with long periods of peaceful sleep.

The research, led by Dr Lauren Wisnieski of Lincoln Memorial University, USA, focussed specifically on pet ownership in the USA and drew upon data from the National Health and Nutrition Examination Survey (NHANES) conducted in 2005-2006.

Dr Wisnieski, Assistant Professor of Public Health and Research and Affiliation, found that having a dog was associated with greater odds of having a sleep disorder and having trouble sleeping while having a cat was associated with a higher chance of having leg jerks.

While the causal nature of pet ownership on sleep quality and sleep disorders was unable to be established, the results of the study are consistent with



previous studies that found that pet ownership has a negative impact on sleep quality.

Dr Wisnieski said, "Prior studies on the association between pet ownership and sleep quality and sleep disorders have varied results.

"On the one hand, dogs and cats may be beneficial for an owner's quality of sleep due to the social support that pets provide - pets offer a sense of security and companionship, which may result in improvements in levels of anxiety, stress and depression. Yet on the other hand, pets may disrupt their owners' sleep.

"This cross-sectional study aimed to determine if there is an association

between dog and cat ownership and sleep quality and sleep disorders - including consideration of aspects such as snoring, waking up during the night, needing pills to sleep and leg jerks."

The research built multivariable logistic regression models that also included sleep quality factors such as feeling unrested, feeling sleepy, not getting enough sleep, taking longer than 15 minutes to fall asleep and getting less than six hours of sleep on average.

Dr Wisnieski suggests that the differences in the association of sleep quality and cat verses dog ownership may be because cats tend to be more active at night.

Immunizations : Extremely effective way of preventing disease and death

Vaccination, or the practice of artificially inducing immunity, has been and continues to be one of the most important public health interventions in history, the practice of vaccination can be traced to as early as the seventh century when Indian Buddhists drank snake venom to induce immunity, possibly through a toxoid-like effect. Variolation against smallpox probably began early in the second millennium in central Asia and then spread east to China and west to Turkey. Lady Mary Wortley Montagu introduced variolation into England during 1721 after observing the practice in Constantinople. By using local knowledge regarding the protective effects of cowpox and experimenting further with it, in 1798 Edward Jenner introduced the notion of large-scale, systematic immunization against smallpox by person-to-person inoculation with cowpox virus.

The field of vaccinology experienced its next major advance in the 1800s with the concepts of attenuation and virulence. The concept of "passage" of the immunizing agent between animals or humans was recognized as important to maintain its "strength." In 1885, Louis Pasteur developed the first human vaccine against rabies. In 1886, the concept of killed vaccine was developed when Salmon and Smith produced a killed hog cholera vaccine.

This led to three new killed vaccines for humans: against cholera and typhoid in 1896 and against plague in 1897. Thus, by the end of the nineteenth century, two live attenuated viral vaccines (rabies and smallpox) and three killed bacterial vaccines (typhoid, plague, and cholera) were available for humans.

In the early twentieth century, toxoids were developed against diphtheria and

tetanus, and by 1927, bacille Calmette-Guerin (BCG) vaccine was also available. The isolation of the yellow fever virus in 1927 led to the French strain yellow fever vaccine, followed by the 17D strain, which had fewer side effects. By 1936, two killed influenza vaccines were developed, followed by a live one in 1937. Vaccines against rickettsia, typhus, the latter in heavy demand during World War II. The first trials for pertussis vaccine, conducted in 1923 and 1924 on the Faroe Islands, led to the availability of several whole cell pertussis vaccines of varying efficacy by the 1940s.

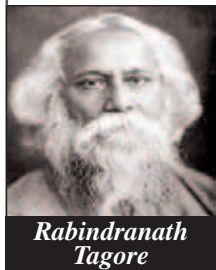
The advent of tissue culture in the 1940s sparked the next flurry of vaccine development, allowing for large-scale vaccine production. This new technique made it possible for Enders, Robbins, and Weller to grow poliovirus in tissue culture, winning a Nobel prize for their achievements and leading to the licensure of the Salk and Sabin polio vaccines in 1955 and 1960, respectively. During the 1960s, measles and mumps vaccines were licensed as well as the Japanese encephalitis vaccine, followed by the licensure of rubella and varicella vaccines in the 1970s. The availability of many new vaccines created enormous potential to control several lethal diseases.

IMMUNIZATIONS Immunizations are an extremely effective way of preventing disease and death among children and adults around the world. Vaccines are commonplace in MDCs and are becoming more widespread in LDCs, in part due to the WHO's expanded Programme on Immunization. However, many children in LDCs still have not been immunized.

POEM

Distant Time

I know not from what distant time thou art ever coming nearer to meet me. Thy sun and stars can never keep thee hidden from me for aye. In many a morning and eve thy footsteps have been heard and thy messenger has come within my heart and called me in secret. I know not only why today my life is all astir, and a feeling of tremulous joy is passing through my heart.



Rabindranath Tagore

How coffee might lower risk of type 2 diabetes

Coffee consumption can help lower the incidence of type 2 diabetes (T2D), according to a recent study published in Clinical Nutrition and financed by the Institute for Scientific Information on Coffee (ISIC).

This is mediated through variations in inflammatory biomarkers in the body. The study examined the underlying mechanisms by which coffee drinking may aid to reduce T2D risk and discovered that lower subclinical inflammation may partially explain the association.

T2D is partly considered an inflammatory disease, thus by researching coffee's effect on inflammation biomarkers such as C-reactive protein (CRP), which increases when there is inflammation in the body, the study sought to understand the underlying mechanisms linking higher coffee consumption with a lower risk of T2D-9.

Using data from the UK Biobank (n=145,368) and the Rotterdam Study (n=7,111), researchers confirmed that a one cup per day in-



crease in coffee consumption was associated with a 4-6% lower risk of T2D. It also predicted further possible favourable impact such as lower insulin resistance, lower CRP, lower leptin and

higher adiponectin concentrations in cohort participants. Adiponectin is a hormone that regulates glucose and lipid metabolism, which has been shown to have anti-inflammatory and insulin-

sensitising effects, and leptin is a hormone that regulates food intake and energy homeostasis.

A one cup per day increase was measured against individuals' varying daily consumption rather than a set baseline. Daily consumption within the study cohort ranged from 0 to ~6 cups of coffee per day, with findings suggesting benefits from an extra cup per day regardless whether individuals fell at the lower or higher end of that range.

Data from the UK Biobank cohort also suggested that the manner in which coffee is prepared may impact its health benefits. Filtered or espresso coffee had the strongest beneficial association with lower T2D risk and CRP concentrations, alongside being a non-smoker.

The study is authored by a team led by Dr. Trudy Voortman, PhD, Associate Professor in Nutritional Epidemiology at Erasmus University Medical Centre Rotterdam, with Dr. Carolina Ochoa-Rosales, PhD, Postdoctoral Scientist at the same institute, as primary author of the study.

Dr. Voortman said, "Coffee is one of the most frequently consumed beverages worldwide and its potential health effects trigger significant scientific research.

Previous studies have linked higher coffee consumption to lower risk of developing T2D but underlying mechanisms remained unclear. Our research shows that coffee is associated with differences in the levels of inflammation biomarkers in the body, and as we know that T2D is partly an inflammatory disease, this could be one of the mechanisms at play. These findings could also support future research into the effects of coffee on other inflammation-related chronic diseases."

The research complements the existing body of evidence on the association between coffee consumption and lower risk of T2D, which may contribute to the development of guidance on how nutrition and lifestyle changes support reduction strategies for non-communicable diseases like T2D.

IMPACT by Honeywell concludes Holi special customer connect campaign

LUDHIANA: IMPACT by Honeywell, a leading player in the Automatic Identification and Data Capture (AIDC) segment, has successfully concluded its Holi special customer connect campaign 'Let's make an impact together'. Through this campaign, it engaged with the end users and partners to recognize their contribution and celebrate collective success together on the occasion of Holi. Honeywell has conducted this drive over 5 locations like, Lamington road and Andheri IT market in Mumbai, Nehru place and Janakpuri IT market in New Delhi, Naza IT Market in Lucknow, PCMC IT market in Pune and Kocher IT market in Ludhiana. The campaign brought together customers and partners to showcase the brand's latest offerings and build lasting relationships. With the IMPACT series of AIDC solutions like barcode printers, barcode scanners, and mobile computers, Honeywell has established trust in the market that global brands can also offer localized offerings and support at competitive pricing without compromising on product quality. IMPACT by Honeywell is a brand created by Honeywell International to cater to the growing mid-market segment in India. The brand has been delivering innovative, sustainable, affordable, simple, and connected solutions that cater to sectors such as retail, manufacturing, healthcare, e-commerce, and supply chain. Their offerings include point-of-sale solutions, warehouse automation, digital safety & productivity solutions.

Croma launches own label in QLED TV & Water Purifier category

GURUGRAM : Croma, India's first and trusted omnichannel electronics retailer from the Tata Group, proudly introduces the latest addition to its own-label product line. These innovative QLED TVs and water purifiers are designed to transform lifestyles. The products are made to offer customers the latest technologies at a great price. Croma QLED TV uses cutting-edge technology to provide an immersive viewing experience. On the other hand, water purifiers offer a state-of-the-art water filtration system to provide clean and safe drinking water for families. In 2008, with the intent to delight customers further, Croma launched its own-label products. Croma's Own Label range of products has seen a huge growth of more than 2.5x over the previous year. Croma currently has 400+ products in the Own Label category that uses the latest technology and are curated by in-house experts with competitive pricing. The company offers the best value proposition to its customers by focusing on high-quality products and consistency in supply, which fosters trust and loyalty. The brand follows stringent processes, and quality testing techniques, and offers end-to-end post-purchase services which can be availed by the customers.

VoltUp partners with BSNL to increase battery swapping footprint

Gurugram: Increasing its footprint in battery swapping, India's leading Battery-as-a-Service (BaaS) start-up VoltUp, has entered into a partnership with BSNL to launch battery swapping stations in 4 locations across Gurugram, enabling an infrastructure of 150+ charging docks. The partnership between VoltUp and BSNL will extend to 30 locations across Haryana by year-end. Further, the partnership between VoltUp and BSNL will expand to major cities with high automobile density, to encourage last mile connectivity agents to adopt e-2 & 3 wheelers in their daily use. With the addition of new locations in Gurugram, VoltUp now has over 110 stations with 1300+ charging docks across 10 cities and 8 states. By end of calendar year 2024, VoltUp aims to increase its number of stations to around 2000. Adoption of a swappable battery is on the rise with last-mile connectivity agents opting for minimal downtime coupled with low running costs and low upfront costs to adopt safer and better battery technologies. With Gurugram being one of the early adopters of swappable batteries, VoltUp has been consistently increasing its presence in the city to support the growing demand. A Battery-as-a-Service (BaaS) platform, VoltUp offers a one-stop solution for battery swapping of all-electric 283 wheelers. Providing riders with smart swappable batteries.

Amazon announces Propel Startup Accelerator Season 3

Chandigarh : Amazon India today announced the launch of the third season of Amazon Global Selling Propel Startup Accelerator (Propel S3) – an initiative designed to provide dedicated support to emerging Indian brands and startups to reach customers around the world. The Propel S3 will support up to 50 D2C startups launch in international markets and create global brands from India. The program offers participants a chance to win total rewards worth over \$1.5 million including AWS Activate credits, ads credits as well as logistics and account management support for one year. The top 3 winners will also get a combined \$100K in equity free grant. Amazon will also help participating startups connect with Revenue-based-financing firms including Klub and Velocity who will provide curated offers to the participating startups to expand their business at scale. The applications for the program open today and will close on April 30, 2023. It will culminate in a demo-day where participants will get a chance to pitch their business propositions to leading VC firms and get a shot at funding to expand their operations.

Swiggy Celebrates Amritsar's Love for Food with Billboards

AMRITSAR : Swiggy, India's leading on-demand convenience platform, is taking the celebration of Amritsar's love for food to the next level with a series of billboards that features the most ordered dishes, proudly showcased by Swiggy's top delivery partners from the city. Installed throughout the city, the innovative billboards highlight some of the most prominent order trends of the city. From mouth-watering aloo-Tikki to delectable Shahi Paneer, the billboards showcase not only the top dishes but also the best restaurants to try them out. In addition to promoting Amritsar's culinary culture, Swiggy is also recognizing and celebrating one of the hero delivery partners from the city Mr. Rahul Sharma. After coming back from abroad due to family issues, he had to give up his job for at least 2-3 months. Mr. Rahul found a new career with Swiggy in 2019 and with Swiggy's help, he could pay off his debts and secure a steady source of income for his family, providing them with much-needed stability. He has since become an integral part of the team and is Swiggy's top delivery partner in Amritsar.

Tarsem Jassar's Spotify single track, 'Maan Punjabi' features at Times Square

Chandigarh: "Maan Punjabi", a Spotify single track by Tarsem Jassar, is making waves in Times Square, New York which was released on 18th March 2023. The music of the track was given by MxSingh under the label Vihli Janta Records; the song reflects the "Punjabi identity." In India, Tarsem Jassar's song "Maan Punjabi" is one of the most streamed songs on Spotify, drawing in a huge audience. The presence of artists like Tarsem Jassar has been consistent in maintaining the folk of Punjab and filling the hearts of the Punjabi audience with pride.

Tata AIA Life Insurance Launches NFO Offerings

AMRITSAR: Tata AIA Life Insurance (Tata AIA) has launched, NFOs under the aegis of #ProtectYourFuture. Sustainable Equity Fund & Dynamic Advantage Fund at NAV of Rs. 10 per unit. Tata AIA's Sustainability Equity Fund seeks to generate capital appreciation in the long term by investing in companies that adopt sustainable or Environmental, Social and Governance (ESG) friendly practices. The fund will invest 80-100% in equity and equity related instruments following ESG criteria. and upto20% in other equities or debt or money market instruments. Demonstrating the fund's core philosophy, Tata AIA will plant a sapling that will be geo-tagged and provide a digital certificate of the same to every policy holder, investing in this fund. Tata AIA's Dynamic Advantage Fund aims to generate superior and steady returns, despite factors like market volatility. The fund will dynamically allocate the investment corpus between Equity and Debt depending upon market conditions. Harshad Patil, Executive Vice President and Chief Investment Officer (CIO), Tata AIA Life Insurance, said,

NEWS/BUSINESS

YUGMARG, CHANDIGARH, FRIDAY, MARCH 24, 2023

8 herbs that can give your weight loss plan a boost

Mostly, people wanting to lose weight complain about diet food being so plain and light. Making a healthy choice is imperative (and compulsory) during a weight loss programme but making healthy food tasty is in our hands. If we are able to make our diet food tasty then the reason we hate dieting would no more exist. Simple, right?

Spices and herbs are the best way to add flavour to your food without adding any calories, sugar, junk and sodium - the four things that you must avoid while on a weight loss plan. And it's obvious that sticking to a diet becomes easier if you enjoy and like the food. Herbs make your food tastier and also boost metabolism, which in turn helps you burn fat. Below is the list of eight herbs and spices that have the power to burn fat faster and make you slim in no time.

Turmeric
According to a 2009 study by Tufts University, turmeric can help your body burn fat. In the study, there were two groups of mice, one was fed curcumin while the other wasn't. The results were that the group of mice that had curcumin lost more weight than the other group that did not have it. Turmeric is a warming spice, it increases the body heat which can boost your metabolism and provide other health benefits.

Cinnamon
Cinnamon is said to curb hunger cravings, control blood sugar level and make you feel fuller for

longer. You can add cinnamon to your oatmeal, mix it in yoghurt or put it in your tea. It is also a great addition to meat and chicken.
Cayenne pepper
Cayenne pepper raises the body temperature which boosts your metabolism. The higher the metabolism, the more calorie you burn. Adding this spice to your meal can help you burn up to



100 calories per meal. You can sprinkle cayenne pepper on nuts, soup, eggs and dips for that extra kick.
Cumin
Adding one tablespoon of cumin seeds to all your primary meals every day can help you burn three times more fat, says a recent study conducted on overweight women. Also, cumin adds great flavour to your food. You can add it to almost everything, including soups, dressings, veggies, pulses and bread.

Ginger
Ginger helps to control blood sugar level, which means it can prevent a spike in your glucose levels after taking a carb or a sugar rich diet. Same like turmeric and cayenne pepper, ginger also has thermogenic (fat-burning) property. Add it to your tea, salads, fish, fruits and more.
Rosemary

Rosemary helps to increase your metabolic rate. It also aids digestion and weight loss. These green pointed leaves are to be soaked in boiling water for a few minutes. The strained water can be consumed lukewarm at any time of the day but not empty stomach.

Cardamom
Cardamom, also called elaichi, is a popular Indian spice with a unique flavour. It is thermogenic in nature and that is why it helps you in losing weight. It also prevents the formation of gas, which makes you feel bloated and uneasy. You can add a pinch or two of cardamom powder to your food to lose weight faster.
Black pepper
How can we not mention black pepper while talking about Indian spices! Cousin to cayenne pepper, black pepper is rich in piperine, which gives black pepper its unique flavour. This one ingredient prevents the formation of fat cells and thus, helps you to lose, and later maintain, that weight. One can combine black pepper and cayenne pepper for better weight loss results.!

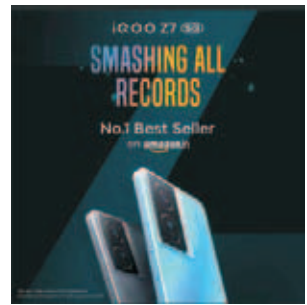
Bobble AI launches Super AI-powered keyboard



CHANDIGARH: Bobble AI launched Bobble Super, a one of its kind exclusive commerce offering that allows users a hassle-free, personalized and real-time intent-based shopping experience directly on its keyboard application. Users can seamlessly avail services such as food ordering, travel and ticket booking and online gifting as more than 100 brands are currently available on the platform including Swiggy, Redrair, Winni, Garnier, The Man Company, Loreal, Maybelline, Haplole and Boulit Audio to name a few. Bobble AI's conversational commerce offering is currently available to its 10M+ users and is being rolled out to a larger user base and is based on real-time triggered intents by the user alongside a dedicated "Super Assist" icon placed on the top bar of its keyboard. The super keyboard app provides users with personalized product and service recommendations across their smartphone journey using advanced intent detection technology that maps their intents across their smartphone usage in real time. Commenting on this development, Ankit Prasad, Bobble AI's Co-founder & CEO said that Bobble AI helps drive quick transactions for brands and business partners by serving the intents via non-intrusive prompts on the keyboard similar to a word suggestion. We strongly believe that this is the start of a new era in the history of e-commerce in India and Bobble AI is going to redefine the industry through its innovative, revolutionary conversational commerce that is the future of e-commerce.

iQOO Z7 Becomes the Highest Selling Smartphone in the Segment on Amazon.in

CHANDIGARH: iQOO Z7 breaks all milestones and leads the charts by becoming the highest selling smartphone on the first day of sale in the 15-20K price segment among the smartphones launched on Amazon.in in 2023. The new addition in Z series - iQOO Z7 is the first smartphone from the brand exclusive to the Indian market; infused with best-in-class hardware specifications and software capabilities to provide segment leading performance to its consumers.



Unprecedented response by our consumers for the latest iQOO Z7 5G. This is a testament of the brand's commitment to provide the best in class smartphone experience wrapped in segment's best innovation for its performance-seeking consumers. This continued success for the smartphone validates our consumers' trust in our products and services, making our smartphones a preferred choice for the consumers over competition in the segment. We aim to keep up to our consumers' expectations with innovative products, exciting offers and provide them with unparalleled smartphone experiences.

Chitkara University awards an Honorary Doctorate Degree to Dr. Aashish Chaudhry

Chandigarh: Chitkara University awarded an Honorary Doctorate degree to Dr. Aashish Chaudhry, Managing Director of Aakash Healthcare Super Speciality Hospital, Dwarka, New Delhi, for his outstanding contribution to the hospital & healthcare industry. Dr. Ashok Chitkara, Chancellor, Chitkara University, and Dr. Madhu Chitkara, Pro Chancellor, Chitkara University, awarded him the degree at Chitkara University Punjab Campus. Dr. Ashok Chitkara acknowledged Dr. Aashish Chaudhry's efforts and said, "Under the leadership of Dr. Aashish Chaudhry, the proficient doctors supported by exceptional nursing care have done remarkable work, especially during the worst-hit Covid waves. Dr. Chaudhry graduated from Maulana Azad Medical College, Post graduated in Orthopaedics from Lady Hardinge Medical College



and holds MRCS certification from the Royal College of Surgeons, Glasgow. He also holds a Healthcare Management degree from the Indian School of Business (ISB), Hyderabad. Besides his entrepreneurial skills, he is a practising Orthopaedic Surgeon with a special interest and expertise in performing Robotic Knee Replacement and MIS Hip Replacement Surgeries. Dr. Madhu Chitkara congratulated Dr. Aashish Chaudhry and said, "Dr. Chaudhry has a demonstrated history of working in the hospital & healthcare industry for more than 20 years. He has penned down numerous peer-reviewed papers and scientific publications. As an expert, his views and advice are often sought on wide-ranging and important matters concerning the pharma and healthcare industries across the globe." On the occasion, Dr. Aashish Chaudhry talked about his journey and experiences.

TCI Safe Safar: Har Safar - Safe Safar - ESG Safar

Chandigarh : India's largest integrated supply chain and logistics solution provider, TCI Group, continues to conduct nukkad natak in specially fabricated trucks. Nukkad Natak – A street play. The established methodology from the 1940's is yet again a proven way of community messaging. TCI Safe Safar's unique use of this street play with actors communicating in local language, wearing colorful dresses, encouraging driver participation has made its mark with a reach of 1 million+ drivers, who have been made aware of safety, health, and environment aspects. TCI Safe Safar by Transport Corporation of India Ltd. (TCI Group) is one step towards



driver education - BY THE DRIVER, FOR THE DRIVER. They are the protagonist of this story, unlike many other road safety drives in the country. TCI Safe Safar is one-of-its-kind program running from 2019, that targets the driver community and the USER industry. More than being a road safety awareness programme, it aims to uplift the status of a driver, the one who keeps the country and the world moving. If not for him, the world would go into standstill. Logistics as an activity happens on ground. Come hundred tech interventions, the importance of a skilled driver will always remain. But, whenever asked if the nation is doing enough for this community, the answer has never been up to the mark. Currently, the events are being conducted at customer locations & prominent places of Delhi-NCR. A new feature about 'ESG' has been added to the communication. This is to sensitize the transport fraternity about climate change & immediate action points like – avoiding the use of plastic, switching to alternative sources of energy, insurance & "Inclusivity of Drivers" being the central talking point. Over the course of TCI Safe Safar's journey, many corporates and associations have continued to support this initiative by granting letters of appreciation & accolades like:

Tata AIA Life Insurance Launches NFO Offerings

GURUGRAM : Tata AIA Life Insurance (Tata AIA) has launched, NFOs under the aegis of #ProtectYourFuture. Sustainable Equity Fund & Dynamic Advantage Fund at NAV of Rs. 10 per unit. Tata AIA's Sustainability Equity Fund seeks to generate capital appreciation in the long term by investing in companies that adopt sustainable or Environmental, Social and Governance (ESG) friendly practices. The fund will invest 80-100% in equity and equity related instruments following ESG criteria. and upto20% in other equities or debt or money market instruments. Demonstrating the fund's core philosophy, Tata AIA will plant a sapling that will be geo-tagged and provide a digital certificate of the same to every policy holder, investing in this fund. Tata AIA's Dynamic Advantage Fund aims to generate superior and steady returns, despite factors like market volatility. The fund will dynamically allocate the investment corpus between Equity and Debt depending upon market conditions. Investments in the two NFOs can be made through Tata AIA's ULIP offerings like Fortune Pro, Wealth Pro, Fortune Maxima and Wealth Maxima. Consumers can also avail this opportunity by purchasing Tata AIA's unique investment linked protection solutions, Param Rakshak and Sampooma Raksha Supreme. Consumers can thus benefit from market linked returns, while securing their loved ones with the protection of a life insurance cover.

Eating Almonds Before Meals Improved Blood Sugar Levels in Some People with Prediabetes

Ludhiana:-- Two new research studies[1]-[2] with almonds, one conducted over three days and the other over three months, demonstrated benefits to blood sugar control for Asian Indians with prediabetes and overweight/obesity – and the three-month almond intervention broke new ground, reversing prediabetes,



or glucose intolerance, to normal blood sugar levels in nearly one quarter (23.3%) of the people studied. In both studies, 60 people ate 20 g (0.7 oz) of almonds, around a small handful, 30 minutes before breakfast, lunch, and dinner throughout the study durations. Researchers expressed their enthusiasm for these almond studies and the first-of-its-kind statistically significant reduction in measures of prediabetes by

HDFC Bank launches Regalia Gold Credit Card

CHANDIGARH/LUDHIANA: HDFC Bank today announced the launch of Regalia Gold Credit Card—a super-premium credit card with unparalleled features and benefits in its Regalia range of credit cards. The card is packed with Best-in-Class Travel and Lifestyle benefits, allowing customers to redeem rewards for global travel and on a collection of premium brands via the exclusive Regalia Gold catalogue. It also offers cardholders complimentary airport lounge access globally, and premium milestone benefits. Regalia Gold is HDFC Bank's latest foray into the 'Super Premium Category'. The credit card will be available to high-income individuals and is designed exclusively to cater to the needs and requirements of travellers and lifestyle enthusiasts."It is our endeavour to serve almost every customer segment. After a hiatus, travel and lifestyle segments are both looking robust in terms of growth. Tourism numbers remain strong. Lifestyle spends are increasing. A credit card tailor-made for travel and lifestyle needs, we believe will serve the needs of a wide customer base. Regalia Gold provides a one stop solution with a host of exclusive offers and benefits as well as access to global travel facilitators, airport lounges, and curated benefits on lifestyle brands," said Mr. Parag Rao, Group Head - Payments, Consumer Finance, Digital Banking and Information Technology.

‘udazH – Molecular Hydrogen Therapy: A Revolutionary drugless, safe way to Focus on Health

Chandigarh : Serene Envirotech, a pioneering company in the field of preventive health and wellness solutions, is pleased to announce the success of its udazH product line. The udazH product line includes the udazH Inhaler and udazH Hydrogen Water Bottles as Potable wellness tools. The line has already made a significant impact on people's lives and is proving to be highly beneficial for health. The udazH Inhaler is an innovative product that provides a unique way to inhale hydrogen gas, known for its numerous health benefits. It is a compact device that is easy to use and suitable for people of all ages. It helps in reducing oxidative stress and inflammation, improves cognitive functions, and helps in maintaining overall wellness. The udazH Hydrogen Bottles are a sleek and stylish water bottle that generates hydrogen-rich water on the go. Drinking hydrogen water is a proven way to improve metabolism, increase energy levels, and maintain optimal hydration. The udazH Hydrogen Bottle is perfect for athletes, fitness enthusiasts, and anyone who wants to maintain a healthy lifestyle.

These products are designed for people who are always on the move and want to maintain optimal health. The bottle is portable, easy to use, and generates hydrogen-rich water within minutes. Drinking hydrogen water has proven benefits in reducing the risk of chronic diseases and improving overall health. Dr. Babu Sudhakar, Chairman, and Managing Director of Serene Envirotech, said, "Our vision of bringing hydrogen for health in India is getting in shape with the help of udazH. We are committed to creating innovative products that are drugless, safe, and beneficial for health. The udazH product line is a testament to our commitment to providing preventive health and wellness solutions for a better future." Serene Envirotech is dedicated to providing preventive health and wellness solutions that are beneficial for people's health and the environment. The udazH product line is just one example of the company's commitment to innovation and health. For more information about udazH and other products by Serene Envirotech, visit their website.

Gurdas Maan and Diljit Dosanjh reimagine Challa

Amritsar/Jalandhar/Ludhiana, March 23:-- Spotify today announced the release of three Spotify Singles by much-loved Punjabi artists Diljit Dosanjh and Gurdas Maan, Nimrat Khaira, and, Tarsem Jassar. While Diljit Dosanjh and Gurdas Maan reimagined the iconic 'Challa', Nimrat Khaira created a rendition of the romantic folk song 'Raanjha', and Tarsem Jassar released 'Maan Punjabi', a song about Punjabi identity. This is the first time that the audio streaming platform has released three Spotify Singles together. "Today, we have become one of the most important platforms for Punjabi artists to reach their fans. In fact, Punjabi is one of the most streamed music languages on Spotify in India, with playlists such as Punjabi 101 and Hot Hits Punjabi emerging as the go-to destinations for listeners to discover the best and biggest hits in

the language. With the brand new Spotify Singles, 'Challa', 'Raanjha', and 'Maan Punjabi', we have put the spotlight on the folk roots and traditional sounds of Punjabi music, and a few of the most talented artists in the country," said Rahul Balyan, Head of Music, Spotify India. He also added, "We want to continue to take this forward, focus on regional content from every part of the country, and take Indian music to 500mm music listeners in 184 countries around the world." Nimrat Khaira said, "I have been wanting to record a Punjabi folk song for a long time, and this Spotify Singles opportunity came at the right time. Raanjha is a song that is very close to my heart. Diljit Dosanjh said, "Challa" is an iconic Punjabi song that is close to our hearts and very special to me. It means a lot to me to have been able to recreate it as a Spotify Single with Gurdas Maan Saab, and I hope that when our listeners hear it, they will feel the same connection to it as we have all these years."



Walmart Foundation Expands Efforts to Support Smallholder Farmers in India, Further Empowering Women



PANIPAT : Expanding its commitment to improving farmer livelihoods in India, Walmart Foundation today announced a new five-year strategy that aims to reach 1 million smallholder farmers by 2028 with at least 50% women. The grants will be extended to non-profit organizations working in the areas of collectivization and farm aggregation with the aim of boosting farmer incomes across several states including Uttar Pradesh, Karnataka, West Bengal, Maharashtra, Andhra Pradesh and Odisha. The Walmart Foundation grants will focus on enabling local grantees to better support capacity building for farmer producer organizations (FPOs), expanding access to market linkages so that they can participate in commercial opportunities more seamlessly, and training farmers on sustainable farming methods and technology, with a particular focus on empowering women farmers. The Foundation announced two new grants alongside the new five-year strategy; they include:

- \$3 million to TechnoServe for smallholder farmers in Maharashtra and Andhra Pradesh aiming to reach 24 FPOs and 30,000 farmers, with 50% of them expected to be women.
- \$533,876 grant to Trickle Up aiming to reach 1,000 women smallholder farmers in Odisha, connecting them with two FPOs.

Rising star of Punjab: Daivry Virk

Daivry Virk's name is also included in the young singer artists who have made their mark in the Punjabi music world. During a meeting at Mohali's Bakdev Kakki Sangnet Academy, this singer artist Daivry informed the author about many pages of his life. In an interview of about an hour, Daivry Virk revealed that he is originally from Janian village in Amritsar and currently resides with his family in Khari tehsil of Mohali. Daivry told that he was fond of music since childhood and used to participate freely in the cultural programs of the school. His elder brother, Sukhinder Virk was fond of

writing songs. Encouraged by his elder brother, he got attracted towards singing and started practicing regularly. It was during this time that he met singer-composer Dilkush and under his guidance he started taking music lessons. Gradually, music became an important part of Daivry Virk's life. In March 2016, on the encouragement of family and friends, Daivry Virk recorded his first song 'Club Song' which was released under the music direction of Dilkush. The song was penned by Daivry Virk's brother Sukhinder Virk and received a lot of love from the audience. After this success, singer Daivry Virk did not look back and went on to achieve success. In July 2020, Daivry Virk's second song 'Akhai' which was a duet, was accompanied by singer Afsana Khan. This song was also well received by music lovers and Daivry Virk's career took off. According to Daivry Virk, he has sung more than two dozen Punjabi songs so far, some of the popular titles are 'Club Song', Rumour, Wardrobe, Land Lord, Family and Suit.

Ciena enhances its support of Bharti Foundation



Ludhiana : Ciena is strengthening its existing collaboration with Bharti Foundation by setting up Language and Computer Labs in Satya Bharti Senior Secondary Schools in Punjab. The company recently signed an MoU with Bharti Foundation that will enable students to enhance LSRW (listening, speaking, reading and writing) skills along with IT skills through state-of-the-art labs in an easy and interactive way. Gary Smith, Chief Executive Officer, Ciena: "Combining linguistics with technology can transform a passive language class into an interactive learning environment. Collaborating once again with our long-time customer, Bharti Airtel and the Bharti Foundation, we're bringing the magic of connectivity and technology to students and youths, empowering them to embrace learning and digital upskilling." Speaking on the occasion, Ms. Mantia Sakaria, CEO, Bharti Foundation said, "With rapid changes in technology, it is essential that students are well prepared for the future. Language labs and computer aided learning in our Satya Bharti Schools will help students accelerate their careers. I would like to thank Ciena for partnering with us and supporting our students in attaining the same level of knowledge and skills as students at national & international level."

HDFC Bank launches Regalia Gold Credit Card

SIMLA, 23, March, 2023: HDFC Bank today announced the launch of Regalia Gold Credit Card—a super-premium credit card with unparalleled features and benefits in its Regalia range of credit cards. The card is packed with Best-in-Class Travel and Lifestyle benefits, allowing customers to redeem rewards for global travel and on a collection of premium brands via the exclusive Regalia Gold catalogue. It also offers cardholders complimentary airport lounge access globally, and premium milestone benefits. Regalia Gold is HDFC Bank's latest foray into the 'Super Premium Category'. The credit card will be available to high-income individuals and is designed exclusively to cater to the needs and requirements of travellers and lifestyle enthusiasts."It is our endeavour to serve almost every customer segment. After a hiatus, travel and lifestyle segments are both looking robust in terms of growth. Tourism numbers remain strong. Lifestyle spends are increasing. A credit card tailor-made for travel and lifestyle needs, we believe will serve the needs of a wide customer base. Regalia Gold provides a one stop solution with a host of exclusive offers and benefits as well as access to global travel facilitators, airport lounges, and curated benefits on lifestyle brands," said Mr. Parag Rao, Group Head - Payments, Consumer Finance, Digital Banking and Information Technology. HDFC Bank, India's largest private bank, is the leading player in the payments ecosystem in the country with over 1.65 crore credit cards and an overall cumulative card base of over 6 crore, including credit, debit, and prepaid cards; addressing the need of different market segments.



NEWS AT A GLANCE

Ration distributed to TB patients



DALBIR MALIK KURUKSHETRA: On Thursday, on World Tuberculosis Day, ration kits were distributed to TB patients in the District Tuberculosis Prevention Department located at Lok Nayak Jayaprakash Civil Hospital, courtesy of Sarva Samaj Kalyan Seva Samiti. Ration kits were distributed to TB patients by Deputy Civil Surgeon Dr. Sandeep Aggarwal, State President of Sarva Samaj Kalyan Seva Samiti Rameshwar Saini, Patron Naresh Saini, Chairman Dalbir Malik, Rishipal Golan, Karmaveer Saini, Tarun Wadhwa, Punita Setia. In which rice, pulses, masala candle, soyabean big and other ingredients were distributed due to which TB patients got help. Deputy CMO Dr. Sandeep Aggarwal said that TB patients should avoid tea, coffee, sour and chilli spices with hot effects. Light exercise should be done every morning. Fibre rich things should be taken in food. Said that we should not discriminate against TB patients. Dr. Sandeep Aggarwal expressed his gratitude for the cooperation done by the organization. On this occasion, MOTC Dr. Neelam Kapoor, CTO Manju, PPM Vijay, Pharmacist Officer Shivansh, STS Pawan, IT Ashish etc were present.

CM announces to give complete facelift to Hussainiwala memorial

FEROZEPUR, MAR 23

Punjab Chief Minister Bhagwant Mann on Thursday announced to give a complete facelift to Hussainiwala memorial to perpetuate the legacy of Shaheed Bhagat Singh. The Chief Minister, while interacting with media persons here today after paying to Shaheed Bhagat Singh, Shaheed Rajguru and Shaheed Sukhdev, said that this place is sacred for every countrymen as the mortal remains of Shaheed Bhagat Singh, Shaheed Rajguru and Shaheed Sukhdev after their martyrdom were cremated unceremoniously by the Britishers here. He said that this place has been inspiring the youth of the country for selfless service towards the nation. Bhagwant Mann said that the state government is preparing a blue print for the comprehensive development of this place so as to facilitate thousands of pilgrims coming daily to offer their tributes to the martyrs. The Chief Minister said that he is blessed to



have visited this sacred land for paying tributes to the iconic martyr who laid down his life at the altar of the national freedom struggle. Bhagwant Mann said that the state government will leave stone no stone unturned for realising dream of Shaheed-e-Aazam Bhagat Singh. He said that the nation will always be indebted to this martyr who sacrificed his life at a young age

of 23 years for emancipating the country from the clutches of British imperialism. The Chief Minister also announced that the existing Technical University in Ferozepur will not be merged in any other university. He said that it will enable the youth of border district to become active partners in socio economic growth of the country by getting quality technical education. Bhagwant

Mann said that the skill training opens new vistas of employment for the youth thereby checking the brain drain from the state. The Chief Minister also said that this sacred place attracts tourism from across the globe who visit this place to pay homage to Shaheed Bhagat Singh, Shaheed Sukhdev and Shaheed Rajguru. He said that to facilitate these people, the state government will soon construct a tent city at Hussainiwala for ensuring comfortable stay to people during their visit. Bhagwant Mann said that giving a complete facelift to the Hussainiwala museum is also in the pipeline and state government will soon finalise it. The Chief Minister said that martyrdom of Shaheed Bhagat Singh at a young age had motivated the youth to join national freedom struggle thereby leading to independence of the country. He said that Shaheed-e-Aazam will ever remain a source of inspiration for the millions of youth to render selfless service to the nation.

CM Manohar Lal working with spirit of Antyodaya: Anand

SHIV KUMAR SHARMA
KARNAL, MAR 23



Chief Minister's Media Coordinator Jagmohan Anand said that Haryana Chief Minister Manohar Lal Veer is working in the spirit of Antyodaya by following the path shown by the martyrs. While saluting the brave martyrs Bhagat Singh, Rajguru and Sukhdev on the occasion of Martyrdom Day, he said that our future generations will always remember their sacrifice. Jagmohan Anand said that Haryana Chief Minister Manohar Lal has taken care of the poor and backward. Earlier, to avail the benefits of the schemes, the poor and needy had to bear the brunt of the government offices, but they worked by joining the land. Collected data of 72 lakh families of the state and made family identity cards. Now people don't have to suffer for pension. Pension of 3 lakh people has been made in the state through PPM. 12 lakh ration cards have been made for those whose income is less than Rs 1 lakh 80 thousand. Anand said

that the Chirayu Haryana scheme was started in Haryana like the Central Government with the thinking of Chief Minister. 15 lakh families with an income of Rs 1 lakh 20 thousand had come under the Ayushman Yojana made by the central government, but the Chief Minister started the Chirayu Yojana and included families with an income of Rs 1 lakh 80 thousand in this scheme. With this, 14 lakh families were given the facility of treatment up to Rs 5 lakh. Now there are a total of 29 lakh families in the state, who are being covered under the Ayushman and Chirayu schemes. Along with this, in the budget, the government has announced to add Rs 1500 to families with income of 3 lakh in Chirayu Yojana.

A passionate march by Revolutionary Center dedicated to memory of Shaheed Bhagat Singh and his companions

KULDEEP SOOD
BARNALA, MAR 23

After a rally in Civil Hospital Park Barnala by Revolutionary Center, Punjab dedicated to the memory of Shaheed Bhagat Singh and his companions, a revolutionary march was held to Shaheed Bhagat Singh Chowk. A large number of farmers, labourers, youth, democratic workers, employees and women participated in this march with full vigour. Arriving at Shaheed Bhagat Singh Chowk, young activists Mehkdeep, Jasleen and Parminder Kaur offered flowers to the statue of Shaheed Bhagat Singh. As the speaker, Mehkdeep, a young activist from the Revolutionary Center, Punjab, said that Shaheed Bhagat Singh had raised the concept of creating a new pro-people democratic system by ending the robbery of man by the hands of man through scientific analysis. Shaheed Bhagat Singh called the disappearance of the British imperialists behind the scenes in 1947 and the black British taking over the power a big betrayal of the Indian people. The conclusion is that even after 76 years of so-called



independence, hunger, poverty, unemployment, and bribery has crossed all boundaries. Youth leader Jasleen said that Shaheed Bhagat Singh believed about the youth that the party will need workers who can be recruited from the youth movement. That is why the youth movement is the first thing from where our program will start. The youth movement should open study centres. Lectures, leaflets, pamphlets, books, and magazines should be printed in classes. It will be the best recruiting and training ground for political workers.

Women should excel in their fields: Pooja Nagra



PREETI SAINI SADHAURA: A programme was organised in Sadhaura on the occasion of International Women's Day. It was presided over by Advocate Pooja Nagra. Giving information, Advocate Pooja Nagra said that on the occasion of International Women's Day, social worker women were honoured by 5 ELMS for which a programme was organised in Sadhaura. She said that this programme was organised to encourage the women who are doing good work in the society and are also a source of inspiration for others. This is the first programme to be organised in Sadhaura on International Women's Day in which Advocate Poojan Nagra was the chief guest and she was honoured for doing good work in her society while encouraging women. On this occasion, Advocate Pooja Nagra said that through the organisation, she wants to uplift the women of Sadhora area and make them self-reliant through self-employment. Meenu Patle, Pushpa Sigroha, Chandni Nagra, Gurinder Kaur were present on this occasion from 5 ELEMES.

District magistrate Sangrur issues prohibition orders

SUMER GARG
SANGRUR, MAR 23

District Magistrate, Sangrur, Mr. Jatindra Jorwal, while using the powers obtained under Section 144 of the Code of Criminal Procedure 1973 (Act No: 2 of 1974) have issued orders to completely ban on misrepresentation, inflammatory speech, spread false, false rumours, slurs, distort facts on social media apps like platforms by any person within district Sangrur.

The order said that it has been observed that some mischievous elements have been spreading false, false information on social media and other messaging apps



like WhatsApp, Facebook and Twitter etc. and other social media platforms, rumours regarding disturbing the law and order situation, rumors can be spread and there may be a risk of creating an atmosphere of fear in the general Public.

The orders further said

that it is necessary to prevent false, false rumors and misinformation or any other act like slander, distortion of facts, inflammatory speech to maintain law and order in the district. The other communications, which hurts the sentiments of the general public and causes threat to the peace and Law & order situation of the state, So, it becomes necessary to issue complete prohibition orders.

The District Magistrate has instructed the Senior Captain of Police, Sangrur and to all the Sub Divisional Magistrates of district Sangrur to strictly implement these orders. These orders will remain in force till 20 April 2023.

Rahul should apologise and quit politics: Prof. Rawal

DRASHOK KUMAR

KARNAL: State Spokesperson of BJP Haryana, Prof. Vidhu Rawal issued his strong reaction on the punishment given to Congress leader Rahul Gandhi in the defamation case and said that you will reap as you sow. Rahul Gandhi has been punished because of his profanity. Shri Vidhu Rawal said that it has become a habit of people like Rahul Gandhi and Kejriwal to first spit and then run away. They should now understand that there is rule of law in the country, if you insult someone then punishment is sure. It is noteworthy that even before this, Rahul Gandhi had apologised in writing in the Supreme Court for spreading the lie of alleged corruption in the defence deal of Rafale aircraft and in the case of defaming the Rashtriya Swayamsevak Sangh, in 2015, by apologising in the court. But Rahul does not desist from lying and being abusive. Rahul Gandhi and his supporters who are ousted from power by the public, resort to lies, falsehood and illusion and dream of capturing power again, but the country That the public will never allow these plans of the Congressmen to be fulfilled. Prof. Vidhu Rawal said that no matter how big and expensive the Congress leaders may raise a huge army of lawyers, but no one will be able to save the culprit from the punishment of the law.



AAP's popularity has created panic among parties: Satish



NIRMAL RADAUR: The Aam Aadmi Party organised a membership drive in Khajuri village. In the membership campaign run by senior party leader Satish Sharma Dhaudang, hundreds of people took membership of the party and took a pledge to take the policies of the party to the people. Satish Sharma Dhowdang said that the graph of Aam Aadmi Party is increasing day by day. People are happy with the policies of the party. Seeing the increasing popularity of the party, there is an atmosphere of panic among other parties including the ruling BJP party. He said that the people of the state have now made up their mind to bring the Aam Aadmi Party to power. Now the day is not far when the Aam Aadmi Party government will be formed in the state like in Delhi and Punjab.

Water cooler dedicated to public on martyrdom Day

RAJNI SONI

YAMUNANAGAR: On the occasion of Martyrdom Day, educationist Kavita Tyagi, a descendant of freedom fighter Amar Shaheed Mangal Pandey, who ignited the freedom struggle and rebelled against the British in 1857, dedicated the water cooler installed at Bhagwan Parshuram Community Center to the public. Kiran Tyagi, Priyanka Tyagi, Pooja Tyagi, Sudha, Arun Tyagi, Ajay Tyagi, Naresh Baba Ji, Vikram Tyagi Bittu, Sanjeev Chauhan and Virendra Tyagi were present with her on this occasion. On this occasion, Kavita Tyagi said that the martyrdom of Amar Shaheed Mangal Pandey will always be remembered and he will always be a source of inspiration for the youth. On this occasion, remembering Shaheed Bhagat Singh, Sukhdev and Rajguru, she said that due to the martyrdom of such martyrs, today we are breathing in the air of an independent country. He said that in view of this summer season when everyone needs cool water, this water cooler installed in Lord Parshuram Community Center will work to quench the thirst of common people, which is a virtuous act.



Forest dept visits spot where trees were cut

PREETI SAINI

SADHAURA: Panchayat Department and Forest Department employees visited the spot in the case of huge Khair trees cut from the panchayat land of Asgarpur village. During the visit, it was found that illegal felling of Kher trees standing in the Panchayati land has taken place. A complaint was given to Sadhaura police on behalf of Panchayat department and Sarpanch for action. In the panchayati land of Asgarpur village of Sadhora block, there are hundreds of priceless khair trees standing, on which illegal felling is being done day and night by the fearless khair smugglers, on which neither the forest department nor the panchayat department is watching. Khair smugglers are taking advantage of the negligence of both the departments and in the last one month, khair trees worth lakhs of rupees were cut from Panchayati land by theft. Taking nominal action by the employees of the Forest Department, only 12 trees were marked with the number of the damage report. After the matter came in the media, the officers of the Panchayat Department and the employees of the Forest Department inspected the spot along with the police and found that there was illegal felling of Khair trees in the Panchayat land, after which the police were sent to the Gram Panchayat for action.



Anti Terrorist Front burns effigy of Amritpal

RAJNI SONI

YAMUNANAGAR: Anti Terrorist Front India burnt the effigy of Khalistani Amritpal Singh. Under the leadership of national president Viresh Shandilya, an effigy of pro-Khalistani Amritpal was burnt near the Jagadhri bus stand and protested against Khalistan. On this occasion, Viresh Shandilya said that our front has been raising its voice against Khalistan for 25 years. Against Jamail Singh Bhindranwale, he is fighting a legal battle against the terrorists of Khalsa at the national level. The manner in which Amritpal talked about Khalistan in Punjab instigated the youth to take up arms and what he did in Ajnala was very shameful. He defied the Indian tricolor and the Indian



constitution. He insulted Guru Sahib in Ajnala and attacked Punjab Police, Chandigarh Police and demanded release of terrorists in the name of captive Sikhs. The action taken by the Union Home Minister by sending paramilitary forces to save Punjab is highly commendable. Today we are protesting against Khalistan and Amritpal in Yamunanagar

and burnt his effigy. Today we also pay tribute to the martyrs of the country, because of whose sacrifice we are breathing in the open air today. He said that the Punjab government should have taken action on this, but now action has been taken by the Centre. The one who made himself the heir of Punjab is running away in disguise today.

Due to martyrs people are breathing in open air: Lucky



RAJNI SONI

YAMUNANAGAR: On Thursday, Shaheed Azam Bhagat Singh, Sukhdev and Rajguru were remembered on the Martyrdom Day on behalf of the Press Club at the Media Center. First of all, obeisances were paid to the statue. The sacrifice of the sons of India will not go in vain. The martyrs gave freedom to the country by sacrificing their lives. That's why we will always be indebted to those immortal martyrs. Pradhan Prabhjit Singh Lucky said that Sardar Bhagat Singh, born on September 27, 1907 at Lyallpur in the then western Punjab, kissing the noose at the age of just 23, sacrificed his life for the freedom of the motherland along with Rajguru and Sukhdev. Bhagat Singh was to be hanged on 24 March 1931, but he was hanged 11 hours earlier on 23 March 1931 at 7.30 pm. At the time of hanging, it is said that Bhagat Singh was smiling and kissed the gallows while raising slogans against the British Government.

Bhagat Singh, Sukhdev, Rajguru are source of inspiration: SDM

SHIV KUMAR SHARMA

KARNAL: Shaheed Bhagat Singh, Shaheed Rajguru and Shaheed Sukhdev have always been a source of inspiration for the youth of this country. Taking inspiration from the lives of freedom fighters who sacrificed their lives for the country in their youth, we should work for the benefit of the country, said Karnal's Sub Divisional Magistrate Anubhav Mehta today while speaking as the chief guest at the blood donation camp organised by NIFAA. Remembering Shaheed-e-Azam Bhagat Singh Rajguru and Sukhdev on their 92nd Martyrdom Day in this camp, 108 blood donors of Karnal paid tribute to their great sacrifice by giving each

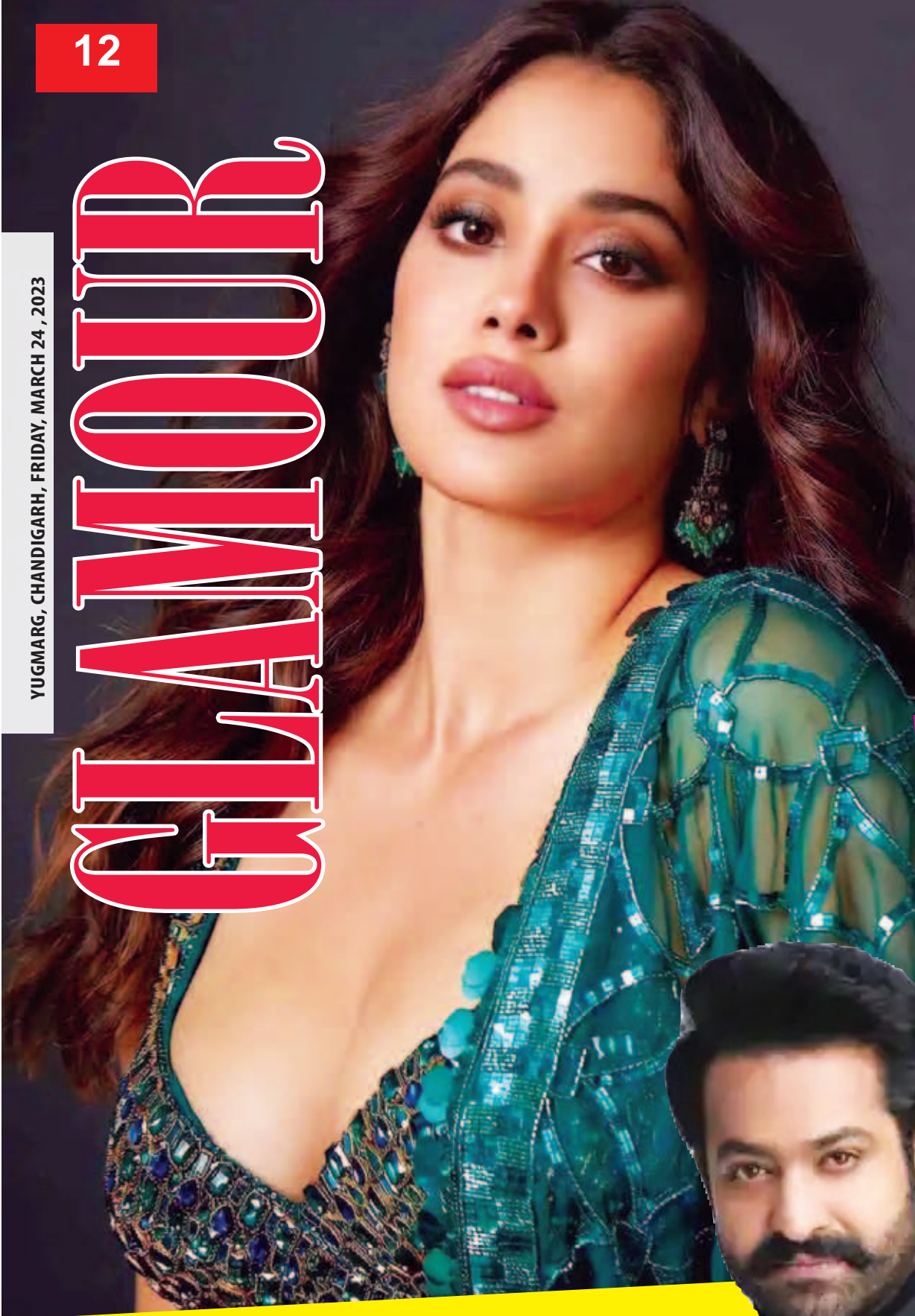


unit of their blood. A huge blood donation camp organised by the National Integrated Forum of Artists and Activists (NIFAA) at Golden Moments, Karnal was inaugurated by Anubhav Mehta, Sub Divisional Magistrate, Karnal and Estate Officer, Karnal, Haryana Urban Development Authority, as the chief guest.



Haryana Legislative Assembly Speaker Gyan Chand Gupta addressing a press conference on Thursday at MLA Hostel, Sector 3, Chandigarh.

GLAMOUR



SHILPA UNVEILS HER 'SATYAVATI' LOOK FOR PAN-INDIA FILM 'KD-THE DEVIL'

Shilpa Shetty Kundra has joined the Pan-India film 'KD-The Devil' as Satyavati. On the occasion of Gudi Padwa on Wednesday, Shilpa took to Instagram to announce her new project. She wrote in the caption, "Ugadi subhankshalu...Gudi Padwyachya hardik shubheccha...On this auspicious day of NEW beginnings, I'm thrilled to share with you a NEW character entering the war in #KD's battlefield as #Satyavati!" Shilpa shared the film poster, where she is seen in a retro look. Draped in a polka dot saree, oversized shades and an old-fashioned bun... Shilpa looked beautiful. Actors like Tanisha Mukherjee and Shilpa's sister Shamita Shetty gave a shoutout to her looks in the film. Druva Sarja headlined the film. 'KD- The Devil' also stars V Ravichandran, and Sanjay Dutt and with Shilpa Shetty Kundra now entering the war zone, this one is guaranteed to leave audiences wanting more.

Work on Rishabh Shetty's 'Kantara 2' begins



On the occasion of Ugadi, the makers of 'Kantara 2' have started the work on the film's script. Taking to social media, Hombale films shared the update. "On this auspicious occasion of Ugadi & New Year, we are delighted to announce that the writing for the second part of #Kantara has begun. We can't wait to bring you another captivating story that showcases our relationship with nature. Stay tuned for more updates," a post read on the Instagram page of Homable Films. Fans became excited after knowing this update. "Woah...can't wait for Kantara 2," a social media user commented. "Best of luck to team Kantara," another one wrote. Actor-director Rishabh Shetty announced the prequel of the movie 'Kantara' at an event marking the celebration of the movie hitting hundred days at the box office Rishabh said at the occasion, "We are very pleased

and thankful to the audience who had shown immense love and support to Kantara and taking the journey ahead, with the blessing of almighty Daiva the film has successfully completed 100 days and I would like to take this opportunity to announce the prequel of Kantara. What you have seen is actually Part 2, Part 1 will come next year. The idea has been flashed into my mind while I was shooting for Kantara because the history of Kantara has more depth to it, and currently, if the writing part is concerned we are in the middle of digging into more details. As the research is still progressing, it would be very early to reveal details about the film." Set in the fictional village of Dakshina Kannada, Kantara follows the character of Shetty who is playing a Kambala champion who has a faceoff with an upright Forest Range officer. Urvashi Rautela will be seen in the second part.

Jr NTR, Janhvi Kapoor begin shooting for

'NTR 30'

Actors Jr NTR and Janhvi Kapoor began shooting for their upcoming film 'NTR 30' with a pooja ceremony on Thursday.

Pictures and videos from the launch ceremony have surfaced on social media. In one of the pictures, Jr NTR and Janhvi can be seen joining filmmaker SS Rajamouli on stage as he gave the clap for the first shot and announced the commencement of the shoot. Janhvi who is set to make a debut in the South industry also shared a glimpse of her special journey.

In the first picture, she can be seen dressed in a beautiful green saree and matching accessories.

In the next picture, Janhvi shared a picture of the 'NTR30' clapboard image.

Sharing the pictures, she wrote, "Happy day. The start of the most special journey #NTR30." After 'Janatha Garage', Jr NTR is reuniting with Koratala Siva for this film.

As soon as the news was uploaded, Janhvi's fans and industry friends chimed in the comment section.

Maheep Kapoor wrote, "Congratulations my

love." Shanaya Kapoor reacted with red heart emojis.

Anirudh Ravichander will be in charge of the music, R Rathnavelu will be manning the camera, Sabu Cyril will lead the art and Sreekar Prasad will be the editor of the film 'NTR-30'.

Meanwhile, Janhvi has an interesting line-up of movies in her kitty. She will be seen in director Nitesh Tiwari's film 'Bawaal' alongside Varun Dhawan. She will also feature in a sports drama film 'Mr and Mrs Maahi' opposite Rajkumar Rao.



SRK, Salman to shoot for 'Tiger 3' at massive set

Preparations for the shoot of superstar Shah Rukh Khan's special appearance in Salman Khan-starrer 'Tiger 3' have been going on in full swing.

As per a trade source, a massive set will be constructed over 45 days to shoot the Salman-SRK action scene in 'Tiger 3'.

"Salman Khan and Shah Rukh Khan will be seen on screen again in Tiger 3 and Aditya Chopra and director Maneesh Sharma have planned this to be the biggest surprise element of the film. YRF has quietly commissioned to build a massive set over 45 days to shoot the scene where Salman and SRK will be involved in some mind-boggling action," the source said.

"When Salman appeared in Pathaan to help SRK, fans went into a frenzy seeing their biggest cinema idols beating their antagonists to a pulp. Now, it's time for King Khan to repay the compliment in Ti-

ger 3 and we expect Salman and SRK to pull off crazy, adrenaline-pumping, high-intensity action sequences that will blow our minds," the source added.

SRK is expected to start shooting for his cameo in Salman Khan-starrer in April. He will shoot for seven days in Mumbai.

Tiger 3, the third in the Tiger franchise, will be directed by Maneesh Sharma. The film will release in Hindi, Tamil and Telugu this Diwali. The upcoming action-thriller stars Emraan Hashmi as the antagonist.

Katrina will play the female lead in the film.

Prior to Tiger 3, Salman and SRK were seen together in Siddharth Anand's blockbuster 'Pathaan'. The film, which went on to become a blockbuster, marked the return of SRK to the silver screen after a four-year hiatus.

Anupam Kher remembers late Amrish Puri

Veteran actor Anupam Kher shared a fun video remembering the golden period of relationships in movies with late actor Amrish Puri.

On Wednesday, Anupam dropped a video featuring himself and Amrish from an old award function. In this throwback video, Kher started singing a funny song about a bald head that Amrish sang this song in front of the mirror while shooting earlier.

The duo can be seen at an award function and sharing their stories.

Sharing the video, "From memories: this song was sung at a stage show many years ago!! Made fun of bald people. How innocence was there in Amrish ji's smile!!! This was the golden period of relationships in movies! Relationships were easily made. And went on for a lifetime!!"

Anupam and Amrish have worked in films like 'Saudagar', 'Dilwale Dulhania Le Jayenge', 'Ram Laxhan', 'Jaal: The Trap', 'Tridev', 'Trinetra' and Jhooth



Bole Kauwa Kaate', among others.

Amrish Puri was undoubtedly one of the finest actors in the Indian film industry. He was so prolific that no Hindi film was complete without his presence. With his intense baritone and imposing presence, Puri always man-

aged to bring magic to the characters.

After making his acting debut as a small-time hoodlum in 'Prem Pujari' in 1970, Puri went on to become one of the most renowned and credible actors in the history of Indian cinema, especially with his villainous roles as Mog-

ambo in 'Mr India', 'Jagavar' in 'Vidhaata', Balwant Rai in 'Ghayal', Barrister Chadda in 'Damini' and Thakur Durjan Singh in 'Karan Arjun'. One can't also forget his role as Baldev Singh, a strict father in 'Dilwale Dulhania Le Jayenge'.

Unfortunately, the versatile actor left for his heavenly abode on January 12, 2005, following a prolonged illness. It's been 18 years since Puri passed away and he is still fondly remembered by cinephiles due to his evergreen screen image. Undoubtedly, credits go to his iconic dialogues that still echo in our heads. Coming back to Anupam, he will be seen in his 534th film 'The Vaccine War'. 'The Vaccine War' revolves around India's contributions in the race to produce a Covid-19 vaccine during the pandemic. Helmed by Vivek Agnihotri 'The Vaccine War' is all set to hit the theatres on the occasion of Independence Day 2023 in 11 languages.