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NEWS BRIEFS

**VB raids Vijay Inder Singla's house**

**CHANDIGARH:** Vigilance Bureau (VB) officials on Tuesday visited former Punjab minister Vijay Inder Singla's Patiala residence as well as a commercial property owned by him. Sources with the bureau said they were assessing the properties owned by the Congress leader. His close associates were also questioned. Singla, who had won the Sangrur Assembly seat in 2017 only to lose it in 2022, held the education and public works department (PWD) portfolios during his tenure in the Congress government from 2017 to 2022.

**President Murmu Conferred With Suriname's Highest Civilian Award**

**NEW DELHI:** President Droupadi Murmu has been conferred with Suriname's highest civilian award by her counterpart Chandrikapersad Santokhi to honour the deep-rooted bilateral ties. Murmu arrived in Suriname on Sunday on a three-day state visit - her first since assuming office in July last year. She was conferred with the highest civilian honour of Suriname 'Grand Order of the Chain of the Yellow Star' by the President of Suriname at a ceremony.

**Gold climbs Rs 375 to Rs 60,775/10 gm; silver falls Rs 50**

**NEW DELHI:** Gold price climbed Rs 375 to Rs 60,775 per 10 gram in the national capital on Tuesday amid a rise in the precious metal's prices in overseas markets, according to HDFC Securities. In the previous trade, the yellow metal had closed at Rs 60,400 per 10 gram.

**Atishi moves Delhi HC against Central govt for delaying travel clearances to UK**

**NEW DELHI:** Delhi's Education Minister Atishi Marlena has moved Delhi High Court against concerned ministries of the Central Government for allegedly delaying her travel clearances to the UK. She has been invited in her official capacity by the prestigious Cambridge University to speak at a conference on 'India at 100: Towards Becoming a Global Leader' to be held on June 15.

Atishi is a Minister in the Council of Ministers, Government of NCT of Delhi holding portfolio of Education, Public Works Department, Power, Art Culture & Languages, Tourism, Women & Child Development. The plea stated that the respondent authorities are delaying travel clearances to the UK from June 14, 2023, to June 20, 2023. Therefore, urgent directions are required from Court to grant her the requisite clearance.

## CBI begins probe in Balasore train accident, case registered

AGENCY  
BALASORE, JUNE 6

Central Bureau of Investigation (CBI) has registered a case on request of Ministry of Railways, consent of Odisha Government and further orders from DoPT (Government of India) relating to train accident involving Coromandel Express, Yashwantpur-Howrah Express and a Goods train at Bahanaga Bazar in Odisha on June 2. A CBI team reached Balasore on Tuesday. CBI has taken over the investigation of the case earlier registered at Balasore GRPS, District Cuttack (Odisha) vide GRPS Case No.64 dated 03.06.2023 regarding the said accident. (FIR) against unidentified persons under multiple sections of the Railway Act 1989 and Indian Penal Code (IPC) in connection to the Odisha train accident.

According to the FIR Report, the case has been registered under sections 154, 175, and 153 of the Railway Act and under sections 337, 338, 304 A, and 34 of the Indian Penal Code.

"On 03.06.2023 at 01.00 AM, I Sub Inspector Papu Kumar Naik at Chak-lundapal, Police station Turununga, Dist Keojhar, At/Pre-SI of Police Balasore GRPS drew up the plain paper FIR at the PS on 02.06.2023 at 06.55 PM due to collision between Train No-12841 Howrah-Chennai Coromandel Express and Train No-12864 Yesbantapur-Howrah Express, the Boggies of both trains capsized causing death more than hundred and injuries to several hundreds of passengers," FIR read.

"The dead body and injured person were shifted to DHH Balasore, DHH



Bhadrak, CHC Soro and other Hospital rescue operations continuing. This report reveals a coge case, Balasore GRPS Case No-64, dated 03.06.2023 under sections 337/338/304A /34 IPC /153/154/175 Railway Act, his registered and requested to Ranjeet Nayak OPS SDRPO Cuttack has taken off the investigation," it added.

FIR report also mentioned that at present culpability of specific Railway Employees is not ascertained, which will be unearthed during the investigation.

Earlier today, a 10-member CBI team reached the site of train accident in Odisha's Balasore on Tuesday as part of its investigations into the tragedy that took place on June 2 and resulted in death of 275 people.

The CBI is probing the accident that involved two passenger and a goods train.

Union Railway Minister Ashwini Vaishnaw had said on Sunday said that the Railway Board had recommended a CBI probe into the tragic accident.

The minister had also said that the accident occurred due to a "change in electronic interlocking".

Electronic interlocking is an arrangement of signal apparatus that facilitates safe movement of a train through an arrangement of tracks.

The aim of this system is that no train gets the signal to proceed unless the route is safe. The Railways is also conducting a probe into the accident.

The three-way accident involved Bengaluru-Howrah Superfast Express, the Coromandel Express and a goods trains on three separate tracks at Bahanaga Bazar Station in the Balasore district.

## BSF jawan killed, two soldiers injured in Manipur

AGENCY  
IMPHAL, JUNE 6

A BSF personnel died while two jawans of Assam Rifles were injured in a gun battle with insurgents at Serou, Kakching district on Tuesday.

The injured were evacuated by a military helicopter to the headquarters of Assam Rifles at Imphal.

Army official said extensive area domination operations by Assam Rifles, BSF Manipur and Police were undertaken at Sugnu and Serou. Interim firing between Security Forces and group of insurgents took place throughout night of June 5 and 6. Security Forces effectively retaliated to the fire.

One BSF Jawan sustained fatal injuries while two Assam Rifles personnel sustained Gun Shot Wounds (GSW) in general area Serou. Injured Assam Rifles personnel Air evacuated to Mantripukhri. Search operations in progress. Sugnu was



relatively peaceful even after the break out of clashes between two communities in Manipur however since May 28 last heavily armed persons burnt the residence of K Ranjit MLA and other houses belonging to another community. All houses at Serou have been burnt completely and people were taking refuge at Sugnu. In the aftermath of the burning of houses, people of the area started attacking the camp of a Kuki militant group under Suspension of Operations (SOO).

## Farmers block highway in Kurukshetra over MSP demand for sunflower seed

**BUREAU KURUKSHETRA:** Hundreds of farmers on Tuesday blocked National Highway-44 in Haryana's Kurukshetra, demanding procurement of sunflower seed on the Minimum Support Price (MSP). Police officials have reached the spot in Shahabad and diverted traffic. The protest was led by Haryana BKKU (Chaduni) chief Gurnam Singh Chaduni.

Farmers demanded the state government should withdraw its decision not to procure sunflower seeds on the MSP and induct the crop under the Bhavantar Bharpai Yojana. Addressing the farmers at the protest site, Chaduni said the government should

immediately begin the procurement process at the MSP of Rs 6,400 per quintal. "At our meetings with government representatives, we had made it clear to them that the growers will not accept anything less than the MSP. We were assured that the sunflower crop will not be procured under the government's Bhavantar Bharpai Yojana," he told the media at the protest site. Agitated over the government's decision by inducting the crop under the Bhavantar Bharpai Yojana, sunflower farmers had previously given an ultimatum to the government till this day (June 6) to withdraw the decision and begin procurement on the MSP.

## Mann demands additional power for Punjab from central pool

SHASHI PAL JAIN  
CHANDIGARH, JUNE 6-

In wake of the power requirement of the state in the ensuing paddy season, the Punjab Chief Minister Bhagwant Mann on Tuesday urged the Union Power Minister RK Singh to provide additional power to the state from the central pool to meet the heavy demand of electricity.

In a letter to the Union Power Minister, Bhagwant Mann flagged the issue of power requirements of the state on account of the upcoming paddy season. The Chief Minister said that in order to provide uninterrupted supply of power to the farmers of the state, the Punjab State Power Corporation Limited (PSPCL) is continuously keeping a watch over the power availability on the PUSHp portal. However, he said that it has been observed that as of now the availability of power on the portal is un-



certain, for a shorter span and on a day-to-day basis only.

The Chief Minister said that as the demand of electricity cannot be reliably met through the collective transaction segment of power exchange, the state is in definite need of firm allocation of Round The Clock (RTC) power of 1000 MW for the period from June 15 to October 15. He said that this requirement of additional power is further necessitated due to the recent IMD (Indian Meteorological Department) prediction of low monsoon rainfall in North-Western India, including Punjab.

## Pro-Khalistan slogans raised on Operation Blue Star anniversary

AGENCY  
AMRITSAR, JUNE 6

Pro-Khalistan slogans were raised on the Golden Temple premises on June 6 by supporters and activists of radical Sikh outfits on the 39th anniversary of Operation Blue Star.

Slogans of "Khalistan Zindabad" were also raised by activists of Shiromani Akali Dal (Amritsar) led by MP Simranjit Singh Mann and his associate former MP Dhian Singh Mand at the Akal Takht. Mr. Mann was also present on the spot.

Radical Sikh outfit Dal Khalsa's



activists were seen holding placards bearing portraits of slain militant leader Jarnail Singh Bhindranwale and raising pro-Khalistan slogans.

## Court sends Amritpal Singh to judicial custody after NIA remand ends

**NEW DELHI:** Delhi's Patiala House Court on Tuesday remanded two accused Amritpal Singh alias Ammy and Amrik Singh in judicial custody after National Investigation Agency (NIA) custody ended.

They are allegedly associated with Canada-based terrorists Arshdeep Dhallia and Khalistan Tiger Force (KTF).

They were arrested under the Unlawful Activities (Prevention) Act (UAPA) after be-

ing deported from Manila Philippines on May 19 at the Indira Gandhi International (IGI) Airport.

Special judge Shailendra Malik remanded both the accused persons in judicial custody till July 4. Both accused persons were produced physically after the expiry of the NIA custody.

The agency moved an application seeking judicial custody of accused persons.

## Hry CM directs to provide transport facilities for school students

BUREAU  
CHANDIGARH, JUNE 6

Haryana Chief Minister, Manohar Lal has directed the officers concerned to ensure the transport facility for school students travelling a distance of more than one kilometre. For proper monitoring of the safe and secure travelling of these students, one of the teachers of these schools should be made the nodal officer.

He further said that a possibility should also be explored to develop a strategy to pay travel expenses to these students, said Sh. Manohar Lal while presiding over the meeting of the State Level DISHA Committee through video conferencing with Administrative Secretaries, and Deputy Commissioners held here today.

Development and Panchayat Minister, Sh. Devender Babli co-chaired the meeting. MP, Sh. Ramesh Chander Kaushik, Rajya Sabha MP, Lt. Gen. (Retd.)



D.P. Vats, MLAs, Dr. Abhe Singh Yadav, Smt. Nirmal Rani and Sh. Mamman Khan also remained present in the meeting. Various schemes of the Central and State Governments were reviewed in detail during the meeting.

The Chief Minister said that ensuring the safety of every child is the topmost priority of the state government. For this, a comprehensive framework has been made. Under this, the age group-wise data of Parivar Pehchan Patra has been shared with different departments and as per this data, the responsibility of children up to 6 years has been entrusted to the Women and Child Development Department.

## 9 years of Union Government - dedicated to service, good governance and welfare of poor

BUREAU  
REWARI, JUNE 6

The 9 years of the Union Government have been dedicated to service, good governance and welfare of Poor. In order to give detailed information about the steps taken towards development schemes benefiting the common man, an interactive program was organized as media workshop and Vartalap by the Press Information Bureau Chandigarh at Rewari district headquarters on Tuesday.

Rewari's ADC Swapnil Ravindra Patil was present as the chief guest in the event, while the workshop was presided over by PIB Chandigarh's Additional Director General Rajinder Chaudhry. SDM Bawal Jitendra Kumar, DIPRO Dinesh Kumar and BJP



State Spokesperson Vandana Popli were present as special guests in the workshop.

The objective of the event was to establish direct interaction between PIB and journalists working at district and sub-district level.

In conversation Additional Director General PIB Chandigarh (Northern Region) Rajinder Chaudhry said that media is the most powerful tool for dissemination of information. Apart from focusing on investigative journalism, the media should also fo-

cus on developmental journalism and try to focus on successful and positive stories from the ground. He also stressed on media ethics and code of conduct for journalists before reporting on various issues. Mr Chaudhry said that women are leading on all fronts and in times to come, this region will witness more active participation of women in media as well as other fields. On this occasion Shri Chaudhry made a presentation on various schemes in 9 years of service, good governance and welfare of poor. Addressing the journalists, Shri Chaudhry also reiterated that journalists should enhance the information shared by various government agencies and help in disseminating the message of development among the masses.







30 percent discount on interest for depositing property tax by July 31: Sonu Ram



**PEHOWA (SANJAY VERMA):** Sub-Divisional Officer, Citizen Sonu Ram said that the Haryana government has decided to give 30 per cent rebate in the interest amount on depositing the property tax amount by July 31. Earlier this rebate was 10 per cent. The government has increased the interest subvention from 20 per cent to 30 per cent. This will provide relief to the class living in urban areas. He said that the citizens whose property tax was due they should take advantage of this scheme of the government by depositing property tax on time. The SDM said that the property tax in Haryana has now become completely streamlined. Wide publicity was being given by the government so that maximum number of people get the benefit of 30 per cent rebate in the interest amount of property tax. He called upon the general public to make them aware and motivate the defaulters to deposit property tax so that they can take advantage of this scheme of the government. He said that those who have high property tax dues they should deposit their property tax as soon as possible.

**Mamta appoints the district president of the women's cell of All India Welfare Association**



**MAINPAL KASHYAP**  
**INDRI:** National President of All India Welfare Association Ranjit Singh Damla handed over the appointment letter of District President of Women's Cell of District Karnal to Mamta Devi and handed over the responsibility of District Karnal to her. On this occasion, Mamta Devi said that National President of All India Welfare Association, Ranjit Singh Damla has given her such a big responsibility, she thanked him heartily. She was doing her work more. She will do her work with great responsibility and will do impartially for the organization.

**Haryana Public Health Minister approves 5 Major Sewerage and Drinking Water Schemes Worth Over Rs. 450.8 Million**

**CHANDIGARH:** Haryana Public Health and Cooperation Minister, Dr. Banwari Lal today granted approval for 5 major sewerage and drinking water schemes in the state, with a total cost exceeding Rs. 450.8 million. Presiding over a significant meeting, he announced that the commencement of work on these projects would take place in the near future. The Minister highlighted the plan to reinforce the existing sewerage system from Kheda near Timber Market Chowk, Arya Nagar Chowk Nandi Mohalla to South Disposal in Ambala city. This strengthening will be carried out using the cutting-edge Cured-in-Place Pipe (CIPP) technology, with an estimated cost of about Rs. 1349.31 lakh. Furthermore, the Minister announced the replacement of the sewerage system in ten wards of Karnal city.

**SDM Ashok Kumar welcomed by people of social organization by giving bouquets**



**MAINPAL KASHYAP**  
**INDRI :** SDM Ashok Kumar took charge on Monday Social organization people reached SDM office and welcomed SDM Ashok Kumar with flower bouquet. ADM Ashok Kumar said that there will be no laxity in public works as it will be done on time. Jai Narayan Sharma former chairman Market Committee, Rishipal Sharma former Pradhan Brahmin Sabha Indri Dr. Subhash Sharma, Dharmapal, Harpal Mandhan, Aditya Sharma, Ravindra Sharma Chairman Swift International School Bibipur Jatan were present.

# HARYANA

YUGMARG, CHANDIGARH, WEDNESDAY, JUNE 7, 2023

## Special Campaign for door-to-door waste collection and segregation” launched

BUREAU  
CHANDIGARH, JUNE 6

Haryana Urban Local Bodies Minister, Dr. Kamal Gupta has emphasized the government's continuous efforts to transform every city in the state into a 'Clean City-Safe City'. As part of this initiative, a special campaign will be launched to raise awareness about door-to-door waste collection and segregation.

Dr. Kamal Gupta was presiding over a review meeting held at Haryana Niwas here today. The meeting was attended by Municipal Corporation Commissioners, District Municipal Commissioners, and officers of Urban Local Bodies Department (ULB).

During the meeting, Dr. Gupta directed the officers to take concrete measure for the beautification of cities including repair of roads, parks and parking facilities. He emphasized the significance of implementing door-to-

door waste collection, segregation, and disposal, as well as the regularization of irregular colonies, property tax, and property ID. Furthermore, he urged the officers to ensure the successful implementation of the Mukhyamantri Shehri Nikay Swamitva Yojana. Through the effective execution of this scheme, the state government can achieve the goal of creating 'Clean City-Safe City'.

He further instructed the officials to initiate a special campaign to rectify the property tax and property ID issues. For this purpose, camps should be organized at public places to disseminate information to the people. Advertisements should be displayed on smart boards at various locations to ensure wider awareness of this scheme. The property data of all 88 urban bodies in the state has been made available on the portal, allowing residents to conveniently check their respective properties. Dr. Kamal Gupta

further said that the officers should align their work with Prime Minister, Mr. Narendra Modi's vision for smart cities. He highlighted that the cities of Indore and Bhopal in Madhya Pradesh are renowned as the cleanest cities in the country. Dr. Gupta suggested engaging in discussions with department officials and organizing a workshop in Haryana to further explore this concept. During the meeting, Commissioner and Secretary, Urban Local Bodies Department, Mr. Vikas Gupta delivered a presentation on the ongoing activities of the department. He directed all municipal commissioners and district municipal commissioners to ensure the timely submission of weekly and monthly progress reports regarding the development works being conducted in their respective cities. He directed them to obtain timely approval for the detailed project reports to ensure that the work can commence as per the schedule.

**All banks should fulfill target set by govt schemes so that people can get loans on time: ADC**

**PARI BAJAJ**  
**KARNAL :** Under the chairmanship of Additional Deputy Commissioner Dr. Vaishali Sharma, a quarterly review meeting of the District Level Bankers Committee was organized in the auditorium of the local small secretariat on Tuesday. Representative of Reserve Bank of India



presented a progress report regarding the contribution of the banking sector in the district under the government sponsored schemes. In the meeting, the ADC instructed the LDM to issue show cause notices to those DCOs who are absent in the meeting without notice. He said that all the banks should do everything possible on the target set by the government-sponsored schemes so that people get loans on time and they can establish their self-employment. He made it clear that the application of any applicant should not be canceled without any reason.

Vikram Dhandu, AGM from NABARD Kushal Singh, Deputy Superintendent of Police Suresh Kumar, DCO, Nodal Officer of Government Departments, Director of RSETI Harish Kharbanda were present. LDM Sushil Kumar Handuja welcomed the ADC with a bouquet and

**Avoid use of plastic for better future - CJM Jasbir**

DR ASHOK KUMAR  
KARNAL- JUNE 6

Under the guidance of Chief Magistrate and Secretary, District Legal Services Authority, Karnal, Ms. Jasbir Kaur, Government Senior Secondary School World Environment Day was celebrated near the bus stand. On this occasion, CJM told that in today's industrialization era, it was very important to think about the environment. Because of the indiscriminate felling of trees, the environment has suffered a lot in the last few decades. Because of this, rapid changes were now being seen in the world's ecosystem.

World Environment Day is celebrated every year with the aim of giving a pledge to protect the environment. The Day was celebrated on Tuesday with the help of Haryana Pollution Control Board Karnal in association of Education Department. District Education Department Deepak, Assistant Environmental Engineer Hardik and Principal Government Senior Secondary School Karnal Mohan were present on this occasion. World Environment Day was celebrated with great pomp among the children and all the children present there took a pledge not to use plastic. Sushri Jasbir Kaur said that the main purpose of celebrating this day was to make people aware about the environment, along with this, trees should be planted everywhere on this day so that our future generations did not face any problem. She also told that it should not be remembered only for a day in a year but everyday you should make people aware. That too, he should plant trees in maximum quantity

in the empty space around him. The main objective of this year's Environment Day was the theme 'Plastic Pollution', which was chosen to encourage people who used plastic to think of alternative methods. Eco-friendly bags were also distributed among all the visiting children and their parents and teachers by the Pollution Control Department, Karnal. CJM gave a message by planting saplings in the school premises and said that the purpose of planting saplings was to bring greenery to the environment be-



cause today the whole world has been struggling with increasing environmental balance and increasing pollution. The only way to overcome these serious problems was to make the environment green around the world. This was possible only when people were aware about the conservation of trees. He also awakened the children and visiting teachers and parents about legal literacy on the occasion of Environment Day.

**Children participate in online salad making activity**



**NIRMAL RADAUR:** An online salad making activity was conducted for the children of Maharaja Agrasen Senior Secondary Public School, Gumthala Rao. Children from Pre Nursery to Class X participated. The children of all the classes decorated the salads beautifully in different shapes. Children made cycles, beautiful flowers and flower pots from salads. School Principal Dr. Sudesh Bansal said that such activities should be done by the children so that they can help their mothers in homework during the holidays. The activity was completed under the supervision of teacher Deepali. Other staff members also contributed.

**Public service work of Rayas Seva Sangathan exemplary: Nischal**

RAJNI SONI  
YAMUNANAGAR, JUNE 6

The third annual medical camp was organised by Prayas Seva Sangathan Jagadhari at Punjabi Dhamshala of Jagadhari. Prayas Seva Sangathan President Founder Advocate Ashwani Aggarwal Ashu and Senior Vice President Rahul Bansal said that Nischal Chowdhary, son of Haryana Government Education Minister, came to participate as the chief guest in today's service work. Nischal Chowdhary along with District President Rajesh Sapra, Senior Deputy Mayor Praveen Sharma Pinni, District General Secretary Krishna Singla, Mandal President Vipul Garg, District Treasurer Jagdish Vidharthi, Social worker Pawan Goyal remained with him. Nischal Chowdhary provided tricycles, hearing machines etc. to three Divyangians through Prayas Seva Sangathan.

BJP youth leader Nischal said that Prayas Seva Sangathan is continuously playing a leading role in public service. And the society Divyangian, elderly and needy children are continuously getting benefits through efforts. Prayas Seva Sangathan is also doing various works of social service as per the guidelines of the present government. Nischal Chowdhary also an-

**Work of cleaning the small and big drains of the city is also in full swing - Shyam Singh, Superintending Engineer**

PARI BAJAJ

**KARNAL :** On the orders of Chief Minister Haryana Manohar Lal, the staff of the Municipal Corporation's engineering branch has gone to the field and corporation's XEN, AE and JE are busy in finding out the causes of water logging in different wards and solving them. Superintendent Engineer Shyam Singh is monitoring all the teams on the instructions of Municipal Commissioner Abhishek Meena. It may be noted that during the recent visit of the Chief Minister to Karnal, citizens had requested to solve the problem of water logging in a public hearing.

**Sugarcane survey should be done with transparency: Sagwan**

SHIV KUMAR SHARMA  
KARNAL, JUNE 6

A delegation of Bharatiya Kisan Union (BKU) met the newly appointed Managing Director of the mill regarding several demands related to the survey and bonding of the sugarcane crop being conducted by the Kamal Cooperative Sugar Mill for the next year's sugarcane crushing season. Representatives of a dozen villages were included in the delegation. Sugarcane Manager Rampal, CMO Satpal Rathi and Data Operator Tejpal Sharma were specially present on this occasion. Before this, the representatives of the delegation held a meeting in the rest house of the mill and prepared a memorandum of their demands. The delegation was headed by Chaudhary Surendra Sagwan, Prav of BKU. Farmer leader Sagwan said that many mis-



takes are made during the survey due to which the sugarcane producing farmers of the mill area have to bear the brunt. He said that especially during the survey, most of the farmers of Yamuna belt, in connivance with the mill workers, get more sugarcane surveyed and get them bonded wrongly. Due to wrongly done bonding, sugarcane is procured from U.P at a low rate and supplied to the sugar mill. Due to which the sugarcane producing farmers of the mill area

are affected. That's why sugarcane surveys should be done with transparency. The calendar should be issued by contracting all varieties of early variety sugarcane equally. Do not make any mistakes. Sagwan said that after conducting the sugarcane survey, a copy should be made available in the concerned Gram Panchayat office. He said that a meeting will be held between Bhakiyu and the mill management on this issue on June 12 at the rest house of the mill.

**DC instructs officers to find a solution of people problem as soon as possible**



**DR ASHOK KUMAR**

**KARNAL :** District Deputy Commissioner Anish Yadav listened to people's problems in his office located at the Small Secretariat on Tuesday. During this, listening carefully to each and every complainant, he directed the officers to take immediate action on the related complaints. He said that the officers should ensure that there should be no hindrance in getting the common people to work in the government offices. He listens to the problems related to the common people in his office on every working day. DC, while listening complaint of the Revenue Department, gave instructions for immediate action. He said that registry, death and other revenue related works should be completed on time in all tehsils and sub-tehsils of the district. He said that the officers should take the government work of the common man seriously and ensure that the work is completed on time. The common man should not have to visit the offices for solving any problems and complaints. Our aim is to take the benefit of every scheme to the last person, he added.

**Hafed buys 144 quintal sunflower crop on the first day: Shantanu**

**DALBIR MALIK KURUKSHETRA:** Deputy Commissioner Shantanu Sharma said that the work of procurement of sunflower has been started in five mandis of Kurukshetra district. The work of procurement of crop was being done by Hafed agency in these mandis and on the first day, Hafed has completed the work of procurement of 144 quintal sunflower crop from three mandis.

Giving information about sunflower crop procurement work, Deputy Commissioner said that as per the orders of the state government, the work of buying sunflower crop has been started smoothly from June 5. Sunflower procurement work has been started in Shahabad, Thanesar, Ismailabad, Babain, Ladwa Mandi in this district. On the first day of this procurement work, Hafed agency has completed procurement of 65 quintals from Thanesar mandi, 58 quintals from Ismailabad mandi and 21 quintals from Babain mandi. Thus, on the first day in this district, a total of 144 quintals of sunflower crop has been purchased by the HAFED agency from three mandis.



**Students had fun in the water park**



**NIRMAL RADAUR:** Students of DAV Public School were taken on a tour of the water park located in Patiala and Ambala. 600 students of classes 5 to 12 and their teachers participated. This contingent of students was flagged off by the Principal of the school, Raman Sharma. During the excursion, students enjoyed slides, swimming pool, rain dance and swings in the water park. Principal Raman Sharma said that education increases our knowledge. But a visit to the outside world adds to this knowledge. This excursion gives us an idea of living life. Whenever children travel away from home under any educational program, the feeling of mutual cooperation and self-confidence increases among the children and the students get to learn something new. He said that traveling broadens our perspective. There is generosity in our thoughts and outlook. By getting a variety of experiences, we learn to see events and things from a new perspective. It develops our attitude towards values.

**Anil Vij forms SIT to probe assault by police**

**SHIV KUMAR SHARMA CHANDIGARH:** There is an influx of complaints everyday at the residence of Haryana Home and Health Minister Anil Vij. On Tuesday, Minister Vij listened to the problems of the people who came from different districts of the state at his residence and gave directions to the officials for action. In front of Vij, a resident of Radaur accused the police of taking Rs 2 lakh from him and assaulting him. To investigate this matter, Home Minister Anil Vij formed a SIT and gave instructions to investigate the matter. The complainant said that the police had registered a fake case of cheating against him on the complaint of a person, he gave his complaint to cancel the case, but there was no hearing on his complaint. The person alleged that the police demanded Rs 5 lakh from him in lieu of getting his name removed from the case. He gave Rs 2 lakh to the police, but the police, on the contrary, assaulted him, due to which his ear drum was damaged. Before the Home Minister, he demanded cancellation of the case registered against him and action against the accused. Home Minister Anil Vij instructed the Yamunanagar SP to constitute SIT in this matter and investigate.





NEWS AT A  
GLANCE

**GHG Khalsa College of Education, Gurusar Sadhar organises**



**HARPREET LADDI SIDHU RAIKOT:** The students of B.Ed. and M.Ed.1st year of G.H.G. Khalsa College of Education, Gurusar Sadhar, Ludhiana gave a fond send off to their seniors by organizing a farewell party on June 6, 2023. The hall of the college reverberated with enthusiasm and gusto of the students. The programme commenced with the college prayer followed by a cultural event in which the students performed songs, gazals, presented dances and organised many games. The grand cultural show presented by the students made the occasion incredible and lively.

**World Environment Day celebrated at Government High School Bhalyan**



**SRI CHAMKAUR SAHIB KULWINDER RASULPUR:** Government High School Bhalyan celebrated World Environment Day by planting saplings under the leadership of School Incharge Babita Sharma. All the staff and students including Madam Rupinder Kaur, Ranjit Kaur, Inderjit Kaur, Malkit Kaur, Lakhveer Singh, Harjit Singh Nirmal Singh were present on this occasion.

**Lamrin Tech Skills University is all set to fly high**



**BAHADURJEET SINGH RUPNAGAR:** Lamrin Tech Skills university Punjab is all set to fly high, said chancellor of the university and Adviser NSDC, Delhi. Dr Sandeep Kaura while talking to media persons. He said that the University is aiming at enrolling fresher's for courses in the area of IBM backed Computer Engineering with Artificial Intelligence and machine learning, Data Sciences, IoT and Cyber Security in focus (600 seats), Tata Technologies and Hexagon backed Mechanical Engineering (240) seats, StellerSchool of Real Estate (MBA in Real estate 120seats), HTMI backed Hotel Management (120 seats) and other Engineering and Technology programs. The University in collaboration with Logistics Sector Skill Council will also admit students in BBA (logistic) (60 seats) for the first time in region.

**Amidst nature's bounty, beauty enjoyed by students of Vasant Valley Public School**



**VIKAS VERMA DHURI:** The students of Grade IV-XII were given an opportunity to commence their summer vacation in the best way possible by organizing adventurous and pleasing tour to Manali. There were around 90 students and 6 teachers who went for an adventurous camp tour from 29 May, 2023 to 3 June, 2023. The camp was organized by Mapple Adventure gave the students an opulent opportunity to be in nature's lap in the serene arms of tranquility far away from the hustle and baffling city lights. The students savored the true nectar of adventure. The trip catered to indulge in daring and thrilling adventurous activities like river crossing, rappelling, trekking, wall climbing and many games. These activities allowed them to explore the grandeur and depth of nature and get acquainted with the exquisite variety of flora and fauna of the mountains. The students experienced the wild, majestic form of nature and stayed in cottages enjoying the uniqueness of nature.

# CM gives nod to organise series of cultural festivals across state

**SHASHI PAL JAIN CHANDIGARH, JUNE 6**

Punjab Chief Minister Bhagwant Mann on Tuesday gave the nod to organise a series of cultural festivals across the state for emerging state as a world class tourist destination by showcasing the rich culture, art and legacy of the state.

A decision to this effect was taken by the Chief Minister, while chairing a meeting of the Tourism department, here at his office in Punjab Civil Secretariat-I.

Taking part in deliberations, the Chief Minister said that the move is aimed at enhancing tourist visits in the state and establishing it as a world-class destination in coming years. He said that these cultural events will give a major fillip to the tourism sector in the state and will emerge Punjab prominently on the world tourist map. Bhagwant Mann said that besides giving impetus to tourists in the state, this move will also act as a catalyst in making the younger generations abreast of the rich heritage of the state. The Chief



Minister said that the sacred land of Punjab has huge potential of attracting the tourists due to its age old history and rich cultural heritage. However, he bemoaned that due to negligence of the successive state governments the vast potential of the state in the tourism sector has hitherto remained untapped. Bhag-

want Mann asked the Tourism department to prepare a complete table for organizing these cultural festivals regularly so that it emerges as a mass event.

The Chief Minister said that these cultural events should be organized in every nook and corner of the state and maximum public par-

ticipation should be elicited in it. Bhagwant Mann envisioned that it will help in attracting high value tourism through responsible and sustainable development of sensitive tourism resources.

He said that there is a huge potential for developing the state as a world class tourist destination for which concerted efforts are being made by the Punjab government. The Chief Minister said that the untapped potential of tourism in the state will get a major push through these cultural festivals adding he asked the Tourism department to prepare a detailed blueprint for organizing these cultural festivals so that a major fillip can be given to the tourism sector in the state.

Bhagwant Mann said that this is the need of hour for promotion of economic activity in the state thereby transforming the lives of people. He asked the officers to meticulously plan the table for organizing these cultural festivals at mass level thereby perpetuating the glorious legacy of the state amongst the coming generations.

## Excise dept tightens noose around liquor contractors resorting to hooliganism



**GAURAV GOEL CHANDIGARH, JUNE 6**

Acting on the directions of Punjab Excise and Taxation Minister Advocate Harpal Singh Cheema, the Excise Commissioner Punjab Mr. Varun Roojam on Tuesday held a meeting with all the senior officers of the Excise Department for tightening the noose around Excise Liquor contractors resorting to hooliganism in the name of carrying out checking of vehicles and marriage palaces.

During this video conference (VC) meeting the Excise Commissioner took stock of the efforts made by departmental officers in doing away with this menace of unlawful

practice of checking by some Excise Liquor contractors. As per the directions issued by Financial Commissioner Taxation Mr. Vikas Partap excise department should tighten the control on these elements to totally eliminate the harassment to the general public at the hand of some of these miscreants. During this meeting, Excise Commissioner passed strict directions to the officers that there will be zero tolerance towards such unlawful, malicious, and aggressive behaviour of licensees. He specifically ordered that under no circumstances the Excise licensees shall be allowed to take law into their hands by carrying out checking in the absence of the Excise staff.

## Agri dept gives information regarding direct sowing of paddy



**KULWINDER RASULPUR SRI CHAMKAUR SAHIB, JUN 6**

According to the orders of the Punjab Government, under the guidance of Chief Agriculture Officer Gurmail Singh, Agriculture Dr. Gurkripal Singh, Agriculture Development Officer.

Chamkaur Sahib, and Agriculture Officer Pankaj Singh held a meeting with the farmers for direct sow-

ing of paddy in the fields of Hardeep Singh, a farmer of nearby village Gagon A large number of farmers were present on this occasion. On this occasion, Agriculture Development Officer Chamkaur Sahib Gurkripal Singh said that direct sowing of paddy saves water, money and time and the yield is equal to that of paddy produced by pumpkin method hai. Apart from this, direct

sowing farmers are supported by the Punjab government at the rate of fifteen hundred rupees per acre. visathara sahita ja akari diti. On this occasion Pankaj Singh Agriculture Development Officer Ropar gave detailed information about varieties, weed killers, fertilizers and insecticides recommended by the experts of the University of Agriculture for direct sowing of paddy.

## Transport Minister declares Saturday as working to clear pendency of vehicles' passing

**CHANDIGARH :** Punjab Transport Minister S. Laljit Singh Bhullar, on Tuesday, directed the officials of the department to work on Saturday (June 10, 2023) to clear the pendency of passing of vehicles. Following the instructions of the Cabinet Minister, the department has issued written order in this regard, declaring Saturday as a working day.

Giving more information in this regard, S. Laljit Singh Bhullar said that transport department has adopted a new online tab slot system for issuing certificates of fitness (passing certificate) to transport vehicles, due to which the pendency of passing certificates has increased. Thus, coming Saturday has been declared as a working day so that pendency could be cleared at the earliest. The Cabinet Minister directed all the Secretaries of Regional Transport Authorities and Motor Vehicle Inspectors of the state to ensure strict compliance of the instructions. The Secretary Transport has issued written order in this regard.

S. Laljit Singh Bhullar reiterated that complying to the instructions of the Chief Minister S. Bhagwant Mann of clearing pendency of the driving license and RCs up till June 15, the department is working round the clock to ensure that no case should be pending.



## No institutions should stop any student from appearing in examination due to non-release of scholarships: Bains

**CHANDIGARH (CS JOLLY):** Punjab Technical Education Minister Harjot Singh Bains on Tuesday directed all government and private universities and colleges in the state not to prevent any student from appearing in the examination due to non-receipt of scholarships.

Bains said that it has come to his notice that some private and government institutions have attempted to prevent students from appearing for the paper due to non-availability of scholarships.

In a letter to the Additional Chief Secretary, Technical Education and Principal Secretary, Higher Education, the Minister has directed that all government and private colleges and universities in the state should be directed not to prevent a student from appearing in the examination if any case of scholarship of a student is pending.

If any college/university have been found violating these instructions, a strict action will be taken by the Punjab government against them. Bains directed the officials to immediately issue a notice in this regard.



## District Food Supply Controller Harsharanjit Singh Brar honoured



**AJAY MALHOTRA FATEHGARH SAHIB, JUNE 6**

In the joy of district Fatehgarh Sahib came fourth in Punjab in the wheat procurement system, the District Food Supply Controller Harsharanjit Singh Brar and his team were honored today under the leadership of State Press Secretary of Commission agent's organization Rajesh Singla at Bassi Pathana. In the presence of former district president of Congress Party Dr. Shakander Singh, a former member of the District Planning Board Om Prakash Tangri, former AGM of PNB Harnet Singh, environmentalist Harmanpreet Singh, Amarjit Dug, social worker Ajit Singh Makkar, Lions Club President Hemraj, Commission Agent Rajesh Singla honored the D.F.S.C. Harsharanjit Singh Brar, DFSO from Pungrain Mrs. Narinderpal Kaur, Inspector Yadwinder Singh and Sukhwinder Singh.

On the occasion, Rajesh Singla said that the above officials of Pungrain are worthy of congratulations and did not allow any commission agent.

## BVP organises knee pain checkup camp at Rana Hospital Sirhind



**AJAY MALHOTRA FATEHGARH SAHIB, JUNE 6**

With the support of IVY Hospital, Bharat Vikas Parishad organized A free knee and joint pain checkup camp at Rana Hospital Sirhind. During the camp, Dr. Anil Kumar examined the 62 needy patients Dr. Hitendra Suri, Dr. Anil Kumar, and Dr. Deepika Suri of Rana Hospital said that knee pain can affect people of all ages and mostly after strenuous exercise or injury. Some common causes of knee pain are a sudden injury, an overuse injury, or an underlying condition such as arthritis. Symptoms of a knee injury can include stiffness, pain, and swelling.

Knee pain may begin as mild discomfort, then gradually increase and become worse. They said that Knee problems become more common as your age and if you are obese or overweight, you are at risk of developing knee problems. Knee pain can result from the compromise of any part of the bony structure of your knee. If you think you have knee pain, you should contact your doctor immediately.

## State govt generating employment opportunities for youth: Arora

**SUMER GARG CHANDIGARH, JUNE 6**

In order to fulfil the commitment of Chief Minister, Bhagwant Mann led Punjab Government to generate maximum employment opportunities for the youth of state, Punjab Employment Generation, Skill Development and Training department is all set to organise a Pan Punjab placement drive on Wednesday covering across the districts.

Divulging details about the drive, Punjab Employment Generation, Skill Development and Training Minister, Mr Aman Arora said that over 10,000 jobs will be offered to the job seekers, with the salary range varying from Rs.8,000 to Rs.60,000. This drive will simultaneously be held in all the districts, he added. Vardhman, Sporting,



Flipkart, Airtel and Reliance are among 425 total prominent employers participating in this placement drive.

The Job Seekers who will be facilitated through the placement drive include Post-graduates, Graduates (Tech./Non-tech.), ITI, diploma holders, 12th pass, matric passouts, and even the youth who have not received any formal education qualification. The employment department has made adequate

arrangements to facilitate Job Seekers to participate in this placement drive.

Arora said that interested candidates can either register themselves by logging in job portal (<http://www.pgrkam.com>) or through District Bureau of Employment and Enterprises, or they can directly visit the placement drive venue. The details of the venues are also available on the Job Portal of the department, he said. Director Employment Generation, Ms Deepti Uppal informed that the Employment Generation department through this exercise will try to provide a platform for the employers as well as prospective employees to come and find suitable avenues/candidates. It is expected that at least 10,000 Job Seekers will find employment opportunities through this Placement drive.

## CU of Punjab securs place among 'Top 100 Universities of India' in NIRF India Rankings 2023

**ANIL VERMA BATHINDA, JUNE 6**

The Central University of Punjab, Bathinda (CUPB) achieved the 100th Rank in the "University Category" in the Ministry of Education (MoE)'s National Institutional Ranking Framework (NIRF) India Rankings 2023. The University has made significant progress in "Pharmacy Rankings" by obtaining the 19th rank, compared to last year's rank of 26.

On Monday, Honorable Union Minister of Education Shri Dharmendra Pradhan released the NIRF 2023. Notably, the Central University of Punjab has secured a position among the "Top 100 Universities of India"



category in NIRF India Rankings five times consecutively in the last five years. In a tough bid, the CUPB improved its score in the "University Category" from 42.64 (NIRF 2022) to 42.93 (NIRF 2023). The NIRF team ranked higher educational institutions across the country by evaluating their performance on five parameters, i.e., Teaching Learning and Resources (TLR);

Research and Professional Practices (RPP); Graduation Outcomes (GO); Outreach & Inclusivity (OI); and Peer Perception.

The university has secured its place in the "Rank-band 100-150" in the Overall Category of NIRF India Rankings 2023. Vice Chancellor Prof. Raghavendra P. Tiwari has congratulated all faculty members, officers, non-teaching staff.

## Aman Kamboj chief guest of fifth day camp of Aggarwal Samaj Women Cell



**MOGA (SANJEEV KUMAR ARORA):** On fifth day of Yoga was conducted on Tuesday of the six-day personality development camp. Thana City SHO Aman Kamboj reached this camp as the chief guest. The camp was chaired by Lovely Singla and Anjali Gupta. Yoga teacher Neha Mittal taught yoga to children in a very simple way and what would be the benefits of doing it.

She also told how we can do yoga at home to keep ourselves fit. Dietician Sunaina Agarwal gave information about how to keep children healthy with health puzzles game and what they should eat at this age. Dietician Virghi Gupta told children very useful things for health. Provide information about how we can keep ourselves healthy. The members of the House performed their duties very well. Aman Kamboj ji inspired children for yoga and meditation how we can avoid negative thinking and informed the children and also distributed certificates of this camp to the children. The entire team of Aggarwal Samaj Women's Cell thanked them.

## Krishi Vigyan Kendra, Patiala promotes environmental sustainability



**PATIALA (RAWEL BHINDER):** Krishi Vigyan Kendra, Patiala joined hands with farmers and environmental enthusiasts to celebrate the World Environment Day with great enthusiasm. The event, held on June 5th, 2023 was aimed at raising awareness about environmental issues and promoting sustainable practices in agriculture for a greener future.

This function was attended by 53 farmers, rural youth and community members who shared their commitment to environmental conservation. The event featured various technical lectures to educate and engage participants in sustainable practices and highlight the importance of preserving ecosystems. During this programme Dr. Rachna Singla, Professor (Horticulture) from KVK, Patiala addressed the audience, and made them aware regarding the challenges faced by our ecosystems and their potential solutions through restoration efforts. Dr. Rajni Goel, Assoc. Professor (FST) told the gathering that KVK Patiala is committed to promote sustainable agriculture and will continue to organize such initiatives in future also.



National Federation of Journalists  
flays Cong leader's indecent  
remarks to scribe on social media

**BUREAU**  
**BADDI:** With the change of government in the state, some leaders are busy making headlines on social media by using indecent language towards journalists. This has come to fruition in Kangra's Indora where some leaders close to the current leader made some derogatory remarks towards journalists on social media, which has been strongly condemned by the National Federation of Journalists, NMC, Himachal Pradesh unit. National Journalist Federation NMC Himachal Pradesh Unit President Shanti Gautam has demanded strict action from the Chief Minister against such activists and said that this is a reflection of their narrow mindedness.Gautam said that such activists are trying to tarnish the image of the government.

**Nauni varsity's students bag second position in state-level Hackathon**

**SHIMLA:** The solid waste management plan of two doctoral students of the Department of Environmental Science, Dr. YS Parmar University of Horticulture and Forestry, Nauni bagged the second prize at the Hackathon-Ideation event conducted by the Himachal Pradesh State Pollution Control Board on the occasion of World Environment Day held on Monday. The students- O Sadish and Priyanka, under the chairmanship of Dr. Satish Kumar Bhardwaj, HOD, Department of Environmental Science, bagged the prize. The award along with a cash prize of Rs 75,000 was presented to the students by Himachal Chief Minister Shri Sukhvinder Singh Sukhu during the Environment Day celebrations, in which innovative ideas in waste management were presented. Over 250 participants from different universities and colleges of Himachal Pradesh applied for the Hackathon, out of which 12 teams were selected for the 1st round.

# HIMACHAL

YUGMARG, CHANDIGARH, WEDNESDAY, JUNE 7, 2023

## Ethanol Plant to prove boon to farmers of State

DINESH AGARWAL  
SHIMLA, JUNE 6

Due to the concerted efforts of the Chief Minister, Thakur Sukhvinder Singh Sukhu the Centre Government has given its nod to establish an ethanol plant in Una district by Hindustan Petroleum Corporation Limited (HPCL). This Plant will be set up on 30 acres of land with a cost of Rs. 500 crore.

Since major raw materials for producing ethanol are rice, sugarcane and maize the plan will go a long way in strengthening the economy of the farmers of the region as this raw material will be procured from Kangra, Hamirpur, Bilaspur and Una districts. Apart from this, the plant will provide employment and self-employment opportunities to the local people and farmers from Kangra, Hamirpur, Bilaspur and



other parts of the State.

This will provide direct and indirect employment to about 300 persons. Besides, the project will accelerate the pace of development in the State and

earn an annual revenue of Rs 20 to Rs 25 crore for the exchequer in the form of State GST.

The State Government has agreed to invest 50 percent equity in the Project and will

extend full cooperation to the company for setting up this plant. Directions have been issued to the district administration to start land acquisition for the approach road from Bhanjal within 10 days and to ensure that all obstacles in the construction of the plant would be removed.

Ethanol is a clear, colorless liquid. It is also known as ethyl alcohol, grain alcohol and has same chemical formula regardless of whether it is produced from starch or sugar-based feedstocks, such as corn grain, sugarcane, or from cellulosic feedstocks such as wood chips or crop residues. The plant produces ethanol from grains to be mixed in petrol and diesel, which will help reduce pollution of vehicular emissions. This would also help in protecting the environment in the State.

## CM meets Public Accounts Committee of Parliament



DINESH AGARWAL  
SHIMLA, JUNE 6

Chief Minister, Thakur Sukhvinder Singh Sukhu met Chairman Public Accounts Committee of Parliament, Adhir Ranjan Chowdhury and other members of the Committee here late Monday evening. He welcomed the Committee members to the State and discussed various issues related to development. Committee is on

a study tour to Shimla. Atisha Chowdhary, wife of Adhir Ranjan Chowdhary, Kamlesh Thakur, wife of Thakur Sukhvinder Singh Sukhu and members of Public Accounts Committee Jagdambika Pal, K. Lakshman, Ghanshyam Tiwari, Ram Kripal Yadav, and Rahul Ramesh Shewale, Chief Parliamentary Secretary, Sunder Thakur and Political Advisor to Chief Minister, Sunil Sharma were also present on the occasion.

## State level Himachal Gau Sewa Samiti meeting held at Hamirpur

KISHORI LAL BAINS  
UNA, JUNE 6

State level meeting of Himachal Gau Sewa Samiti was held under the chairmanship of State President Rasil Singh Mankotia at Gaushala Jamli Dham Hamirpur yesterday. Advisor Sanjay Sood Shimla, Dr Rajesh Kapoor Solan, Harish Garg Sirmour, Dr Hemant Kumar Shimla, Swami Abhishek Giri, Hemraj Verma, M S Chandel Mandi, Vinay Kumar Una, Keshav Sharma Hamirpur and Sunil Sharma Kangra besides 20 coordinators of Gaushalas were present in this meeting. The following resolutions were passed in the meeting. A demand was made from the government that in view of the rising inflation, an amount of Rs 1000 per cow should be given. A demand has been made from the Animal Husbandry Department that 20 liters of phenyl should be made available to every Gaushala in the state. State level three day training workshop would be set up on this year.



## People of Himachal have solid faith in Gods and Goddesses: Shukla Pratap

SANJAY AGGARWAL  
DHARAMSHALA, JUN 6

Governor Shiv Pratap Shukla, while presiding over the silver jubilee dedication ceremony of Jagat Tarani Mata Mandir at Khadul in Kangra district today, said that this temple is a center of unwavering devotion for the people of the region. He said that people do not go to the deities, but only go when they are invited. That is why I have got the opportunity to come here. Work becomes possible only when the blessings of the Gods and Goddesses are there. The Governor said that Himachal Pradesh is called Devbhoomi. Here people have unwavering faith and faith in the Gods and Goddesses, which inspire people to move forward with positive energy. He said that we all should contribute to maintain the sanctity of this Devbhoomi. He said that this sanctity is being destroyed due to intoxication. We all together should launch a campaign against it and make efforts to make our villages drug free. The Governor congratulated the convenor and founder of the temple, Rakesh Kumar, for nurturing his culture, society and values through religious rituals. He said that Rakesh Sharma, a religious personality, is doing social service by establishing a temple here along with his family. He said that the tourism sector is also



benefiting here by celebrating the foundation day every year in the form of a festival in his native village. He said that during this time fair is being organized and sports and cultural programs are also being organized in it. With this, our rich culture is being preserved, as well as providing a platform to the children to showcase their talents. Rakesh Sharma, convenor and founder of Jagat Tarni Mata Mandir, welcomed the Governor and said that many development activities are being conducted in the area through the temple. He announced a grant of Rs 2.51 lakh for setting up a branch of Divya Seva Mission at Khadul. He said that he is also conducting several activities to promote handloom industry in the district.

## Sukhu government failed to fulfill guarantees: Umesh Dutt

SANJAY AGGARWAL  
DHARAMSHALA, JUN 6

Through a press release, BJP's State Spokesperson Umesh Dutt has expressed anger while giving a sharp reaction to the statements of Chief Minister Sukhwinder Singh Sukhu and all the ministers, in which the government is crying for debt, it is blaming the central government. Dutt said that the Congress came to power in the state wrongly by misleading the people of the state in the name of false guarantees, now when it is not able to fulfill the guarantees given by it, it is trying to blame the central government for the economic plight. The Bharatiya Janata Party strongly condemns these statements. The BJP spokesperson said that in order to come to power, in the first cabinet, after going to house-2, guaranteed Rs 1500 per month to 22 lakh sisters of the state, filled their forms, guaranteed employment to 15 lakh



unemployed and told the unemployed that a Lakh jobs will be given in the first cabinet. Told the general public that the BJP government has given 125 units of electricity free of cost, bring the Congress government and get 300 units of electricity free in the first cabinet. Similarly, seven more big guarantees were given to the people of the entire state. Today the people of the state are feeling cheated. The BJP spokesperson alleged that now 10-15 cabinet meetings have been held, even seven months have passed since the formation of the government,

accolades are being looted but nothing has been received by anyone. The BJP leader said that why the government, which is crying for increased debt, is running to take loans today. Umesh Dutt said that the Himachal government should stop blaming the central government. The BJP said that the leaders sitting in the Congress government are senior leaders of the state and have been members of the Legislative Assembly for 5-6 times, were they not aware of the economic condition of Himachal Pradesh? Which they gave guarantees worth lakhs and crores just to get power on the basis of lies. Umesh Dutt alleged that keeping in mind the 2024 Lok Sabha elections, once again the central government is being blamed to divert the attention of the public, while all the ongoing schemes in the state have been sent and approved by the Center only. Running on zodiac signs.

## Chief GM, SJVN appointed as Director (Personnel) THDCIL

DINESH AGARWAL  
SHIMLA, JUNE 6

Shallinder Singh has been appointed Director (Personnel) of Mini Ratna, Schedule 'A' Public Sector Undertaking, THDC India Limited by Govt. of India. Prior to this he was holding the post of Chief General Manager(HR) & Head of HR Department in Corporate Office, Shimla in SJVN, a Mini Ratna Schedule 'A' PSU under Ministry of Power, GoI. He has been selected by Public Enterprise Selection Board, Department of Personnel and Training, Government of India. Shallinder Singh was born on 19th August 1965 in Shimla, Himachal Pradesh and did his schooling from



the prestigious St. Edward School in Shimla. He earned his Bachelor's in English (Honors) from Govt. College, Shimla and was the topper of the college. Sh. Singh completed his Master's in Business Administration from Himachal Pradesh University, Shimla in 1989. Shallinder Singh started his

career in SJVN in the first batch of Executive Trainees in 1992. He has a rich experience of more than 30 years in all the fields of Human Resources and has worked in Corporate Office as well as Head of HR of two flagship Hydro Power Stations, 1500 MW NJHPS & 412 MW RHPS simultaneously. He has exposure of various advanced National as well as International Training Programs such as Global Business Leadership held at Amity, New York (USA), Modernizing the Human Resources Function at Royal Institute of Public Administration, London (UK) and various Leadership and Management programs at ASCI, Hyderabad etc.

## Last date to apply for horticulture, forestry UG courses extended till June 11

DINESH AGARWAL  
SHIMLA, JUNE 6

Dr. Yashwant Singh Parmar University of Horticulture and Forestry (UHF), Nauni has extended the last date for online submission of application forms for undergraduate programmes (Normal seats) till June 11 for the academic session 2023-24. The application process is online and interested students can apply by logging on to the university website www.yspuniversity.ac.in. In undergraduate programmes, the University is offering BSc (Hons) Horticulture and B Sc (Hons) Forestry at its main campus and at the Colleges of Horticulture and Forestry (COH&F) Neri and Thunag. The university is also offering B Tech Biotechnology and B Tech Food Technology programmes at COH&F Neri. The university is also offering M Sc in its College of Horticulture and College of Forestry located at the main campus at Nauni and COH&F Neri. The last date for receipt of online applications for UG programmes normal seats



is June 11 and for UG self-financing seats is June 28. The last date for online application for MSc Programmes is June 17. The dates of the entrance exam of UG and PG programmes are June 18 and June 25 respectively. The UG entrance test will be conducted at Solan, Hamirpur, Sundernagar, Palampur and Rampur. The result of UG entrance test will be declared on June 26 while the result of PG programmes will be declared on July 2. The list of candidates for UG self-financing seats will be displayed on June 30. Admissions to UG normal seats will be done on the basis of marks obtained in UG entrance test.

## Prime Steel Industry receives Best Environment Award

ANWAR HUSSAIN  
NALAGARH:

On behalf of Himachal Pradesh State Pollution Control Board, Environment Day was celebrated at Central Potato Research Institute, Bemloi, Shimla.Chief Minister Sukhwinder Singh Sukhu as chief guest attended. The program was sponsored by the Himachal Steel Industry Association. The winners in hackathon competition were felicitated by Chief Minister Sukhwinder Singh.Meghraj Garg, MD, Prime Steel Industries, was honored with the Environment Award on Environment Day. Prime Steel Industry has used modern equipment for pollution control. Meghraj Garg said that be a part of the Environment Day programme organized in Shimla, appreciated the works of Himachal Steel Industry Association. Sanjay Gupta, chairman of the Himachal State Pollution Control Board was also present.



## Himachal-OIL ink MoU for green H2

**SHIMLA:** Himachal's Sukhvinder Singh Sukhu government on Monday inked memorandum of understanding (MOU) with OIL India Limited to set up a Hydrogen production plant in the state.

Presiding over 'Enviro-Ideation Hackathon' organised by the Himachal Pradesh State Pollution Control Board (HSPSCB) at Indian Council of Agricultural Research (ICAR)-Central Potato Research Institute (CPRI) Shimla, the Chief minister said that state government is promoting the production of green hydrogen and has signed an agreement with Oil India Limited in this regards. He said the Himachal Pradesh Government is switching over to fuel technology which is not harmful to the environment.

The state government has imposed ban on single-use plastic in Himachal Pradesh since 2009 and now it was working to find suitable alternatives to plastic.

The government is committed to environmental protection and has made various provisions in the budget to improve the state's climate.

The Chief Minister awarded cash prizes and certificates to the winners of the Enviro-Ideation Hackathon.

## DDMA holds table top exercise on disaster management and rescue

**KISHORI LAL BAINS**  
**UNA:** A table top exercise on disaster management and rescue was organized at district headquarter Una. All the members related to IRT of District Disaster Management Authority participated in this table top exercise organized by Himachal Pradesh Disaster Management Authority through virtual medium. Various techniques and schemes used in relief and rescue operations during different types of disasters were discussed in sequence. Major General Sudhir Bahi (Retd), consultant of the National Disaster Management Authority, in the mock drill being organized on June 8, 2023, depicting the situation of landslides and floods in all the five sub-divisions of Una district including Himachal Pradesh, through virtual medium provided important information about the circumstances. He explained in detail the necessary precautions to be taken during relief and rescue



operations and how to carry out relief operations in a planned manner. He said that all the districts of Himachal Pradesh are extremely vulnerable to landslides and flash floods. He instructed all the officers related to the District Disaster Management Authority not to take lightly the mock drill being organized on June 8, 2023 and discharge their responsibilities with seriousness during this period.

## Samosa maker's son becomes physiotherapist

**JOGINDER DEV ARYA**  
**BANGANA:**

Destinations are reached only by those, whose dreams have life, nothing happens with wings, courage takes flight. Ramesh Sharma of sub-division Bangana has proved this statement by making his son a physiotherapist. Ramesh Sharma is basically a permanent resident of Raipur Maidan. Came to Bangana in search of livelihood and started selling samosas. The work also got done and Ramesh's children also grew up in no time, Ankush Sharma, son of Ramesh Sharma, completed his primary and higher education from Arya Public School, Bangana and completed his 11th and 12th standard from Government Senior Secondary School, Bangana. After completing the studies, now the steps have



started to get the son a degree. Father and son decided to go in medical line and Ramesh Sharma got his son Ankush admitted in Physiotherapy at Chandigarh University. Father Ramesh Sharma said that after completing his degree, Ankush took training at IGMCI Shimla and started serving as a physiotherapist there. By becoming a physiotherapist at the age of just 23, Bangana's Ankush is an example for those youths who ruin their future by spending their father's hard earned money in their luxury and getting trapped in wrong company. Dr. Ankush Sharma says that my father Ramesh Sharma and mother Ritu Devi have faced a lot of difficulties to get me to this point. Now dreams are in my grasp, I will not let the sacrifices of mother and father go vain.



BBMB celebrated World Environment Day



CHANDIGARH: BBMB celebrated "World Environment Day" on 05.06.2023 with grandeur under Mission LIFE, an India-led global mass movement to nudge individual and community action to protect and preserve the environment. BBMB organized a Green Ride Cyclothon from BBMB Officers Rest House, Sector 35, Chandigarh to Sukhna Lake. BBMB also showcased NukkadNatak at Sukhna Lake & Sector - 17, Chandigarh to apprise the general public about "Save Water" and "Hazards of using Plastic". A painting competition on theme "Save Earth", "Save Energy" and "We are pro planet people" was also organized in which around 83 children from various schools of Chandigarh participated.

All employees of BBMB led by Chairman, BBMB, Shri Sanjay Srivastava took pledge to make all possible changes in their daily life to protect the environment. Speaking on the occasion, Sh. Sanjay Srivastava said that "Mission LIFE" has the power to transform lives, protect our planet, and ensure a sustainable future for all. He requested all the employees to practice a lifestyle that is in harmony with nature and does not harm it. He added that it is the responsibility of every individual to come forward and contribute his or her bit in saving the environment.

Environment Day celebrated by planting saplings at Block Primary Education Office



KULJIT SINGH DHINGRA RAMPURA PHUL: On the occasion of World Environment Day, saplings were planted at Block Primary Education Office under the leadership of environmentalist Master Dharamveer Khanna of Rampura city. Around five dozen trees of ancient, shade and Ayurvedic importance were planted around the block office and in the yard of Government Primary School Rampura village on this occasion by the employees of the Block Primary Education Office. On this occasion, Dharmveer Khanna said that he has been planting trees for the past seven years. They have also planted mini forests in many villages of the area with the help of Round Glass Foundation Patiala. Satwant Singh said that if anyone wants to plant a tree, we will plant it but the responsibility of maintenance will be mandatory. On this occasion, Hardev Singh Dhadde Jr. Assistant gave a message to save the polluted environment of Punjab by planting more trees. Siri Kant Accountant, Deepak Bansal, Gurpreet Singh Data Entry Operator, Suresh Kumar Ghadeli and Gurdeep Singh were present on this occasion.

Baljinder Kaur Chief Whip lays foundation stone of irrigation pipeline from Mirjeyana Minor to Lahri



ISHWAR GARG TALWANDI SABO: Under the leadership of Department of Land and Water Conservation, Punjab and Chief Minister Bhagwant Singh Mann, the constituency of the pipeline to be built from Mirjeana Minor to Lahri under the RKVY scheme to provide water to 250 acres of land from Mirjeana to village Lahri. MLA Prof. Baljinder Kaur Chief Whip laid the foundation stone today. After laying the foundation stone of the pipeline costing lakhs of rupees, Prof. Baljinder Kaur said that under the leadership of Chief Minister Bhagwant Singh Mann, the "AAP" government is carrying out large-scale development works in villages and towns as well as across the state. 600 units of electricity have been provided free of cost to the people of the state. He said that due to the development work, a large-scale change will be brought in the villages. In response to a question, Prof. Baljinder Kaur said that sewerage work is going on in Talwandi Sabo city, soon it will be completed and other new development works will be started. Prof. Baljinder Kaur claimed that no village will be allowed to remain incomplete in terms of development. On this occasion Gagandeep Singh S.D.M Talwandi Sabo, Harpreet Singh Land Defense Department, Bhupinder Singh Brar, Dalwinder Singh Grewal Land Defense Ram, Mandeep Kaur Maur Mandi, Harmandeep Singh Land Defense Bathinda, Personal Assistant Kewal Singh, Pargat Singh, Kuldeep Singh, Gurpreet Kaur, Bikar Singh Natheha, Sukhwinder Singh, Nundar Daljit Singh, Jaidar Satpal Singh Lahri, Jagpal Singh.

YUGMARG, CHANDIGARH, WEDNESDAY, JUNE 7, 2023

Anmol Gagan Maan releases grants of Rs. 83 lakh to villages of Kharar Constituency

SHASHI PAL JAIN CHANDIGARH, JUNE 6

Punjab Tourism and Cultural Affairs, Labour, Hospitality, and Investment Promotion Minister Anmol Gagan Maan on Tuesday distributed cheques amounting to Rs 83 lakhs to the villages panchayats of Kharar constituency for various development works of the villages.

Providing further information in this regard, the Minister said that for the development works of various villages in Kharar constituency, cheques of Rs 2 lakh each have been given to Gram Panchayat of Fatwan, Mehrampur, Kadimajra, Samipur, Andaheri, Malakpur, Tajpura, Sialba, Mehroli, Baahalpur, Khera



and Ratangarh villages' She also mentioned that cheques of Rs 2.50-2.50 lakh have been issued to village panchayats of Nangalgarhia and Jhandamajra for the development. In this way, a total amount of Rs.29 lakh has been distributed for the development works of these villages. She further informed that cheques worth Rs.28

lakh were distributed for various development works of villages at Youth Ekta Club Kubaheri, Senior Secondary Smart School Sialba, Gram Panchayat Majri, Jainti Majri, Takipur, Bhupnagar, Badarpur, Naglian and Taktana, etc.

The Minister added that cheques amounting to 16.08 lakh were given for house repairs and various

other development works as financial assistance to poor families in different villages of Kharar constituency. She explained that cheques of Rs 2 lakh each were given to village panchayats of Sangalan, Dhakora Khurd, Fatehpur, Bangheri, and Mullanpur Sodhian villages of Kharar Constituency, totaling Rs 10 lakh.

PWD min reviews works on Jalandhar-Adampur - Hoshiarpur road

PULKIT YADAV JALANDHAR, JUNE 6

PWD minister of Punjab Mr. Harbhajan Singh ETO has asked the officials of PWD and National Highway authority to complete the ongoing work of Jalandhar - Adampur - Hoshiarpur road on war footing to facilitate the large no of pilgrims going to religious places in neighbouring states .

Today reviewing the construction of this road , the minister said that the project was started last month with the cost of Rs. 13.74 crore which was ignored by the previous governments for many years . Termining it a major step to facilitate the pilgrims going to pay respect at Mata Chintpurni ji and other religious places , the minister said that as per the instructions of Chief Minister Punjab Mr. Bhagwant mann, all the ongoing development



works reviewed every month by visiting the sites to ensure the timely completion besides ensuring quality control. It may be mentioned here that from next month onwards , large no of pilgrims from Punjab went to Mata Chintpurni ji and

Jawala Ji to participate in religious functions. The minister has asked the SE , National highway Amritsar and PWD officials to personally monitor the work on this road besides submitting weekly report about the progress of the work .

District Vice President reviews visit of Guv to Dera Baba Nanak on June 7

VERMA GURDASPUR, JUNE 6

Punjab Governor Banwari Lal Purohit will meet Sarpanchs and Mohatbars of border villages on June 7, 2023 at village Dharamkot Randhawa near Dera Baba Nanak. A special camp will also be organized under Secondary School Dharamkot Randhawa Abad. In which the residents of the border areas will be given the benefit of the government's welfare schemes.

Regarding the visit of Governor Punjab to Dera Baba Nanak, District Deputy Commissioner Dr. Himanshu Agarwal and S.S.P. Batala Madam Ashwani Gotyal reviewed the preparations with the district officials. District Deputy Commissioner Dr. Himanshu Aggarwal said



that during the visit of Dera Baba Nanak, Punjab Governor Banwari Lal Purohit will review the security arrangements with Panch-Sarpanches of border villages, representatives of Village Defense Committees and other important persons and inform the border Will hold a meeting for Will encourage BSF and other security agencies to cooperate in the country's public security. Meanwhile, Governor

Punjab will also hold a meeting with the officials. He said that all preparations have been completed for the visit of the Governor of Punjab. On this occasion Dr. Nidhi Kumud Bamba, Manmohan Singh, Amandeep Kaur Ghuman, Sachin Pathak, Dr. Harbhajan Ram, Kripal Singh Dhillon, Satish Kumar, Harjot Singh, Baldev Singh, Jagtar Singh and other officers were also present.

Rukus in Chandigarh Municipal Corporation House Meeting



AVTAR SINGH BHANWARA CHANDIGARH, JUNE 6

A house meeting of the Municipal Corporation was held in Chandigarh on Tuesday and like every time there was a ruckus again. However, this time the ruckus increased a bit. Actually, the city's Member Parliament Kirron Kher had also reached the house meeting of the Municipal Corporation. Where during the meeting there were serious allegations against her for using indecent language. According to the information, when the councilors of Aam Aadmi Party (AAP) and Congress started protesting against BJP regarding the dumping ground located in Dadu Majra and other issues in the meeting, MP Kirron Kher had a heated argument with AAP councilor Jasbir Singh Laddi. After which the councilors of the Aam Aadmi Party made serious allegations that MP Kher had abused the lady. AAP councilors also spoke openly about the abusive words uttered by MP Kher in front of the media.

Governor appoints Dr. Rajeev Sood as Vice Chancellor of Baba Farid University of Health Sciences

NEERAJ SHARMA CHANDIGARH, JUNE 6

The Governor of Punjab and the Chancellor of Universities in the State, Sh. Banwari Lal Purohit has appointed Prof. (Dr.) Rajeev Sood as the Vice Chancellor of Baba Farid University of Health Sciences, Faridkot.

Dr. Sood has been appointed for a period of three years, with effect from the date of his assumption of office.

Dr. Sood has extensive experience spanning 40 years in Medical Practice and has a rich administrative experience in various capacities. His teaching experience includes 26 years as Professor. He has been the Dean PGIMER, Delhi for

five and a half years and the Founder Dean of ABVIMS for over a year. He has been attached to Parliament as Uro Consultant for 10 years and has been for 5 years the Uro Consultant to the President of India.

He has over 50 research projects to his credit and has supervised 1000 thesis and projects.

He successfully conducted over 500 workshops/training modules and has published several national/international research papers. Dr. Rajeev Sood graduated from Maulana Azad Medical College, Delhi and cleared MS (General Surgery) from Dr. Ram Manohar Lohia Hospital & PGIMER-Delhi and subsequently did MCh(Urology) from AIIMS, New Delhi.

Accreditation of TOEFL IBT for Canada's student direct stream beneficial for students: Sachin Jain



JALANDHAR (BUNNY SODHI): Educational Testing Service has announced that Immigration, Refugees and Citizenship Canada (IRCT) has launched an expedited study permit processing program for international students who wish to study at Canada's Postsecondary Designated Learning Institutions, Canada's Student Direct. Recognized TOEFL IBT test for stream (SDS).

This information was given by Sachin Jain, Country Manager of South Asia from ETS India while talking to reporters during a press conference. He said that the recognition of TOEFL IBT for Canada's Student Direct STEAM is beneficial for students following this path. He said that the TOEFL exam time will be reduced to 1 hour 56 minutes from July 26, which is still 3 hours. On this occasion, Poornima Roy, senior director of marketing of ETS, said that information regarding TOEFL will be available on the website of ETS.

Malaria awareness poster released by Civil Surgeon



AJAY MALHOTRA FATEHGARH SAHIB, JUNE 6

According to the directions of Health Minister Punjab Dr. Balveer Singh and under the leadership of Civil Surgeon Fatehgarh Sahib. Davinderjit Kaur, the month of June was started as an anti-malarial month.

On this occasion, a Malaria awareness poster was released to make the general public aware and a rally was taken out by health workers and students of Mata Gujri Senior Secondary School. Addressing the rally on this occasion,

Dr. Devinderjit Kaur said that the under the 'National Vector Borne Disease Control Program' the awareness camps will be organized in all the health centers of the district, fever survey will be conducted from house to house of the entire population and blood slides of suspected patients will be prepared. She said that Malaria fever examination and treatment are free in all government hospitals. She said that so far 3785 active and 3178 passive slides of suspected malaria patients have been made. While giving information about the symptoms of malaria, the district

epidemiologist Dr. Gurpreet Kaur, said that fever with fever, sweating, once the fever subsides, the fever comes again on the third day. Let it stand, don't let water stand on the roofs of houses and garbage, use mosquito nets and mosquito repellent creams, and wear clothes that cover the body completely. On this occasion, the district epidemiologist Dr. Deepti, District Group Information Officer Karnail Singh, Jaswinder Kaur, District B.C.C. Amarjit Singh, B.E.E. Mahaveer Singh, teacher Jaspreet Kaur, and health workers were present.

Trinity hospital starts 1st comprehensive spine injury unit in region



CHANDIGARH (R N KHERA): Trinity Hospital & Medical Research Institute today launched its Spine & Neuro Rehabilitation Centre and Ortho & Sports Rehabilitation Centre in Zirakpur. This is the first of its kind Comprehensive Spine Injury Unit in the North in the Private sector.

These cutting-edge facilities exemplify our commitment to delivering comprehensive, specialized care and revolutionizing the field of rehabilitation medicine.

Dr Mohinder Kaushal, Chairman, Trinity Hospital and Medical Research Institute, and Dept of Orthopaedics Zirakpur and Chandigarh, while addressing the media said, "Spinal Cord Injuries are known for their profound impact, causing significant social, economic, psychological, and physical consequences.

Road traffic accidents, falls from heights, sports injuries, and assaults are among the common causes contributing to the prevalence of Spinal Cord Injuries. Recognizing the gravity of this condition, the World Health Organization has identified it as a major musculoskeletal concern, burdening individuals and society as a whole."

Seminar on sustainable development held



CHANDIGARH: An interdisciplinary one-day National Seminar focused on 'Energy Transition: Accelerator for Sustainable Development' was organised by Dev Samaj College for Women, Sector 45-B in association with Indian Council of Social Sciences Research North-Western Regional Centre (ICSSR), Panjab University at the college campus. The seminar was held successfully with the blessings of Shriman Nirmal Singh Dhillon, Chairman, Dev Samaj College Managing Committee, who has always been a steadfast support in all the activities carried out by the college.

Prof. Dr. Sanjay Kaushik, Honorary Director, ICSSR, North Western Regional Centre, Panjab University, Chandigarh was the chief guest at the event and Dr. Yajvender Pal Verma, Registrar and Professor, UIET, Panjab University addressed the seminar as the keynote speaker. The seminar was presided over by Mr. Vivek Atray, ex-IAS Officer Country Advisor, Eco Business.

Dr. Meena Chopra, Principal, extended a floral welcome to the guests. The convenors apprised the audience about the outline of the program.

CGC Jhanjeri stage International Graduate Ceremony



MOHALI (LK BANSAL): International Graduate Ceremony was celebrated at Chandigarh Group of Colleges, Jhanjeri in collaboration with International Student Welfare organization. More than 100 graduates from various institutions were awarded degree at CGC Jhanjeri. Various students visited the campus and participated in this event. Fanel Joseph Mathiya, Minister Plenipotentiary High Commission of United Republic of Tanzania was the Chief Guest of the Occasion. Dr Vishal Sagar, Director Management, Dr Tufail Ahmad, Director Of Law, Asimjot Singh Chahal ,Head Of International Affairs also grace the occasion.

Participants at the event converged from more than 12+ African and SAARC countries, such as Zimbabwe, Nigeria, Cameroon, Ghana, Congo, Afghanistan, Somalia, Sudan, South Sudan, Bangladesh, etc. Praising of the hospitality of CGC Jhanjeri, students were delighted to have paid a visit to this college and were mesmerized by the upbeat and clean campus. They were highly appreciative of the rich green areas maintained here. Exhibiting their talent, some of them sang songs, did mimicry or other cultural activity and entertained everyone.

Delegation of Kendriya Vihar Owners Welfare Association meets Satya Pal Jain

RAJIV JAIN CHANDIGARH, JUNE 6

A delegation of Kendriya Vihar Owners Welfare Association (Regd.), Kendriya Vihar, Sector 48-B Chandigarh, today met Sh. Satya Pal Jain, Ex-City MP and submitted to him a memorandum seeking his help in solving their problems. Sh. Daves Moudgil, former Mayor of Chandigarh was also present on this occasion.

The delegation demanded that the Chandigarh Administration's policy, in existence for quite a long time now, of not allowing the execution of conveyance deeds in the favour of those owners, who have purchased their flats on the basis of GPA/Will/SA etc., should be reversed and such transfers should be allowed.



They said that because of this, hundred of owners are facing problems regarding their own flats. Jain assured

them that he will take up the issue with the Union Government and will try to get their issues resolved.



Five day yoga camp  
begins at Nursing  
College Dhahan Kaleran

**MANJINDER SINGH**  
**BANGA:** A five-day yoga camp dedicated to International Yoga Day started at Guru Nanak College of Nursing, Dhahran, kaleran On this occasion, Dr. Ramgeet Ayurvedic Medical Officer taught yoga to nursing students. He said that according to the direction of the Director Ayurveda Department, under the able leadership of the District Ayurvedic and Unani Officer Shaheed Bhagat Singh Nagar, the students have been made aware of the 5000 thousand year old tradition of yoga practice in India. He made the students aware of the special importance of yoga to stay healthy in daily life while conducting yoga practice. Dr. Ramgeet Ayurvedic Medical Officer in his address said that many diseases can be avoided with yoga but we should do yoga postures properly. He gave detailed information about the benefits of yoga postures. On this occasion, Dr. Ramgeet Ayurvedic Medical Officer also made the nursing student practice various yogic actions. On this occasion, Madam Saroj Bala encouraged the students to participate in the five-day yoga camp. College teachers and nursing students were also present on this occasion.

Accused who abducted  
minor by seducing and  
misleading him arrested



**RAMAN GUPTA**  
**KAITHAL:** Tightening the reins on criminals against women as per the order of SP Abhishhek Jorwal, the accused was arrested by Thana Kalayat police in the case of abducting a minor on the pretext of marriage. Police spokesperson Pradeep Nain said that the 23-year-old accused Vikas, a resident of village Gajuwala in district Fatehabad, was arrested by the team of SI Rampal Singh of Police Station Kalayat in connection with the abduction of a minor. A police spokesman said that according to the complaint of a resident of a village under Kalayat police station, his 16-year-old niece used to go to the Kalayat Coaching Center every day to study. On June 3 also she went to Kalayat at the coaching center as usual but did not return home. Who abducted his niece by misguiding some unknown person. Regarding which a case was registered in Thana Kalayat. After recovering the minor by the police, action is being implemented as per the rules. Accused Vikas will be presented in the court on Tuesday, due to which the investigation is going on by the police.

Gurdwara Sri Guru Singh  
Sabha Model Town celebrates  
Parkash Purab of Shri Guru  
Hargobind Singh Sahib Ji



**HARPREET SINGH LEHAL**  
**JALANDHAR:** S.Ajit Singh Sethi President Gurdwara Sri Guru Singh Sabha Model Town and other members of the committee informed that Gurdwara Sri Guru Singh Sabha Model Town celebrated Parkash Purab of Shri Guru Hargobind Sahib Ji with great reverence and fervour. Devotees thronged the temple since early morning to pay obeisance and seek the blessing of Almighty God. Gurdwara decorated with fresh flowers and lights of various shades and colours was giving festive look. On this occasion Bhai Fateh Singh Ji, Bhai Shamsheer Singh Ji and Bhai Tajinder Singh Ji Hazoori Ragi Model Town mesmerised the sangat with shabad kirtan. Religious preachers Bhai Balvir Singh Ji and Ms. Jasjit Kaur highlighted the teachings and preaching of Guru Sahib and also enlightened the sangat to walk on the path of Guru sahib. Langar (Missa), pickle and butter milk were served from the community kitchen to one and all by the staff of Guru Amar Dass Public School. In the evening also , Hazoori Raagi Gurdwara Model Town recited shabads from Gurbani that were revered by the devotees. Milk and sweets were served in the evening.

Polling booths having  
more than 1500 votes  
will be rationalized

**ASHISHPURI**  
**KAPURTHALA:** Deputy Commissioner-cum-District Election Officer Captain Karnail Singh said that the Election Commission of India has set a cut-off limit of 1500 voters regarding the reorganization of polling stations for the polling station this time so the polling booths having more than 1500 voters in the district would be rationalized. He instructed the election staff that before sending the proposal for rationalization of the polling station, 100% physical verification of the existing proposed polling station/buildings should be conducted by the concerned ERO through supervisors/BLOs. It may be mentioned that there are 793 polling booths in the district and new booths will be established in place of booths with more than 1500 voters. District Election Officer further said that incase the polling station is to be set up in a private building at the time of changing the building of a polling station, a no-objection certificate should be obtained from the owner/management committee of the concerned building. Besides that BLOs were also instructed to run a door-to-door campaign to register youth who attained age of 18 years and above as voters by filling Form No. 6.



YUGMARG, CHANDIGARH, WEDNESDAY, JUNE 7, 2023

Rajnath Singh, German counterpart  
Boris Pistorius hold bilateral talks

**AGENCY**  
**NEW DELHI, JUNE 6**

Defence Minister Rajnath Singh and his German counterpart Boris Pistorius held a bilateral meeting in New Delhi on Tuesday. A host of bilateral defence cooperation issues, with a focus on industrial cooperation, are likely to be discussed during the meeting. Pistorius, who is on a four-day visit to India, was accorded a Guard of Honour at Manekshaw Centre in the presence of Rajnath Singh in Delhi. He also laid a wreath at National War Memorial in the national capital. Pistorius, who arrived in the national capital yesterday is accompanied by a German delegation. Pistorius is likely to meet a few defence start-ups during an event organised by Innovations for Defence Excellence (iDEX) in New



Delhi, the Ministry of Defence earlier said in a statement. Bilateral ties between India and Germany are founded on common democratic principles and are marked by a high degree of trust and mutual respect, according to the Ministry of External Affairs. India was amongst the first countries to

establish diplomatic ties with Germany after the Second World War. On June 7, the German Federal Minister of Defence will visit Mumbai where he is likely to visit Western Naval Command Headquarters and Mazagon Dock Shipbuilders Limited. Ahead of his visit to India, the German Defence Minister

Organization of meeting on International  
Yoga Day today : CTM Gulzar Malik

**RAMAN GUPTA**  
**KAITHAL:** CTM Gulzar Malik said that on June 7, a meeting will be organized on the theme of International Yoga Day at 10:30 am in the auditorium of the Small Secretariat. DC Jagdish Sharma will preside over this meeting. All the concerned officers should make sure to reach at the designated place and time.

One sentenced rigorous life  
imprisonment in murder case

**SHIV KUMAR SHARMA**  
**KARNAL, JUNE 6**

District and Sessions Judge, Karnal Chandra Shekhar has ordered rigorous life imprisonment to Vishwa alias Vishi, convicted in the murder case, and 3 years in the Arms Act. At the same time, a fine of Rs 5000 has also been imposed on the guilty in the case of murder and Rs 1000 in the Arms Act. In case of non-payment of fine, the convict will have to undergo an additional sentence of one month in case of murder and one week in case of Arms Act. While the other convict Randeep has been considered as punishment for his stay in jail in the case of Arms Act. Apart from this, orders have been given to pay a fine of Rs 1000 on the second accused in the Arms Act case. In case of non-payment of the fine, the convict will have to undergo additional imprisonment of one week. Randeep's son Ravindra, a resident of Ghoghadiapur, along with a friend had killed



his uncle Bijendra. To cover up the matter, Randeep had lodged a murder case against unknown people in police station Madhuban, but during the police investigation, Randeep and his accomplice were found to be the main accused in the case. According to the information, on February 11, 2020, while registering a complaint in Madhuban police station, Randeep's son Ravindra resident of Ghoghadiapur had said that at around 11.00 am, unknown people who came in a white car near the village, fired bullets at his uncle Bijendra and killed him. After committing the crime, the accused fled towards Munak. Randeep told the police that his father Ravindra died in the year 2010.

Ajay Jindal honors Deepa Ramgarh on  
becoming Chairman of Market Committee

**RAKESH JINDAL**  
**NABHA, JUNE 6**

Workers in the Aam Aadmi Party have been honored by the government for their excellent services to the party. Under this series, Dipa Ramgarh, a hard working leader of Aam Aadmi Party from Sub Tehsil Bhadson of Constituency Nabha, was appointed as the Chairman of the Market Committee. With which there was a wave of happiness in the area. There, the newly appointed chairman is being honored by the people. Under the leadership of the senior leader of the Aam Party and the district president of the trade union, Ajay Jindal Nabha, the group of traders congratulated Deepa Ramgarh on becoming the chairman of the market committee Bhadson and honored her with syrup. He said that the Aam Aadmi Party has given due respect to the



volunteers associated with the party from ordinary families who work hard for the party. Congratulating Deepa Ramgarh, Aam Aadmi Party supremo and Delhi Chief Minister Arvind Kejriwal, Punjab Chief Minister Bhagwant Mann and Thanked Mandi Board Chairman Harchand Burst. After being honored, Deepa Ramgarh thanked Aam Aadmi Party supremo and Delhi Chief Minister Arvind Kejriwal, Punjab Chief Minister Bhagwant Mann, MLA Gurdev Singh Dev Mann and Mandi Board Chairman

Harchand Burst and the entire leadership for this appointment. done He said that the responsibility given to him by the Punjab government will be fulfilled with sincerity and diligence. On this occasion, Kapil Mann, Sanjay Maggo, Naresh Kumar Garg, Pankaj Pappu, Avtar Singh Dhaliwal, Salim Mohammad, Ashok Kumar Goyal, Advocate Naresh Singla, Dharminder Sukhewal, Vinay Maggo, Harpreet Singh Gulati, Rajesh Gupta, Bali, Sushil Sharma, Vikas Bansal, Binny, Amar Chand Garg, Ashu Garg etc were present.

Provision of Rs 1500 per acre to  
direct sowing farmers by govt: DC

**KULDEEP SOOD**  
**BARNALA, JUNE 6**

Deputy Commissioner Barnala Ms. Poonamdeep Kaur IAS held a meeting here today at the district administrative complex to review the progress of development schemes and projects of various departments including agriculture, horticulture, fisheries, animal husbandry, Punjab Pollution Control Board, Mandi Board. On this occasion, the Deputy Commissioner reviewed the schemes of the Agriculture Department and asked the departmental officials to motivate the farmers for direct sowing of paddy. She said that the area under direct sowing should be increased. Along with this, they reviewed the verification of the subsidized machinery, on which Chief Agriculture Officer Dr Jagdish Singh said that the farmers will be encouraged for direct sowing in the entire month of June. She said that paddy harvesting will start from June 21 in Barnala district. She said that the government has



announced to give an amount of 1500 rupees per acre to direct sowing farmers, for which they can apply on the portal through the agriculture office. On this occasion, the Deputy Commissioner asked the fisheries department to work on fish farming in the revived ponds under the Thapar model so that the income of the panchayats can be increased. On this occasion, Madam Poonamdeep Kaur reviewed the projects of the Horticulture Department, Punjab Pollution Control Board and the compensation schemes for the victims of thresher accidents from the Mandi Board. On this occasion, the awareness calendar of the Agriculture Department was also released by the Deputy Commissioner and other officials.

Two arrested along with recovery  
of stolen 7 lakh rupees from shops



**ASHISHPURI/PAWAN KALIA**  
**KAPURTHALA, JUNE 6**

Kapurthala police have arrested 2 persons in the case of theft in Western Union shops with recovery of worth 7 lakh rupees from them. SP (Investigation) Ramaninder Singh said that Raman Kumar son of late Balraj Krishna resident of Muhalla Amrit Bazaar Kapurthala owner of shaneshwar enterprise , Krishna Finance Company and Deepak Chawla son of Madan Lal Chawla of Mohalla Jatpura owner of Western Union shops at Kapurthala informed the police that some unidentified persons made thefts in their offices on the late night of 2-3rd June . On the basis of this information police registered a case u/s 457,380 IPC was registered at Police Station City Kapurthala. He said in the investigation While solving the incident, the police teams arrested the accused Sarabjit Singh alias Sonu son of Karnail Singh of Nawar village Donewal district Jalandhar and his uncle Jobanpreet Singh son of Kulwant Singh resident of Nawar village Donewal and recovered the stolen currency of Rs 7 lakhs from them .SP (investigation) further told to media that DSP (D) Barjinder Singh and technical cyber team jointly solved this case.

Police alert in Banga  
City on Ghalughara Day



**MANJINDER SINGH**  
**BANGA:** In view of Ghalughara Day Banga city police, showing alertness, checked two-wheeled and four-wheeled vehicles by setting up checkpoints in different intersections of the city, and the vehicles that did not complete the papers were challaned. During the police checkpoint at Garhshankar Chowk in the city, SHO Mahinder Singh of Police Station City Banga said that strict security arrangements have been made under the leadership of SSP Shri Bhagi Rath Meena IPS, those who disturb the peace will not be spared in the area. He appealed to the people to cooperate with the police administration as the police are deployed 24 hours for their security. On this occasion ASI Kundan Lal, ASI Balbir Singh, ASI Jatinderpal Singh, ASI Ajay Bharti, ASI Surinder Pal, Aman Jassi, Amandeep Kaur etc were present.

Tragic train accident in Odisha is the  
result of human error: Ravi Mohan

**VERMA**  
**GURDASPUR, JUNE 6**

The major train accident in Balasore, Odisha has shaken the entire nation. Due to the death of many people in this accident, there is an atmosphere of sorrow in the whole country. About 900 people injured in the accident are still fighting for life and death in the hospital. The painful train accident in Odisha is extremely unfortunate and distressing. Describing the train accident as the biggest train accident of this century, senior Akali leader Ravi Mohan expressed condolences to the families of the deceased and wished speedy recovery to the passengers injured in this horrific accident. While reminding the Union Railway Minister Ashwini Vaishnav of a train accident in the year 1956, he demanded the resignation of the then Railway Minister Lal Bahadur Shastri on the basis of morality, while he said that the truth should be brought to the public by deeply investigating this horrific accident. Should be brought to the fore. Ravi Mohan said that the death of more than 300 people in this horrific accident at Bahananagar Bazar station of Kharagpur division of South-Eastern Railway has brought tears to every human being. He told that no amount of relief given by the Indian Railways and the government of the country can heal the wounds of the victims' families.



'Gurmantra' given during summer sports  
camp at YS Public School Handiaya

**KULDEEP SOOD**  
**BARNALA, JUNE 6**

A sports summer camp for various sports has been organized at YS Public School Handiaya to improve the sports level of the players. Giving information in this regard, Sports Director Jatinderjit Singh said that this camp is being organized from 1-6-23 to 15-6-23. During the camp, sports experts were invited to give sports guru mantras to the players, who made the players aware of their shortcomings and told them their correct solutions. During the camp, Sub-Inspector Avtar Singh and P.S.P.C.L. Clerk Harpal



Singh arrived specially. On their arrival at the school, they were warmly welcomed by the Vice Principal Sachin Gupta and the coaches. In this camp, the players of netball, archery, boxing, rope skipping, skating, basketball and kit sports are being trained by expert coaches and

the skills of the players are being honed. The guests who came shared their thoughts with the players and said that the players should play the game with hard work and dedication, only then they can succeed in their life. Sports develop all-round qualities in students.



Editorial

French lessons

Pension has always been a touchy issue, especially so when the authorities have tried to weaponise the idea of social security. France, thus, is in the news, thanks to the government's reformist pension policy and the massive opposition that its stance has spawned. At the core of the matter is the French government's proposal to raise the retirement age to 64 years from the current 62. Emmanuel Macron's proposal has a pragmatic underpinning: demographic changes have rendered the extant pension laws inefficient.

France's experience has a lesson for pension administrators in India. To appreciate the issue in the local context, one needs to understand two significant aspects — life expectancy and retirement preparedness. A third aspect, the controversy surrounding the new pension system, must also be explored.

Indians are living longer. This translates to what is called 'longevity risk'. Ordinary citizens tend to outlive their resources. This adds to their retirement under-preparedness. Added to all this is the somewhat regressive move to adopt the old pension system. A number of states have already announced their intention to do so, regardless of the burden this will add to their coffers. Gone are the days when employees worked till at least 60. People who are barely in their 50s are being let go, a fall-out of corporate cleansing. The problem seems to have compounded after Covid-19. Worse, it is a consequence of mergers and acquisitions, closure of verticals, or restructurings. The advent of AI and machine learning might just worsen it.

A huge number of Indians depend overwhelmingly on government welfare schemes. The enormous social security bills notwithstanding, they serve the unorganised sector well. We are referring to the small shop employees, informal labour, low-skilled people engaged in trades, transportation workers and the like. Most of them, unfortunately, have little recourse to formal pensions. According to an estimate by the World Bank in 2016, the global population segment aged 65 and older will double to 20% by 2050. Nearly 1.3 billion people, roughly 80% of the elderly, will reside in low-income countries. Only a third of the population in these nations have any sort of organised retirement infrastructure.

Policy makers in India have clear tasks ahead of them. One, increase retirement age to, say, 65 years and help it remain stable. Two, make retirement savings compulsory with the help of the New Pension System in the organised sector. Three, pension savings must be mandatorily invested as actively as possible in the equity and debt markets so that efficient returns are generated for the long term.

Can exercise reduce a person's genetic susceptibility to disease?

According to recent studies, even those with a high genetic risk of getting type 2 diabetes can reduce their risk by staying active.

The University of Sydney-led study discovered a robust correlation between higher levels of overall physical activity, mainly moderate- to vigorous-intensity physical activity and a lower risk of type 2 diabetes.

The findings were published in the British Journal of Sports Medicine.

The researchers say the study demonstrates higher levels of physical activity should be promoted as a major strategy for type 2 diabetes prevention, which affects millions of Australians.

The study involved 59,325 adults from the UK Biobank, who wore accelerometers (activity trackers worn on their wrist) at the start of the study and were then followed for up to seven years to track health outcomes.

The UK Biobank is a large-scale biomedical database and research resource containing anonymised genetic, lifestyle and health information from half a million



UK participants. This included genetic markers associated with a higher risk of developing type 2 diabetes. People with a high genetic risk score had 2.4 times the risk of developing type 2 diabetes when compared with those with a low genetic risk score.

The study showed more than an hour of moderate-to vigorous-intensity physi-

cal activity per day was associated with a 74 percent lower risk of developing type 2 diabetes when compared with participants who did less than 5 minutes of physical activity.

This was even when other factors, including genetic risk, were accounted for. Another compelling finding was that participants with a high genetic

risk, but who were in the most physically active category, actually had a lower risk of developing type 2 diabetes when compared with those with a low genetic risk but in the least active category.

Senior author Associate Professor Melody Ding from the Charles Perkins Centre and the Faculty of Medicine and Health says

although the role of genetics and physical activity in the onset of type 2 diabetes is well established, until now most data was self-reported and there was little evidence whether the genetic risk could be counteracted by physical activity. "We are unable to control our genetic risk and family history, but this finding provides promising and positive news that through an active lifestyle, one can 'fight off' much of the excessive risk for type 2 diabetes."

Associate Professor Ding says moderate-intensity physical activity describes movements that get you sweating and slightly out of breath, such as brisk walking and general gardening.

Examples of vigorous-intensity physical activity include running, aerobic dancing, cycling uphill or at a fast pace and heavy gardening such as digging - all activities that make you out of breath or cause you to breathe heavily. Study to help inform public health guidelines

Diabetes is a global public health concern. In 2021, there were 537 million adults living with diabetes worldwide. Almost

1.2 million Australians were recorded as living with type 2 diabetes in 2020. The findings also hold a strong personal meaning for Associate Professor Ding, whose father was recently diagnosed with type 2 diabetes in his sixties.

"My dad's side of the family has a history of type 2 diabetes, so the result of the study is extremely heartening for my family and myself. As an already active person, I now have extra motivation to keep this active lifestyle," says Associate Professor Ding.

"Our hope is that this study will inform public health and clinical guidelines so that it can help chronic disease prevention for health professionals, organisations and the public."

"I am so delighted to share our research results with a broad audience to let people know that physical activity is health-enhancing, especially for people with high genetic risk. If you have a family history of type 2 diabetes, or even if you don't, today is the day to start being physically active," says PhD candidate Mengyun (Susan) Luo, who led the study.

Literature & Health

Think more carefully rather than more quickly

When addressing difficulties, do intelligent people think more quickly than others? The findings of a recent study conducted by Human Brain Project researchers at Charite University Berlin and their collaborators at University Pompeu Fabra in Barcelona, which was published in Nature Communications, cast doubt on this widely accepted notion in the field of intelligence. They developed 650 customised brain network models (BNMs) using data from the Human Connectome Project and replicated the dynamics of the problem-solving brain using a physiologically inspired methodology.

Observations from the brain simulations were compared to empirical data of the 650 participants taking the so-called Penn Matrix Reasoning Test (PMAT), consisting of a series of increasingly difficult pattern matching tasks. The results of these were quantified into participants' fluid intelligence (FI), which could roughly



be described as the ability to take difficult decisions in new situations.

"We found that people scoring higher on fluid intelligence (FI) took more time to solve the more difficult tasks compared to people with lower FI. They were only quicker when responding to simple questions," explains Petra Ritter of Charite University, senior author of the study. "We first observed this in our simulations, and then only afterwards we saw that the empirical data of participants taking the intelligence tests corresponded to this trend." Ritter's lab and many other research groups at HBP use brain simulation to complement

observational data, in order to develop a theoretical framework of how the brain works.

In this case, brain simulation has been employed to determine the link between functional and structural connectivity in the brain and cognitive performance. A more synchronized brain is better at solving problems, but not necessarily faster. "As synchronization is reduced, decision-making circuits in the brain jump faster to conclusions, while higher synchronization between brain regions allows for better integration of evidence and more robust working memory," says Ritter. "Intuitively this is not so surprising: if you have more time and consider more evidence, you invest more in problem solving and come up with better solutions. Here we not only show this empirically, but we demonstrate how the observed performance differences are a consequence of the dynamic principles in personalized brain network models.

Catholic Bishops feel threatened in Pakistan

Pakistan's Catholic Bishops learned to be moderate and patient, but patience has its limitations. This is the message they are sending to their followers and the government in the aftermath of the horrific attack on Sangota Public School on May 17 in Khyber-Pakhtunkhwa's Swat District. Bitterwinter noted that the school is run by the Sisters of the Presentation of the Blessed Virgin Mary.

Police stationed an officer outside the school's gate due to sectarian concerns. On the other hand, on May 17, a police officer named Alam Khan opened fire on a school van, killing two girls (one of whom was only nine years old) and injuring five others and an adult. The officer was arrested.

However, relatives of the victims and supporters of the school are protesting because the tragedy has been officially blamed on the man's "mental health," without any investigation into his probable links to Muslim extremist groups, according to Bitterwinter. Bitter Winter is an online magazine on religious liberty and human rights in China published by CESNUR, the Center for Studies on New Religions, headquartered in Torino, Italy. Scholars, journalists, and human rights activists from different countries contribute by publishing news, documents, and testimonies about persecution against all religions in China. As reported by Aid to Church in Need last week, the Bishops decided to raise their voices too, Bitterwinter reported. Archbishop Joseph Arshad of Islamabad-Rawalpindi, said, "We feel threatened and insecure amid growing terrorism in the country. This is regrettable."



Archbishop Sebastian Shaw of Lahore said in a statement, "We Catholics, and Christians in general, run some girls-only schools. And some people are against the education of women, in Pakistan and elsewhere. This man oversaw security for the children, the staff, the parents, and everybody. That is what he was paid for. But in a moment of madness, he did this because the school teaches girls. This shows how aggressive these groups that are opposed to women's education can be."

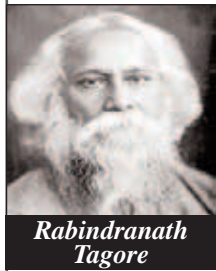
Catholic Bishops in Pakistan do their best to maintain a dialogue with the government, and Shaw humoured the authorities by mentioning the assassin's "moment of madness." However, he also referred to "groups" opposing female education and religious minorities, Bitterwinter reported.

In fact, he added that "the government has to do more to protect [educational] institutions and the people who are committed to education and health."

POEM

The Wicked Postman

Why do you sit there on the floor so quiet and silent, tell me, mother dear? The rain is coming in through the open window, making you all



wet, and you don't mind it.

Do you hear the gong striking four? It is time for my brother

to come home from school. What has happened to you that you look so strange? Haven't you got a letter from father today? I saw the postman bringing letters in his bag for almost everybody in the town. Only father's letters he keeps to read himself. I am sure the postman is a wicked man. But don't be unhappy about that, mother dear.

Rabindranath Tagore

Adults with regular, healthy sleep schedule have lower risk of death: Study



A new study, which will be presented at the SLEEP 2023 annual meeting, emphasises that individuals should keep a consistent sleep schedule with a regular bedtime and wake time, in addition to receiving enough sleep each night.

Results show that adults with a regular sleep schedule and sufficient sleep duration had a 39% lower mortality risk than adults with an irregular sleep schedule and

insufficient sleep duration. Analyses controlled for potential confounders such as socio-demographics, lifestyle, health status, and measures of major sleep disorders.

"Our study found that objectively regular sleepers tended to outlive objectively irregular sleepers regardless of major sleep disorder," said lead author Joon Chung, who has a doctorate in sociology and is a post-doctoral research fellow

at Harvard Medical School and in the division of sleep and circadian disorders at Brigham and Women's Hospital in Boston. "Results suggest benefits of expanding the public conversation on getting 'a good night's sleep' and broadening this goal to getting many good nights of sleep, in a row, on weekdays and weekends."

Healthy sleep requires adequate duration, appropriate timing, good quality,

regularity, and the absence of sleep disturbances or disorders. The American Academy of Sleep Medicine and Sleep Research Society recommend that adults should sleep 7 or more hours per night on a regular basis to promote optimal health.

The researchers analyzed data from the Multi-Ethnic Study of Atherosclerosis Sleep Study, which involved 1,759 participants who were followed for a

median of seven years. Sleep regularity and duration were classified using seven days of data gathered by wrist actigraphy. There were 176 deaths during the study period.

Chung emphasized that maintaining a regular bedtime and wake time is essential for healthy sleep.

"If sleep were an eight-hour pill, it would be beneficial to take the full dose at regular times, consistently," he said.



Telangana tech revolution: Creating Jobs and Transforming Lives, says K Kavitha

Chandigarh : One in two IT jobs created in India this year was in Hyderabad. Thanks to the rapid growth of Telangana's information technology (IT) industry, Telangana has become a global technology hub over the past decade. Today, thanks to the vision of Prime Minister K. Chandrashekar Rao and his IT Industry Minister KT Rama Rao, Hyderabad has become a prominent player on the world stage of technology.

Thanks to state-of-the-art legislation, infrastructure improvement and strong commitment to human resource development, Telangana has attracted large IT companies, built a startup ecosystem, created numerous new jobs and contributed to the prosperity of Telangana's economy, and contributed to its international reputation.

A key factor in the rapid rise of Telangana's IT industry is the unwavering position of the state government in the IT sector. Recognizing the potential of the IT sector, the government has introduced a number of aggressive programs and laws to promote a business-friendly environment.

Launched in 2016, Telangana's IT policy was aimed at promoting IT investment, facilitating business transactions, and helping startups grow. Many of the world's leading technology companies operate effectively in the state, thanks to numerous policy incentives such as tax breaks, infrastructure assistance and investment opportunities.

Unprecedented growth In just one year (2022-23), Telangana saw an unprecedented rise in tech jobs, with a total of 1,27,594 new jobs in the IT sector. Our staggering 31.44% growth rate, the highest in the state to date, is our brightest highlight. This proves that Telangana is a top destination for her IT/ITES sector worldwide.

The focus of the state government on developing a strong start-up environment is critical to the expansion of Telangana's IT industry. With the launch of programs such as her WE Hub, an incubator for women entrepreneurs, and T-Hub, a technology incubator and accelerator, companies have a platform to grow and access resources, mentoring and funding. I was able to put it in. These efforts have not only promoted innovation and entrepreneurship, but also attracted the attention of venture capitalists and investors around the world, contributing to the further development of the IT industry.

Focus on developing skills The KCR Chief Minister and his KTR Minister's focus on education and skills development has helped develop a talent pool to meet the needs of the IT sector. Telangana Academy for Skill and Knowledge (TASK) is one of the organizations set up by the government to provide industry-specific training programs to fill skill gaps. Additionally, the state's innovation capacity has been strengthened by government partnerships with major technology companies to establish R&D centers.

Xiaomi 14 Pro, Xiaomi 14 Tipped to Feature Periscope Cameras With Up to 5x Optical Zoom

Xiaomi 14 Pro is reportedly in the works and it is anticipated to go official in November this year alongside the Xiaomi 14. The Chinese smartphone brand is yet to confirm any details regarding the Xiaomi 14 series, but ahead of it, a known tipster from China has shared some camera specifications of the handsets online. The Xiaomi 14 and Xiaomi 14 Pro are said to come with periscope zoom cameras. Qualcomm's next-generation flagship SoC is expected to power the handsets. The Xiaomi 14 Pro is tipped to be backed by a 5,000mAh battery with support for 50W wireless charging. Tipster Digital Chat Station (translated from Chinese) in his latest post on Weibo claimed that cameras on Xiaomi 14 and Xiaomi 14 Pro would offer periscope zoom capabilities. The periscope telephoto camera of Xiaomi 14 Pro is said to offer 5x optical zoom with 115mm focal length. The regular Xiaomi 14 on the other hand, is expected to feature a periscope telephoto camera with 3.9x optical zoom and 90mm focal length. However, the pixel-count and the number of camera sensors are unknown at this moment.

Duroply launches India's first ready to use plywood and board - Techply

Hisar : Duroply, India's premium and most experienced plywood manufacturer amongst the leading players, has launched yet another innovative product, 'Techply', India's first ready to use plywood and board. Techply is highly customizable product that can be used by the way consumer wants. It has Veneer like finish, so it can be directly used in furniture. While at the same time, those consumers who wish to use Veneer over it can do so. One can paint over Techply and use. Consumers can get a CNC engraving also to get any design of their liking. Techply is targeted at aspirational consumers who wish to get their interiors done with branded Plywood. Innovative Company Duroply has offered an industry first 21 years of guarantee on Techply. The ready to use decorative panel, Techply gives total flexibility to consumers: customers can use various types of veneers such as oak, walnut, and ash over it, while creative customers can get even Laser Engraving done on this product, to get any design of their choice. Explaining about the revolutionary product, Mr. Akhilesh Chittanagala, Executive Director and Chief Operating Officer, Duroply, said, "We at Duroply have customers at the centre of our strategic thinking process.

Sikh Games Federation of India congratulates players



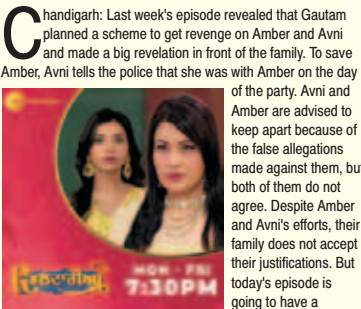
Chandigarh: The Northern Open Classic International Karate Championship 2023 is being held in Greater Manchester, England on July 9, 2023. Pritpal Singh, President, Sikh Games Federation of India (SGFI), has congratulated the players who are going there to take part in the Championship. Pritpal Singh, President, Sikh Games Federation of India, said that I am happy that our players are continuously participating in national as well as international games. Satnam Singh, the team coach of Sikh Games Federation of India, and players Lovepreet Singh and Tinderal Singh also congratulated the players.

Nissan Magnite achieves 100,000 production milestone



Chandigarh: Nissan Motor India on Tuesday announced the production rollout of its 100,000th Magnite. The Nissan Magnite reflects Nissan Motor India's manufacturing philosophy of 'Make-In-India, Make for the World'. This production milestone achievement underscores Nissan Motor India's commitment in delivering high-quality products and services that exceed customer expectations and its belief in India's potential as a major automotive manufacturing hub. Designed in Japan and manufactured in India, the Magnite which was launched in December 2020 has emerged as the preferred choice for many customers. Rakesh Shrivastava, MD, Nissan Motor India, said, "At Nissan, we are not just building cars.

Dildariyan spoiler alert: Atisha's life is in danger



Chandigarh: Last week's episode revealed that Gautam planned a scheme to get revenge on Amber and Avni and made a big revelation in front of the family. To save Amber, Avni tells the police that she was with Amber on the day of the party. Avni and Amber are advised to keep apart because of the false allegations made against them, but both of them do not agree. Despite Amber and Avni's efforts, their family does not accept their justifications. But today's episode is going to have a troubling moment in which Avni overhears Maya deciding to kill Atisha forever with the aim of stopping Angad and Atisha's wedding. Will Avni save her sister Atisha on time? Will Amber be able to believe Avni's claims against her mother? Watch and know what will happen next in this story, in the show 'Dildariyan' at 7:30 p.m. only on Zee Punjabi.

NEWS/BUSINESS

YUGMARG, CHANDIGARH, WEDNESDAY, JUNE 7, 2023

Bath salts are food for your overworked body and mind

It is 9 pm and you are stepping inside your home, back from work. Or maybe you're just getting up from your home desk after a long day spent hunched over your laptop. Your mind is exhausted from the day's meetings and endless work calls, you are drained out of all energy, and your body is aching because of sitting in one position for hours. Ktlu Pahojia, Founder, Laviche Bath Essentials, says, "Whether you are a journalist, digital marketer, sportsperson, teacher, fitness enthusiast, IT expert, manager, student, homemaker, mom, or a to-be-mom, the daily hustle gets your mind and body overworked by the end of the day. That's when your worn-out body needs some me-time of relaxation and relief."

An excellent way to heal and revitalise your drained out body is by dipping into a hot water bath packed with the miraculous benefits of bath salts. If you don't have a bathtub to drown your worries and pains in, you can still treat yourself to these wondrous therapeutic foods by dipping your feet in! Pahojia lists the benefits of bath salts below.

- Soothe Aches And Pains Some jobs that require one to stand for long hours or strain the back and muscles while sitting in the same position cause joint pain over time. When your knees, toes, feet, back, or arms hurt, you can just soak some Epsom salt in hot water and rest in it for some time. 'Epsom salt breaks into magnesium and sulfate that relax sore muscles, cure stiff joints, and reduce swelling. So if you just had a gym injury by lifting weights, knee stiffness due to running, or any kind of muscle pain, use the magical crystals of bath salts. Lemongrass bath salt is the best for sore muscles

- and body ache – its fragrance calms you as the Dead Sea and Himalayan salts treat muscle soreness," says Pahojia.
- Tuck You In Like A Baby Bath salts are natural sleeping pills for your body. Instead of taking pills for insomnia, simply soak into a bath and



- add rose bath salts after a long and tiring day. The salt crystal absorbs magnesium into the body that gives you a good night's sleep, while the rose essential oil lifts your mood.
- Rejuvenate The Mind And Body Giving yourself a salt soak is like meditating – the aroma of the ultra-relaxing essential oils calms the mind and the magnesium salt crystals energise the fatigued body. Take time off for a self-care Sunday each week to restore vibrancy and spirit into your overtired body, relieve

- physical stress and mental anxiety.
  - Stimulate All Senses As the magnesium salt enters your body, you feel a shock of vitality; every part of the body energises, from head to toe. A warm bath with salts also hydrates and moisturises your skin. Pick pink Himalayan salts, Dead Sea salts, and lavender oil or extract to revive all the senses and leave your body feeling calm and peaceful, ready to take on tomorrow's challenges.
  - Deepen Detoxification Your skin also wears and stresses out every day. Bath salts exfoliate dead skin and nourish, hydrate and deeply detoxify your skin. They work amazingly well on sunburns too, leaving skin soft, silky and moisturised.
  - Improve Blood Circulation Bath salts relax your nerves by improving the circulation of blood throughout the body. Simply pair the natural healing qualities of these bath salts with aromatherapy. Light fragrant candles and read a good book while soaking into the bathtub.
- This will improve nerve functions and diffuse positivity into the dull corners of your mind and body.
- Stabilise Mood Whether you are upset over a tiff with your colleague, your day didn't go as planned, or you have to work overnight for the next day's presentation, a short salt soak can be the answer to your mood swings and negativity. Sit back and relax in the bath to restore your mood and mental wellbeing!

SATO expands its footprint into Southeast Asia

CHANDIGARH: SATO, an award-winning social business part of LUXIL Group, has announced expansion of its operations into Southeast Asia. After a growth driven journey in India and Bangladesh, the brand introduces its innovative, aspirational, and affordable sanitation and hygiene products in Indonesia and Philippines



to consumers and institutions in rural and peri-urban areas who need off-grid solutions. The launch coincides with the brand's 10th anniversary this year and is aligned with SATO's purpose to empower people

to have a better life, every day, and enjoy a brighter future, through innovative sanitation and hygiene solutions. The launch in Southeast Asia is another step towards achieving LUXIL's goal to improve the lives of 100 million people by 2025. Commenting on the business's expansion, Mr. Suguru Sakata, Leader - Asia, SATO said our expansion into Southeast Asia is a significant milestone in our journey to make sanitation and hygiene accessible for all. SATO solutions are already making a difference in the life of millions across the world and we hope to help fill the gap in Indonesia and Philippines, offering affordable solutions that advance progress towards safely managed sanitation, hygiene, and SDG 6.2. We are excited to work closely with local partners, governments, and communities to implement sustainable sanitation solutions that improve lives and foster healthier environments.

The 3rd International Financial Architecture Working Group meeting begins in Goa



Chandigarh : Under India's G20 Presidency, the 3rd International Financial Architecture Working Group meeting began on 6th June 2023, Tuesday in the vibrant State of Goa. The meeting is being moderated by the Ministry of Finance, the Reserve Bank of India, France, and the Republic of Korea who are the co-chairs of the IFAWG. The two-day meeting witnessed deliberations on topics such as cooperation in the resilient global economy and strengthening the global financial safety net. Around 100 delegates from G20 members, invited countries and various international organizations participated in this meeting. The first day of the meeting began with a high-level seminar on "Towards an Orderly Green Transition – Investment Requirements and Managing Risks to Capital Flows" to facilitate an in-depth discussion on emerging and green capital flows. Thereafter, discussions on issues like, strengthening the global financial safety net, SDR allocation to the International Monetary Fund, and managing global debt vulnerabilities took place. 3 sessions were organized during this meeting, wherein topics such as making collaborative efforts towards a more stable and resilient global economy.

Dabur Enters the Cooling Oil Category with 'Dabur Cool King Thanda Tel'

Chandigarh : Dabur India Ltd., India's most trusted and leading Ayurveda Personal Care company, today announced the launch of Dabur Cool King Thanda Tel, marking its entry into the Cooling Oil category. The new Dabur Cool King Thanda Tel has an innovative chill tube with peppermint cooling crystals it is prepared with specially selected 11 Ayurvedic herbs that are known for their benefits in relieving stress and fatigue.



"We are happy to enter the cooling hair oil category with the launch of Dabur Cool King Thanda Tel. Dabur Cool King Thanda Tel is a one-of-its-kind innovative product. It has a specially designed chill tube. Inside the chill tube are peppermint cooling crystals. The peppermint cooling crystals along with the 11 Ayurvedic Herbs will deliver an unparalleled cooling experience. It also helps in providing relief from symptoms of daily mental and physical stress. We believe that our consumers will love the cooling sensation and benefits of this hair oil," Dabur India Limited Marketing Head- Hair Care Mr. Ankur Kumarasaid. Dabur Cool KingOil is available in 6 SKUs with special introductory offers: 2.5ml pack is priced at INR 1,42ml pack is available at an introductory price of Rs. 20 (MRP Rs. 30); 87ml pack is available at an introductory price of Rs. 75 (MRP Rs. 85); 187ml is available at an introductory price of Rs. 140 (MRP Rs. 160); 270ml pack is available at an introductory price of Rs. 190 (MRP Rs. 225); 470ml pack is available at an introductory price at Rs. 310 (MRP Rs. 330).

Kotak Private Banking Launches Kotak Réserve

Chandigarh: Kotak Private Banking - a division of Kotak Mahindra Bank Limited ("KMBL"/ "Kotak"), today announced the launch of Kotak Réserve - a Savings Programme\* curated for UHNIs and HNIs. Extending services beyond banking, this by-invite programme offers a range of exclusive services designed to provide clients with a luxury banking experience like never before. Through this Savings programme, Kotak Private Banking aims to provide an unparalleled premium banking experience through a host of exclusive lifestyle offerings across travel, health & wellness, and entertainment, amongst others. This addition to the existing offerings will add an edge to Kotak Private Bankings' overall bespoke services provided to the clientele. Oisharya Das, CEO-Private Banking, Kotak Mahindra Bank Ltd. said, "We have curated an exclusive Savings Programme- Réserve, which offers bespoke experiences to our UHNI and HNI clientele. By invitation", Réserve offers a range of privileges for an elevated experience beyond banking. We have onboarded leading luxury brands for this proposition which we believe will be an invaluable addition to our suite of offerings and a game-changer in the world of premium banking."

TECNO unveiled its highly anticipated CAMON 20 series

UDHIANA/ PATIALA: TECNO, the premium technology brand unveiled its highly anticipated CAMON 20 series, which establishes 'Ultimage- the future of imaging technologies' experience. The CAMON 20 series was officially unveiled in a captivating blend of



technology and fashion at the exciting 'CAMON Explorer Lounge'. This exclusive event took the form of a fashion experiential expo held at The Leela Ambience in Gurugram, creating a unique platform for over 100 influential content creators to witness the unveiling first-hand. Speaking on the advent of

the CAMON 20 series in India, Arijet Talapatra, CEO, TECNO Mobile India mentioned, "TECNO has changed gears and has started making strong inroads in premium segment by bringing best-in-class technology in our smartphones for our users at much accessible price points. Through our CAMON portfolio, we continually strive to push the boundaries and revolutionize the photography experience. With the CAMON 20 series, we present a solution for those seeking exceptional night photography capabilities, delivering sharper and more detailed pictures in any lighting situation. This new camera-centric range of smartphones brings together innovative imaging

technologies delivering advanced portrait and video capabilities that let users record those emotional moment moments in sharper detail, while it's striking aesthetic design and powerful performance complete an all-round exceptional user experience."

KidZania India and TVS Expand their First of a Kind Racing Experience for Children to Delhi NCR

GURUGRAM – After the successful launch of the First-Ever TVS Racing Experience Centre at KidZania Mumbai last month, 5th May 2023, both the leading brands, KidZania India, a leader in children's edutainment park in partnership with TVS, one of India's leading two-wheeler manufacturers, has announced the launch of TVS Racing Experience Centre at KidZania Delhi NCR.

The partnership will see TVS along with KidZania, curate an experience centre at KidZania's parks in India to provide young visitors with a safe and controlled environment to experience the excitement of racing. The racing experience centre features real-life tracks, high-tech simulators, and authentic racing gears to provide children with an immersive and thrilling experience. Set to become a popular experience at KidZania, the aim is to inspire a passion for racing and provide children with an opportunity to learn about the sport in a fun and engaging way. Expressing his enthusiasm at the launch of the experience centre at KidZania Delhi NCR, Rahul Dhamdhare, Chief Marketing Officer - KidZania India said, "We are delighted to partner with TVS in bringing this unique and immersive racing experience to the young riders of Mumbai and Delhi NCR. This collaboration represents a remarkable synergy between two industry leaders committed to fostering the development of young minds through experiential learning. Through this centre, we aim to inspire a passion for speed, innovation, and sportsmanship while providing a safe and thrilling environment for children to explore. Designed to ignite the imagination and curiosity of all its attendees, the TVS Racing Experience Centre will provide an unparalleled opportunity for budding racers to step into the driver's seat.



Airtel Business partners with the Ministry of Education to power Government of India's Ed-Tech platform – DIKSHA

Chandigarh, June 6, 2023: Bharti Airtel ('Airtel'), one of India's leading telecommunications service providers, today, announced that it has won the Cloud and CDN mandate from the Digital India Corporation (DIC) to power DIKSHA (Digital Infrastructure for Knowledge Sharing) – India's national platform for open education digital content. DIC is under the aegis of the Ministry of Education (MoE), Government of India. With this mandate, Airtel becomes the trusted partner for end-to-end management of DIKSHA's online platforms across its mobile application and website. The DIKSHA application and website will now be powered by Airtel Cloud and will be made seamlessly accessible to students across the country for free educational content in their preferred Indian language. Students, particularly in far-flung and remote locations, will be able to easily enrol onto the platform. Airtel Cloud will also lead the migration of DIKSHA to Oracle Cloud and offer its managed services along with CDN solutions. Praveen Agarwal, Head – Govt. Business, Airtel Business, added, "DIKSHA offers 9300+ courses in 35+ Indian languages and has witnessed 50+ billion learnings sessions and 60+ billion minutes of usage by students, making it one of the largest free education platforms in the world. We are thrilled to partner with the Ministry of Education to bolster this crucial education infrastructure and advance its accessibility to millions of children across the country with our state-of-the-art cloud and CDN services."

Ashoka Textiles Receives 'Excellence Award' From Actress Ameesha Patel

Mohali: Ashoka Textiles - a bridal gallery in Mohali which deals in exclusive collections of bridal lehengas, gowns, designer suits, kurtis has received the 'Excellence Award' from ace actress Ameesha Patel at a glittering function held in tricity recently. The gallery also has an awe inspiring collection of men's wear, and turbans. There is a wide range of rumala sahibs and boutique fabrics too. Ashoka Textiles received the 'Excellence Award' for being tricity's 'Trustworthy and Premium Bridal Gallery' in recognition of its excellent services to customers. "We are proud and honoured to have received the 'Excellence Award'. Ashoka Textiles has always been dedicated to providing the finest bridal attires and exceptional services to customers. This prestigious award is a testament to our

commitment to excellence. I want to use this occasion to thank our amazing customers for their support," said Ashok Kumar Bansal, MD, Ashoka Textiles. Located in Phase 3B2, SAS Nagar, Mohali, Ashoka Textiles is one of the most sought after wholesale and retail-store for fashion aficionados of the tricity. From being a bridal gallery to offering customized men's wear tailoring, Ashoka Textiles offers a huge variety of ready-made suits, unstitched suits and semi-stitched suits. Reflecting further, Bansal said: "Our customers are like a family to us. We promise to deliver only the best of the best to them. Their satisfaction and faith in Ashoka Textiles is the best motivation for us, which has helped the brand come this far."



Sonalika Tractors sold 13,702 units in May

Chandigarh : Sonalika Tractors has registered the highest ever overall sales in May 2023 with 13,702 units. This includes 11.42% domestic growth in May 23 which is 4X the industry growth (est. 2.7%) as the company has beaten its own previous May 22 sales record of 12,615 tractors. Sonalika Tractors is focusing on accelerating the widespread adoption of farm mechanisation as nearly just 45% of farming in India is mechanised till date. Speaking on the new achievement, Mr Raman Mittal, Joint Managing Director, International Tractors Limited, said "This exemplary feat underlines the company's commitment to lead and transform the farming landscape in India to ensure farmer prosperity."

Seagram's Royal Stag Launches Its New Live It Large Campaign Featuring Brand Ambassador Superstar Ranveer Singh

AMRITSAR/JALANDHAR/ SHIMLA:- Seagram's Royal Stag has always exemplified the spirit of dreaming, achieving, and living it large. This year marks a major milestone as the brand embarks on a transformational journey with the launch of the new Live It Large campaign. This campaign embodies the spirit & attitude of today's generation, the Generation Large that strives to re-define the paths to success. The impactful new campaign features Bollywood's powerhouse Superstar Ranveer Singh, who today, is not just one of the biggest stars in the country but, also among the best actors of his generation. Exemplifying the attitude of the brand's campaign, "We Want It All, We Want It Aa, We Are Generation Large", Ranveer also perfectly illustrates Royal Stag's evolved new philosophy – "It's Our Life. We Live It large." The film also features global cricketers stars, Suryakumar Yadav and AB De Villiers. Speaking on the launch of the new brand campaign, Kartik



Mohindra, CMO, Pernod Ricard India, said, "Royal Stag has always been an iconic brand with a young heart that inspires us to live it large. Our latest campaign captures the spirit of today's generation which does not hold back, embodies self-belief and wants to maximize life experiences.

Samsung Unveils Galaxy F54 5G with Segment-Leading 108MP No Shake Camera

Chandigarh : Samsung, India's largest electronics brand, today announced the launch of Galaxy F54 5G, the most premium Galaxy F series smartphone. Galaxy F54 5G's sleek and premium aesthetics, along with the iconic Galaxy signature design, makes it an eye-catching device. Galaxy F54 5G stands out with segment-leading features such as 108MP No Shake Camera, flagship camera features such as AstroTap and Nightography, powerful 6,000mAh battery, and an enhanced Super AMOLED+ 120Hz display, making it the top choice for consumers. "At Samsung, our mission is to empower our customers' lives through powerful devices. The launch of Galaxy F54 5G signifies our unwavering dedication to meaningful innovation, enabling users to unlock their full potential. With features such as Nightography and AstroTap, combined with an unmatched 120 Hz Super

AMOLED+ display, 6000 mAh battery and 4 generations of OS updates, we are ensuring a revolutionary user experience with Galaxy F54 5G," said Raju Pullan, Senior Vice President, MX Division, Samsung India. Ajay Veer Yadav, Senior Vice President at Flipkart, said, "In today's tech-first world, upgrading to the latest technology is not only a preference but also a necessity for many. This is especially true for the premium smartphone segment, where customers are always seeking out the latest devices with high-end cameras and long battery life. At Flipkart, we believe in making the best and most relevant products available to every single customer across India and with the much-awaited launch of Samsung Galaxy F54 5G, we will be addressing the growing demand in the premium segment."

Ather announces India's first 60 month loan product for EV two-wheelers

Chandigarh : Scoring yet another industry first, Ather Energy, India's leading electric scooter manufacturer, today announced a new 60-month vehicle loan product that will make EV scooters more affordable and accelerate its adoption in the world's largest two-wheeler market. This is also the first time that a finance product with a tenure of 5 years has been rolled out in the EV industry. Despite a long and successful track record of vehicle financing, Indian banks and NBFCs (non-banking financial companies) have until now refrained from exposing themselves to loan tenures longer than 36 months and 48 months under special circumstances. Monthly repayment of the loan or EMI (equated monthly instalments) under the new 5-year vehicle loan offered by Ather can be as low as Rs 2,999, making it one of the most compelling financial products available for EV two-wheeler buyers in India. Raveesh S. Phokela, Chief Business Officer Ather Energy, said, "Affordable vehicle loan products have for long been a critical last-mile enabler for the stupendous growth of the Indian two-wheeler market. The growing popularity of EV scooters in the country has necessitated the need for vehicle loan products with a longer tenure. It is an ongoing journey for us to ensure we make our scooters accessible to a wider audience, and attractive financing is an effective tool to quicken EV adoption in the country. As an industry pioneer, Ather has worked closely with some of India's leading retail finance players, banks, and NBFCs to design and offer the country's first 60-month EV loan product and pave the way for other OEMs. We believe this extended loan period will make EVs even more lucrative and bring in more customers. We hope and expect other two-wheeler brands.



The Legendary Seltos crosses 5 Lakh sales milestone in just 46 months

JALANDHAR/CHANDIGARH:- Seltos, India's most loved SUV and the first and best-selling premium SUV of Kia India has reached the 5-lakh mark in just 46 months of its launch. The iconic brand and the original Badass which started its journey with Kia's India foray in August 2019 reinvented and unlocked immense value for the SUV segment. It has become a source of pride for India's automotive industry with its segment-first features, accelerated performance, class-leading connectivity, and futuristic design. Mr. Tae-jin Park, MD & CEO, Kia India said, "The success of Seltos is a celebration of the extraordinary, an ode to the indomitable human spirit that refuses to settle for anything less than brilliance. It is a symbol of what is possible when passion meets innovation, and dreams meet reality. With Seltos, we have crafted a revolutionary driving companion that has captured the hearts and garnered the respect of more than 5,00,000 valued customers. It is an incredibly emotional moment for us as we witness Seltos' incredible journey, evolving from a daring newcomer to an iconic symbol of badassery." He further added, "With total sales of about 27,159 units during the first quarter of 2023, the Seltos continues to sell an average monthly over 9000 units even when there are multiple new innovations in the segment."

SBI General Insurance extends support to those affected by Odisha train tragedy

Chandigarh: SBI General Insurance has taken significant actions to support individuals who have been affected by the accidental collision of passenger trains at Balasore district of Odisha on 2nd June, 2023. During these challenging circumstances, SBI General Insurance stands by those who were affected by the tragedy. SBI General's team has put in place a standard operating procedure and formed a task force to handle queries and claims on a priority basis. It keeps an eye on the inbound data and is well-prepared to help customers. 1. Call the Company's toll-free number 1800 210 3366 / 1800 210 6366 2. SMS -@CLAIMS to 561612 3. Send details on email: sbi.health@sbigeneral.in 4. Visit claims intimation section on www.sbigeneral.in To avoid any delays in the claim settlement procedure, the Company has adopted a simplified claim process with minimal necessary documentation. Recognizing that those affected have experienced challenges and personal loss because of the train accident tragedy, SBI General will process all death claims based on the declaration / certification by Railways / Government authorities. All claims will be processed on a paperless basis where self-attested documents can be submitted.



## NEWS AT A GLANCE

### Vij to boost morale of special players of Hry

**SHIV KUMAR SHARMA**  
**CHANDIGARH:** Haryana Home Minister Anil Vij will meet the players participating in the Special Olympics World Games in Gurgaon. These players will assemble in Gurugram before leaving for Berlin. Vij will encourage the players here and will also give them success mantras. To encourage the special players of Haryana, this programme will be organised at DAV Public School, Sector 14, Gurugram. Among India's special players going to Berlin, 12 are from Haryana. Six of these players belong to Gurugram. The competition is to be held in Berlin, Germany from June 17 to 24.

### One day 38th awareness program against drugs organized by NCB Haryana



**SHIV KUMAR SHARMA**  
**PANIPAT:** Under the guidelines and guidance of Haryana State Narcotics Control Bureau Chief and Inspector General of Police Mr. Amitabh Singh Dhillon and under the leadership of Superintendent of Police Shashank Kumar Sawan, a one-day 38th anti-drug awareness program was organized at Maharshi Kashyap State Polytechnic Institute. This program was organized in the presence of the Principal of the Institute, Joginder Singh, Haryana State Narcotics Control Bureau's Deputy Inspector/Awareness Program and Rehabilitation Incharge Dr. Ashok Kumar Verma had arrived at the institute as a keynote speaker. Making the present teachers and students aware against drugs, he said that we can build character only by staying away from drugs and to stay healthy it is very important to have a healthy mind in a healthy body. This will happen when the person stays away from drugs. He said that intoxication comes secretly in human life and opens the door to intoxication of life. Before intoxication destroys human life. We need to be aware. Bureau officer Dr. Verma said that if intoxication was good, our mother would have given us intoxication first. Expressing his views on the type of intoxication, he told that there are two types of intoxication – one is open and the other is restricted. In the world, 70 lakh people are dying due to tobacco related reasons and 17 lakh people are dying in India. There are 2.5 crore people suffering from cancer all over the world. Only India is the second largest country in the world which comes in second place. He introduced the students to the side effects of drugs through various examples, poems and contexts. At the end of the programme, Bureau's awareness program and rehabilitation in-charge Dr. Ashok Kumar Verma said that Haryana has a slogan - Dosh mein desh Haryana jit duhi dahi ka khana.

## Agri Univ to contribute in promoting Millets: Shukla

**DINESH AGARWAL**  
**SHIMLA, JUNE 6**

While presiding over the conference on "Millets for Nutritional Security" at Chaudhary Sarwan Kumar Himachal Pradesh Krishi Vishwavidyalaya (CSKHPAU), Palampur, Governor Shiv Pratap Shukla said that at a time when the world is celebrating the International Year of Food, India is leading this campaign internationally. He said that CSK University could play an important role in taking this campaign forward.

He said that in the present perspective it is very important to promote the use of millets. He added that Prime Minister Narendra Modi has named millets as 'ShreeAnna'. India is the biggest producer of millets in the world and accounts for 20 percent of global production and 80 percent of Asia's production, the governor said, adding that it was on India's proposal that the United Nations General Assembly agreed to announce 2023 as 'International Year of Millets'. There are 13 varieties of millets in the world, but for the International Millets Year 2023, eight millets including Bajra, Jowar, Ragi, Kutki, Sanwak,



Kangni, Chena and Kodo have been included.

The Governor said that these millets are cultivated in 131 countries of the world which were rich in nutrition and taste. He said that this campaign would also play a big role in solving the problem of malnutrition among the people. The Governor said that according to a latest report, iron and zinc deficiency may become a major problem among the people of India by the year 2050. He added that even at present about 50 percent of the population in India, including 61 percent of pregnant women, were having iron deficiency. Millets

could play an important role in overcoming this problem, he said. According to the reports, ShreeAnna could also play an important role in ensuring food security in India and neighbouring countries, said the Governor. He said that the area under these crops in Himachal Pradesh is about 6.71 thousand hectares and the annual production is 5.88 thousand tonnes. He also appreciated the efforts of Agricultural University, Palampur for increasing the production of millets and increasing awareness among the people about its benefits.

Professor H.K. Chowdhary,

Vice Chancellor, Agriculture University honoured the Governor on the occasion. He said that CSK Agricultural University has been ranked eighth amongst the 74 agricultural universities in the country. He said that many farmers trained by the University have received national level awards. The University is making the Prime Minister's vision of 'Vocal for Local' a reality, he added while putting emphasis on the promotion of ShreeAnna. He said that the local food varieties would be planted experimentally in all the Krishi Vigyan Kendras and research centers of the university. Padmashree Nekram Sharma, as the keynote speaker on the occasion, said that with the efforts of the Government of India, 'ShreeAnna' would be available as a live food in future. He said that it was under the guidance of scientists that he moved towards natural farming and started growing millets. He gave detailed information about the qualities of millets. He also stressed the need to understand the diversity of forests, which were full of nutritious fruits. Dr. Pradeep Kumar, President, Krishi Vaigyanic Manch welcomed the Governor.

## Acting DC felicitates meritorious students of Govt schools



**SUMER GARG**  
**SANGRUR, JUNE 6**

Acting, Deputy Commissioner (ADC), Sangrur, Varjit Walia today honored the meritorious students of the Govt schools of eighth, tenth and twelfth classes of the district at the meeting hall of the local district administrative complex. On this occasion, Mr. Walia, while interacting with the students encouraged them to work harder in the future. He also appreciated the efforts of the Ramanujan maths award examination management committee for supporting the award. It may be mentioned that in the recently announced results of the Punjab School Education Board examinations of the students studying in government schools of Sangrur district have been excellent and 4 students in the eighth class results, 5 students in the 10th and 2 students in the

twelfth class board results have registered their name in the Merit list. In the eighth class merit list, the girls included are Malkeet Kaur of SSBS Govt Senior Secondary School(SSS) Longowal; Jasvandhana Kaur of Govt Middle School Harigarh; Jasdeep Kaur of Govt High School Mangwal and Shaheed Udham Singh SSS, Sunam Udham Singh Wala's Khushi Gupta. Similarly in the tenth class merit list, the girls included are Jasmeet Kaur of SSSS, Girls Bhawanigarh; Nimandeep Kaur of SSSS, Jakhepal; Navdisha of SSSS, Kamalpur; Amritpal Kaur of SSSS Lahil Kalan and Lovelysh of Shaheed Udham Singh SSS Sunam Udham Singh Wala. Similarly in the twelfth class merit list, the girls included are Simarjit Kaur of SSBS Govt Senior Secondary School (Girls), Longowal and Anjali Rani of SSSS, Dudiya.

### BJP workers give memo to Vij



**PREETI SAINI**  
**SADHAURA:** BJP workers Wazir Chand and Avinash Kalda met Home Minister Anil Vij regarding the problems of Sadhaura town. They also handed over a memorandum regarding health and other basic facilities in Sadhaura town. Home Minister Anil Vij assured to take immediate action on the memorandum submitted by the BJP workers. BJP workers apprised Vij about the problems of Sadhaura town. The government hospital of Sadhaura should be constructed soon, the shortage of doctors should be fulfilled, a memorandum was submitted to Anil Vij regarding the arrangement of the stadium. The minister assured to solve these problems at the earliest. Anil Vij was also invited to visit Sadhaura, on which he said that a programme to visit Sadhaura will be made soon.

### Environment Day celebrated by distributing plants at Govt Girls School of Village Mehraj



**KULJIT SINGH DHINGRA**  
**RAMPURA PHUL:** World Environment Day under the leadership of school principal Geeta Arora under the instructions of Punjab Government and the guidelines of Assistant Director Youth Services Kulvinder Singh at Government Girls Senior Secondary School in nearby village Mehraj, was celebrated Principal Geeta Arora urged the children to take care of the environment and plant more saplings. Assistant Program Officer Sukhveer Kaur took the pledge to the children and the visiting parents regarding the preservation of the environment and explained in detail about the cleanliness of the environment. Program Officer NSS Mohit Bhandari advised the children not to use single use plastic and use cloth bags instead of plastic envelopes to save the polluting environment. Later, neem, deck, tahli, suhanjanas and jamun plants were distributed to the children. Teacher Tarun Kumar, an environmentalist of the school, gave the necessary guidelines to the children to take care of the plants and urged them to take care during the holidays.

## HAFED chairman Kailash Bhagat visits grain market and interacts with farmers and traders

**NARESH GARG**  
**LADWA, JUNE 6**

HAFED Chairman Kailash Bhagat said that the work of procurement of sunflower crop has been started in the state. Markets have been set up for the purchase of this crop and concrete arrangements have also been made for this. The aim of the government is that farmers and traders should not face any kind of trouble in the mandis regarding the procurement of sunflower crop, says he. Not only this, the commercial rate of sunflower crop by HAFED is Rs 4800 per quintal and Rs 1,000 under Bhavantar Bharpayee Yojana. Chairman Kailash Bhagat was talking to traders and farmers at Anajmandi Dharamshala after visiting Ladwa grain market



late on Tuesday evening. He said that Chief Minister Manohar Lal himself was constantly taking feedback from the farmers regarding the procurement of sunflower crop. Their aim was that the farmers got a good price for the sunflower crop and the farmers did not face any kind of problem in selling the crop. For this purpose, he visited various mandis of Ambala and Kurukshetra to assess the procurement work of sunflower crop. He said that the aim of HAFED was that

traders and farmers should not have any problem in buying and selling sunflower crop if anyone has any problem he can directly contact with the officials as well as with them. In this season, efforts have been made to improve the procurement work of sunflower crop to traders and farmers. He said that if a farmer did not want to sell his crop, he will not be forced and if traders and farmers needed any kind of help, all possible help will be provided to the farmers and traders.

### Plantation and use of cycles are need of hour: Prof Dalip

**SHIV KUMAR SHARMA**  
**KURUKSHETRA:** On World Environment Day, Perna Samiti Haryana took out a 301st cycle awareness tour with tree plantation in Kurukshetra. Professor Dalip Kumar, Director, Faculty of Law, Kurukshetra University, Kurukshetra, was present as the chief guest in the program, while the program was presided over by retired Chief Technical Officer Naresh Saini. Welcoming the guests, Dr. Ashok Kumar Verma, founder and provincial president of Perna Samiti Haryana, environment watchdog, said that the purpose of formation of Perna Samiti Haryana is only and only to promote environmental protection. For this purpose, on October 2, 2015, he formed Perna Samiti Haryana, which is working as a voluntary organization without any financial assistance. He informed that to fulfill this objective, more than 17500 saplings have been planted by the organization and more than 301 cycle awareness tours have been taken out. The youth are made aware of cycling along with plantation. To fulfill this purpose, he has taken out cycle tours in 9 districts in which awareness is being made to stay away from drugs under the banner of Haryana State Narcotics Control Bureau.



## Martyrdom congregation held to remember martyrs of June 1984 at Sri Akal Takht Sahib

**CHARNJIT SINGH ARORA**  
**AMRITSAR, JUNE 6**

The Shiromani Gurdwara Parbandhak Committee (SGPC) today organised the annual martyrdom congregation to commemorate Sant Jarnail Singh Khalsa Bhindranwale, Bhai Amrik Singh, Baba Thara Singh and General Shabeg Singh, who were martyred during the military attack on Sachkhand Sri Harmandir Sahib and Sri Akal Takht Sahib by the then Congress government of India in June 1984. The congregation organised at Sri Akal Takht Sahib was attended by head granthi of Sri Harmandar Sahib Giani Jagtar



Singh, SGPC President Harjinder Singh Dhama, Jathedar of Sri Akal Takht Sahib Giani Harpreet Singh, Jathedar of Takht Sri Kesgarh Sahib Giani Ragbir Singh, Baba Nihal Singh head of Tarna Dal Harian Velan, Baba Avtar Singh Sursingh head of Dal Baba Bidhi Chand Samprada, former Jathedar

Bhai Jasbir Singh Khalsa, and many Pathic personalities. On this occasion, bhog (concluding ceremony) of Sri Akhand Path Sahib was held and the hazuri raagi jathas performed Gurbani Kirtan.

Speaking on this occasion, Jathedar Giani Harpreet Singh emphasized the need for organising the

Sikh Shakti (power). He said that Sikhs can never forget the 1984 Sikh Genocide. "This ghallughara (holocaust) is not only scar on the body of the Sikhs but deep wounds on their heart. We want to make it clear to the governments that the 1984 holocaust is not weakness of Sikhs but by remembering it, the community becomes stronger", said Giani Harpreet Singh. The Jathedar said that the community should not expect any justice from the governments of this oppression committed by the then government of India, but should unite and strengthen the Sikh power by self-churning.

## Modi strengthened the country in 9 years: Thakur

**SHIV KUMAR SHARMA**  
**CHANDIGARH:** Addressing a press conference in Panchkula, former Himachal Chief Minister Jai Ram Thakur said that the Modi government has worked to strengthen the country in 9 years. The Modi government has developed infrastructure in all sectors including roads, railways, airports and digital connectivity. India's position has strengthened on the global stage and today India's glory is being heard all over the world. Jai Ram Thakur had reached the party office Panchkula on Tuesday to attend the meeting of Ambala Lok Sabha workers at Panchkamal, under the Maha Jansampark campaign being run in Haryana to mark the completion of 9 years of the Modi government. Jai Ram Thakur said that the Modi government has provided good service, good governance and good welfare in 9 years. He said that the Congress weakened the country in ten years. Thakur not only counted the achievements of the Modi government in the last nine years, but also answered the questions asked by the journalists and also attacked the Congress. Rajya Sabha MP Dr. Anil Agarwal, Rajya Sabha MP Ramchandra Jangra, Education Minister Kanwarpal Gurjar, State General Secretary Advocate Ved Pal, State Media and Social Head Dr. Sanjay Sharma, former MLA Latika Sharma were present on this occasion.

### Amritsar Rural Police seizes 4 kg opium, 4 lakh drug money, 3 pistol, 2 magazines, 4 tramps

**KULJEET SINGH**  
**JANDIALA GURU:** Guidelines have been issued by Satinder Singh SSP Dehati to crack down on drug peddlers by launching a large-scale campaign for the prevention of drugs. Under these instructions, Jugraj Singh SP Investigation and Pravesh Chopra DSP Sub Division Attari As per the guidelines, on the basis of secret information by SHO PS Gharinda and ASI Rajbir Singh, Indrajit Singh alias Malli s/o Najar Singh r/o Attari, Gurdev Singh alias Mota s/o Gurcharan Singh r/o Rani, Rajinder Kumar alias Ghuddi s/o Rakesh Kumar r/o Dhanoe Clan And Manpreet Kaur alias Kirandeep Kaur wife Rajinder Kumar r/o Dhanoe clan has been booked under NDPS Act and Arms Act. He had taken a house on rent, recovered 4 kg of opium, 4 lakh drug money, a pistol, 2 magazines, some packing materials, envelopes and mobile phones along with rubbers from Le Pass. It is worth mentioning that Manpreet Kaur alias Kirandeep Kaur's husband Rajinder Kumar alias 4 cases have already been registered. Similarly, 5 cases have been registered against Indrajit Singh alias Malli under different sections. The said accused have been doing drug business for a long time. And the facts of their link with Pakistan have also come to the fore.



### Partap World School organises an awareness program at on occasion of World Environment Day



**SHARANJEET**  
**PATHANKOT:** Partap World School Defense Road Pathankot was organized an awareness program under the chairmanship of Director Sunny Mahajan at on the occasion of World Environment Day with the support of Forest Department and Jagriti Foundation. In which Deputy Commissioner Pathankot Harbir Singh was present as the chief guest and ADC Major Dr Sumit Mudh, DFO Pathankot Dharamveer Singh specially attended. Director Sunny Mahajan, Director Oshin Mahajan, Principal Shubhra Rani warmly welcomed them. On this occasion, Principal Shubhra Rani gave detailed information about the program organized on the occasion of Environment Day. On this occasion, the students created a painting and along with it, created an attractive rangoli and got appreciation.

### DGC celebrates World Environment Day

**CHETRAM RATTAN**  
**NAWANSAHAR:** Our college organized a program to celebrate World Environment Day. The Director, Dr. Rajeshwar Singh and Management, Mr. Gurpreet Singh Batth and Navpreet Singh sangha along with all the faculty members and students participated in the program with full energy. The aim behind organizing this program was to give awareness to people about keeping the environment clean and safe from pollution. For this purpose, plant more trees to purify the air and make the earth green. The program started at 11am. The sports department gave a sapling to each student and asked them to plant it around the campus. This was an amazing and interesting activity. All the students started planting and the teachers guided them in this regard. Some students cleaned the campus. The gardener surveyed the entire campus and made sure that planting is done appropriately. After this, the students were directed to reach the conference where the Director gave a speech in which he encouraged students to participate in these activities. He also added that we should also motivate others to keep their environment clean free of pollution so that we can live a healthy life. It was the pleasurable activity we enjoyed most and promised with our Director to plant more trees in our surroundings.



### Chabeel organised at Panchmukhi Hanuman Mandir Sabha

**PRITI SAINI**  
**SADHAURA:** Chabeel was organised by the ancient Shri Panchmukhi Hanuman Mandir Sabha of Sadhaura town. Passengers coming to Chabeel were stopped and offered sweet water. Giving information, Hansraj, president of the ancient Shree Panchmukhi Hanuman Mandir Sabha, said that in view of the summer season on behalf of the temple committee, sweet water was installed outside the temple premises on Shyamapur road. He said that service to man is service to Narayan and in view of the summer season, giving water to the thirsty is a very virtuous act. President of the temple committee, Hansraj said that sweet water was given during the day, and in the evening, prasad of sweet rice was distributed by the temple committee in the temple premises, in which devotees from far and wide will participate. He said that such events are organised on Tuesdays. Due to this, the number of devotees of the temple is increasing day by day. This type of religious work by the temple committee will continue in the coming future as well. Harindra Sharma, Dharampal, Sandeep Paruthi, Kishore Kumar, Mukesh, Ashu Saini, Sandeep Arora, Gopal Bansal etc were present on this occasion.









# How Sidharth Malhotra reacted to wife Kiara Advani's 'Satyaprem Ki Katha' trailer

YUGMARG, CHANDIGARH, WEDNESDAY, JUNE 7, 2023



Sidharth Malhotra can't keep calm and wants to meet Katha aka Kiara Advani after the trailer of her upcoming musical romantic saga 'Satyaprem Ki Katha' was released.

Taking to Instagram story, the 'Mission Majnu' actor shared his wife Kiara's post and captioned it, "TRAILER LOOKS LOVELY KI @ CAN'T WAIT TO MEET KATHA. GOOD LUCK TO YOU AND THE TEAM #SATYAPREMIKATHA @NADIAD-WALAGRANSON & @KARTIKAARYAN."

And Kiara continued banter on social media and re-shared Sidharth's post and wrote, "Thanks babe," with heart and kiss face emojis.

Kartik took to Insta and treated fans with the trailer video on Monday and captioned it, "Maybe I didn't come to this world to do anything except love you. #SatyaPremKiKatha Trailer OUT NOW."

The trailer introduces us to Kartik as SatyaPrem and Kiara as Katha. Kartik is seen pursuing Kiara for marriage as he tries to impress her. The duo gets married. After that, Kiara and Kartik have many difficult experiences together.

The video also showed a glimpse of the songs. The film depicts the idea of love after marriage.

Recently, the makers of the film unveiled the first track of the film 'Na-seeb Se' which received massive re-

sponses from the fans.

Composed by Payal Dev, the song is beautifully sung by Payal Dev and Vishal Mishra. The lyrics of the song are given by AM. Turaz. The mesmerizing visuals and melody of the song are absolutely captivating. The song beautifully showcased the chemistry of Kartik and Kiara as they brought the love season back to the theatres after a long time.

The film also stars Supriya Pathak Kapur, Gajraj Rao, Siddharth Randeria, Anooradha Patel, Rajpal Yadav, Nirmite Saawaant, and Shikha Talsania.

The film is all set to hit the theatres on June 29.

Meanwhile, on the work front,

Sidharth will be seen in his upcoming film 'Yodha' alongside Disha Patani and Raashi Khanna. The film is all set to hit the theatres on September 15.

Apart from that, he will also be making his

digital debut with the upcoming web series 'Indian Police Force'.

Helmed by Rohit Shetty, the series also stars Vivek Oberoi and Shilpa Shetty in pivotal roles and will stream exclusively on

the OTT platform Amazon Prime Video. The official streaming date of the series is still awaited. On the other hand, Kiara also has 'Game Changer' alongside 'RRR' actor Ram Charan in her kitty.

## Taylor Swift and Matty Healy reportedly break up



Taylor Swift and Matty Healy have called it quits after fueling romance rumours for about a month. Taylor and Healy have been linked since early May and have been spotted in public together several times, including on May 15 at Electric Lady Studios in New York

City with stars such as Jack Antonoff and Margaret Qualley, Kendrick Lamar and Florence Welch. PEOPLE reported that the 'Karma' singer-songwriter and The 1975 frontman have split. "She had fun with him, but it was always casual," says a source to PEOPLE. "They are no longer romantically involved."

Healy was also seen at all six of Swift's Eras Tour shows in Nashville and Philadelphia, along with Swift's father Scott and friends like Blake Lively and Gigi Hadid. Swift took a moment before performing Mid-night's track 'Question?' during her Eras Tour concert in Foxborough, Massachusetts on May 20 to give fans a life update.

## Prabhas seeks blessings of Lord Venkateswara at Tirumala temple

Prabhas, who is gearing up for his upcoming mythological drama 'Adipurush', paid a special visit to Tirumala Tirupati Devasthanams on Tuesday along with the team to seek blessings of Lord Venkateswara ahead of the event in Tirupati. In the viral pictures and videos, the actor can be seen in a white kurta-pyjama with a red silk shawl wrapped around him. Reportedly, Adipurush's action trailer is to be launched today in a grand manner in Tirupati.

Makers of the upcoming mythological pan-India film on Monday unveiled the track.

Prabhas took to Instagram and shared the song and captioned it, "The soul of Adipurush. Ram Siya Ram. #RamSiyaRam full song out now! Link in Bio. #Adipurush in cinemas worldwide on 16th June."

With the slow, melodious notes composed by Sachet-Parampara and the heartfelt lyrics penned by Manoj Muntashir, 'Ram Siya Ram' paints a vivid picture of the deep connection shared between Lord Shri Ram and Goddess Sita. As the song unfolds, it showcases the significance of their bond in each other's lives, reminding us of the enduring power of true love and the timeless depth of human emotions.

The trailer was first screened exclusively



for fans of Prabhas in Hyderabad, followed by a grand launch event in Mumbai on May 9 that was graced by the presence of the star cast, director, and producer. The trailer was released in 70 countries worldwide, turning it into a truly global celebration. The trailer depicted an epic struggle between the forces of good and evil.

Unlike the teaser, the new video doesn't disclose much of Lankesh, who appears in disguise midway through the movie and

then appears briefly at the conclusion. The teaser of 'Adipurush' was released on October 2 at the Bank of Sarayu in Ayodhya, Uttar Pradesh among fans and media persons.

Helmed by Om Raut, 'Adipurush' is a mythological drama based on the epic Ramayana. The film stars Prabhas as Lord Ram, Kriti Sanon as Sita, and Sunny Singh as Lakshman. In the movie, Saif Ali Khan will be seen essaying the role of Ravan.

## Soha Ali Khan shares her secret go-to foods for her daughter's tiffin

In today's world, kids are exposed to a variety of food, and they are lured to try everything possible. It is of paramount importance for me to ensure that my daughter, Inaaya, doesn't miss out on nutritious food. More often than not, I try to ensure that she doesn't mistake healthy meals for bland foods. I have always taught Inaaya that healthy foods could be fun too. Inaaya is always up for new experiences and cooking is something we both enjoy to do together. We often ideate together on what needs to be made for lunch and sometimes enjoy whipping up some easy-to-do meals for her lunch box together. She often sees some meals that she might have seen when we go out to restaurants, or on TV, and asks me to re-create them. However, as a mother, I have to pay attention to the nutritional value of her food intake and ensure Inaaya has a mix of well-balanced, healthy meals. So, for that, I make some modifications in the preparation of the recipe and use healthier ingredients. For instance, in the place of white sugar, we use jaggery, and infact Spiced Almond Banana Jaggery Cake is one of Inaaya's favourite cakes! I try to incorporate almonds in whatever way I can as the consumption of almonds is great as it helps in strengthening immunity.[1] I've read that they contain cop-

per, zinc, iron, and Vitamin E – each of which is a nutrient that contributes to the growth, development, maintenance, and normal functioning of the immune system. Below are my all-time favorite meals for my Inaaya's tiffin as they are healthy, nutritious and satiating:

- Almonds in every way

As a mother, I have been making sure to imbibe positive habits in terms of a healthy lifestyle from a very young age, as a result of which Inaaya is growing accustomed to following a healthy routine. When I was a child, my mom inculcated the habit of consuming a handful of almonds everyday owing to its numerous benefits and I'm passing on this tradition to Inaaya too! Earlier I used to crush the almonds and add it to her milk, but now, she eats whole almonds! I try to incorporate almonds as much as I can and whip some delicious and easy recipes using them for her tiffin. She loves the almond & cauliflower rice salad, which is extremely healthy as well as delicious. She also enjoys having almond & sweet potato toast. Nuts like almonds have plenty of health benefits as they are a rich source of protein, Vitamin B2, Vitamin E, magnesium, and phosphorus. These nutrients are known for their role in energy release from food. This makes almonds an energy-yielding nut

which helps in giving much-needed energy to kids so that they stay active throughout the day to learn, grow, and succeed.[4]

- Seasonal Vegetables

Consumption of seasonal vegetables plays a crucial part in following a healthy diet for kids. Sometimes, they run away from eating the greens, so to manage that, I make delicious parathas for Inaaya but with a twist. Whichever seasonal vegetables are available, I chop them, add some traditional spices to the mix, and roll the paratha. Also, parathas are easy for a child to hold and eat without getting messy. I use the same technique in making sandwiches as well. In the sandwich, besides adding loads of seasonal vegetables, I also add crushed almonds, it gives a nutty taste and she loves it! These mantras ensure that the meal is nutrient rich as well as unique in taste.

- Eggs in every form

When it comes to Inaaya's tiffin meal preference, egg is one of my go-to ingredients. This is because from a masala egg bhurji to an Omelette packed with veggies and scrambled eggs, there are endless options. They are easy to prepare and Inaaya enjoys it as well. Eggs are also a good source of iron and are a nutritious source of protein, fat, Vitamins A, D, B12 and choline.

