



“Even Opposition cannot accuse NDA govt of corruption”: Amit Shah

DURG: Lambasting Congress, Union Home Minister Amit Shah on Thursday said “only scams and corruption” happened during 10 years of Manmohan Singh-led central government, but “Modi ji ran such a transparent government that even the Opposition could not allege corruption.” Shah said this while addressing a public meeting in Chhattisgarh on the completion of nine years of the Modi Government. “Even the Opposition cannot accuse the Modi govt of corruption. Nine years ago, terrorists from Pakistan intruded on India’s land and killed our soldiers, but the then Congress government remained silent,” the BJP leader said “After Modi became PM, Pakistan tried to do the same, and within 10 days, we gave a befitting reply to Pakistan with surgical strike and air strike,” he added.

Police arrest man from Bihar in CoWIN data leak case

NEW DELHI: Delhi Police Special Cell has arrested one man and a juvenile from Bihar for allegedly leaking data from CoWIN, the government’s web platform for Covid-19 vaccination registration. The Intelligence Fusion & Strategic Operations (IFSO) unit of the Delhi Police Special Cell arrested the duo after registering an FIR during the investigation. The arrested man had allegedly put the data on Telegram. “A juvenile has also been apprehended in connection with the alleged CoWIN Portal data leak case,” Special Cell, Delhi Police said. The accused’s mother is a health worker in Bihar and the detained juvenile is his brother, police said. On the basis of information given by the woman, her son the main accused and his juvenile brother came to know about CoWIN portal and data. “IFSO Unit of Delhi Police Special Cell arrested a man from Bihar in the alleged CoWIN Portal data leak case. The arrested person has allegedly put the data on Telegram. The accused’s mother is a health worker in Bihar. More details awaited,” Delhi Police said.

US set to introduce in-country renewable for H-1B visa: official

WASHINGTON: The US is set to introduce in-country renewable H-1B visas, a significant decision that would help thousands of Indian professionals in staying in the country to continue with their jobs without the hassle of travelling overseas for the renewal of their work visas. This is part of the people-to-people initiative, a senior administration official said ahead of the bilateral meeting between Prime Minister Narendra Modi and President Joe Biden at the White House here on Thursday. The much-sought-after H-1B visa is a non-immigrant visa that allows US companies to employ foreign workers in speciality occupations that require theoretical or technical expertise.

ISRO-NASA to launch joint mission to International Space Station

AGENCY
WASHINGTON DC, JUNE 22

The National Aeronautics and Space Administration (NASA) and the Indian Space Research Organisation (ISRO) are developing a strategic framework for human spaceflight operations this year according to senior US Administration officials. This comes amidst Prime Minister Narendra Modi’s first State visit to the US. “In the space sector, we will be able to announce that India is signing the Artemis Accords, which advance a common vision for space exploration for the benefit of all humankind,” Senior US Administration officials said on Thursday.

Biden administration plans to ease visas for skilled Indian workers

WASHINGTON DC : In order to help some skilled workers enter or remain in the United States, the Joe Biden administration will make it easier for Indians to live and work in the United States, Reuters reported citing three people familiar with the matter. The development comes amid Prime Minister Narendra Modi’s official state visit to the US. The US State Department could make the announcement on Thursday that a small number of Indians and other foreign workers on H-1B visas will be able to renew those visas in the US, without the need to having to travel to other nations, Reuters reported citing one of the sources, part of a pilot program that could be expanded in coming years. By far, a large percentage of H-1B visa holders and applicants hail from India.



PM Modi outlines 5-point proposal for India-US collaboration in education, research

AGENCY
WASHINGTON, JUNE 22

Prime Minister Narendra Modi on Wednesday outlined a five-point proposal for energising the India-US collaboration in the education and research sector, during a special event on skilling attended by US First Lady Jill Biden. The points outlined at the ‘India and USA: Skilling for Future’ event are: -Integrated approach bringing together government, industry and academia -Encouraging exchange of Teachers & Students -Organising Hackathons on various subjects between the two countries

-Mutual recognition of vocational skills qualifications -Encouraging visits of people associated with education and research. The event was held at the National Science Centre in Washington DC. The event focused on workforce redevelopment across higher education institutions to expand and enhance access to quality education across society. Prime Minister Modi highlighted the numerous steps taken by India to promote education, skilling and innovation. He appreciated ongoing bilateral academic exchanges, and collaborations between Indian and US academic and research ecosystems.

The event was attended by the President of Northern Virginia Community College, President of Association of American Universities, President and CEO of Micron Technology, and students. Prime Minister Modi in a tweet said he was honoured that the US First Lady joined the event. “Honoured that @FLOTUS @DrBiden joined us in a special event relating to skill development. Skilling is a top priority for India and we are dedicated to creating a proficient workforce that can boost enterprise and value creation.” The MEA spokesperson in a tweet said: “Together in Skilling for Future.

Nine killed, 2 injured after car falls into a ditch in Pithoragarh

AGENCY
PITHORAGARH, JUNE 22

Nine people died while two persons were severely injured after the SUV car in which they travelling fell into a ditch in Uttarakhand’s Pithoragarh, police said on Thursday. “Out of 11 people travelling in the Bolero car, 9 died. Two others are also badly injured and in critical condition,” said Nitesh Anand Bhame, Inspector General (IG) Kumaon. The incident took place in Hokra, in the Munsiyari block of Pithoragarh district. The deceased were travelling from Sama village in Bageshwar district of the State to visit the Kokila Devi temple in Hokra, police said. “Car fell into a ditch at Hokra, in the Munsiyari block of Pithoragarh district. The police and administration teams have reached the spot. These people going to visit the temple were residents of Bageshwar,” said IG Kumaon.

The police and SDRF teams are on the spot, the police official said. “Prima facie information about the deaths of three people has been received; the exact figures of the deaths



will be known only after the police team reaches the spot,” IG Kumaon had said earlier. More details are awaited. Meanwhile, Uttarakhand Chief Minister Pushkar Singh Dhami condoled the loss of lives and “Very sad news has been received about the casualties of many people due to the accident of a vehicle coming from Shama in Bageshwar towards Nachni in Pithoragarh.

Char Dham Yatra 2023: Number of pilgrims crosses 30 lakh

DEHRADUN: In the ongoing Char Dham Yatra in Uttarakhand, over 30 lakh pilgrims have visited Char Dham and more than 10 lakh pilgrims have visited Kedarnath, Ashok Kumar, Director General of Police, said on Thursday. Efforts are being made to provide a safe and smooth darshan for the devotees, he further said. “Uttarakhand police personnel are dedicated to smooth darshan and a safe Chardham Yatra for the devotees. So far, more than 30 lakh (Gangotri- 5,35,327; Yamunotri- 4,65,295; Kedarnath- 10,17,195; Badrinath- 8,98,221; Hemkund Sahib- 88,455) devotees have left for their destinations after visiting Char

Dham. Shri Kedarnath has been visited by more than 10 lakh devotees,” said Ashok Kumar, Director General of Police. Meanwhile, in a precautionary measure, ahead of the coming monsoon season and amid the ongoing Char Dham Yatra, the Uttarakhand government issued a notice on Friday, June 17, prohibiting all State services employees from going on strike for the next six months “Under the sub-article (1) of the article (3) of the Uttar Pradesh Essential Services Maintenance Act (1966), the Lieutenant Governor forbids strikes under state services for the six months starting from the date of issuance of the notice,” said the official statement.

President Murmu presents National Florence Nightingale Awards



AGENCY
NEW DELHI, JUNE 22

President Droupadi Murmu on Thursday presented the National Florence Nightingale Awards for the years 2022 and 2023 to nursing professionals at a function held at Rashtrapati Bhavan. The President presented the prestigious award to a total of 30 health associates. The National Florence Nightingale Award was insti-

tuted by the Union Ministry of Health and Family Welfare, in the year 1973 as a mark of recognition for the meritorious services rendered by the nurses and nursing professionals to the society. Out of the total awardees, there were 10 Auxiliary Nurses and Midwives (ANM), 4 lady health visitors and 16 nurses. Union Health Minister Mansukh Mandaviya was also present at the function.

Chairman CAQM lauds Haryana’s Progress in Stubble Management

BUREAU
CHANDIGARH, JUNE 22

Haryana has been implementing proactive measures to transform paddy straw, which was once seen as an environmental hazard, into a valuable source to enhance farmers’ income. These measures include the announcement of a Common Determined Rate (CDR) of Rs. 2500 per Metric ton for paddy straw, as well as the continued provision of financial support for In-situ/Ex-situ techniques and the Direct Seeded Rice (DSR) technique in paddy cultivation. Additionally, Haryana has successfully reduced farm fires by about 40 percent as compared to the previous year. These efforts underscore Hary-

ana’s commitment to sustainable agricultural practices and its dedication to mitigate environmental challenges. This was disclosed in the meeting conducted to review of the state’s actions plan and preparedness for tackling paddy straw burning by the Haryana Chief Secretary, Mr. Sanjeev Kaushal along with Chairman of the Commission for Air Quality Management (CAQM), Mr. M.M. Kutty here today. Additional Chief Secretary, Environment Department, Mr. Vineet Garg, Chairman Haryana Pollution Control Board, Mr. P. Raghavendra Rao and Director Agriculture and Farmers’ Wel-



fare. Mr. Narhari Banger were present in the meeting. While all Deputy Commissioners attended meeting through Video Conferencing. For achieving the goal of zero farm

fires in the state, the Chief Secretary said that the state government has notified CDR of Rs. 2500 per metric ton, with an additional Rs. 500 per metric ton for moisture content below 20 percent. Moreover, Haryana is providing financial support to farmers, including Rs. 1000 per acre for In-situ/Ex-situ techniques, Rs. 7000 per acre under Mera Pani Meri Virasat Scheme and Rs. 4000 per acre for DSR technique in paddy cultivation. These initiatives aim to support farmers in maximizing their income while promoting sustainable agricultural practices in the state.

Manipur violence: 2 soldiers injured in unprovoked firing in Imphal West

AGENCY
IMPHAL, JUNE 22

Two soldiers got injured after armed miscreants resorted to unprovoked firing in N Boljang, Imphal West district on Thursday morning, Spear Corps, Indian Army said. The soldiers sustained minor injuries and are stable, officials added. In a tweet, Spear Corps said, “Unprovoked firing in Imphal West. Armed miscreants resorted to unprovoked firing in N Boljang, Imphal West Distt in the

morning hours of 22 June. Calibrated response by own troops to avoid any collateral damage. Two soldiers sustained minor injuries- both stable.” Moreover, one INSAS light machine gun has also been recovered during the initial search. Additional columns inducted and operations are in progress. Earlier, an Indian Army soldier has been injured after armed miscreants resorted to unprovoked firing from Kanto Sabal towards Chingmang village during the intervening night of June 18-19.

HP govt issues notified Shimla Development Plan

AGENCY
SHIMLA, JUNE 22

The Himachal Pradesh Government issued a gazetted notification of the Shimla Development Plan after SC’s order on the matter. A notification issued by the government on Wednesday said that the draft Development Plan for Shimla Planning Area was issued by the Director, Town and Country Planning Department, Himachal Pradesh on February 8, 2022 and same was published in the Rajpatra (e - Gazette), Himachal Pradesh on February 11, 2022 for inviting objections and suggestions from the persons likely to be affected thereby within 30 days from

the date of publication in Rajpatra (e - Gazette), Himachal Pradesh. Government said that whereas objection(s)/suggestion(s) received in this behalf have been duly considered or rejected. Notification further said that now in exercise of the powers the Governor, Himachal Pradesh is pleased to approve the Development Plan for Shimla Planning Area , without modifications. It has been hosted the official website of Department of Town and Pradesh www.tcp.hp.gov.in with URL Country for Planning, Himachal-



https://tcp.hp.gov.in/Application/uploadDocuments/development Plan / PlanDoc020220507 122327 .pdf . The same is hereby published in the Rajpatra (e-Gazette) of Himachal

Pradesh with referred URL linkage as required under sub-section (4) of section 20 of the Act ibid. A Development Plan is available for inspection during office hours in the following offices. Importantly, state cabinet on Monday approved the final draft of the Shimla Development Plan (SDP), which includes new provisions with regard to the number of floors, habitable attic and garage in a building. The SDP also permit limited construction of one floor plus an attic in green areas, while two floors and an attic would be permitted in core areas.

AAP’s ultimatum to Congress a day before mega opposition meet

AGENCY
NEW DELHI, JUNE 22

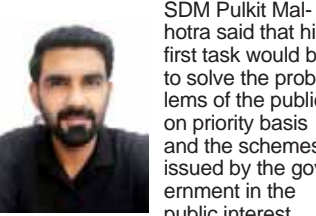
The Aam Aadmi Party (AAP) has threatened to skip tomorrow’s pivotal opposition meeting if the Congress does not back its campaign against a contentious central government ordinance that aims to reshape Delhi’s administrative services, sources said on Thursday. The move risks derailing efforts by India’s splintered opposition to come together and strategise for the 2024 Lok Sabha elections. “The Congress must support us on the issue of the Delhi ordinance. We will boycott the opposition meeting if it doesn’t and stay away from future opposition meetings,” AAP sources said. The ordinance in question, introduced by the BJP-led government at the centre last month, seeks to take control of Delhi’s bureaucrats. The AAP has criticised the move, arguing it undermines a recent Supreme



Court verdict granting control of services in Delhi, excluding police, public order, and land, to the elected government. Delhi Chief Minister Arvind Kejriwal on Tuesday expressed hope that the Congress will clear its stand on the ordinance at the opposition meeting on Friday. He has been reaching out to leaders of non-BJP parties in an attempt to rally their support against the ordinance and block it from becoming law via parliament.

Pulkit Malhotra takes charge as SDM of Shahabad

GOLDY CHUGH
SHAHABAD: HCS Pulkit Malhotra took charge as SDM in Shahabad on Thursday. Earlier, SDM Kapil Sharma served here but has now been transferred to Kaithal as City Magistrate. Talking to reporters,



SDM Pulkit Malhotra said that his first task would be to solve the problems of the public on priority basis and the schemes issued by the government in the public interest would be put into action. He said that the people of Shahabad can feel free to come for their work at any time. The SDM said that Shahabad Markanda is a religious area and it will be his endeavour that brotherhood and law and order remain intact here. He appealed to the people of the city to give suggestions for the all-round development. Pulkit Malhotra said that he had passed the Haryana Civil Service examination on 26 December 2019 and secured a position in merit. On the first day, the new SDM Pulkit Malhotra held a meeting with his staff and officials of the Agriculture Department. In the meeting, all the officers were instructed to go from village to village and make the farmers aware that they should not set fire to the residues of his fields. It is noteworthy that Pulkit Malhotra's father Arvid Malhotra is a senior income tax lawyer and mother Pomi Malhotra has been a professor at SD College Narwana. SDM Pulkit Malhotra held a meeting with his staff and said that the public should not have to wander for their work.

Bhandara increases mutual brotherhood and also satisfy people's hunger: Garg



LADWA(NARESH GARG): A huge bhandara was organized by shopkeepers near Maharaja Agrasen Chowk of Ladwa on Thursday afternoon to please Lord Indra. Rice prasad was distributed. Shopkeeper Happy Jindal told that it is very hot at this time. Seeing this, some shopkeepers near Maharaja Agrasen Chowk organized a huge Bhandara with mutual cooperation. Social worker Sandeep Garg by offering bhog to Sai Baba.

Pawan Garg elected head of management committee of Indira Gandhi National College



LADWA(NARESH GARG): The elections of the Managing Committee are held after every three years. In the election of these office bearers, Pawan Garg was unanimously elected for the post of President, while former Municipal President Mandeep Singh Toor was elected as Deputy President, Praveen Gupta as General Secretary and Vikas Kumar Pako as Treasurer. Pradhan Pawan Garg said that like in the past, he will fulfill his responsibility with full dedication, loyalty and honesty. He said that this is the holy temple of Maa Saraswati.It started with the continuous efforts of Om Prakash Garg and his education loving colleagues and today it is marching ahead on the path of glorious progress. As a result of the establishment of this college, the need of a college-like higher education institution in the rural areas of Ladwa was fulfilled.

Dr. Harbans Lal appointed deputy head of Vishwa Hindu Takht: Shandilya

SHIV KUMAR SHARMA
AMBALA: Vishwa Hindu Takht has appointed Dr. Harbans Lal, a three-time MLA from Sirhind, the land of Gurus, and a three-time cabinet minister in the Punjab government, as the deputy head of the newly formed Takht from Ayodhya, the land of Lord Ram. Along with this, former Food, Forest and Transport Minister Dr. Harbans



Lal was appointed in-charge of Jammu and Kashmir. Earlier, a meeting was held at the Sector 1 residence of Vishwa Hindu Takht Viresh Shandilya in which Dr. Harbans Lal, Kuldeep, Gulshan Kalia, Robin Goyal, Sanjeev Seth, Ravinder Vaishnav, etc. were present. Viresh Shandilya, after giving the appointment letter to Dr. Harbans Lal, gave Mother's chunri and Lord Krishna's statue and called for strengthening the Vishwa Hindu Takht in Jammu and Kashmir including Punjab. Talking to journalists, Viresh Shandilya said that today Hindus are weak and Sanatan Dharma and Sanatan culture is getting weak and conspiracies are being hatched to weaken Hindu religion. On the other hand, Viresh Shandilya, the head of Vishwa Hindu Takht, said that every Sanatani must inculcate the habit of taking their children to the temple, inculcate the habit of applying tilak, telling stories of deities, in case of trouble, say Narayan Narayan, when there is a mistake, say O Ram. Make a habit of chanting, remember Gayatri Mantra, Hanuman Chalisa and Mahamrityunjaya Mantra etc. Instead of Akbar, Humayun, Sikandar, tell stories of Sanatani heroes and give information to the young generation.

HARYANA

YUGMARG, CHANDIGARH, FRIDAY, JUNE 23, 2023

CM accords approval to purchase and contract worth Rs. 146 crore

BUREAU
CHANDIGARH, JUNE 22

Haryana Chief Minister, Sh. Manohar Lal while chairing the meeting of the High Powered Purchase Committee (HPPC) and Department High Powered Purchase Committee (DHPPC) held here today accorded approval to purchases and contracts worth more than Rs.146 crore.

Energy Minister, Sh. Ranjit Singh, Agriculture and Farmers' Welfare Minister, Sh. J.P Dalal and Minister of State for Labour, Sh. Anoop Dhanak was also present at the meeting.

Later addressing the media, the Chief Minister said that a total of 21 agendas of Irrigation, Hartron, Land Records, Transport, Haryana Vidyut Prasaran Nigam Limited and Animal Husbandry Department were placed in the meeting, out of which most of the agendas were approved. He further informed that Rs 10 crore has



been saved after negotiations with various bidders. In the meeting, a proposal regarding the purchase of 70 mobile veterinary vans was also approved for the convenience of livestock owners so that they can get easy transportation options for the medical facilities of their animals. The purchase of these vans will cost around Rs 11 crore. Apart from this, approval was also accorded to procure 300 GNSS Rovers at a cost of about Rs 32 crore to give impetus

to the Haryana Large Scale Mapping Project. Responding to a question on the statements being made by the opposition, the Chief Minister said that the opposition says that they will discontinue PPP, portal and merit-based recruitment system. "The more the opposition will criticise our welfare policies, the more befitting reply they will get from the Public. We aim that every single penny of the public should be spent in a transparent manner for their welfare only," said Sh. Manohar Lal. Additional Chief Secretary and Financial Commissioner, Revenue and Disaster Management Department, Sh. Rajesh Khullar, Additional Chief Secretary, Home Department, Sh. T.V.S.N Prasad, Additional Chief Secretary, Animal Husbandry and Dairying Department, Sh. Ankur Gupta, Additional Chief Secretary, Public Health Engineering Department, Sh. A.K Singh, Principal Secretary to Chief Minister, Sh. V Umashankar, Commissioner and Secretary, Irrigation.

State Primary Teachers Union opposes school merging

PAWAN DAHOLA
JIND: A meeting of the Government Primary Teachers Association and Gram Sabha Dahola was held at the Government Primary School. On this occasion, sarpanch representative Neeraj Panch Gurmeet villager Rammehar Krishna Kumar Pawan Kumar lawyer Singh Dharamveer Sain and many women were also



present. District head Rupendra Goyat said that in Gram Panchayat Dahola, together with the villagers, they opposed the government regarding school merging. Sarpanch, Panch, SMC members and all the villagers together strongly opposed this anti-student policy of the government. On one hand, the government is giving the slogan of 'Beti Bachao Beti Padhao' and on the other hand, in the name of school merging, it is also closing girl schools. The difference between the words and actions of the government is clearly visible. He said that the government is evading its responsibility of providing staff and other amenities to the schools as per RTI norms by playing the game of such figures. The government has no contribution in setting up our schools. Our elders have built this with their hard earned money. We will not allow our temples of education to be closed by the government in the name of merging under any circumstances.

present. District head Rupendra Goyat said that in Gram Panchayat Dahola, together with the villagers, they opposed the government regarding school merging. Sarpanch, Panch, SMC members and

Modi's 9 years rule gave a new direction to country: Ved Pal

DR ASHOK KUMAR
KARNAL, JUNE 22

On the completion of 9 years of the central government, under the ongoing public relations campaign, an enlightened conference was organised in the BJP district office under the chairmanship of BJP District President Yogendra Rana, in which BJP State General Secretary Advocate Ved Pal was the chief guest and the coordinator of the programme Haryana. Chief Minister's Representative Sanjay Bathla, Amar Nath Sauda, District General Secretary Rajbir Sharma, Sunil Goyal, Vistarak Shashi Dureja, District Media Head Dr. Ashok Kumar, Urban Mandal President Sunil Gupta, Office Head Shyam Singh Chauhan were specially present.

On this occasion, Advocate Ved Pal, referring to the achievements of the 9 years of the Modi Government at the Centre said that the nine years period of the Modi government has been of service, good governance and welfare of the poor, and during this period it has given a new direction to the fate and future of India. Historical records have been achieved in the fields of national security, self-reliance, global prestige, economic strengthening etc. and Prime Minister Modi has kept the resolution of



Antyodaya and service paramount in his policies and plans are being ensured till the person standing at the last end.

He said that the decision of Article 370 is considered one of the major achievements of the government. On 5 August 2019, most of the clauses of Article 370 of the Constitution were abolished which provided special status to Jammu and Kashmir. With this, all those laws of the country, which could not be implemented for 70 years, came into force in Jammu and Kashmir. The people there started getting the benefit of the schemes of the central government.

Patwari, Tehsildar should settle pending works in Tehsils as soon as possible: DC



PARI BAJAJ
KARNAL, JUNE 22

DC Anish Yadav took a meeting of Revenue Department officials on Thursday. During this, he instructed in strict words that Patwari and Tehsildar should settle pending revenue related works in Tehsils on time. He also said that the common man should not be allowed to face any kind of problem in the work of registry, death. DC Anish Yadav instructed all Tehsildars and Naib Tehsildars to do the work of mutation on time. He said that this work should be

Raahgiri will once again attract residents of Karnal in its old style from July 2

SHIV KUMAR SHARMA
KARNAL: Raahgiri will once again attract the residents of Karnal in its old style from 2nd July. Haryana Chief Minister and Karnal MLA Manohar Lal will also encourage youth and common people on various forums in this program of Raahgiri. The Raahgiri team and the district administration have completed all the preparations in a planned manner to take Raahgiri to its zenith. This time Raahgiri will be organized in the center of the city in Committee Chowk and Maharishi Valmiki Chowk area, so that participation of maximum people can be ensured.

BJP's Glorious India Rally to be organised on June 24

SHIV KUMAR SHARMA
KARNAL, JUNE 22

Chief Minister's Media Coordinator Jagmohan Anand said that on June 24, there will be a grand rally of Karnal Lok Sabha named "Gauravshali Bharat " at Anaj Mandi, Panipat. This rally will be organised under the chairmanship of Chief Minister Manohar Lal and Union Minister Anurag Thakur will arrive as the chief guest. Preparations are going on vigorously for this rally. Jagmohan Anand said that a meeting regarding this rally was held in Panipat on Thursday. Haryana BJP's Organisation Minister Ravindra Raju reviewed the preparations for the rally. During this, guidance was also received from Karnal Lok Sabha MP Sanjay Bhatia.

Media Coordinator Jagmohan Anand said that there is a lot of enthusiasm among the workers as well as the

ing, Rajya Sabha MP Krishan Panwar, in-charge of both the districts, District President of both the districts, Panipat



general public regarding this rally. He said that on June 24, people would throng Karnal Lok Sabha in large numbers to listen to the views of popular Chief Minister Manohar Lal and Union Minister Anurag Thakur. During this meet-

MLA Mr. Pramod Vij, Gharanda MLA Harvindra Kalyan, Indri MLA Ramkumar Kashyap, Panipat Mayor Avneet Kaur, media coordinator Randeep Ghanghas and senior leaders of both the districts. be present.

Administration and police team should take strict action against illegal mining: DC

DR ASHOK KUMAR
KARNAL : DC Anish Yadav took a meeting of the District Level Task Force Committee regarding illegal mining in the Small Secretariat Auditorium on Thursday. During this, he directed the team of Mining Department, Police Department and District Administration to take the strictest action against illegal mining. He said that illegal mining will not be tolerated in the district at all. He instructed District Mining Officer that wherever mining approval was given. Royalty was to be given to the village panchayats there, that royalty should be given as soon as possible. Apart from this, continuous raids should be conducted against illegal miners. The help of the District Police Department should be taken for this raid. With the help of the police team, accused and their vehicles should be caught. After this strictest action should be taken. The District Mining Officer presented his report before DC Anish Yadav. He said that since the month of April, a total of 12 vehicles were caught doing illegal mining in the district. Of these, 7 were released after collecting the fine while 4 vehicles were released after appeal on superdari. A fine of Rs 15,11,910 was collected from them and an FIR has been registered against 16. Talking about June 2023, so far 3 vehicles have been caught, a fine of Rs 2,22,750 has been collected from them. District Deputy Commissioner instructed the RTA department to catch any overloaded vehicle.

NEET UG 2023 Results: Physics Wallah's (PW) NEET Batches Achieve Record-Breaking Success



SD SHARMA
PANCHKULA : Physics Wallah, India's leading ed-tech platform which is democratizing education at scale has delivered outstanding success in the NEET UG Results 2023. A total of 15 students from PW's NEET Batches scored more than 700, setting a benchmark. Furthermore, an impressive count of more than 20,000 students from PW's batches got qualified in the NEET 2023 with good scores. Physics Wallah's top scorers include Samuel Harshith AIR-24, Nishant Sharma AIR-28, Sumegha Sinha AIR-39, Prayas Rout AIR-67, MD Rejaullah AIR-134, and Pranjal Singh AIR-150. Over 20 lakh students registered for the exam, and out of the 11,45,976 candidates who qualified. This year, over 20,000 students trained by PW educators cleared the exam with flying colors and secured seats in medical colleges. More than 9,000 PW students scored above 600 marks, while over 1,500 PW students scored above 650 marks.

Hindu Cricket Academy inaugurated



PRITI SAINI
SADHAURA: The Hindu Cricket Academy was inaugurated at the Hindu School in Kasba Sadhora. On the occasion of the inauguration ribbon was cut by Municipal Chairperson Shalini Sharma and Vice Chairman Devendra Babil. Arjun and Nihal, who have played Under-19 cricket at the international level, arrived from Chandigarh on the occasion of the launch. On reaching the programme, he encouraged other children and gave tips on the game. Municipal Chairperson Shalini Sharma said that it is a matter of pride for her to open a cricket academy in Sadhaura town of Ghad area. The children of Ghad region will also bring laurels to their village, country and state by participating in sports competitions. Hindu School Principal Divya Ball said that the Hindu Cricket Academy opened in her area is the first such sports academy in which the children of Ghad region will be ready for sports. Academy coach Ketan said that players interested in playing cricket can learn the nuances of the game by participating in the academy. Sanjay Rathi, Naresh Bakshi, Sudhir Bhalla, yo councillor Jagdish etc were present on this occasion

BJP backing Chautala family to defeat INLD

SHIV KUMAR SHARMA
CHANDIGARH: Under Mission 2024, the BJP has started its politics regarding the family of former Deputy Prime Minister Chaudhary Devi Lal. To defeat INLD and JJP, BJP is backing cabinet ministers Ranjit Chautala and Aditya Chautala. It started with Amit Shah's rally in Sirsa. Here, attention was given to Independent MLA Ranjit Chautala. Along with this, he made his nephew Aditya Chautala, chairman of Haryana Agricultural Marketing Board, the senior vice-chairman of the National Council of State Agricultural Marketing Board, making his intentions clear. INLD and JJP are doing politics in the name of Chaudhary Devial in the state. The BJP has given a clear message to the alliance partners JJP and INLD, who have increased the stature of these two leaders, that there are two heirs of Chaudhary Devi Lal's legacy in the BJP. Ranjit Chautala has been doing politics against his elder brother former CM Om Prakash Chautala. He has contested elections in front of them many times. In the 2019 assembly elections, Ranjit contested as an independent after not getting the Congress ticket and won. Jagdish Chautala's son Aditya Chautala started his politics from BJP only. Aditya Chautala's political relations with former CM OP Chautala and JJP leaders as well as family relations are not cordial.



NEWS AT A
GLANCE

On International Yoga Day, people performed yoga in Shanti Hall of Rampura Phul



KULJIT SINGH DHINGRA RAMPURA PHUL: International Yoga Day was celebrated today with great fanfare at Shanti Hall in Rambagh, Rampura Phul. Where a large number of yoga lovers came to take advantage of yoga. Explain the physical benefits of different asanas of yoga. Ashok Kumar Stelko and Ashok Kumar, Secretary of Rambagh Committee, said that fitness in the health sector is to make the human body mentally and physically healthy. Everyone should make yoga an integral part of their daily life to stay healthy and fit. He said that it is important to maintain mental and physical balance by making some changes in lifestyle and leading a good life through yoga practice.

Students will made World record on 17 July: Dr. Jagjit Singh Dhuri



VIKARI VERMA DHURI: Mission Haryali will be conducted on July 17, 2023 in continuation with the efforts made by Apna Punjab Foundation and the Federation of Private Schools and Associations of Punjab to protect the environment. Giving more information on this, the founder of Apna Punjab Foundation- Dr. Jagjit Singh Dhuri said that in the year 2022, on September 12, students, their parents and teachers of schools in Punjab had created a world record of its own kind by planting five lakh sixty-eight thousand tree-saplings. This time, under Mission Haryali-2023, the foundation has given a target of 7 lakh tree-saplings planted by the students of private schools of the State.

AIPEF demands early hearing before standing committee on energy on Electricity Bill 2022
BAHADURJEET SINGH RUPNAGAR: All India Power Engineers Federation (AIPEF) has demanded that their view point must be listened to by the Parliamentary standing committee on energy before submitting its report to the parliament. The standing committee on energy has not given any meeting to the AIPEF or any other Federation of Power Sector Employees for giving their views on the Electricity Amendment Bill 2022. None of the Consumers Forum has got the hearing time from the Standing Committee. Newspaper reports suggest that the government plans to present the bill during the upcoming monsoon parliament session beginning in mid of July 2023.

International Yoga Day celebrated at Government High School Jhalian Khurd



KULWINDER RASULPUR SRI CHAMKAUR SAHIB: International Yoga Day was celebrated at Government High School Jhalian Khurd. All the staff and students participated on this occasion. On this occasion, DPE Nirmal Singh conducted various yoga postures. On this occasion, School Incharge Jaswinder Singh, giving information about the International Yoga Day, said that due to the Prime Minister of the country, Narendra Modi, yoga has started to be adopted in foreign lands and because of him, the International Yoga Day has been celebrated since 2015 and tomorrow is the ninth Yoga Day. It is celebrated like a festival all over the world. On this occasion, all staff and students including Neeraj Verma, Kamaldeep Singh, Shiv Lal, Harpreet Kaur, Seema Rani, Shivpam, Jagdeep Kaur, Rekha Rani, Harpreet Kaur participated.

Saving water resources need of the hour: Meet Hayer

SHASHI PAL JAIN CHANDIGARH, JUNE 22

In view of the deteriorating ground water scenario of the state, Soil and Water Conservation Minister Gurmeet Singh Meet Hayer while emphasizing the Chief Minister Bhagwant Mann's commitment towards the welfare of the farming community of the state and at the same time saving precious water resources, asked the department to chalk out new programmes and intensify ongoing water conservation and management works.

Meet Hayer stressed on maximizing canal water and treated water for usage in agriculture and expanding the underground pipeline programme to every nook and corner of the state. He called for initiating a mass movement for water management and conservation in the state by involving all the stakeholders and creating awareness at the grassroots level. The Soil and Water Conservation minister reviewed the working of the Soil and Water Conservation Department in



a meeting held at Punjab Bhawan, Chandigarh today. While reviewing the watershed scheme of the department, Meet Hayer stressed on providing optimum benefit to landless farmers and women communities

by providing them financial assistance through the creation of self help groups in the project areas. He also stressed upon ramping up work on the creation of rainwater harvesting structures and check dams in the

Problems of all wards of city solve on priority basis: Jimpa

HOSHIARPUR (DALJEET AJNOHA): Cabinet Minister Bram Shankar Jimpa said that development works are going on in different neighborhoods of the city and this pace will continue in the same way. He said that every small to big problem of Mohalla residents is being solved on priority basis. He was addressing the residents of Mohalla Krishna Nagar of Ward No. 6 during the commencement of the construction work of various streets to be built at a cost of about 31 lakh rupees. Mayor Surinder Kumar was also present on this occasion. The Cabinet Minister said that providing all the basic facilities to the city dwellers is his main priority. He said that no deficiency will be left in the comprehensive development of the city. On this occasion, he instructed the concerned officials to pay special attention to the quality of work and materials.



Ludhiana rural police arrests 4 members of gang of robbers



SUKH NAHAR JAGRAON, JUNE 22

District Ludhiana rural police had yet another remarkable achievement in its campaign against bad elements being carried out under the guidance of SSP Navneet Singh Bains as they arrest 4 members of a gang of robbers.

Giving more information about this, SP Harinderpal Singh Parmar said that under the supervision of DSP Rashpal Singh police team led by SI Hardeep Singh and police chowkni Lohatbadhi incharge Sukhwinder Singh arrested 4 persons belonging to a gang that carries out robberies and theft in the area. "The arrested persons include

Sukhdeep Singh alias Seepa son of Nachhatar Singh, Gurpreet Singh alias Gopi son of Balwinder Singh, Hardayal Singh alias Sena son of Gurmel Singh and Jagtar Singh alias Simmi son of Daljeet Singh and filed FIR 79 against them under sections 379-b, 411 of IPC and 25-54-59 of Arms act at police station sadar Raikot. Police has recovered one sharp edged weapon, 1 air gun pistol, 1 stolen mobile phone and 4 motorcycles from the accused," he said. Parmar informed that the accused have confessed that they stole 1 motorcycle from parking of Gurudwara Tahlana Sahib, Raikot another motorcycle from Burj Littan and one from Malerkotla.

Rana Groups celebrate International Yoga Day

AJAY MALHOTRA FATEHGARH SAHIB, JUNE 22

Rana Hospital, in collaboration with Rana Heritage and Riyasat-E-Rana, is proud to announce the celebration of International Yoga Day on 21st June 2023. Esteemed experts Dr. Hitender Suri, the proprietor of Rana Hospital, and Dr. Deepika Suri, the Managing Director of Rana Heritage and Riyasat-E-Rana, have led this event intending to highlight the immense physical, mental, and spiritual advantages of practicing yoga, accessible to individuals from diverse age groups and backgrounds. International Yoga Day serves as a global platform to raise awareness about the transformative power of yoga and its posi-



tive impact on overall well-being. We are committed to sharing the ancient wisdom of yoga and its relevance in today's fast-paced world."

We are thrilled to bring together the community on this special occasion to celebrate the immense benefits of yoga," said Dr. Hitender Suri, co-organizer of the event. "Yoga is not just a physical exercise; it is a holistic approach to health and well-being. Through this event, we aim to inspire individuals to embrace yoga

as a way of life." Rana Hospital, Rana Heritage, and Riyasat-E-Rana invite the community to come together and celebrate International Yoga Day. Experience the transformative power of yoga and embark on a journey toward holistic well-being. A diverse group of individuals, including Dr. Deepika Suri, Dr. Gurjeet Kaur, Kuldeep Kaur, Amandeep, Poonam, Pooja, Sarabjeet, Gurpinder, Diljeet, Jaspreet, Gurjinder, Ramman, Manju.

Theft committed at house in Chamkaur Sahib

SRI CHAMKAUR SAHIB (KULWINDER RASULPUR): The series of thefts continues in the area, the courage of the thieves increased so much that at night they dug the grill at the back of the house, broke the lock of the cupboard and stole about eight tolas of gold and fifteen thousand rupees in cash, but the members of the house were not spared. Didn't even bother Waking up in the morning, he was shocked to see the condition of the house. At the nearby village of Bama Kulia, Kashmir Singh son of Harchand Singh said that his house is in the fields.

Last night, thieves first broke the glass of the back of the house and then dug the grill. All the family members of the house were sleeping at home, but no No crack etc. was found. They expressed suspicion that the thieves might have sprayed anesthetic etc He said that the thieves entered the house and broke the lock of the cupboard and stole three sets of gold, three sets of bangles, three pairs of topsaya and fifteen thousand rupees kept in the locker. A complaint of the incident of theft has been registered at the Police Chowki Bela, but the police did not take any action even after two days passed. He told where the thieves were sitting and also told about the footprints, but two days passed by saying that they came a little later. The victim's family demanded to control the thieves.

VB nabs PSPCL lineman while accepting bribe of Rs.40,000

CHANDIGARH: The Punjab Vigilance Bureau (VB) has nabbed PSPCL Lineman Mohinder Kumar posted at Khui Khara in Fazilka district for accepting a bribe of Rs. 40,000. The accused Lineman has been arrested on the complaint of Pardeep Kumar resident of village Bazidpur Kattianwali, who is running Balaji Milk Centre at his village. Disclosing this here today, an official spokesperson of the VB said that the complainant Pradeep Kumar had lodged a complaint with VB unit, Fazilka of VB Ferozepur Range that Lineman Mohinder Kumar had demanded bribe of Rs.40,000 for settling the Balaji Milk Centre's electricity bill amounting to Rs.73,790 for month of April, 2023. The complainant informed that he had received the electricity bill of Rs.52,360 in February this year and the said Lineman had took Rs.21,000 from him to settle the electricity bill but when he has received the bill of Rs.73,790 in April then he got to know that the amount of February bill also included in the bill of April so he approached the Lineman again then he demanded additional Rs.40,000. The spokesperson informed that after preliminary investigation of this complaint, a VB team laid a trap and the accused official has been arrested on the spot while accepting a bribe of Rs 40,000 from the complainant in the presence of two official witnesses.



Spl campaign launched to reduce long waiting period in passport appointment cycle, Nitish Kumar Shil

AMRITSAR (AMRIK SINGH): A camp mode under the leadership of Amritsar Passport Officer AiS Nitish Kumar Shil. decided to run On 26.06.2023 additional 180 daily appointments under general category are being initiated at Regional Passport Office, Ranjit Avenue in response to high demand for passport applications. This is another big step taken by PO Amritsar under special drive keeping in mind the long delay in passport appointments and Camp Mode PSK will remain open till July 31. All such appointments are to be released by the Ministry from 22.06.2023.

In the post-pandemic era, the office has been witnessing continuous high demand for passports due to curtailment of passport demand due to restricted work due to Corona in passport offices as well as considerable congestion in all types of foreign travel. Sudden increase in craze and passion among people especially youth and students to go abroad for education and better career/employment etc. are also important factors. That has increased overall demand for passport services to more than 200% of pre-pandemic levels. While giving this information, Mr. NK Sheel RPO Amritsar, Passport Officer said.

RPO, Amritsar recognizes the importance of providing efficient and accessible services to common applicants.



Police foil cross-border weapon smuggling bid through Indo-Pak border

CHANDIGARH/AMRITSAR: Amidst the ongoing drive to make Punjab a safe and secure state as per the vision of Chief Minister Bhagwant Mann, Punjab Police on Thursday foiled a major cross-border weapons smuggling bid after recovering four .30 bore pistols from area of village Kakkar in Lopeke of Amritsar. AIG Counter Intelligence Amritsar Sukhminder Singh Mann said that on the basis of a secret information regarding cross border smuggling of arms and ammunition, a team of Counter Intelligence Amritsar carried out a search operation in the area of village Kakkar and successfully recovered four Pistols along with magazines from a field.

He said that the consignment seems to be delivered via drone but could not be retrieved due to heightened activities of BSF and State Police. Police teams are conducting investigations to identify the sender and retriever of the consignment, he said. A case FIR No. 18 dated 22-06-23 has been registered under sections 25/54/59 of the Arms Act at PS State Special Operation Cell, Amritsar. Pertinently, this is the third such cross-border weapon smuggling module busted by the Amritsar Counter Intelligence team in less than a week, taking the total recovery of weapons to 11 pistols along with ammunition.

Earlier on June 16, CI Amritsar had arrested Rajinder Kumar alias Ghudi, Jagjit Singh, Inderjit Singh alias Malhi and Jashandeep Singh alias Boora, all residents of Amritsar after recovering four pistols from their possession. Similarly, on June 19, another person identified as Rajan Singh of Patti, Tam Taran was arrested with three .32 bore Pistols along with ammunition.

Desh Bhagat University celebrated "9th International Yoga Day" at Massive Scale

AJAY MALHOTRA FATEHGARH SAHIB: Desh Bhagat University, Mandi Gobindgarh, and Desh Bhagat Radio celebrated "International Yoga Day" in collaboration with the Department of Ayurveda, Punjab under the guidance of the Ministry of Ayush, Government of India, and CEMCA at the University campus. Principal, Department of Ayurveda Dr. Shrivdev Phondani welcomed the Director, Ayurveda Ministry of Ayush Dr. Ravi Doomra, and SDM Amloh S. Gurinder Singh Johal as chief guests. Chancellor, Desh Bhagat University Dr. Zora Singh, and Pro-Chancellor Dr. Tajinder Kaur were the special guests, and other distinguished guests, eminent personalities, academicians, industry experts.

Khaira accuses Manuke of grabbing NRI family's property, demands action



SUKH NAHAR JAGRAON, JUNE 22

The controversy aroused due to NRI house grabbing in Jagraon seems to have no end even after the victim family was handed over the keys to the said bungalow.

The matter caught heat as it involved AAP MLA from constituency Jagraon Sarvjit Kaur Manuke as accused as the victim family accused her of occupying their house illegally. Under the same series, congress leader and Bolath constituency

MLA Sukhpal Singh Khaira visited Jagraon and addressed vast gathering of people near Tehsil chowk bridge. He openly accused MLA Manuke of grabbing the bungalow forcibly. "MLA Manuke is the culprit in this case and both the other accused Ashok Kumar and Karam Singh are close aids of Manuke and the illegal grabbing of house was done with their help," he said. Khaira demanded strict actions against everybody involved in the matter.

DC calls upon agri, horticulture officials to play pro active role to enhance farmers income

ASHISHPURI/PAWAN KALIA KAPURTHALA, JUNE 22

Deputy Commissioner Kapurthala Captain Karnail Singh has ordered the Agriculture and Farmers Welfare Department, Horticulture, Animal Husbandry and Fisheries Department to give special attention towards the implementation of subsidy schemes to increase the income of the farmers.

Taking stock of the performance of various departments at the DAC here today, Deputy Commissioner asked the officials of the departments that farmers must get subsidy on machinery for stubble management, schemes for water conservation and the cultivation of vegetables



and fruits. Besides that, they were also asked to reach out to the farmers through modern means of communication along with holding camps at village level for the promotion of schemes. He said that forming WhatsApp groups of farmers, they should be continuously informed about the necessary steps to be taken according to the weather besides mak-

ing proper use of fertilizers and seeds and later the marketing of the crop.

Apart from this, all departments have been asked to publicise the contact numbers of their block level officials so that farmers can directly contact them for advice related to agriculture. He also reviewed the vaccination process for the prevention of livestock diseases in the district.

New Ahmadiyya Mosque opened in Scunthorpe by Head of The Ahmadiyya Muslim Community



GURDASPUR (VERMA): The Ahmadiyya Muslim Community is pleased to announce that on 17th June 2023, the World Head of the Ahmadiyya Muslim Community, the Fifth Khalifa (Caliph), His Holiness, Hazrat Mirza Masroor Ahmad inaugurated the Baitus Salaam Mosque (House of Peace) in Scunthorpe, UK.

Upon arrival, His Holiness officially inaugurated the Mosque by unveiling a commemorative plaque and leading the attendees in a silent prayer before leading the Zuhr and Asr prayers at the new Mosque. Shortly afterwards, a special reception, attended by over 60 dignitaries and guests, was held at the Mosque premises, to mark the opening of the Mosque. The highlight of the event was the keynote address delivered by Hazrat Mirza Masroor Ahmad during which he highlighted Islam's teachings of peace and stated that the Mosque would manifest Islam's "spirit of love, peace and brotherhood."

Sumit Garg nominated State President of IVF's Youth wing

SUMER GARG CHANDIGARH, JUNE 22

Surinder Singla, President of International Vaish federation (IVF), Punjab state with the consultation of his high officials and other senior team members has nominated Sumit Kumar Garg, as the President of IVF, youth wing for the state of the Punjab Sumit Kumar Garg while thanking National President Mr. Ashok Aggarwal & his team members, Punjab state President, Mr. Surinder Singla & his team members and other senior members said that the Agrawal community due to it's positive ideology, prosperity, high ethics and habits to help the needy has its own identity in the whole world.

The newly nominated state youth President, Mr. Garg said for this honor he & his entire family feel proud and will remain indebted to IVF. He further said that my respected grandfather late Mr. Hakam Rai Garg, when he was alive he actively participated in religious, social and political works and now my father Mr. Meghraj Garg (Dodewale) is actively involved in religious, social and political works for the welfare of Aggarwal samaj. Now, I have also made my mind to work for the needy persons through the platform of IVF and will do every possible efforts for its development.



Responsibility of solving electricity related complaints of more than 12 villages of Basal Circle is handed over to 1 JE and 4 team mates

KISHORI LAL BAINS
UNA: The responsibility of solving the electricity related complaints of more than 12 villages of Basal Circle is handed over to one JE and Four team mates. Jagat Ram Junior Engineer of Basal Circle of Electricity Department told to this correspondent today that our Basal circle is facing acute shortage of staff. He said that there are more than 12 villages in the Basal circle and when there are more complaints related to electricity at the same time, it becomes difficult to deal with them. He said that he has appealed to the higher authorities of his department many times to solve the problem of shortage of staff. But till date this problem has not been solved. He once again appealed to the Himachal government to solve the shortage of staff in Basal circle. So that people do not face difficulties.

Truck catches fire at Kangra
BUREAU
KANGRA: A logistic truck on the way to Punjab caught fire on the Matour-Shimla National Highway on Thursday. First, the engine of the truck caught fire, and then the truck was in flames. The driver managed to jump out of the truck for safety. The fire caught the engine first, and flames and lumps of smoke started coming out of the truck. Two Fire tenders reached the spot and fought the flames. The traffic remained disrupted on the National Highway until the fire was controlled.

Disaster control room will remain open during monsoon: Nipun Jindal

SANJAY AGGARWAL
DHARAMSHALA, JUNE 22

Regarding preparations related to disaster management in monsoon season, DC of Kangra district Dr. Nipun Jindal told reporters in Dharamshala on Thursday that the control rooms set up at the district and sub-divisional level to deal with disasters will remain open 24 hours so that the disaster can be dealt with quickly. Can be dealt with He said that necessary equipment to deal with the disaster has also been made available at the sub-divisional level. He said that all departments should maintain better coordination for quick and effective action in times of disaster. Nipun Jindal said that to deal with disaster or other incidents, training is being done for the personnel engaged in disaster management in the district. He said that in the coming days a basic swimming course would be



organized for 25 SDRF jawans of the district in Pong area. He told that after this the administration will send these jawans to Kolkata for deep diving course. The Deputy Commissioner said that before the upcoming rainy season, desilting and cleaning of rivers, drains, wells, check dams and other natural water sources should be ensured through blocks and urban bodies in all areas of the district. Dr. Nipun Jindal said that instructions have been given to the officers that the orientation of Aapda Mitras prepared by the administration should be done across the district. The Deputy

Commissioner said that all the machinery used in emergency is available with the administration. He said that JCB is most needed in times of disaster. Mapping of JCB and other necessary machines available in the government and private sector across the district has been done by the administration, which can be used anytime.

Workshop organized by IGD Glenmark



SHANTI GAUTAM
BADDI: ASHA, health worker and C.H.O of Baddi area under Project Kavach, run by Glenmark Foundation by Institute for Global Development today held workshop. A one day workshop was organized to create awareness. It's purpose is to make aware by giving the latest information on maternal and child health. Shilpa, SMO Supervisor of Civil Hospital Baddi, Dr. Shashi and 64 frontline health workers were present in workshop. Dr. PK Goswami (Paediatrician) gave detailed information on maternal and child health care to the frontline health workers present in the workshop. SMO Baddi told that it is the duty of all of us to give information related to nutritional diet to pregnant women, as well as it should be ensured that all pregnant women must be examined at least four times. His delivery should be in the hospital. All these maternal and child health related information were highlighted.

Himachal's apple farmers hold convention to discuss 17-point agenda regarding Universal Carton, MIS

AGENCY
SHIMLA, JUNE 22

Ahead of the apple season in Himachal Pradesh, a state-level convention of the Apple Growers Association was held in Shimla on Wednesday to address various issues affecting them in the state.

The growers from all over the state participated. In this one-day convenient demand on their 17-point agenda and demands the farmers are planning their strategies.

The state President of the Apple Growers Association, Sohan Thakur said that the 17-point demand of the Apple growers is being discussed in the conference, which mainly includes



compulsory implementation of the Universal Carton, a continuation of the Market Intervention Scheme (MIS) and the demand to fix the price of A grade apples at Rs.80, B grade at Rs.60/kg and C grade at Rs.30/kg the farmers are planning to place these demands before the government. "Apart from this, the demand for payment of dues of apples was bought under MIS and are also demanding to implement

three acts including the Legal Metrology Act 2009, The APMC ACT 2005 and HP Passenger and Goods Taxation Act1955," said Sohan Thakur. He said that demand for the implementation of the APMC Act, abolition and exemption of GST on carton trays, machines and other equipment used in apple farming has also been raised.

"These farmers here are planning to raise with the state government that the outstanding amount of apples collected by HPMC and HIMFED from the orchardists should be paid immediately," said Thakur.

He said that the illegal recovery from growers on various barriers in the state

stopped these farmers are also demanding to make available subsidized fungicides etc. according to the apple spray schedule and also the subsidy pending for years for spray machines, ploughing machines, anti-hail nets horticulture should be provided immediately.

"These farmers are also demanding that the government should give high compensation to the apple gr for the loss caused by heavy hailstorms and rain, untimely snowfall and other natural calamities in the state. Among the demands of 17 points the Apple growers also are demanding that soil testing centres be set up in each development block across the state," he added.

HIMACHAL

YUGMARG, CHANDIGARH, FRIDAY, JUNE 23, 2023

'Him Unnati' set to redefine agriculture in the state: CM

DINESH AGARWAL
SHIMLA, JUNE 22



tough as compared to the neighbouring states. Chief Minister Sukhvinder Singh Sukhu said that to overcome this challenge and to ensure integrated development of agriculture in the State, the Government has decided to start an area-based Integrated and Comprehensive Agriculture Development Scheme "Him Unnati". "Him Unnati," is set to redefine agriculture in the state, said Sh. Sukhu added that this comprehensive development scheme embraces an area-based,

cluster-oriented approach, allowing for targeted and integrated agricultural growth. With clusters identified across the entire state, tailored plans will be formulated based on local climate, geography, and soil conditions. By converging existing schemes of the Agriculture and Animal Husbandry Department and incorporating sub-projects of JICA Phase-II, "Him Unnati" aims to uplift the socio-economic conditions of beneficiary families. The initial phase will witness an allocation of Rs. 150 crore, with provisions for clusters specializing in milk production, pulses, millets, vegetables, fruits, flowers, cash crops, and natural farming. Total 2600 clusters will be developed in the state under this scheme in the coming five years. This year, the agriculture department has set 51 clusters for the Kharif cropping season and about 286 clusters will

be developed during the Rabi season this year. A budget provision of Rs. 25 crore has been made for this year. In another important step towards realizing the dream of making Himachal a "fruit state", the state government stepping ahead with Himachal Pradesh Subtropical Horticulture, Irrigation & Value Addition (HPSHIVA) Project, which aims to harness the bountiful agro-climatic conditions of the state. Sukhu said that with an ambitious plan to develop 6,000 hectares of land across 28 Development Blocks in seven districts including Bilaspur, Hamirpur, Kangra, Mandi, Solan, Sirmaur and Una in the low-lying areas of the state with sub-tropical climate. The total cost of this project would be Rs. 1292 crore, of which Rs. 1030 crore will be borne by the Asian Development Bank and Rs. 262 crore by the state government.

Agriculture officials advise to protect maize crops from fall armyworm

HAMIRPUR, JUNE 22

The Department of Agriculture has warned the farmers of the district about the 'fall army worm' seen in the maize crops during the ongoing Kharif season. Maize and Paddy are mainly sown during the kharif season and Fall armyworm harms the cause of Maize almost every year. The Officials of the department on Thursday said that this pest had caused a lot of damage to the maize crop last year. He said this insect is more active when the heat is high. That's why the farmers of the district should be careful about this pest this year also. "This insect attacks the crop in lakhs and destroys it completely", he added. Agriculture officials have advised the farmers to keep a close watch on their fields and immediately contact the departmental officials in case of fall armyworm symptoms.

Giving information about the measures to prevent fall armyworm, the agriculture officials said that the extract of neem seed kernel proves to be very effective for this. Farmers make powder by grinding about one kilogram of its seeds and soaking it in 5 liters



of water overnight. Filter it with cotton cloth in the morning, make a solution in 20 to 25 liters of water and sprinkle it on the maize crop. He advised the farmers that the use of fire weapons is very effective for protection from sap-sucking insects and small caterpillars. To make this, boil one kilogram of crushed neem leaves, 100 grams of tobacco powder, 100 grams of hot green chilli sauce, 100 grams of desi garlic chutney, etc. in 5 liters of desi cow's urine on a low flame. Keep this mixture for 48 hours. Keep stirring this solution twice in the morning and evening with a wooden stick. Mix this solution in 30 to 40 liters of water and spray it per bigha.

Pre-monsoon rain brings down temperature in Hamirpur

HAMIRPUR: Various parts of the Hamirpur district had pre-monsoon showers on Thursday afternoon and provided relief to the people and the cattle wealth from the scorching heat. Though the sky was overcast with dark clouds since last night, it started raining around 1300 hrs on Thursday and is continuing. Hundreds of people who had come to various bazaars of the district to make purchases of various types of items were stranded at the shops and verandahs of houses due to the heavy rains. Farmers have welcomed the showers claiming to be beneficial for the germination/growth of Kharif crops mainly, the rice and maize. The Department of agriculture has also told the farmers to take full advantage of the rain and sow their crops in all such areas where sowing work was yet to take place.

Walk for life programme to be held in Una on June 27

AGENCY
UNA, JUNE 22

On the occasion of International Anti-drugs Day, a massive Walk for life programme will be held at Haroli in Una district on June 27, said an official spokesman on Thursday. HP Governor, Shiv Pratap Shukla and HP Deputy Chief Minister, Mukesh Agnihotri will be present on the occasion. "Under this program called Walk for Life, there will be a 4-kilometer long walk and it will be a unique program in North India, in which thousands of people will participate. This program is being done with innovation so that the ill effects of drugs reach every home and every person," said Agnihotri in a statement. Mukesh Agnihotri said that today drug addiction is spreading in the state at an alarming level, and moreover it has reached urban areas as well as remote and tribal areas.

He said that synthetic drugs, especially chitta, have emerged

as a big problem, which is also causing the death of youth. This is the reason why the government has decided to launch this big campaign.

He said that the government is serious about drugs. The government has also said earlier that if a person is caught with Chitta, then no political interference will be done in his case. Deputy CM Mukesh Agnihotri said that there are loopholes in the law regarding drugs, due to which those caught with small quantities of chitta are left free.

He said that the way a strict law was brought in Himachal against the forest mafia; there is a need for a similar strict law regarding drugs.

Under the law made regarding forest conservation, the property and bank accounts of the accused were confiscated along with the illegal wooden vehicle; there is a need to implement such strict law even today.

Rs 13 crore will be removed from the voltage problem

SANJAY AGGARWAL
DHARAMSHALA JUN 22

The problem of voltage in Dhagwar and Gamru under Electricity Board Dharamshala will be resolved soon. Sub-stations will be set up at both these places at a cost of Rs 13 crore. Through these, customers will get quality voltage. Dhagwar and Gamru sub-stations have been approved under the Revamped Distribution Sector Scheme (RDSS) of the Central Government. The land for Dhagwar sub-station has also been transferred. The sub-stations to be constructed at Dhagwar and Gamru are at the tendering stage. This amount will be spent on the construction of both the sub-stations and it is proposed to spend Rs 6.50 crore per sub-station. After the construction of the sub-station, the people around Dhagwar will get rid of the problem of low voltage, while the problem of overloading will also go away. Presently the station which is supplying electricity has reached its maximum capacity. After the construction of the sub-station, people will get relief from power cuts and voltage problems. At present, the work of converting LT conductor into cable is being done to remove LT conductor congestion under Smart City by Electricity Board Dharamshala. According to the Electricity Board, Tota Rani, Kalapul and Siddhpur sub-stations are the major sub-stations that feed Dharamshala. Of these, Kala Pul and Siddhpur sub-stations have been upgraded recently, while the work of upgrading Tota Rani sub-station is in progress.

Himachal HC seeks remedy to deal with monkey, stray dog menace

SHIMLA, JUNE 22

The High Court of Himachal Pradesh on Wednesday impleaded Animal Welfare Board established by the Union of India, as a party in a Public Interest Litigation (PIL) and other petitions, pertaining to the menace of monkeys and stray dogs in Shimla and its surroundings. The petitions have been scheduled for the next hearing on July 17, 2023.

A Division Bench comprising Chief Justice MS Ramachandra Rao and Justice Ajay Mohan Goel, passed this order, on a Public Interest Litigation taken up suo moto by the High Court and a couple of other petitions filed to deal with the threat posed by monkeys and



stray dogs. The Court has directed the Animal Welfare Board of India, Ministry of Fisheries, Animal Husbandry and Dairying (Department of Animal Husbandry and Dairying) through Secretary, Faridabad, Haryana, to file suggestions to deal with monkey menace posed to

the city of Shimla and its surroundings.

The Court has also advised Advocate General to consult other bodies such as Tirumala Tirupati Devasthanams, Tirumala, Chittoor District, State of Andhra Pradesh, where there has been successful eradication of monkey menace or bodies having scientific expertise in the eradication of the stray dog menace and file an appropriate report in this behalf on next date of hearing. Municipal Corporation Shimla has already filed a compliance affidavit in the matter.

Students made aware of drug



JOGINDER DEV ARYA
BANGANA: Students were made aware on the side effects and prevention of drugs by organizing a workshop in Government ITI Doomkhar of Block Bangana regarding drug free Una campaign. Poster making and slogan competition against drugs was organized at Government ITI Doomkhar under sub-division Bangana which was presided over by Tehsil Welfare Officer Bangana Vivek Kumar. He said that drug addiction has become a curse for our society, which has the most impact on the children studying in schools and colleges. Children become victims of drug addiction in their teenage age. Bo stay away from drugs in time, he started with a pledge against drugs and made children take oath not to take drugs and to stay away.

CHANDIGARH ADMINISTRATION Excise & Taxation Department CORRIGENDUM DATED 21.06.2023		
Name of the Work	> RFP (Request for proposal) for supply of Holograms (Excise Adhesive Label) to Excise & Taxation Department, UT, Chandigarh	
Tender Ref. No.	> ETENDER/ETD/2023/01/EAL	
Tender ID	> 2023_CHD_74450_1	
The following modifications/changes have been made in the above said RFP/Tender Notice.		
S. No.	Particulars	Modifications
1.	Request for Proposal (Amended)	Annexure-1
2.	BOQ file in Ms-Excel format for submission of Price Bid	Quantity in column no. 4 of BOQ be read as 10,000 instead of 1 (one) and rate be also quoted in four decimal.
3.	Date of submission of e-tender	Start date: 12.06.2023 at 11:00 AM End Date: 06.07.2023 at 12:00 Noon
4.	Online submission of EMD amounting to Rs.60,000/- proof and original non-blacklisted affidavit as per Annexure-I along with samples	Start date: 12.06.2023 at 11:00 AM End Date: 06.07.2023 at 12:00 Noon
5.	Opening of Technical Bid (Online)	ON 06.07.2023 at 02:00 PM
6.	Opening of Price Bid of only technically qualified bidders	To be intimated after evaluation of Technical Bid
The annexure-1 is available on the website https://etenders.chd.nic.in/nicgep.app .		
		Sd/- Excise & Taxation Commissioner Union Territory, Chandigarh

AIPEF demands early hearing before standing committee on energy on Electricity Bill 2022
BAHADURJEET SINGH RUPNAGAR: All India Power Engineers Federation (AIPEF) has demanded that their view point must be listened to by the Parliamentary standing committee on energy before submitting its report to the parliament. The standing committee on energy has not given any meeting to the AIPEF or any other Federation of Power Sector Employees for giving their views on the Electricity Amendment Bill 2022. None of the Consumers Forum has got the hearing time from the Standing Committee. Newspaper reports suggest that the government plans to present the bill during the upcoming monsoon parliament session beginning in mid of July 2023. Power sector employees across the country will resort to the lightning protest in case the Ministry of Power attempts unilaterally to rush through the Electricity (Amendment) Bill 2022 in the coming monsoon session of Parliament, said V K Gupta spokesperson AIPEF. It may be mentioned that on August 8, 2022, the government introduced the Electricity Amendment Bill 2022 in the Lok Sabha and amid vehement opposition, it was immediately referred to the Parliamentary Standing Committee on Energy.

No private school operator of state will fill out renewal form: Federation

CHANDIGARH: Dr. Kulbhushan Sharma, President, Federation of Private Schools Welfare Association, told the journalists here today that the BJP government of Haryana talks about working against corruption. But, the review policy of the government for permanent recognition of private schools is likely to promote corruption. He raised questions on repeated review of the schools which have already been recognized by the government itself. The recognition was given as per rules. Apart from this, the private schools provide all the information related to the schools in Form-6 every year. Then why does the government want to force new rules? If the government wants, it can take an affidavit from the schools with permanent recognition for 10 years that whether the school is running or not, as well as other information. Dr. Kulbhushan Sharma said that the school operators will have to face the brunt of the government offices for renewal.

Bhajan singer Praveen Modgil will sing Sai Baba Bhajan on July 3
AVTAR SINGH BHANWARA CHANDIGARH: From July 3, on the occasion of Guru Purnima Mahotsav, Sai devotees will perform Jalabhishek of Sai Baba's statue with Ganga water specially brought from Haridwar. According to the temple committee, Baba's Kankar Aarti will be held on July 3 at 5 am. At quarter to six o'clock the idol of Baba will be given auspicious Snan by the male devotees. After that Baba's consecration and bhog will be offered to Baba. Later, floral tributes will be offered to Baba by the women devotees. Sai Satcharitra recitation will start at 8 in the morning which will end at 6 in the evening. At 12 noon there will be a mass feast after midday aarti of Baba. Langar of Baba's Dhoop Aarti and Chai Prasad etc. will be served at 6:30 pm while Mahaprasad Langar will be organized at 8:30 pm. During this, bhajan singer Praveen Moudgil will sing the praises of Sai Baba from 7:30 pm till Sai Ichha.

Punjab govt gave 29684 government jobs to youth in one year: Subhash Verma
VERMA GURDASPUR: The Punjab government led by Chief Minister Bhagwant Mann has given 29 thousand 684 government jobs to 29 thousand 684 youth in the state and made their future golden. These words were expressed by Subhash Verma, Deputy State General Secretary of Transport Wing of Aam Aadmi Party. He said that the recruitment process for many more such jobs is going on. Giving government jobs to such a large number of unemployed youth in one year is a record in itself. He said that Pradya government has so far given jobs to more than 29 thousand youth of Punjab and this big goal is being fulfilled in a phase wise manner. He said that the Punjab government is leaving no stone unturned to realize the dreams of the youth and the government is making every possible effort to give flight to the ideas of the youth.

YUGMARG, CHANDIGARH, FRIDAY, JUNE 23, 2023

Governor lauds CMA's tenure, released annual report and directory

SHASHI PAL JAIN
CHANDIGARH, JUNE 22

Punjab Governor and UT Administrator, Sh. Banwari Lal Purohit attended as chief guest the function organized by the Chandigarh Management Association (CMA) at CII-31 Chandigarh.

Purohit released the CMA's annual report and directory highlighting the works of the outgoing Executive Committee of CMA headed by Gursimran Singh Oberoi and appreciated the work done by the CMA for the year 2022-23 which has benefited the society by strengthening the management spree between industry, academia and government. Purohit said that in any field of



work, management sharpens efficiency in the system. Emphasizing that the tenure period should be two years, he said that the efforts made by the CMA in the last one year to strengthen the management will open new doors for coming generations in the field of corporate as well as industry. In his address, President Gursimran

Oberoi and the General Secretary Abhishek Gupta thanked the other members of the association for their cooperation and briefed about the various activities organized by CMA including lecture series, panel discussions, study tours, industry tours, leadership conclaves and management development series based on social, economic, politi-

cal and technological changes and achievements which also gave a new dimension to the management ecosystem of tricity. Affiliated to the All India Management Association (AIMA), CMA was formed in 1966 and occupies a leading position among the 67 local management associations of AIMA in the world.

JMK International School celebrates International Yoga Day

SHARANJEET
PATHANKOT, JUNE 22

International Yoga Day was celebrated at JMK International School Pathankot under the chairmanship of Principal Vanita Mahajan. 150 students did yoga on this occasion. Yoga Day was started by yoga teacher Kanwalpreet with chanting of Vedic mantras. On the occasion of International Yoga Day, a one-hour yoga practice session was conducted for the teachers and students of the school. Yoga teacher Kanwalpreet explained the importance of yoga by demonstrating various asanas and then conducted yoga practice. 150 children of the school understood the importance of yoga in their lives by doing different



yoga postures as per the guidelines of the yoga teacher and took a vow to adopt yoga in their lives as well as to help elders, parents and people around them. They will also teach yoga. On the other hand, Principal Vanita Mahajan said that yoga should not be done only on Yoga Day

but everyone should do it daily, it keeps the body fit and the mind cool. He said that yoga is essential for staying physically and mentally healthy and leading a stress-free life. Adopt yoga in life to stay healthy. This will keep you all healthy. Everyone definitely felt relaxed at the end of the session.

Yoga an ancient physical, mental, spiritual practice that originated in India: Sunil Khullar



FATEHGARH SAHIB (AJAY MALHOTRA): Bharat Vikas Parishad, Bassi Pathana celebrated "International Yoga Day" at Old Age Home Bassi Pathana. President Manoj Bhandari welcomed President Sant Namdev Girls College's Management Committee Mr. Sunil Khullar, Social Worker Pardeep Malhotra, Sunil Raina, and other distinguished guests who joined the celebration of the "International Yoga Day". On this occasion, Manoj Bhandari shared that it is a significant day for Parishad to spread awareness about the benefits of yoga and meditation. Chief Guest Mr. Sunil Khullar said that Yoga is an ancient physical, mental, and spiritual practice that originated in India. The word 'yoga' is derived from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. Today it is practiced in various forms around the world and continues to grow in popularity. He added that an invaluable gift of ancient Indian tradition, Yoga has emerged as one of the most trusted means to boost physical and mental well-being. The word "Yoga" is derived from the Sanskrit root which means "to join", "to yoke" or "to unite", symbolizing the unity of mind and body; thought and action; restraint and fulfillment; harmony between human and nature, and a holistic approach to health.

Kritin Gupta shines in JEE Advanced 2023 results



CHANDIGARH (RAJIV JAIN): FIITJEE Chandigarh has proved its dominance once again this year by displaying excellent results in JEE Advanced 2023. Kritin Gupta, a student of the institute has secured A.I.R. 32 with his hard work and mentorship provided by the institute. Just like Kritin, many other students of the institute have got excellent ranks and are on the way to realizing their dream for I.I.T. On this achievement, Managing Partner Mr. Ananya Gangopadhyay wishes all the students the very best for their future and says "FIITJEE has a student centric ecosystem which enables the best to be unleashed out of every student so that his full potential is realized. FIITJEE has an optimized batch size which enables 1 to 1 student-teacher interaction so that all the concepts of the students are cleared." FIITJEE Chandigarh wishes the students all the best.

Students of Partap World School Pathankot participate in yoga activities: Sunny Mahajan



SHARANJEET
PATHANKOT, JUNE 22

On the occasion of International Yoga Day, around 100 students of Partap World School Defense Road Pathankot practiced yoga. Apart from the students of Partap World School, NCC students of KLM International School, AB College, A&M James Cambridge School participated in the yoga camp organized by Second Punjab Naval Unit Amritsar. Participated in various activities. They were also informed about the ben-

efits of Yoga in detail. On this occasion Sunny Mahajan, director of Partap World School said that yoga should be a part of one's life and one should do yoga daily for at least one hour as it keeps one mentally and physically healthy. Yoga helps students to progress in studies, so students must do yoga and with this they can progress in studies as well as in sports by staying healthy and fit. He said that the school will organize programs from time to time to make the children practice yoga.

CRPF 100 Jawans participates Yoga Camp

CHANDIGARH (AVTAR SINGH BHANWARA): On occasion of World Yoga Day, yoga camp was organized by 13 Bn CRPF at Dett/13Bn, Sector 43C. 100 personnel of 13 Bn CRPF participated in the occasion. Kamal Sisodia, Commandant, 13 Bn, CCD, addressed everyone on the principle of Vasudhaiva Kutumbakam, One World, One Health theme and enlightened all about the importance of Yoga. Apprised about the benefits of yoga to achieve a healthy body. Smt. Kamal Sisodia inspired all to make yoga a part of their day to day life. On this occasion PS Nijjar (2-IC), Smt. Rigzen Angmo(2-IC), Mr. Kamlesh Kestwal (Dy.Com), Mrs. Neelam Kaninwal (Dy.Com), Mr. Radheshyam (AC), Mr. Harjinder Singh (AC).



Deputy Commissioner Jain reviews urban development works

SHASHI PAL JAIN
MOHALI, JUNE 22

Deputy Commissioner Ashika Jain directed the officials to complete the ongoing development works at various places in the urban areas of the district without any delay. During a review meeting with various officials regarding the urban development works at the District Administrative Complex, today, the Deputy Commissioner took stock of the progress of various ongoing development works and asked them to expedite to ensure timely completion of the development works. The Deputy Commissioner asked the officials of the municipal councils of the district to pay special attention to the supply of drinking water and proper disposal of sewage in their respective areas so that



people do not face any kind of problem. Stressing the need for proper cleanliness while reviewing the projects of solid waste management and also gave guidelines regarding bulk waste generators. Meanwhile, she said that the ongoing urban development works should be accelerated. She asked the concerned officials that if they are facing any kind of difficulty in completing works then it should be brought to her notice immediately so that the pace of development works could not hamper. The Deputy Commissioner also said that all the pending proposals for any work should

be approved at the earliest, along with the commencement of the allotted works. She also instructed all the officers/employees present in the meeting to make their respective offices plastic free and to stop the use of single use plastic and asked the pollution control board officials to cut the challans of the single used plastic manufacturing industries. Additional Deputy Commissioner (Urban Development) Damanjit Singh Mann, Commissioner Municipal Corporation Navjot Kaur, SDM, Mohali Sarabjit Kaur, SDM, Apart from Derabasi Himanshu Gupta, other officials were also present.

Min gives strict instructions to departmental officers on complaint of people



GURDARSHAN SINGH PRINCE
BEAS, JUNE 22

For the past few days, problems faced by the passengers due to non-stoppage of government buses in the major towns of Amritsar Dehat, Raiya and Beas, had come to the fore. Later, the matter was brought to the notice of Transport Minister Laljit Singh Bhullar and MLA Baba Bakala Sahib Constituency Dalbir Singh Tong by Youth Joint Secretary Punjab Surjit Singh Kang and his team. Giving information in this regard, Surjit Singh Kang said that regard-

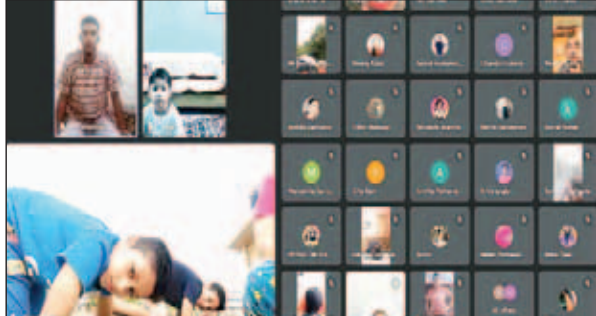
ing the problems of the people, he himself stopped at Raiya bus stand and Video graphed the whole matter and talked to the passengers and listened to their problems. He told that there was no place to sit at the bus stand, no arrangement of potable water, no roof and no place to stop the buses, due to which the passengers have been facing a lot of trouble in this summer. He said that on people's complaint, he brought the matter to the notice of Transport Minister Laljit Singh Bhullar and Baba Bakala Sahib constituency MLA Dalbir Singh Tong.

10000 acres area will come under Basmati cultivation this year

ASHOK KAURA
PHAGWARA, JUNE 22

Deputy Commissioner Kapurthala Captain Karnail Singh has ordered the Agriculture and Farmers Welfare Department, Horticulture, Animal Husbandry and Fisheries Department to give special attention towards the implementation of subsidy schemes to increase the income of the farmers. Taking stock of the performance of various departments at the DAC here today, Deputy Commissioner asked the officials of the departments that farmers must get subsidy on machinery for stubble management, schemes for water conservation and the cultivation of vegetables and fruits. Besides that they were also asked to reach out to the farmers through modern means of communication along with holding camps at village level for the promotion of schemes.

Modern Sandeepni School celebrates International Yoga Day



PATHANKOT (SHARANJEET): Modern Sandeepni School was celebrated International Yoga Day. According to the guidelines of Chairman Pawan Mahajan from Modern Sandeepni School Pathankot, under the supervision of Principal Neeraj Mohan Puri, students were made to practice yoga through a web class on the occasion of International Yoga Day by Arvind Kumar and explained the benefits of yoga. Chairman Pawan Mahajan, School Principal Neeraj Mohan Puri, all the teachers and all the students from nursery to class 12th and their parents also participated in this web class. Principal Neeraj Mohan puri informed the students about the International Day of Yoga and said that at present the whole world is adopting yoga for physical and mental health and wishes them good health. The whole world should understand the importance of yoga. The year marks the International Day of Yoga. Principal Neeraj Mohan Puri said that yoga is a precious gift of ancient tradition. It symbolizes the unity of mind and body and yoga itself balances the mind, so we should take some time out of our hectic lives to do yoga.

Wave Estate, Mohali organises yoga sessions to commemorate 9th International Yoga Day



MOHALI (LK BANSAL): Wave Estate Mohali, an ideal destination for homebuyers & investors in North India, today organised yoga sessions for its residents at Park No. 12, Wave Estate, Mohali to commemorate the 9th International Yoga Day. The yoga sessions were conducted by the Renowned Yoga Instructors Ms Mamta Yadav and Ms Shweta Shukla. The celebration witnessed a huge turnout of more than ~ 200 attendees. This year's International Yoga Day celebration is centred and themed around 'Humanity'. Speaking on the occasion, Mr. H.S. Kandhari, Managing Director, Wave Estate said, "Yoga as a physical and spiritual practice which benefits every aspect of our lives. From physical complications to mental issues, it equips us with the strength to tackle every problems. Wave Estate believes through Yoga, we can revive the humanity that is slowly fading in our society. We are delighted with the turnout and the amount of positivity and enthusiasm it has created and I am extremely proud of residents who made this special event a huge success.

Pensioners seek withdrawal of 'Development Tax' of Rs 200 per month, imposed on them

SUSHIL GOYAL
SANGRUR, JUNE 22

Senior Vice President and Chief Spokesman of Punjab State Pensioners Confederation Raj Kumar Arora said here today that the Department of Finance, Punjab Government, has given its approval to a proposal, regarding deduction of Rs 200 per month from the pension of pensioners/retirees as Punjab State Development Tax. Arora further said that on the one hand state government had not been fulfilling the demands of the pensioners, including enhancement in fixed monthly medical allowance and release of pending installments and arrears of dearness allowance (DA), while on the other hand it had put a burden of Rs 200 per month on the pensioners/retirees in the form of Punjab State Development Tax. Arora urged the state government to withdraw this decision immediately as there was a great resentment among the pensioners/retirees against the applicability of Punjab State Development Tax (Rs 200 per month) on the pensioners/retiree. Another leader of pensioners R. L. Pandhi also asked the state government to withdraw the decision, related to deduction of Rs 200 per month as Development Tax from the pension of pensioners.



Our villages should be connected to banking sector within three months: DC

KULJIT SINGH
JANDIALA GURU, JUNE 22

Deputy Commissioner Mr. Amit Talwar presiding over the district advisory committee meeting instructed the officials of all the banks working in the district that all the villages of Amritsar district should be directly connected with the banking sector during the next three months. He said that there are about 800 villages in the district while there are 263 branches of banks in rural and semi-urban areas, from which it is clear that many villages are deprived of banking services. He said that giving loans to the needy people and fulfilling their financial needs is the primary duty of the bank and attention should be paid to it. He also instructed the banks to fulfill their social responsibility,



give priority to small farmers, small traders, labourers, laborers and group finance. The Deputy Commissioner said that big businessmen, big farmers and traders have a lot of resources to take loans, while common people who need more loans have limited resources to take loans. Therefore, banks should pay special attention to meet the needs of such people. Expressing happiness over the increase in the performance of the banking

sector after Corona, he asked the bankers to extend the benefit of this progress to other people by expanding their work. Mr. Talwar said that banks need to work in priority areas of the government so that more employment opportunities can be created. Talwar instructed all the bank officials to provide special training to connect their customers with digital banking so that where people can benefit from it, they can also avoid online fraud.



RAMAN GUPTA
KAITHAL: Hindi Salahkar Samiti Union Ministry of Home Affairs Government of India (Telecom. Department, Ministry of Communications) member and BJP leader Gaurav Mittal Padla and his wife were organized a refreshment ceremony today by the Bharat Help Mission organization. Gaurav Padla and his wife expressed their heartfelt gratitude to the organization for organizing a refreshment ceremony in their honour.

NCC cadets celebrate International Day of Yoga at PPS



RAKESH JINDAL
NABHA: The NCC cadets from PPS Nabha celebrated the International Day of Yoga on June 21, 2023 as per the directions of NCC Gp Hq, Patiala. Mr Vikas Kumar made the cadets do many yoga postures. He enlightened them on the significance of yoga in our life. On this occasion, Headmaster Dr DC Sharma addressed the cadets and motivated them to adopt yoga as a way of life. The cadets took the pledge to do yoga throughout their life. Incharge Chief Officer Shahid Ahmed, 3 Punjab Air Sqn NCC, Patiala, Incharge 3rd Officer Amandeep Singh, 14 Punjab Battalion, Nabha, Incharge Ishmeet Singh, 4 Punjab Girls Battalion, Patiala and Incharge Davinder Dutt, 1 Punjab Naval Wing, Nangal were present.

Team of district health department filled samples of food and drinks



KULDEEP SOOD
BARNALA: In order to provide clean food to the people and to prevent adulteration in food, samples of the food items are being filled up in the area by the health team under the guidance of Dr. Jasbir Singh Aulakh, Civil Surgeon, and Dr. Jaspreet Singh, District Health Officer. Dr Jaspreet Singh Gill District Health Officer said that his team conducted food sampling in different markets of Sekha Kanchiyan, Handiaya, Badbar, and city Barnala. During the sampling, a total of 9 samples of 4 milk, 2 desi ghee, paneer, sweet lassi, ice cream, etc. were taken by the department. The Food Safety Officer said that these filled samples will be sent for testing at the laboratory and if the samples are found to fail after the laboratory test, appropriate action will be taken against the concerned owners under the Food Safety Act. On this occasion, the food safety officers made the shopkeepers aware about the production of goods and taking special care of cleanliness at the time of sale and instructions were also given regarding obtaining food license/registration.

Enraged by the theft in the shop, the shopkeepers stage dharna by keeping the business closed

KULJIT SINGH DHINGRA
RAMPURA PHUL, JUNE 22

It is reported that last night thieves broke the shutter of Jindal Electronics shop located on Gurdwara road and made off with the goods in the shop. Infuriated by this incident, the shopkeepers of Gurdwara Road market closed their shops and sat on dharna near the shop of the victim. On this occasion, the leaders of the Aam Aadmi Party assured the protestors that the action will be taken by identifying the thieves soon. But the police officers who reached the spot said that the persons who committed the theft are in the custody of the police. Aggrieved shopkeeper Vijay Kumar said that he had gone to his relative's house, and at around 5.30 in the morning, he received a call from my neighbor that the shutter of the shop was broken. On getting the information, when I came to the shop, the shutter of the shop was half open and many items were missing from the shop. This was immediately reported to the police and the police reached the spot. Those who made us believe that the thieves are in the custody of the police, if you have



your goods, see. According to sources, thefts, robberies and thefts are taking place in Rampura Phul. Like everyday, there have been many cases of wrongful elements taking away motorcycles, chains, mobiles, purses held by women and running away from the city. The residents of the city are forced to live their lives under the shadow of terror due to the decline. Regarding the incident, Rampura Phool MLA Balkar Sidhu said that the thieves will not be spared at any cost. Sidhu said that the police is fully prepared to provide relief to the city residents from such incidents. He said that a letter has been given to the department regarding the need for more employees in the city.



YUGMARG, CHANDIGARH, FRIDAY, JUNE 23, 2023

If needed strict law will be brought in to make Uttarakhand drug-free: CM Dharami

AGENCY
DEHRADUN, JUNE 22

Uttarakhand Chief Minister Pushkar Singh Dharami on Thursday said that if needed a stringent law would be brought in to root out the drug mafias from the state. CM Dharami spoke about a recent NCORD (Narco Coordination Center) meeting and said that the State Government is prepared to take whatever strict action is needed against drug trading and make Uttarakhand drug-free by 2025.

"Our Prime Minister and Home Minister have the vision for India to become a drugs-free nation, to make the children aware and to make them quit the habit, and to save the people who have become addicted. We had an NCORD meeting today regarding this matter, and we have agreed to make a drugs-free



Uttarakhand before 2025," the Chief Minister said.

He further elaborated that the State Government would take all possible measures and introduce strict laws to combat the "drug mafia" in trading drugs.

"If there is a need to bring a stringent law like the anti-counterfeiting law to root out the

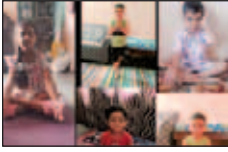
drug mafia in the state, it can be done. However possible, we will get our people and our children out of this habit of consuming drugs," he added.

In the NCORD meeting, Deputy Director General of Narcotics Control Bureau MGYaneshwar Singh informed that 238 kg charas, 30 kg doda,

International Yoga Day celebrated online at Jain School Banga

MANJINDER SINGH

BANGA: International Yoga Day was celebrated online at Swami Roop Chand Jain Model Senior Secondary School, Banga. School principal Manju Mohan Bala said that since summer vacation is going on in the school, the children were encouraged to do yoga online. He said that today There is a great need for yoga to make children healthy and to keep young children away from drugs. The enthusiasm of children to play is decreasing and children like to play games on mobile only, so children can be kept healthy through yoga and children are encouraged for it from school itself. On this occasion, Chairman of School Managing Committee J. D Jain President Kamal Jain Manager ,Sanjiv Jain congratulated on Yoga Day.



Unemployment will not stand in way of skilled youth: Bandaru Dattatreya



DALJEET AJNOHA
HOSHARPUR, JUNE 22

Haryana Governor Bandaru Dattatreya said that employment-oriented education is the need of the hour so that after completing education, students can get maximum employment opportunities and the youth can become self-reliant. He said that the main thrust of the new education policy implemented by the government is to train students in schools, colleges and universities in such a way that they can get maximum employment opportunities. Eminent educationist, social activist and journalist Sanjiv

Kumar had a special meeting with the Governor Bandaru Dattatreya in which the Governor said that the new education policy can have a significant impact in the current situation. The education system has been restructured in the new education policy. He said that I have full faith that unemployment will not come in the way of any youth with skill and competence. He said that schools, colleges and universities should educate students while focusing on skill development. Incorporate innovation into the curriculum. He said that the new education policy has focused on digital education and skill development.

MLA Dev Mann serves in Chhabeel



RAKESH JINDAL
NABHA: Under the leadership of MLA Gurdev Singh Dev Maan from Nabha Constituency, outside the MLA's office, a cold water bottle was installed for the passers-by in view of the heat, in which the MLA Dev Maan himself took part in the service of using the bottle. MLA Devman said that sweet water tank has been installed to give relief to the people due to the sweltering heat. On this occasion, Kapil Mann, Tejinder Singh Khaira, Dr. Sukhwinder Singh, Sukhdev Singh Mann, Manpreet Singh Kalia, Amandeep Singh Rahal, President Truck Union Nabha, Sukhdeep Singh Khaira, Bhupinder Singh Kallar Majri, Dr. Sukhwinder Singh, Jasveer Singh Wajidpur, Manpreet Singh Dhanroki. Harmik Singh Bajwa, Amarjit Singh Wajidpur, Sandeep Sharma apart from a large number of AAP workers were present.

Incidents of theft are on rise in Phillaur

AMRITPAL SINGH
PHILLAUR, JUNE 22

In the city, it seemed that the area was not ruled by the police but by thieves. It feels like there is a challenge going on between the police and the robbers.

If some robbers are caught by the police one day, then in the next day or two, the robbers also commit some big incident. In this way, there is an atmosphere of terror in the city. People are forgetting to live without fear. A few days ago, 17 thousand rupees and 2 mobile phones were taken away from a migrant worker at the point of sharp weapons. Similarly, two motorcycle-riding youths snatched her mobile phone from another girl on the same Fort Road. Now 10 thousand rupees were robbed from another migrant in broad daylight. Last night, about 1 lakh 25 thousand rupees and 5 thousand cash were stolen from Pana Wali shop located on Kilah Road by breaking the shutters. When shop owner Rohit Pasi came to open the shop in the morning, he came to know, he filed a report at the police station, then police officer Bhupinder Singh reached the spot with his team. And ask soon the thieves will be caught But this encouragement is the taqiya kalam of the police. Phillaur councilors Mr. Kalia and Roxy, who reached the spot, appealed to the officers to increase police patrolling in the city.



Pb Govt releases biggest grant to Raizada Hansraj Badminton Stadium

BUREAU
JALANDHAR, JUNE 22

Committed to the development of sports in Punjab, the state government has released a grant of 23.16 lakhs for Raizada Hansraj Badminton Stadium. With this grant, many important works will be completed in the stadium. Thanking Chief Minister Bhagwant Mann and Sports Minister Gurmeet Meet Hair, Secretary of DBA and former national player Mr. Ritin Khanna said that till date such a huge grant has not been received in the history of Hansraj Badminton Stadium. He informed that the sports department has sent Rs 23.16 lakhs to Sh.Vishesh Sarangal (IAS) Deputy Commisionor Jalandhar. Mr.Sarangal who is also the President of the



association has issued instructions to the PWD department to start the work immediately by issuing tenders. The letter regarding the grant was handed over by DC Sh.Vishesh Sarangal to Sh.Ritin Khanna today. Member Secretary Sh.Ritin Khanna said that this amount would be used to complete various works in the stadium, including construction of a new synthetic court,

modernization of the hostel block and enlargement of the gymnasium inside the hall. Presently Raizada Hansraj Badminton Stadium has five synthetic courts and hundreds of players practice here regularly. He said more players will be able to practice in the stadium after the new synthetic court is built. The sixth synthetic court will also pave the way for organizing national level tournaments here. Mr. Ritin Khanna told that now the size of the gymnasium will be increased and it will be equipped with modern machines. The hostel block of the stadium will also be renovated, so that players from different cities of Punjab will be able to come to Jalandhar for professional training in the coming times.

Seminar organized by NCB with support of Punjab Police at Baba Gandha Singh Public School Barnala



KULDEEP SOOD

BARNALA: A seminar on 'Nashe Se Azadi' at Maharaja Ranjit Singh Multipurpose Hall with the support of NCB and Punjab Police Senior Officer SP Pardeep Singh Sandhu and DSP Satvir Singh Ji at Baba Gandha Singh Public School Barnala, a renowned educational institution of the area. installed Students of various schools and colleges and their parents participated enthusiastically during this seminar. Students of various schools and colleges and their parents participated enthusiastically during this seminar. Senior officers of NCB and Punjab Police made all the students and parents aware about the ill effects of drugs to save the young generation trapped in the mire of drugs. He said that if someone sells drugs around you, then you should inform us about it, the name of the informer will be kept confidential and appropriate legal action will be taken against them. He said that to avoid this leprosy called addiction, we all have to come together and support each other, only then we will be able to keep our young generation away from the addiction.

150 Study visa,100 visitor visa and more than 50 open work permit visas applied: Jatinder Jimmy

KARANPREET KARAN

BARNALA: Jatinder Jimmy Singla, Managing Director of Start Immigration Barnala said that Startup Immigration has been continuously bringing a flurry of study, visitor and spouse visas to Canada, Australia. Latest kesar singh and his wife Dalveer Kaur, a resident of Kuthala, District Malerkotla, got the visitor's visa in just 8 days and fulfilled the dream of children. Visa holders Kesar Singh and Dalbir Kaur told that Shutter Immigration is a wonderful and reliable organization to show the right path to Malwa.



Planting Trees in District court Barnala by Advocate Gulshan Aggarwal, Gurbant Singh, Jaswant Singh and Gurmeet Singh.

Country's borders are safe due to the sacrifices of bravehearts like Major Bajwa: SDM Ghumman

VERMA
GURDASPUR: The 23rd Martyrdom Day of Sena Medal winner Major Balwinder Singh Bajwa of the 313 Field Regiment (34 RR) of the Army, who was martyred while fighting Afghan terrorists in



Kulhama area of Jammu and Kashmir, was celebrated. In which SDM Amandeep Kaur Ghumman participated as the chief guest. Apart from these, Karandeep Singh Bajwa, son of martyr Major Bajwa, brother Colonel PS Bajwa, uncle Hardeep Singh Bajwa, former district commandant of Home Guard, mother-in-law Jasbir Kaur, general secretary of Shaheed Sainik Parivar Suraksha Parishad Kunwar Ravinder Singh Vicky, Colonel Vishwanath, P. Joginder Singh Salaria, founder of CT Humanity, Capt. Firdas Ahmed, Chief Advocate Baljit Singh Pahda, Municipal Council, Dhruv Bahal, son of Raman Bahal, Chairman, Punjab Health System Corporation, Romesh Mahajan, Project Director of Drug De-addiction and Rehabilitation Center, Vyapar Mandal and District President of Congress Darshan Mahajan, President of Senior Citizen Club Sukhdev Singh and Senior Vice President Retired Flying Officer Darshan Singh etc. joined as special guests and paid tribute to martyr Major BS Bajwa. First of all, Martyr's wife Commissioner Rajwinder Kaur Bajwa, SDM Amandeep Kaur Ghuman, Col. Vishwanath and other guests started the program by garlanding the martyr's statue and garlanding it and army soldiers saluted the martyr with the glorious tune of bugle.

KU's band launch on world music day

DALBIR MALIK
KURUKSHETRA, JUNE 22

Vice Chancellor of Kurukshetra University Professor Som Nath Sachdeva said that Kurukshetra University has made a special identity in the cultural field. Kurukshetra University has brought laurels to the state of Haryana by maintaining Haryanvi culture, heritage and tradition through cultural activities. He was speaking as chief guest at the inaugural function of KUs Band Launching on World Music Day under the Azadi Ka Amrit Mahotsav, on behalf of the Department of Cultural & Youth Affairs & Music Department of KU. Prof Som Nath said that the objective of NEP is to develop art and creative abilities among the students. KU Band will provide a platform to develop the abilities of young artists and also enhance their talent. In this episode, the university has launched the KUK band. He further said that KU has made India proud not only in the country but also abroad by disseminating Indian culture through cultural programmes. He said that such incentives not only provide a platform to the youth but also create employment opportunities. On this occasion, KU Dean Students' Welfare Prof Shuchismita, while giving detailed information about KU Band, said that it will



prove to be a boon for the talented students in the days to come. Earlier, Dr. Mahasingh Poonia, Director of the Department of Youth and Cultural Programs, warmly welcomed the chief guest KU VC Prof Som Nath, Registrar Prof Sanjeev Sharma with a bouquet and highlighted the achievements of the Department of Cultural Programs and the role of the KUK band and its relevance.

On this occasion, the KU band of the university enthralled everyone by presenting a cultural programme. On this occasion, Himanshu, Dr. Munish, Swati Sharma, Ujjwal Sharma, Vikas Rahlan, Chintu and Ravi Kumar along with other artist students presented excellent programs.

Editorial

The green gas

Net-zero’ is an ideal state where the am-ount of greenhouse gases released into the earth’s atmos-phere is ba-lanced by the amount of GHGs re-moved. Restricting global warming to 1.5° Celsius above pre-industrial levels requires moving away from fossil fuels, and reducing me-thane and nitrous oxide emi-ssions from agriculture. Net-zero GHG emissions is not the same as net-zero CO2 emissions: attaining the former is harder. Net-zero GHG emissions can be achieved with significant negative CO2 emissions balancing the remaining GHG emissions. As of March 2022, 33 countries and the European Union have set net-zero emissions targets either in law or in a policy docu-ment. India has set itself a net-zero target for 2070.

The transition to net-zero CO2 emissions is un-der-way by generat-ing electricity using renewable resources and gradually electrifying econo-mic sectors. But electro-chemistry could usher in the rapid change necessary. In an electrochemical reaction, either the use of direct electric cur-rent drives an otherwise non-spontaneous chemical rea-c-tion like electrolysis or a potential dif-ference results from a chemical reaction, as in an elec-tric battery. Electrolysis can separate hydrogen and oxy-gen mole-cules in water. If the electrical energy that drives electrolysis is non-fossil fuel based, then the hy-drogen produced can be the basis for a decarbonised economy.

In January this year, India unveiled its National Green Hydrogen Mission, which aims to provide a com-prehensive action plan for establishing a Green Hydro-gen ecosystem. This is in line with its ambition of be-coming energy-independent by 2047, and achieving net-zero by 2070. India imports over 40% of its primary en-ergy re-quirements, worth over \$90 billion annually.

As the global consensus towards net-zero gathers steam, the demand for Green Hydrogen and its deriva-tiv-es, Green Ammonia and Green Methanol, is set to rise and boost international trade. To capitalise on this, India is implementing the NGHM through a coordinat-ed approach. The ministry of new and renewable energy will coordinate between va-rious Central and state agen-cies for this. The current roadmap (until 2030) is divid-ed into two phases. The first phase (till 2024-25) is preparatory, and the second is for implementation, begi-nning with green fertiliser production.

Some countries have a head-start of dec-ades in this. Nasa began using liquid hydrogen in the 1950s as rock-et fuel, and hydrogen fuel cells to power electrical sys-tems on spacecrafts. Several pow-er plants burn hydro-gen for electricity generation.

Why PM Modi is the world’s most popular leader

With 89.5 million fol-lowers on social media platform Twitter, Prime Minister Narendra Modi is one of the most popular leaders in the world, but, do you know the reason behind his popularity?

According to Mujib Mashal, writing in The New York Times (NYT), his popu-larity is linked to an old-fash-ioned radio show, which feeds a vast social media ap-paratus.

Each broadcast of "Mann Ki Baat," which loosely translates as Conversations From the Heart, is scripted for a nation on the ascent, connecting the local with the national and the global. The programme which is aired every month associates PM Modi with every positive happening, big or small, and every solution, tangible or spiritual.

His popularity is not based on the fact that he is the Prime Minister of the world's largest democracy, nor be-cause of the various countries he visits, it's because of the impact he has on those peo-ple and obviously, on us, In-dians and the policies he drives speaks volume of his legacy. Once a month, PM Modi walks into a studio set up at his government bunga-low and takes his seat behind



a microphone and begins his radio show, for which he has recorded over 100 episodes, with a usual greeting in Hin-di: "My dear countrymen, hello!"

What follows -- about 30 minutes of PM Modi playing on-air host to the world's most populous nation -- is one way he has made himself intimately omnipresent across India's vastness, exert-

ing a hold on the national imagination that seems im-pervious to criticism of his government's erosion of In-dia's democratic norms, re-ported NYT.

On the program, PM Modi is both a favourite teacher and an empathetic friend, speaking directly to his listeners and selected callers. He offers advice on managing the stress of school

exams, even as he reminds his audience that his educa-tional background is as hum-ble as theirs. He champions water conservation while ex-pressing an awareness of the challenges of village and farm life, said Mashal.

The radio shows, sliced into short clips and blasted through his party's immense social media apparatus, ac-companied by text and video,

NYT reported. His role as an on-air talker combines two of his greatest strengths. The first is his deep understand-ing of India's grassroots.

The other is his populist mastery of storytelling for a digital media sphere where he can effectively communi-cate his government's popu-lar programs, from free ra-tions to improved infrastruc-ture, and make virtually any

message go viral, said Mashal.

On occasion, he talks about international events where India commands the spotlight, but he most often addresses issues of basic gov-ernment services, including the delivery of some of life's most rudimentary amenities, like piped water or toilets.

Water scarcity is a fre-quent subject. "As a responsi-ble citizen and as a member of society, we will have to cultivate the habit of conserv-ing every drop of water," PM Modi said in one episode, be-fore giving the example of a coastal village that has a "200-year-old underground water tank," recharged with rainfall.

Another regular topic is pressure on young people, in-cluding exam stress in a country. "I cannot guide you on the tricks to obtain better marks because I consider my-self an average student on such issues. I have never scored well in any exams in my life," he said on the pro-gram. "But friends, I am there with you in your moment of crisis." During the pandemic, PM Modi used one episode to encourage citizens to get vac-cinated. "Come, let us visit a village and speak to people about the vaccine," he told his listeners.

Literature & Health

Regular naps linked to increased brain volume

A new study done by academics at UCL and the University of the Republic in Uruguay reveals that day-time napping could help to protect brain function by reducing the pace at which our brains shrink as we age.

The study, published in the journal Sleep Health, analysed data from people aged 40 to 69 and found a causal link between habitual napping and larger total brain volume - a marker of good brain health linked to a lower risk of dementia and other diseases.

Senior author Dr Victoria Garfield (MRC Unit for Lifelong Health & Ageing at UCL) said: "Our findings suggest that, for some people, short daytime naps may be a part of the puzzle that could help preserve the health of the brain as we get older."

Previous research has shown that napping has cognitive benefits, with people who have had a short nap performing better in cognitive tests in the hours afterwards than



counterparts who did not nap. The new study aimed to establish if there was a causal relationship between daytime napping and brain health.

Using a technique called Mendelian randomisation, they looked at 97 snippets of DNA thought to determine people's likelihood of habitual napping.

They compared measures of brain health and cognition of people who are more genetically "programmed" to nap with counterparts who did not have these genetic variants, using data from 378,932 people from the UK Biobank study, and found that, overall, people

predetermined to nap had a larger total brain volume.

The research team estimated that the average difference in brain volume between people programmed to be habitual nappers and those who were not was equivalent to 2.6 to 6.5 years of ageing.

But the researchers did not find a difference in how well those programmed to be habitual nappers performed on three other measures of brain health and cognitive function - hippocampal volume, reaction time and visual processing.

Lead author and PhD candidate Valentina Paz (University of the Republic (Uruguay).

Diabetes patients after pregnancy have lower chance of controlling blood sugar levels

Researchers found people who develop diabetes after pregnancy were significantly less likely to be able to control it if they had gestational diabetes, especially if they were Black or Hispanic.

The study was published in Journal, 'Diabetes Care.' The study also discovered that the likelihood of developing diabetes within nine years after delivery was more than 11 times higher in those with gestational diabetes than in people whose pregnancies did not entail it.

The first 12 weeks to one year postpartum had the highest incidence of diabetes and the lowest likelihood of diabetic management, according to the Icahn School of Medicine at Mount Sinai researchers. These results, according to the researchers, point to the possibility that routine diabetes screenings, especially in the early postpartum period, may modify the speed and course of disease progression in the years to come.

Gestational diabetes and type 2 diabetes, also known as adult-onset diabetes, are among the leading risk factors for cardiovascular disease. Both conditions are also marked by persistent racial and ethnic disparities, often a result of gaps in access to health care and treatment. While existing research has focused on how gestational diabetes influences type 2 diabetes later in life, few have examined how gestational diabetes influences disease severity or control after a diabetes diagnosis.

In this study, the Mount Sinai researchers explored how race, ethnicity and gestational diabetes interact to influence both diabetes risk and glycemic control, or achieving clinical recommendations for blood sugar levels. The researchers found that the groups with the highest incidence of gestational diabetes were

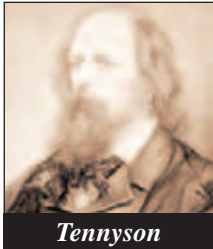


people of South and Southeast Asian descent; these groups had a somewhat lower risk for diabetes after delivery, compared to other racial/ethnic groups, although the risk was still very high. Among those who experienced diabetes after delivery, the researchers found that a history of gestational diabetes was associated with more difficulty controlling glucose levels. In particular, of those with postpartum-onset diabetes following gestational diabetes, Black and Hispanic people experienced a longer time to achieve control of their glucose levels than those without gestational diabetes. "Our findings highlight the importance of regular diabetes screening following gestational diabetes, particularly in the first 12 months following delivery--which was marked by the highest incidence of diabetes and least likelihood of glycemic control--in order to facilitate early detection and appropriate diabetes management," said corresponding author Katharine McCarthy, PhD, MPH, Assistant Professor of Population Health Science and Policy.

POEM

Ulysses

It little profits that an idle king,
By this still hearth, among
these barren crags, Match'd
with an aged wife, I mete and
dole Unequal laws unto a sav-
age race, That hoard, and sleep,
and feed, and
know not me.
I cannot rest
from travel: I
will drink Life to
the lees: All
times I have en-
joy'd Greatly, have suffer'd
greatly, both with those That
loved me, and alone, on shore,
and when Thro' scudding drifts
the rainy Hyades Vext the dim
sea: I am become a name; For
always roaming with a hungry
heart Much have I seen and
known; cities of men.



Alfred, Lord Tennyson

Phone communication and its effect on social influence

According to the new study from the re-searchers at The Uni-versity of Texas at Austin, who developed a new framework to more precisely study the phenomenon, social influence from phone communications is strong, reaching as far as four de-grees of separation from the original caller.

The researchers created a framework that distin-guishes between people be-having in similar ways be-cause of peer influence or because they've sought out friends with similar behav-iors and beliefs. It's an im-portant distinction to make



for marketing and public health agencies looking to effectively target communi-cations and influence behav-ior. Yan Leng, an assistant professor at the McCombs

School of Business, and col-leagues also devised a new tool that marketers can use to identify influencers: high-ly connected individuals who can start phone cas-

cades. The research is online in advance in the Journal of Information Systems Re-search.

With Xiaowen Dong of the University of Oxford, Esteban Moro of the Uni-versity of Madrid and Alex Pentland of the Massachu-setts Institute of Technology, Leng tested the framework on mobile phone data col-lected in a small European country with a single mobile provider to show how phone communications affect peo-ple's decision to attend a cul-tural event.

The framework consists of three steps:
Identify people who ini-

tially adopt a behavior. Use cellular phone data to build communication cascades, or diagrams of individuals who have direct phone calls or are indirectly connected with initial adopters.

Gather the following data: a) locations people visited, b) whether their friends eventually adopted the behavior, and c) charac-teristics of people's social networks, such as how con-nected they are to their net-works.

People who had direct phone contact with initial event attendees were 87.61% more likely to end up later attending them-

selves compared with those who didn't receive a phone call from a contact. Those who were two tiers away (friends of friends) from an initial adopter were 68.65% more likely to attend if they received a call.

This effect persisted up to four degrees of separa-tion, showing that even be-ing indirectly connected to a past attendee through a communications network raises one's likelihood of fu-ture attendance.

Third-tier contacts were 53% more likely to go to the show and fourth tier 47% more likely. While the re-searchers lacked details

about the context of phone calls, they assumed the top-ic of communications with-in 24 hours of the event would include talk about the performance.

"And if people weren't talking about the event, then our estimate is an underesti-mate," Leng said. "Our find-ings on the long-range effect of social influence still hold."

The researchers used their results to build a new tool, their so-called influ-ence centrality, that shows which people spread infor-mation more than others. This is important informa-tion that can be used in tar-

geting in marketing, as it could help companies and public agencies promote new products and behaviors. Businesses that have a new product they want people to adopt can use the frame-work and tool, too.

For instance, companies sending out sample products to influencers are better off if they know who will most effectively spread the word. Overall, the research shows that despite the preponder-ance of social media, phones still matter for marketers.

"Phone communication is still a very important channel researchers should study," Leng said.

SHORT TALKS

Shahat Gill Set to Ignite the Music Space with Dance-pop Single 'Pagal Ay'

LUDHIANA : Rising pop sensation Shahat Gill debuts with Sony Music to deliver an electrifying Punjabi pop track "Pagal Ay" featuring MTV Hustle 2.0 artist Panther. The song showcases Shahat Gill's remarkable vocal prowess and Panther's unmatched energy. It combines their talents to create an infectious musical experience. This collaboration aims to captivate audiences with its dynamic blend of contemporary pop and Punjabi influence. Written by Kaptaan and composed by Ashu Sidhu with a desi rap verse by Panther Pagal Ay boasts of groovy beats making it a guaranteed hit amongst the audience at large. Accompanying the release is a visually stunning music video, filmed in the enchanting city of Udaipur. The video captures the essence of the track, featuring Shahat Gill and Panther in a high-energy performance and stylized looks that are bound to ignite the screens and leave viewers enthralled.

Tata AIA Reveals the Secret of a Father's Jaadui Pocket in A Unique Digital Campaign

JALANDHAR: A father goes all out to protect and provide for his children, not letting constraints come in the way. And he always has a secret up his sleeve to do so. This Father's Day, Tata AIA Life Insurance (Tata AIA), one of India's leading Life Insurance Companies, unveiled a special digital campaign titled Jaadui Pocket Ka Secret' (the Secret of the Magic Pocket) that revealed the true secret of how fathers can make dreams of their children come true. Commenting on the film, Grish Kalra, Chief Marketing Officer, Tata AIA Life Insurance, said, "As the bread earner of the family, a father makes many silent sacrifices so that his children are protected and well cared for. That is why he is our first superhero, the embodiment of love, care, strength, and all the qualities we strive for. Through this emotionally touching film based on our own childhood nostalgia, we want to pay tribute to all fathers who work tirelessly to ensure the financial security of their loved ones. Our Guaranteed Income plan is the right way fathers can plan for fulfilling the aspirations of their children through prudent financial planning". The campaign film underscores the importance of financial provision as a critical part of being a responsible provider for the loved ones in the family.

TKM being at the Forefront of Environment Conservation

CHANDIGARH: Toyota Kirloskar Motor (TKM), in line with its six aspirational 'Global Environmental Challenges 2050', continues to set new benchmarks towards conservation of the environment through its afforestation initiatives under its sixth eco-challenge 'Living in Harmony with Nature'. As the company celebrates the environment month this June, it is noteworthy to mention about Toyota's tree plantation activities which are strongly driven by adopting a unique concept namely the 'Miyawaki Method of Afforestation' since 2009, and TKM was the first corporate in India to implement such plantation methodology. TKM's steadfast commitment to sustainability and ecological restoration is yielding remarkable results, as evidenced by the numerous advantages of the Miyawaki approach. "At TKM, we believe in going beyond traditional approaches to make a meaningful impact on the environment," said Mr. B. Padmanabha, Associate Executive Vice President - Manufacturing, Toyota Kirloskar Motor. "Our state-of-the-art factory premises in Karnataka showcases a remarkable example of a Miyawaki forest, which exemplify our commitment to sustainability and environmental consciousness.

Croma's Back to Campus sale helps to Unleash Your Tech Potential

CHANDIGARH: This season, gear up for the new academic year with Croma's most popular Back to Campus Sale, offering students and tech enthusiasts an exceptional shopping experience with a host of offers on laptops, tablets, smartphones, smart watches, headphones, and earphones, to cater to their diverse needs. Get ready to explore exclusive vouchers and sale offers that will leave you thrilled. Laptop Deals are the highlight of Croma's Back to Campus deals, with over 350 options starting at as low as Rs. 1,412 per month. Whether you're looking for affordability or superior performance, Croma has got you covered. Choose from Intel Core i3 Laptops starting at Rs. 32,990 with free Pre-Installed Microsoft Home & Students, or unleash your gaming potential with Ryzen 3 Laptops starting at Rs. 37,990, including Pre-Installed Microsoft Home & Students. Croma is also offering deals on all Apple products, allowing customers to avail special discounts on a wide range of Apple devices. Tablets and smartphones are also part of the irresistible deals. Grab a tablet starting at just Rs. 11,999 for seamless digital learning and productivity on the go. Upgrade your smartphone with options starting at Rs. 1,337 per month, and don't miss out on the exciting exchange bonus of up to Rs. 8,000 on select smartphones, making your upgrade more affordable than ever.

70 year old woman with rare cancer successfully treated through advanced surgery at Fortis Mohali

KRUKSHETRA : A 70-year-old woman, suffering from rare Pseudomyxoma Peritonei (PMP) cancer, got second lease of life after a successful Cytoreductive Surgery (CRS) and HIPEC Surgery (Hyperthermic Intraperitoneal Chemotherapy) at Fortis Hospital Mohali. PMP is a cancer of the abdomen that originates in the appendix and causes production of mucin, a jelly-like substance in the peritoneum (inner lining of abdomen). This causes extreme abdominal distension - bloating and affects all the abdominal organs including intestines. Such patients also exhibit abdominal pain, loss of weight or appetite and sometimes, intestinal obstruction. PMP cancer is an extremely rare one with an incidence rate of approximately 1-2 per million a year. "The patient had severe abdominal swelling, changes in bowel habits and loss of appetite. She also had undergone a surgery for suspected ovarian cancer (ovarian mass and appendix had been removed - incomplete surgery). Pathology review revealed a mucinous tumor with origin from appendix when she approached Fortis Mohali where medical examinations and the CT scan showed PMP cancer", said Dr Jitender Rohila, Consultant, Surgical Oncology and Robotic surgeon, Fortis Hospital Mohali. "

DCM Shriram Foundation and The/Nudge Institute unveil INR 2.6 Crore Prize Challenge to solve Agri-Water related Issues

CHANDIGARH : DCM Shriram Foundation and The/Nudge Institute's Centre for Social Innovation, with the Office of the Principal Scientific Advisor (Goi), have launched an INR 2.6 crore prize challenge, aimed at fostering innovation at the intersection of agriculture and efficient use of water. The challenge seeks to encourage leading AgTech & Social Impact Entrepreneurs to develop population scale solutions & innovations within India's agri-water ecosystem, with massive impact on stagnant livelihood opportunities, especially for smallholder farmers. 80% of India's groundwater is used for agriculture, but 60% of this is inefficient utilisation. Misaligned practices on application of nutrients and fertilisers has led to imbalance and soil degradation resulting in inefficiency in water utilisation, declining groundwater and affecting crop yields. Hence, water scarcity, non-judicious use of freshwater resources, unsustainable agricultural practices, overdependence on erratic rainfall and climate change threaten the state of the agriculture sector in India, home to over 600 million farmers. For the upcoming DCM Shriram Agri/Water Challenge, The/Nudge Prize encompasses a substantial prize purse of INR 2.6 Crore. This includes a grand prize of INR 2 Crore for the winner, representing one of the most generous grant prizes for sustainable agricultural interventions.

Dramatic episode of Geet Dholi; Why is Simone out of the Mehra family?

C Chandigarh; As we saw in the last episode, JK Mehra went to Delhi in search of "Geet," where he saw Geet playing the dhol at an event. He asks her to come back home, but Geet clearly refuses. When "Geet" left the Mehra family, Simon married Rocky and took over the entire Mehra house. JK plans to bring Geet back home to get Simone out of the house, but in today's episode, Simone and Rocky will try to kick the "Mehra Family" members out of the house, but a surprising twist will bring the family together. Will "JK" ever return to the Mehra House? How will Mehra Family react after seeing Geet? Will Simon and Rocky face consequences for their bad deeds? You wouldn't want to miss today's dramatic episode of Geet Dholi, so tune in at 8:00 PM only on Zee Punjabi to witness the show's dramatic twists and turns.

NEWS/BUSINESS

YUGMARG, CHANDIGARH, FRIDAY, JUNE 23, 2023

Pentagon Rubber IPO set to open on 26th June 2023 till 30th June 2023

PAGE 9

Ways to keep fit and healthy through any season

Different seasons of the year provide unique benefits to our minds and moods. Exercising in the winter can help you burn calories just like it does in the summer. Winter is almost over, and the changing season phase results in changes to our routines, the foods we eat, and so on. Seasons may change, but there are simple ways to deal with them and stay healthy and fit throughout the year.

"Individuals try various ways to keep themselves motivated to exercise regularly in the chill, but laziness may take over dedication and focus," says Aditi Gupta, Coach at FITTR who shares ways to stay fit and active. Set Realistic Goals People must be clear about their specific goals. Lifting heavier weights, jogging, running with pets, or just walking are all examples. Whatever goals they choose, the ideal approach is when people force themselves out of bed to achieve their training objectives. Adopt Both Outdoor And Indoor Exercise Variations This is important for people because indoor and outdoor exercise routines such as home yoga, swimming, weightlifting, strength training options,

brisk walking, and so on keep them motivated and dedicated throughout. We must prioritise the training methods that we prefer and enjoy so that they could be practiced. Furthermore, walking outside in natural sunlight will help increase Vitamin

rate up and burn calories. It gets challenging when people climb two steps at a time, do jumping jacks, and sprint up and down flights of stairs to break up the routine and make their training more fun. Choose The Right Company

When a person works out alone, they are more likely to miss workouts. But there is some social pressure when people work out every day with a partner or in a group. So, they have better results in terms of following through, doing well, and having fun. People usually go to group classes because their partners have similar interests and eventually become friends. They wait for each other and support each other socially, which is an added benefit over working

D levels. Bring Exciting Twists To Your Winter Routine When we make small but important changes to our daily routines, we make sure that we do more energising things throughout the day. Taking the stairs instead of elevators and escalators, or running or walking down the stairs in your home or apartment building, is a great way to get your heart

out alone. Schedule A Specific Time To make exercise a daily part of our routine, we should write down our workout routines on the calendar every day. Despite a hectic schedule, scheduling habits can help you find time for exercise. This allows us to achieve our fitness objectives quickly without becoming distracted.

Roff announced the launch of a consumer awareness campaign

Amhala : Pidilite, a leading manufacturer of construction and specialty chemicals, has announced the launch of a new campaign aimed at increasing customer awareness regarding the consequences of using traditional options for tile fixing. The campaign describes the customer's frustration with cracked tiles, debonding, falling tiles, and unaesthetic appearance resulting from traditional tile fixing methods, including cement.

The usage of tiles has undergone significant transformation over the past few decades, and adhering to traditional tile-fixing methods may not align with the evolving needs of the new-age customers. While ceramic tiles have a clay surface at the back that bonds well with cement, vitrified tiles, which are the most used tiles today, have a smooth & non-porous surface at the back which is difficult to bond with cement alone. Also tile sizes are becoming bigger. The traditional method provides low bond strength. Modern day tiles and stones require adhesives with higher bond strength that spread evenly for proper fixing. Furthermore, most other fixing agents are water cured and result in faster evaporation and thus they break and come undone when exposed to weather change cycles. However, Roff adhesives are self-cured and hence are not affected by change in climatic conditions. Considering these challenges, the company has launched a campaign to help consumers make informed choices. Roff tile adhesives have been specifically designed to reduce and eliminate the common problems that people face when installing tiles.

which is difficult to bond with cement alone. Also tile sizes are becoming bigger. The traditional method provides low bond strength. Modern day tiles and stones require adhesives with higher bond strength that spread evenly for proper fixing. Furthermore, most other fixing agents are water cured and result in faster evaporation and thus they break and come undone when exposed to weather change cycles. However, Roff adhesives are self-cured and hence are not affected by change in climatic conditions. Considering these challenges, the company has launched a campaign to help consumers make informed choices. Roff tile adhesives have been specifically designed to reduce and eliminate the common problems that people face when installing tiles.

OMRON Healthcare to Launch Manufacturing Factory in India

C Chandigarh : OMRON Healthcare Co., Ltd. (hereinafter referred to as the Company) of Kyoto, Japan, has announced a plan to establish a manufacturing factory at ORIGINS by Mahindra, Chennai (*1), in the Indian state of Tamil Nadu. The factory will begin manufacturing blood pressure monitors in March 2025. Prior to this, the Company signed a memorandum on the establishment of the factory in the presence of Mr. M.K. Stalin, Chief Minister of the Tamil Nadu State Government. Mr. M.K. Stalin, Chief Minister of Government of Tamil Nadu (4th left); Ayumu Okada, President and CEO of OMRON Healthcare Co., Ltd. (5th left). In India, an average GDP annual growth rate is expected to be around 6% until 2030 and the population is expected to reach 1.66 billion in 2050 (*2). Owing to the accelerating economic growth and acute population growth, India has now seen a rise in the number of lifestyle disease patients.

Among these types of diseases, hypertension is one of the most common causes of cerebro-cardiovascular diseases such as stroke and heart failure. Regular blood pressure monitoring at home is considered to be essential in hypertensive management. However, the penetration rate of blood pressure monitors in India remains low at around 2% (*3). The establishment of the manufacturing factory and the steady distribution structure are the Company's efforts to deliver blood pressure monitors to as many people as possible in India. The Company believes these initiatives along with a series of disease education campaigns will provide health-related solutions to the people in India.

DSP Mutual Fund launches DSP Nifty IT ETF

C Chandigarh: June 21: DSP Mutual Fund announced the launch of DSP Nifty IT ETF, an open-ended exchange traded fund (ETF) replicating/tracking the Nifty IT index. The ETF offers investors an opportunity to benefit from the good showing of Indian IT companies over the long term. The Indian IT sector has been growing consistently compared to other sectors over the years and has increased its contribution to India's GDP. Indian IT companies have also grown significantly above global peers over the years, which has also resulted in its growing market share. Indian IT companies also see less variability when it comes to earnings, reducing earnings surprises and consequently being rewarded with higher earning multiples by investors. IT sector also offers global exposure to revenue flows, which helps in diversifying equity portfolios away from domestic risks. The Indian IT sector also exhibits better financial strength through higher Return on Equity (ROE) and higher Return on Assets (ROAs) than its global peers, while being relatively attractive on valuation parameters like lower price to earnings ratios and price to book ratios. The Nifty IT index has been underperforming the Nifty 50 since the last 1.5 years and this has historically resulted in a turnaround in performance in the past market cycles. The weightage of IT sector in Nifty 50 has also declined below its long-term average.

"Infinix ".a renowned Smartphone brand Unvield Note 30 5G Smartphone

C Chandigarh: Infinix, a renowned smartphone brand, has unveiled its latest offering in the tech space, the Note 30 5G Smartphone, following the tremendous success of its previous 5G smartphone model, Note 12 Pro 5G. This new smartphone is set to be available on Flipkart starting from June 14th and is being hailed as the "ultimate 5G device in the category." It boasts an impressive array of features, including a cutting-edge high-resolution camera, an immersive entertainment experience, generous storage capacity, rapid and safe charging capabilities, and a premium design that sets it apart from others in its segment. The Note 30 5G supports a total of 14 5G bands and is competitively priced at 13,999* and 14,999* for 8+128 GB and 16+ GB-256 GB memory variants respectively. Sharing his thoughts around the latest launch, Mr. Anish Kapoor, CEO of Infinix India, said, "At Infinix, we are committed to meet the discerning demands of the consumers through constant innovation in technology and products.

Infinix Note series has proven to be a success in bringing great product experience for our users and scaling the brand to newer heights. With Note 305G, we aim to fill the gaps in the industry driven by the lack of differentiated offerings in a 15K-20K segment. As we unveil the Note 30 5G, we are set to redefine the tech landscape through revolutionary features such as bypass and AI smart charging mechanism that will definitely solve the low-battery anxiety in people's everyday routines especially the gamers. The series will also offer our users a seamless fusion of premium aesthetics, unmatched performance, and immersive entertainment, all encompassed within one extraordinary device. We are confident that this smartphone will give the consumers an optimal blend of 5G connectivity and exceptional value, empowering them to stay connected, entertained and enjoy an unparalleled user experience." Best & Immersive Entertainment Experience: Users can also experience immersive multimedia entertainment in the premium-looking device through its Dual Speakers featuring JBL Surround Sound. With an IPS LTPS big 6.78-inch Full High Definition + 120Hz eye care AMOLED display with TÜV Rheinland Eye Care Certification, users can effectively edit, view, and utilise productivity apps like email, documents, presentations, and calendars, ensuring less strain on their eyes. The 5G smartphone also has a Dual Nano SIM slot supporting both personal and professional work and a Micro SD card slot for additional storage.

Xiaomi India introduces Xiaomi Pad 6

C Chandigarh : Xiaomi India, the country's most trusted Smartphone and AIoT brand*, today announced the launch of its highly anticipated tablet - the Xiaomi Pad 6, offering users a perfect blend of productivity, creativity, and entertainment. Expanding its AIoT portfolio, Xiaomi India also announced the launch of its most advanced wireless earbuds - Redmi Buds 4 Active. #DoltBetter with Xiaomi Pad 6 Powered by the flagship Qualcomm® Snapdragon™ 870 processor, Xiaomi Pad 6 is 24% faster compared to its predecessor. Designed for the modern, on-the-go consumer, Xiaomi Pad 6 comes with a 11-inch display, 2.8K resolution with 309 Pixels Per Inch that make every scene look sharp and clear, and a segment-leading 144Hz refresh rate. At just 490 gms, the Xiaomi Pad 6 weighs 21 gms lesser than its predecessor. The Xiaomi Pad 6 comes with a sleek Unibody Metal design, and at just 6.51 mm in thickness, is also one of the thinnest tablets in the segment, making it the perfect companion for productivity on the go. Available in two stunning colours: the classic Graphite Grey and chic Mist Blue, the Xiaomi Pad 6 sets a new standard for versatility, offering seamless integration of functionality, interconnectivity, style, and performance that empowers users to #DoltBetter. "Last year, with the Xiaomi Pad 5, we completely changed the dynamics of the tablet category. Its launch led to an increase in consumer interest in Android tablets, enhanced competition, and finally bringing some much-needed innovation that was missing in the Android tablet segment for the longest time. Xiaomi Pad 6 represents an even more significant leap forward in the space and is designed for the ever-evolving consumer. The tablet not only enhances creativity and usability but also builds on our promise of delivering a complete user experience powered by impeccable connectivity and superior performance, letting the users do everything better", said Anuj Sharma - Chief Marketing Officer, Xiaomi India. *

C Chandigarh; As we saw in the last episode, JK Mehra went to Delhi in search of "Geet," where he saw Geet playing the dhol at an event. He asks her to come back home, but Geet clearly refuses. When "Geet" left the Mehra family, Simon married Rocky and took over the entire Mehra house. JK plans to bring Geet back home to get Simone out of the house, but in today's episode, Simone and Rocky will try to kick the "Mehra Family" members out of the house, but a surprising twist will bring the family together. Will "JK" ever return to the Mehra House? How will Mehra Family react after seeing Geet? Will Simon and Rocky face consequences for their bad deeds? You wouldn't want to miss today's dramatic episode of Geet Dholi, so tune in at 8:00 PM only on Zee Punjabi to witness the show's dramatic twists and turns.

Pentagon Rubber IPO set to open on 26th June 2023 till 30th June 2023

C Chandigarh: Pentagon Rubber, among the leading engineering component players offering a wide range of rubber conveyor belts, transmission belts, rubber sheets and elevator belts, today announced the issue dates and price band for its upcoming IPO. The company issue will open on 23rd June for the Anchor investors and from 26th June 2023 till 30th June 2023 for the public at large. The company also announced its price band of Rs. 65-70 per equity share for the book-building issue comprising 23,10,000 equity shares (face value of Rs. 10 each). The company's issue size will be Rs. 16.17 crore at the upper price band. Of the 23,10,000 equity shares (FV of Rs. 10 each) on offer, 330,000 equity shares have been reserved for HNIs and 10,94,000 equity shares for the QIB portion. 770,000 equity shares are reserved for retail investors, while 116,000 equity shares are reserved for the market maker.

Renault India expands presence with new dealership opening in Amritsar

Amritsar: Renault India, the leading European brand in India, is delighted to announce the inauguration of its latest dealership in Amritsar. This strategic expansion reaffirms Renault's commitment to serving customers across the country and strengthening its presence in the vibrant state of Punjab. The newly inaugurated dealership, located near Amritsar Gate GT Road, will showcase Renault's extensive line-up of innovative and stylish vehicles, catering to the diverse preferences and needs of the customers in Amritsar and its surrounding areas. This state-of-the-art facility is spread over an

area of 2800sqft Showroom & 10000sqft Workshop, which has modern amenities and follows Renault's global standards, offering a seamless and delightful customer experience. Renault India's dealership network is vital in bringing the brand closer to customers and ensuring their needs are met effectively. Apart from the new addition of Amritsar dealership, Renault India has presence in Jalandhar, Patiala, Ludhiana, Hoshiarpur and Pathankot. This expansion is a testament to Renault's commitment to establishing a robust network and making its products easily accessible to customers in every region.

Sahil Baghla presents his latest book "WordPress Security Secrets Revealed"

C Chandigarh: In today's digital landscape, no one is safe from hacking, whether it's a business website or a personal blog. A single security vulnerability could result in the hacking of your entire website. Are you confident in the security of your WordPress website? As the author, Sahil Baghla, a globally recognized Cybersecurity Consultant for WordPress Security, Penetration Testing, and Malware Removal, present his latest Book, "WordPress Security Secrets Revealed". And, Social Activist Dr. Navdeep Asija, launches Baghla's new book in Chandigarh. This book has achieved the number one bestseller status in its category on Amazon within a few days of its digital launch. This book sheds light on various tactics employed by hackers to breach your website's defenses. By

delving beyond the standard security measures, readers will gain valuable insights to fortify their websites. Baghla emphasizes that this handbook is indispensable for all WordPress users, ensuring the safeguarding of their websites. WordPress, the world's most widely used content management system (CMS), empowers users to effortlessly create, manage, and modify website content, eliminating the need for technical expertise. With over 810 million websites on the internet built using WordPress, accounting for nearly half of the online landscape, safeguarding your website from hackers and other risks becomes paramount. The book 'WordPress Security Secrets Revealed' focuses exclusively on enhancing the security of your WordPress website. By demystifying complex security measures, this book equips you with the knowledge to shield your site against potential threats.

Mercedes-Benz launches the iconic and timeless SL the first SL to be fully developed by AMG

C Chandigarh, 22, June, 2023, India's largest luxury carmaker Mercedes-Benz India today launched the iconic and timeless automotive icon, the SL, in its most advanced AMG SL 55 4MATIC+ roadster version. In a first in its history, the SL Roadster now in its 7th Generation, has been developed entirely by Mercedes-AMG in Affalterbach, elevating SLs rich tradition as one of the most aspired modern lifestyle vehicles, from Mercedes-AMG portfolio. The SL has seven decades of driving legacy and to this day stands for one of the few genuine automotive icons in the world. Santosh Iyer, Managing Director & CEO, Mercedes-Benz India said, 'The SL is an iconic and timeless masterpiece, manifesting automotive desire and fascination associated with Mercedes-Benz for the last seven decades. From racetrack to high-end lifestyle, the SL resonates the customers' aspiration of every generation across the globe, and we are thrilled to launch the AMG SL Roadster in India. For the first time in history, the SL is developed entirely by Mercedes-AMG in Affalterbach, offering a roadster that blends performance luxury and extravagant design in a perfect harmony. The launch of the AMG SL 55 firmly reiterates the increasing customer affinity for desirable luxury cars from Mercedes-Benz and underlines the success of our Top End Vehicle strategy.'

"Geet Dholi" special episode: Mehra family heir revealed

C Chandigarh: While Geet battles against numerous challenges to get her life back to normal, and now she has returned to Mehra's house with her son, which will be more memorable and full of love for the viewers. The Mehra family becomes emotional when they see "Geet" and her son, Alaap. While Geet has decided to return to the Mehra house after seven years, she also tries to keep the Mehra family safe from Simon and Rocky's evil plans. We will witness Geet identify her son Alaap as the heir of the Mehra House, which has astonished everyone. The Mehra family is overjoyed to meet their daughter-in-law and grandson. How will the Mehra family react after seeing Geet and Malhar's son, Alaap? Is it the time when everyone who stands a chance against Geet will finally be proved wrong, or yet again? To know what will happen next with Geet, watch Geet Dholi at 8 p.m. only on Zee Punjabi.

Get that instant poreless matte finish in just 15 minutes with new Nykaa Matte

C Chandigarh : After all the love received in 2018 for the Matte To Last liquid lipsticks, Nykaa Cosmetics is all set to take the country by storm with the brand-new Matte To Last Foundation range. Promising to take one from dusk to dawn with its revolutionary liquid to powder technology, this foundation will provide a poreless matte finish and last up to 12 hours. Enriched with Sebustol, the revolutionary foundation has got your covered with 15 shades that cater to all Indian skin tones, staying true to its promise of, Matte To Last, Made For You. What sets the Matte To Last Pore Minimizing Foundation apart is its infusion of a unique technology that minimizes the appearance of pores and fine lines in 15 minutes, resulting in a smooth and even complexion offering buildable coverage. The hero ingredient, 2% Sebustol, a phyto-active compound obtained from Chinese plants, is proven to reduce proliferation of bacteria, excess oil and pore size through its astringent effects. Suitable for oily as well as combination skin, the foundation range is completely vegan, dermatologically tested, paraben-free, and not tested on animals. Vishal Gupta, Executive Vice President of Nykaa Brands, says, "Extreme weather conditions call for creative beauty solutions. Keeping this in mind, we have launched the Matte To Last Foundation with an exceptional liquid-to-powder formula with our new advanced technology, which is made to last for a long time and eliminates the need for an extra step in our consumers' regimes. This product is another important addition to our existing foundation range, and we look forward to launching more innovations to cater to the shade diversity of Indians."

World's No 1 Deep Freezer Brand Haier gets ISI Certification, for its Indian Manufacturing Unit in Ranjanagan, Pune

H ISAR : Strengthening the product portfolio, Haier Appliances India (Haier India), the global leader in Home Appliances and the World's Number 1 brand in Major Appliances for 14 Consecutive Years today announced that its state-of-the-art deep freezer manufacturing unit in Ranjanagan - Pune has achieved a significant milestone by obtaining the prestigious ISI certification. The certification, issued by the Bureau of Indian Standards (BIS), validates that all products manufactured at this facility meet the highest standards of safety, durability, and performance, ensuring customer satisfaction. Mr. Satish NS, President, Haier India, expressed his delight at achieving the ISI certification, stating, "We are proud to receive the ISI certification for our manufacturing unit in Ranjanagan - Pune. This achievement reflects our unwavering commitment to delivering high-quality appliances that meet the needs and expectations of the customers. The certification reinforces Haier's dedication to safety, durability, and performance and exemplifies our adherence to the highest standards in the industry." Being the World's Number 1 deep freezer brand, Haier continues to make the lives of its customers easier and simpler by introducing efficient, environment-friendly and innovative products. When it comes to appliances, energy efficiency and reliability are key factors to consider. BEE (Bureau of Energy Efficiency) approved 5 Star rating machines excel in both these aspects. Haier appliances are renowned for their lowest power consumption in the industry.

VFS Global offers UK Visa services via Premium Application Centers at four Radisson Hotel Group properties in India

VFS Global, the world's largest outsourcing and technology services specialist for governments and diplomatic missions, entered into a strategic partnership with the Radisson Hotel Group in India. Through this alliance, VFS Global aims to operate UK Premium Application Centres from the hotel chain's properties in Amritsar, Ludhiana, Mohali in Punjab, and Noida in Uttar Pradesh. UK visa customers can now book appointments at any of the Premium Application Centres located at Radisson Blu Hotel Amritsar, Radisson RED Chandigarh Mohali, Park Plaza Ludhiana, and Radisson Noida for submitting their applications and enrolling biometrics this summer season. This

partnership will provide customers residing in and around Punjab and Noida with four new location options, in addition to the visa application centres located in Chandigarh, Jalandhar and New Delhi. Customers who choose to submit their documents and enroll biometrics at any of the Radisson Hotel Group's properties will get a range of complimentary services such as document scanning assistance, SMS notifications on status of visa application, and Courier return of passport. Additionally, they will enjoy complimentary refreshment, a 10% discount on food and beverages, free parking at the hotel premises, and Premium Membership of the Radisson Rewards Program.

NEWS AT A GLANCE

Harmeek Singh Deol (AIG) Security honoured



KARANPREET KARAN BARNALA: Punjab Police's collusion with and promotion of PPS officer Harmeek Singh Deol (AIG) Security Punjab by Shri Gaurav Yadav, Punjab DGP Modhas and star laurers were felicitated and congratulations were given regarding the activities and modern techniques of Punjab Police. It is worth mentioning that PPS Mr. Harmeek Singh Deol, who has done excellent services in Barnala, Sangrur, Bathinda districts located in Malve of Punjab, is inundated with congratulatory messages from Punjab and abroad. Harmeek Singh Deol (A.I. Punjab Police will get a new direction under D.J.'s long experience and different style of working. Harmeek Singh Deol said that Punjab Government and Punjab DGP will fulfill the responsibility assigned by Gaurav Yadav with full dedication.

Punjab government engaged in revising traffic rules



KULDEEP SOOD BARNALA: Efforts are being made by the Punjab government to streamline the traffic rules. Keeping in mind the extreme heat, the District Captain of Police Mr. Sandeep Malik has distributed umbrellas to the traffic workers who are on duty at various intersections of the city in the afternoon to relieve them from the heat and to work diligently. Traffic Incharge Inspector Harvinder Singh, MHC Mandep Singh, ASI Gurcharan Singh and Hauldar Harbans Singh etc. officials and employees thanked the police department of Punjab and said that due to the intense heat in the afternoon, they faced difficulties while performing their duties. It has ended to some extent. Talking to our correspondent, District Police Chief Mr. Malik said that the Punjab government is considering providing more facilities to the traffic workers keeping in view the growing traffic in the cities. Mr. Malik said that Chief Minister Punjab will try to get the services of Google officials soon to make the Punjab Police the best police in the country.

Four members of family disappear in suspicious circumstance, police registered case and started investigation

MAINPAL KASHYAP INDRI: Disappearance of four members of the same family under suspicious circumstances in Prem Nagar and there is panic in the family. As soon as the complaint was received, the police registered a case and started action. According to the information received, Neelam resident of Pabnawa district Kaithal submitted a complaint to the police in police station Premnagar that her son-in-law Gurcharan age 40 years, her daughter Rekha age 35 years and their children Tarandeep age 10 years and Arshdeep resident of Premnagar district Karnal suddenly disappeared from home April 1, 2022. She further stated that they searched them in all relatives but till date there was no trace of the all was found. Everyone in the family is in panic. Investigating officer Mohan told that a complaint was received from Prem Nagar about missing of four members of a family. The police have started action by registering a case on the complaint of Gurcharan's mother-in-law Neelam. The Police was investigating the matter from all angles, said the police.

SP inspects Police Station Indri, gives strict instructions for disposal of pending complaints

MAINPAL KASHYAP INDRI, JUNE 22

Superintendent of Police Karnal Shashank Kumar Sawan inspected police station Indri on Thursday evening. The SP first took a meeting of Deputy Superintendent of Police Indri Mr. Subhash Chandra, Station Manager Sub Inspector Krishna Kumar, Research Officer of the station and other police employees.

During this, the SP took detailed information about the complaints and cases received in the police station and without any concrete reason, he gave strict instructions to the research officers. Apart from this, he strongly ordered the work of the police station to run smoothly and to complete each task within the given time limit. Along with this, he took stock of the facilities and cleanliness for the police personnel in the police station.

During this, he also held a meeting with the people of the police station area inside the police station. He told the people



about the functioning of Police Station Indri and District Police and listened to their problems. During this, he also sought the suggestions from the people to improve the working of the police station. Along with this, the Superintendent of Police informed the people about Dial 112 number of ERV and the contact numbers of the District

Police Control Room.

He assured the people that the district police was always ready to serve and protect the common man. In case of any emergency or in any other situation, if you feel the need of police help, you can get police help immediately by calling the nearest police station, police station in-charge or dial 112.

Along with this, he said that on receipt of the complaint from the victim, prompt and effective action was taken by the Karnal Police and proper justice was provided to the victim by fair investigation in the case. The Superintendent of Police said that the accused involved in any criminal incident would not be spared.

PSPCL imposes Rs. 44.84 lacs penalty on 117 consumers for power theft

PATIALA, JUNE 22

PSPCL enforcement teams of Amritsar, Bathinda, Jalandhar, Ludhiana and Patiala circles along with Police officials have launched a massive drive to check the menace of theft of electricity in the different parts of the state and has achieved great success in this campaign. This was disclosed by spokesman of PSPCL in a press note here today. Spokesman disclosed that joint raids were conducted in the premises of more than 900 consumers of different categories by the enforcement teams of PSPCL in Lehra Ganga, Moonak, Rampura phul, Mansa, Raikot, Bhai Bhakta, Nakodar, Amarkotand Tarn Taran areas. Spokesman also said that a sum of rupees 44.84 lacs imposed as fine to 117 number of consumers for theft of electricity and unauthorised use of electricity etc. PSPCL also appealed to all its esteemed consumers to help PSPCL in controlling the menace of theft of electricity. The consumers can contribute to the campaign against theft of electricity by providing true information about theft of power on Whatsapp no 96461-75770. PSPCL assured its consumers that their identity will not be disclosed.

Health checkup camp organized under Nirogi Yojana in Kali Mata Temple of Pehowa



SANJAY VERMA

PEHOWA: Health Department, Pehowa organized a health camp for Antyodaya families at Kali Mata Mandir, Pehowa on Thursday. Senior Medical Officer Lalit Kalsan told that health camps were being organized area wise in Pehowa city and village. The work has been done along with a team of doctors and health workers and lab technicians. Along with this, the work of routine vaccination and hemoglobin check-up of the beneficiaries was also done at all the sub-health centers on Thursday. Under the Anemia Mukti Saptah of the Haryana Government, free medical facilities are also being provided to the anemic beneficiaries. He instructed the health workers to get maximum number of cases checked up in the family welfare camp organized every Thursday in the institution.

Meeting held to review flagship schemes of CM

PARI BAJAJ

KARNAL: A meeting was held at the ADC office at the Mini Secretariat on Thursday to review the flagship schemes of Chief Minister Manohar Lal, which was presided over by ADC Dr. Vaishali Sharma. In the meeting, the ADC discussed the health check-up of poor families under the scheme Nirogi Haryana, Beti Bachao-Beti Padhao, e-learning scheme for distribution of tablets with the aim of raising the level of education in government schools and beautification of ponds. In the meeting Gai Amrit Sarovar Yojana was reviewed in detail. The ADC said that the Nirogi Haryana Yojana has been launched by the Haryana government in the interest of the health of the common man, under which free medical checkup is being done for families with income less than Rs 1.80



lakh and in case of any serious illness, treatment of the concerned was done under Ayushman scheme. This was being done under Bharat and Chirayu Haryana scheme. She said that Nirogi Haryana Yojana was an ambitious plan of Chief Minister. Under this scheme, so far about 69,000 people have been screened in Karnal district for health check-up.

Youth stabs his 34-year-old elder brother to death in Pabanava village

RAMAN GUPTA

KAITHAL: A youth has stabbed his 34-year-old elder brother to death in Pabanava village. As soon as the information about the incident was received, Dhand police station in-charge Shiv Kumar reached the spot along with the police team and started collecting evidence. In the complaint given to the police, Reena Rani, wife of deceased Pradeep, has accused her brother-in-law Pratish of killing her husband. According to the complaint, in the morning when her husband Pradeep came out of the bathroom after taking a bath, they heard a noise. After that Pradeep's son said that uncle is quarreling with father and grandmother. As soon as he came to rescue his mother, Pratish stabbed him with a knife. Due to this he got injured and blood started flowing from his body. As soon as Reena reached there, her husband was bleeding. When he made loud noises, the accused Pratish absconded from there at the same time. Neighbors reached the spot after hearing the voices and took my husband to Kurukshetra Hospital for treatment in injured condition where doctors declared him brought dead. Dhand police station in-charge Sub-Inspector Shiv Kumar said that a case of murder has been registered against Pratish on the complaint of Pradeep's wife, a resident of Pabnawa.



9th International Day of Yoga-2023 under 'Haryana Uday' program held

SD SHARMA PANCHKULA, JUNE 22

On the occasion of 9th International Day of Yoga-2023 under "Haryana Uday" program, Ayush Department, Yoga and Sports Department Haryana were directed to organize Yogasana competition at Block, District and State level. Under the chairmanship of District Ayurvedic Officer Panchkula Dr. Dilip Kumar Mishra in association with District Sports and Youth Program Officer, Panchkula Mrs. Meenakshi Chauhan and District Yogasana Sports Association Panchkula a yogasana competition was organized on 19.06.2023 in the "Haryana Uday" program held at Devi Lal Stadium, Sector-3, Panchkula. On this day, under the "Haryana Uday" programme, a competition was held among the participants of 3 age groups (below 10 years) (between 10 to 60 years) (above 60 years) at the Block level, in which about 300 participants of all age groups participated. On the occasion of 9th International Day of Yoga, 21st June 2023, a competition of five winners of each category (below 10 years) (between 10 to 60 years) (above 60 years) at Block level is organized at District level at Tau Devi Lal Stadium, Sector-3, Panchkula. In the next phase of this competition, 15 winning participants at the District level will represent District Panchkula in the State Level program of Haryana Uday on 24.06.2023.

There should not be any incident of stubble burning after paddy harvesting in upcoming season: DC



RANVIR PARASHAR KAITHAL, JUNE 22

The DC Jagdish Sharma said that there should not be any incident of stubble burning after paddy harvesting in the coming season. For this, many schemes have been run by the Haryana government. Organization of agricultural fairs, 50 to 80 per cent subsidy on agricultural machinery and one thousand per acre assistance for crop residue management were included under the information education and communication scheme, said he. Sharma was giving necessary instructions to the concerned officials on the subject of crop residue management in the video

conference hall of the Mini Secretariat after the video conference under the chairmanship of the Air Quality Management Commission, Government of India. He said that the number of fire incidents in district Kaithal in the year 2021 was 1168, which were decreased to 668 in the year 2022. In the year 2023, a plan will be made to reduce the incidents of fire by 50 percent. He instructed the concerned officials to prepare a complete plan for this work and do not be negligent. Farmers were also made aware about the schemes being run by the government through camps from time to time. Officers of the concerned departments were present on the occasion.

Haryana pays highest wages under MNREGA: Ravikant

SHIV KUMAR SHARMA KARNAL, JUNE 22

A two-day training program for village secretaries and employment assistants for the successful implementation of the Mahatma Gandhi Employment Guarantee Scheme (MNREGA), on behalf of Haryana Rural Development Institute, Nilokhedhi, was ended in the auditorium of Panchayat Bhavan, Karnal, on Thursday. In the training programme, Master Resource Persons of HIRD Ravikant Sharma and Deepmala imparted training to village secretaries and employment assistants from different blocks of Karnal district. ABPO Karnal Vikram mainly participated in the program and apprised the village secretaries about the problems faced during the scheme and their solutions. HIRD Resource Person Ravikant said that the Mahatma Gandhi Employment Guarantee Act was implemented in 2005. He said that 100 days employment has been guaranteed under the Employment Guarantee Scheme. He said that now the MGNREGA wage was Rs.357 which was the highest among



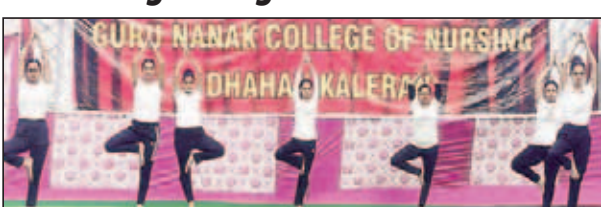
all other states. He told that wages were paid to MNREGA workers for the works done on the basis of measurement. After the work, the laborer got the wages directly in his account. He said that 266 types of different works can be done by the Gram Panchayats under the MNREGA scheme. Discussing about the aims and objectives of MNREGA, he said that MNREGA scheme has proved to be an effective scheme to increase prosperity and economic status of poor in many villages. Gram panchayats whose income is very less, such panchayats can successfully get various types of development works done by coordinating other schemes with MNREGA scheme, informs he.

Build career in specialized programmes in planning at GNDU

GURDARSHAN SINGH PRINCE

AMRITSAR: Developing the human settlements for better quality of life is an age-old practice all across the world. Mohen-Jo Daro, Babylon, Rome, Athens and many such settlements are examples of meticulous visionary planning. The principles, techniques, and norms followed in planning their unique character and architectural marvels are still the guiding marks in the contemporary times. The rebuilding strategies followed to rehabilitate slum dwellers of industrial era seek to optimize the urban living through planning interventions. Hyper urbanization leading to organic growth and infrastructural challenges are mind boggling and require a Planner to apply his expertise and planning guidelines to benefit all the inhabitants irrespective of their social or economic status. Thus, planning discipline has travelled a long way to guide the development of settlement of different sizes. Planning, also known as Spatial Planning or Physical Planning, is a specialized skill-based multidisciplinary discipline, presenting integrated scientific, technological, engineering, artistic, geographic, sociological, economic, environmental, etc. developmental approach in the most holistic and comprehensive manner. The settlements planned and designed by the trained planners are known for their livability standards, resilience, and sustainability. Candidates interested to make Planning their career have several options to specialize in this discipline. They can join Unger-graduate Programme in Urban and Regional Planning after completing 10+2 with Maths and English subjects.

International Yoga Day celebrated at Nursing College Dhahan Kaleran



MANJINDER SINGH

BANGA: Under the guidance of Principal Surinder Kaur Jaspal and under the supervision of Vice Principal Ramandeep Kaur, as per the guidelines of Hardev Singh Kahma, President of Guru Nanak Mission Medical Educational Trust, Guru Nanak College of Nursing, Yoga Day was celebrated. On this occasion, Principal Surinder Jaspal said that every person should adopt yoga in their life and make it a part of their daily life, because doing yoga keeps our body and mind healthy. Madam Navjot Kaur Sahota Associate Professor with the support of nursing students of GNM also made the group of nursing students and teachers practice various yoga actions and encouraged the students. Apart from college teachers, hostel warden and nursing students, senior officer of Punjab and Sindh Bank Dhahan Kaleran Jeevanvir Singh Chandigarh and bank staff members were also present on the occasion of International Yoga Day. On this occasion, special arrangements were made for the refreshment of milk and bananas for the students participating in the International Yoga Day event by Punjab and Sindh Bank Dhahan Kaleran.

4 new fire stations will be built: MLA

DARSHAN SHARMA

NILOKHEDI: Nilokhedhi MLA Dharampal Gondar said that the huge demand for light is being fulfilled soon. Deputy Chief Minister Dushyant Chautala held a meeting of Fire and Emergency Department and decided to set up four new fire stations in Nilokhedhi assembly. These fire stations will be set up in Nigdu, Sitamai, Ranjit Nagar (Gondar) and Municipality Nising. With the establishment of these centers, fire engines will be available to more than 30 villages at the time of need. This demand is a very big demand of Halka, regarding which he has also demanded in writing and has been discussing with the government from time to time and Nigdu and Nising are a far flung area where everything is burnt to ashes before the fire engine reaches. With the joint efforts of the government and their joint efforts, the government has asked for proposals to open fire stations in areas far away from Karnal, for which the Secretary Municipal and BDPO Nissing and BDPO Nilokhedhi have been ordered to send the proposal of Gram Panchayats and NAPA to the government soon so that soon fire stations should be opened in these rural areas.



International Yoga Day organised at Jatindera Greenfield School, Gurusar Sudhar



HARPREET LADDI SIDHU RAIKOT, JUNE 22

Every year, on 21st June, 2023, International Yoga Day was celebrated with great enthusiasm at Jatindera Greenfield School, Gurusar Sudhar. Through yoga, we can become healthy, happy and stable in our day-to-day life, yoga not only provides physical benefits but also provides peace and stability to the mind. Yoga Day is a great celebration to awaken the importance of Yoga all over the world. And the students of classes VI to XII participated enthusiastically in this function. Along with this, students from first to fifth participated in International Yoga Day through online classes. Apart from this, NCC cadets, NSS team and teachers also made their unique contribution. In today's stressful world, yoga is one of the mediums through which we can learn how to be stress-free. Yoga is also very important for students to increase their concentration and remain healthy.

GLAMOUR

Kartik Aaryan, Kiara Advani's dance track 'Sun Sajni' out now

Makers of the upcoming musical romantic film 'Satyaprem Ki Katha' on Wednesday unveiled a new track 'Sun Sajni' featuring Kartik Aaryan and Kiara Advani. Taking to Instagram, Kartik treated fans with a full video of 'Sun Sajni'. Sharing the video, he wrote, "Main toh Naachunga. Aaj se Garba Machega. Celebrate the Biggest Prem Katha Of the Year with #SunSajni."

The teaser of 'Sun Sajni' just dropped on Tuesday and gave a glimpse of this grand Garba celebration song. Kartik dressed in Gujarati Kedia for the first time This will be the first time where we see Kartik and Kiara performing garba and one cannot miss out on their sizzling chemistry in this garba dance number. 'Sun Sajni' is sung by Meet Bros, Parampara Tandon, and Piyush Mehroliya. Music is composed by Meet Bros, and the lyrics of the song are given by Kumaar. Sharing his experience, Piyush Mehroliya said in a statement, "The opportunity to lend voice to Kartik Aryan, is a big deal. Love is the universal language that transcends barriers and touches the deepest parts of our souls. I am thankful to Meet Bros and to the makers of this Musical Drama for giving me the opportunity. As a singer, I feel privileged to lend my voice to a film that celebrates romance and love. Through the melodies of 'Satya Prem Ki Katha,' I hope to evoke a sense of longing, and tenderness, allowing the audience to immerse themselves in the world of the film."



Vidya Balan returns to theatres after four years in what promises to be a thrilling murder-mystery

The makers of Neeyat seem to be on a roll! After releasing a teaser and introducing 11 characters in a singleday, the Vidya Balan-starrer murder-mystery film, Neeyat released its theatrical trailer today. Set in the breathtakingly beautiful highlands of Scotland, the engaging trailer takes the viewer into the glamorous world of billionaire Ashish Kapoor and his close circle of family and friends, where everyone is tangled in their own web of secrets. When Ashish Kapoor ends up being murdered at his own party, it is up to detective Mira Rao to uncover the hidden motives and mysteries in this classic whodunnit.

Audiences can expect edge-of-the-seat, captivating entertainment from this murder-mystery with Vidya Balan looking especially refreshing in a never-seen-before avatar. The movie also features a strong ensemble cast featuring Ram Kapoor, Rahul Bose, Neeraj Kabi, Amrita Puri, Shahana Goswami, Niki Walia, Dipannita Sharma, Shashank Arora, Pranjakta Koli, Danesh Razvi, Ishika Mehra and Madhav

Deval in pivotal roles. A unique genre backed by a stellar ensemble cast makes this film definitely one to look out for!

Speaking about her experience of working on Neeyat and returning to the big screen, Vidya Balan said, "What I enjoy most about being an actor is the opportunity to live the life of a different person with every character I play. In Neeyat, Detective Mira Rao is not your everyday, classic detective which is what made it great fun for me. Also, not only did I get a chance to sink my teeth into an unusual and quirky character but I also got to work with a powerful set of co-actors. This film is my second outing with Anu after Shakuntala Devi and my fourth collaboration with Vikram, Abundantia Entertainment and Prime Video and I can only say that I have had the most amazing time working with them to make this film. Last but not the least, I'm supremely delighted to be back in theatres with the release of Neeyat and am waiting with bated breath for audience reactions."

Preity Zinta highlights benefits of yoga



Actor Preity Zinta's latest Instagram post will motivate you to get up from your bed and lose some calories. As the world celebrated International Yoga Day on Thursday, Preity dropped a few pictures of herself performing yoga. She also explained how yoga is good for health. "Yoga is the best thing for your health and for your mental health. Indoors or outdoors all you need is the intent to do something for yourself to feel better and live a longer, healthier and happier life #internationalyogaday #fitting," she wrote. <https://www.instagram.com/p/CbtMqn-SZQe/?hl=en> Not only Preity but several other B-towners dropped motivational fitness-related posts to mark Yoga Day. Actor Sidharth Malhotra

dropped a video of himself perfecting a few yoga postures on his balcony. <https://www.instagram.com/p/Ctwl5UoAAEy/?hl=en> "SidFit Breathe. Believe. Be. #InternationalYogaDay," he captioned the post. Kareena Kapoor Khan's yoga post had a cute twist. She shared pictures of her family's yoga session on Instagram. In one of the images, Saif Ali Khan and his son Jeh are seen doing the plank yoga pose or the Phalakasana while Taimur - wearing gloves on his hands - works out on a punching stand. The second picture shows the father-son duo lying on the mat with their hand behind their head and legs in the air. "IT All starts on the MAT... [star and angel emoji]. Heal [heart emoji] Inspire [heart emoji] Love [heart emoji]. Happy International Yoga Day...#Keep Moving..." Kareena captioned the post.

<https://www.instagram.com/p/CtwX6slH0m/?hl=en> Every year International Yoga Day is celebrated on June 21 worldwide. It serves as a platform to raise awareness about the numerous benefits of yoga and promote its holistic approach to physical, mental, and spiritual well-being. The concept of International Yoga Day was introduced by Prime Minister Narendra Modi during his 2014 address to the United Nations General Assembly. Since then, Yoga has gained huge popularity worldwide due to its ability to enhance flexibility, strength, balance, and overall fitness. This year the theme of Yoga Day is 'Yoga For Vasudhaiva Kutumbakam' i.e. Yoga for the welfare of all in the form of 'One World-One Family'. It emphasises the spirit of Yoga, which unites and takes everyone along.

John Abraham, Sharvari to be seen in Nikkhil Advani's next directorial 'Vedaa'

John Abraham talked about being part of Nikkhil Advani's next directorial film 'Vedaa', also starring Sharvari. The shoot of the film kick-started on June 20 in Rajasthan. In the movie John will be seen playing a mentor to Sharvari and it promises some exciting action sequences. As John mentioned, "I look forward to giving my all for this project. This riveting story will definitely leave an imprint in your mind as it did for me. I am honoured to play the part and excited for kickstarting this journey." Sharvari, who was seen in



'Bunty Aur Babli 2' also shared her experience of working with John and Nikkhil and said, "Nikkhil sir is one of the most disruptive voices in Indian cinema and I feel lucky to be directed by him so early in my career. I want to thank him for trusting me with a titular role as 'Vedaa'." "It's a privilege to work with

John Abraham and I am sure I will get to learn a lot from him on this journey. I'm super excited about filming 'Vedaa', she added. Nikkhil and John are collaborating again after 'Batla House' and while talking about the same, the director said, "Post 'Batla House', John and I were wondering how best to solidify our collaboration. With 'Vedaa' we have found that hard-hitting story that can be elevated to a wider and broader audience with some incredible action. Sharvari is possibly one of the most hard-working actors I have had the pleasure of working with."

Did you know Anil Kapoor and Aditya Roy Kapur were not allowed to meet during the shoot of The Night Manager: Part 2?

Binge worthy, the best spy thriller, an absolute treat, incredibly mounted, adapted to perfection and many more. The Night Manager has been loved by fans, critics and the film fraternity equally. Disney+ Hotstar announced the date of Hotstar Specials 'The Night Manager: Part 2, now releasing on June 30, 2023. The first part saw the clash between Shelly Rungta (Anil Kapoor) and Shaan Sengupta (Aditya Roy Kapur) that left the fans wondering what next? Every time we witnessed Shelly Rungta and Shaan Sengupta together on the screen, it sent chills down our spine. The tension and the anticipation kept the audiences at the edge of their seats. Bringing the iconic arch-nemesis to fore, Anil Kapoor and Aditya Roy Kapur attended workshops to perfect their on-screen equation.

Well, the Director Sandeep Modi spills the beans on their workshop process! Talking about this, Director Sandeep Modi said, "The gritty characters are the very core of a spy-verse and for The Night Manager saga, we have two powerhouse characters driving the narrative. Shelly and Shaan are the arch-nemesis that are constantly in a cat and mouse chase and we wanted them to have certain hesitance towards each other. For this, we decided to keep Anil Kapoor and Aditya Roy Kapur away from each other during the preparation of the show and the two were not allowed to meet. So, we did workshops with them separately and even during the shoot, the interaction between them was kept limited. When we look back now, we can see those workshops have paid off."

Nora Fatehi announces her next international single 'Sexy in my Dress'

Actor, model and dancer Nora Fatehi shared her excitement as she is all set for her next international solo single, 'Sexy in my Dress'. While sharing her excitement for the next single, she said, "I am so excited to announce my international solo single 'Sexy in my Dress' which I sang and produced the music video for! It's a fun, flirty summer jam with some great dance choreography." "The teaser is out now and I can't wait to release the official music video on my YouTube channel

on the 23rd. A lot went behind the making of the song and the visuals. This one is different for me because it marks my first ever solo singing project and I can't wait to see how the fans respond to it," she added. Nora also shared the teaser on her Instagram handle and wrote in the caption, "Sexy in my Dress Teaser...save the date June 23! Song will be out on my Youtube channel don't forget to subscribe! @abderaffa_elabdioui @rajitdev"

In the teaser, Nora sizzles in her cut-out dress and her dance moves go well with the music. Nora made her debut in the film 'Roar: Tigers of the Sundarbans'.



Sharman Joshi, Mona Singh's new show 'Kafas' release date is out

Actors Sharman Joshi and Mona Singh starrer 'Kafas' is all set to release on 23rd June 2023 on SonyLIV. Sharman treated fans to an intriguing video on social media. Taking to Instagram, the actor dropped a video announcing the release date. He wrote, "Our silence has been bought, but for what? To know more watch #Kafas streaming on 23rd June 2023, on #SonyLIV #KafasOnSonyLIV." It is directed by Sahil Sangha and produced in association with Madiba Entertainment. Earlier, Mona and Sharman dropped intriguing videos. Sharman can be seen in the video trying to reveal something, but the only thing stopping him is the cash he accepted in return for his quiet. On the other hand, Mona is seen filming a confession while distraught, but she is unable to do so because she is guilty of accepting a bribe. Mona and Sharman have earlier worked together in '3 Idiots'. Helmed by Rajkumar Hirani '3 Idiots' was released in the year 2009 and received a massive response from fans and critics. It also starred Aamir Khan, Kareena Kapoor Khan and R Madhavan.

