

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



Munish Kumar appointed International Chief Director of Anti Corruption

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CM reviews multiple projects underway in Hamirpur district

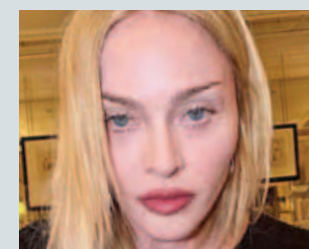
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Rs 200 crore extortion case: Delhi HC denies bail to Suresh's wife, 2 others

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"I'm on road to recovery": Madonna shares health update



PAGE 12

ISRO completes 'launch rehearsal' of Chandrayaan-3

AGENCY
TIRUPATI, JULY 11

The Indian Space Research Organisation (ISRO) on Tuesday completed the 'launch rehearsal' for Chandrayaan-3 which will be launched on July 14 from Satish Dhawan Space Centre, Sriharikota.

"Chandrayaan-3 mission: The 'Launch Rehearsal' simulating the entire launch preparation and process lasting 24 hours has been concluded," ISRO tweeted.

The Indian Space Research Organi-

sation (ISRO) on July 5 integrated the encapsulated assembly containing Chandrayaan-3 with the launch vehicle--LVM3 at Satish Dhawan Space Centre here.

"Today, at Satish Dhawan Space Centre, Sriharikota, the encapsulated assembly containing Chandrayaan-3 is mated with LVM3," tweeted ISRO.

The space agency's chairman S Somnath last month told ANI that they are planning for the launch day of its third lunar mission between July 13-19.

"We will be able to do a soft landing on the moon. The launch day is July 13,

it can go upto 19th," Somnath had said.

Chandrayaan-3 is a follow-on mission to Chandrayaan-2 to demonstrate end-to-end capability in safe landing and roving on the lunar surface.

Earlier in October last year, the ISRO chairman said that it is likely to launch its Chandrayaan-3 mission in June 2023. Chandrayaan-2, India's second mission to the moon, was launched on July 22, 2019, from Satish Dhawan Space Center, Sriharikota. But the mission failed after the Vikram lunar lander crashed on the Moon during the early hours of September 6.



Little respite from rains in Pb, Haryana; relief work on

BUREAU
CHANDIGARH, JUL 11

The residents of Punjab, Haryana and Delhi NCR got little break from incessant downpour. The most of educational institutes including schools and colleges were remained closed as precautionary measures.

The governments in both states have stepped up efforts to provide relief to the affected people.

On Tuesday morning, the weather was clear at most places in the region, which brought relief to the people after the incessant downpour inundated homes and caused extensive damage to crops and vegetables in many districts.

Officials said relief shelters have been set up in the affected districts, including Rupnagar, Patiala, Mohali, Ambala and Panchkula, in the two states.

Chief ministers of the two states are closely monitoring the situation, they said.

In the worst-hit Rupnagar district of Punjab, several people joined hands with the administration to extend a helping hand to those in need.

"It is the indomitable spirit of Punjabis to rise to the occasion whenever any crisis confronts them by helping each other," said Parminder Singh, who was reaching out to affected people in the district.

Punjab Chief Secretary Anurag Verma held a high-level meeting to review the situation caused by heavy rains in the state and conduct relief operations effectively in affected areas..



Special Chief Secretary to the chief minister A Venu Prasad, DGP Gaurav Yadav and representatives of the Army and NDRF were present in the meeting.

Verma said protecting people's lives was

Punjab initiates large-scale relief work for flood affected areas

GAURAV GOEL
CHANDIGARH: Under the dynamic leadership of Chief Minister Bhagwant Mann, relief work has been accelerated in the flood-affected areas of the state. Effective efforts are being made to protect the lives and property of the people as well as to protect the livestock. A spokesperson informed that Medicines worth Rs.50,000 per district have been purchased and distributed at tehsil headquarters to Senior Veterinary officers. SVOs have issued the medicines to the teams in affected areas. Rs. 50,000 per district has been released for purchase of medicines as per their demand in 11 flood prone districts (Ropar, Patiala, Ludhiana, SAS nagar, Fatehgarh Sahib, Moga, Jalandhar, Ferozepur, Kapurthala, Taran-taran and Sangrur).

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Yamuna breaches danger mark, thousands likely to be displaced

NEW DELHI: Water in Yamuna crossed the danger mark and an orange alert was issued for Delhi as the areas in the city continued to face water-logging due to incessant rains on Saturday and Sunday and a fresh spell of rainfall on Monday. The excess rainfall has impacted all sections, including the poor, the daily wagers and those commuting to reach their destinations. While families around the Yamuna living in hutments will have to shift in case water level rises further, rainwater also entered the homes of some civil servants. The plight of locals across the societal divide has only served to reinforce the fact that the floods, this year, have hit the poor as well as the powerful. As the rainwater inundated roads and led to long queues of vehicles stuck in the downpour, residents, including people living in the diplomatic enclave in Chanakyapuri, vented out their misgivings over Delhi's inadequate drainage system.

SC stays NGT order appointing Delhi LG as chairperson of high-level committee on Yamuna

NEW DELHI: The Supreme Court on Tuesday stayed an order of the National Green Tribunal (NGT) appointing Delhi Lieutenant Governor Vinai Kumar Saxena as the chairperson of a high-level committee on the Yamuna rejuvenation project. A bench of Chief Justice of India DY Chandrachud and Justices PS Narasimha and Manoj Misra issued notice on a plea by the Delhi government challenging the January 9, 2023 order of the National Green Tribunal (NGT). In its plea, the Delhi Government had said that LG's appointment as Chairperson was a "violation of the constitutional scheme of governance" and two Constitution bench orders of Supreme Court passed in 2018 and 2023. In January this year, the NGT had constituted the committee to address the issue of pollution in the Yamuna. The government has said that the executive powers granted to the LG through the NGT order "encroach upon areas exclusively under the competence of the elected government".

4 dead, 10 injured due to falling debris near Gangnani

AGENCY
DEHRADUN, JULY 11

Four persons died and 10 people got injured due to falling debris on Gangotri National Highway near Gangnani in Uttarakhand, said the police on Tuesday.

"Four people have died due to falling debris. 10 passengers who were injured have been admitted to CSC Bhatwadi for treatment", the police said.

The police further informed that SDM Bhatwadi and disaster management team are present at the spot. The rescue operation is underway,

they added. Meanwhile, Uttarakhand Chief Minister Pushkar Singh Dhami on Tuesday said that the state administration is on full alert mode in view of the India Meteorological Department's



(IMD) heavy rainfall alert in the region. Talking about the precautionary arrangement made in the state, CM Dhami said, "Every year during monsoon time here, we have to face natural calamities. There are landslides due to excessive precipitation, and the water level of the rivers increases. We are in full alert mode. All district administration officials and those in our disaster management are doing their work."

Manhunt in unseasonal snow to evacuate 300 stranded tourists in HP



SHIMLA, JULY 11 (UNI)

A manhunt has been launched for 300 Tourists at the 14100-ft Chandertal glacial lake in the Spiti valley of Lahaul-Spiti district of Himachal Pradesh on Tuesday who are stranded after unseasonal snowfall since July 9.

Deputy Commissioner District Lahaul Spiti Rahul Kumar informed on Monday evening that 300 people are stranded in Chandertal and would be rescued on Tuesday morning as soon as the weather cleared.

Among the victims of unseasonal weather who would be evacuated on Tuesday are 262 people from other states, including similarly foreign

nationals. Among the foreigners, two are from Ireland, and one is from the USA.

Deputy Commissioner Rahul Kumar said that all these people are safe. District Superintendent of Police Mayank Chaudhry succeeded in tracing the camping site of stranded Tourists on July 9, 2024, as a police party, including some mountaineers, succeeded in establishing contact with them. The rescue operation started at 0500 hrs on Tuesday to bring down the trapped People from Chandertal. The first team left for Chandertal from Losar with machinery last evening, while the second team, headed by ADC Rahul Jain, left from Kaza this morning.

Rainfury force bride and groom to solemnise wedding online

SHIMLA, JULY 11 (UNI)

The rain fury and unprecedented rainfall in Himachal Pradesh forced a bride and groom to solemnise their wedding online, which was uploaded on Facebook posts by former CPI (M) MLA Rakesh Singha.

The bride, Shivani Thakur, of Sees village of Bhuntar in Kullu District, was expecting a barat' of her groom, Ashish Singha, of Mangsu village, Tehsil Kotgarh, from Shimla District, but inclement weather played spoilsport.

Earlier, the Barat party of 30 people, along with Rakesh Singha, couldn't move away from Bithal on



NH 5 and had to return to Kotgarh.

Having no option, both families decided to perform the marriage on-

line on Monday because it was difficult to move to Kullu due to worse weather and perform 'lagan' (the

scheduled time of the wedding ritual) in time. The bride and groom perform an online wedding sitting in their respective homes, which is a first-of-its-kind event in the state. Later, two families also shared photographs of the wedding ceremony on social media, displaying how both families witnessed and participated with full emotion while quietly sitting at home. The bride is likely to move to the groom's house with improving weather conditions.

The bride often moves to the groom's house in a wedding tradition of hills, and marriage rituals are also performed at the house of the groom.

World Environment Day celebrated by planting 121 fruit trees



DR ASHOK KUMAR KARNAL: With the help of Jail Administration and JCI Organization Karnal, on the occasion of World Environment Day, fruit trees were planted at various places in the Jail premises. The officers and employees posted in the jail, the office bearers of JCI organization planted saplings. Fruit bearing plants like Kinnu, Guava, Plum, Chikoo etc. were planted. All these 121 saplings were made available by JCI Sanstha Karnal. District Jail Superintendent Amit Bhadu thanked all the members of JCI Sanstha on this occasion.

Power related problems to be resolved today

PARI BAJAJ KARNAL: Chairman, Superintendent Engineer Consumer Grievance Redressal Forum, North Haryana Electricity Distribution Corporation, Rajiv Gandhi Vidut Sadan Sector 12, will be present at Kamal's conference hall on July 12 at 11 a.m. for speedy redressal of electricity consumers' complaints. Those problems related to electricity, which are not being resolved even after meeting the local authorities, all such consumers can put all their problems in front of this forum. Giving information in this regard, Superintendent Engineer of North Haryana Electricity Distribution Corporation, Karnal, Kashik Mann said that in this meeting, such consumers whose electricity related case is pending in the court and whose complaint or case is more than two years old, such consumers are not eligible for hearing. Complaints related to electricity theft will also not be heard in this meeting. Appealing to all electricity consumers, he said that at the scheduled time before the forum, the Office of Superintendent Engineer, Operating Circle, Uttar Haryana Bijli Vitran Nigam, Rajiv Gandhi Vidut Sadan, Sector 12, Karnal, should reach the conference hall and solve their electricity related problems and complaints immediately.

Children of Ayan International School won the Olympiad exam

DARSHAN SHARMA NILOKHERI: In the online examination organized by the Science Olympiad Foundation, the children of Ayan International School brought laurels to the school and their parents by winning gold and silver medals. The School director Pooja Malhotra told that in the competition children from Class 1 to 10 participated. The result of about 80 percent children was very good. Of these, 10 children won gold medals and five children walked away with silver medal. The children also ranked (zonal) second in GK; Zonal Rank 8 in Maths and Science.

Roads damaged due to debris falling from hills

RK KASHYAP CHHACHHRAULI: Due to torrential rains of 3 days, the debris of mountains came near Kalesar on Jagadhri Paonta Sahib National Highway and the road was also completely damaged. The movement of vehicles was also adversely affected due to the debris of mountains at two places on the National Highway in Kalesar. It has been raining heavily in the hilly areas for the last 3 days, along with it rain in the plains has also become a problem for the common people. Water has entered the homes and fields of the people, traffic was blocked on the National Highway as well due to the debris of the mountains. But after some time, due to the closure of the falling debris of the mountains, the traffic could run smoothly under the difficulties from the top of the debris. Along with this, on the side of the road near Kalesar on the National Highway, deep berms have been formed due to rain water, which can cause death to anyone at any time. The berms are so deep that they can prove dangerous for small vehicles playing at night. On the other hand, due to the flood water in the Yamuna river, land was eroded near the Shiva temple in Belgarh. The video of land erosion was also put on social media by the villagers and the administration was also informed about it. After the information, efforts were made by the administration to stop the land erosion. The administration is working on a war footing to save the strip created by the Irrigation Department by filling earthen pots etc. in Belgarh by employing earth moving machines and labourers.

HARYANA

YUGMARG, CHANDIGARH, WEDNESDAY, JULY 12 , 2023

FCD and Tanzania Investment Centre Strengthen Bilateral Economic Collaboration

BUREAU CHANDIGARH, JULY 11

The Foreign Cooperation Department (FCD), the Government of Haryana and the Tanzania Investment Centre (TIC) have taken a significant step towards bolstering bilateral economic collaboration by signing a Memorandum of Understanding (MoU) today. This landmark agreement aims to foster greater cooperation and facilitate investment opportunities between the two entities, ultimately driving sustainable economic growth and development between the two regions.

The MoU signing ceremony, held at the TIC office (Dar es Salaam, Tanzania) brought together representatives from the FCD, TIC, and 50+ business delegates from Haryana from different sectors.

Additional Chief Secretary, Foreign Cooperation Department, Dr. Raja Sekhar Vundru and Executive Director, Mr. Gilead Terifrom from TIC signed the aforementioned MoU.

The event was also witnessed by the Deputy High Commissioner of India in Tanzania. The event was marked by an atmosphere of optimism and shared objectives for future cooperation.

The MoU outlines a comprehensive framework for collaboration and will facilitate the expansion of mutually beneficial cooperation in the fields of economy (Automobiles, Pharmaceuticals - bulk drugs and drug intermediates, textile industry - man made yarns, dyes, fabrics and made ups, engineering/ machinery equipment, spices, cosmetics & toiletries, energy, chemicals and fertilizers, production and processing of agricultural products etc.) and trade (opening trading houses in territory of the each Parties, the use of the priority sectors of industry as a whole, the creation of joint ventures the main activity of which will be the provision of marketing, engineering and logistics services), science (the implementation of joint scientific projects in the fields of

geology, physics, chemistry, etc., the training of scientists in each of the parties), education (inter-university exchange of students and teachers), tourism, culture, protection and research of historical monuments (exchange of experience and cooperation), Skill Development, Vocational Education Capacity Building and other areas of mutual interest.

The signing of this MoU reflects the shared commitment of the FCD and TIC to promote economic diversification, job creation, and sustainable development in both regions. By combining their expertise, resources, and networks, both organizations will foster an enabling environment for foreign investors, enhance economic cooperation, and stimulate the growth of key sectors of mutual interest.

The MoU signifies an important milestone in the relationship between Haryana and Tanzania, highlighting the potential for increased collaboration and mutual benefits in the realm of foreign investment.

Munish Kumar appointed International Chief Director of Anti Corruption

SHIV KUMAR SHARMA KARNAL, JULY 11

Narendra Arora, National Chief, Anti Corruption Foundation of India, has appointed Munish Kumar, a noted philanthropist from Sunam, Punjab, as the International Chief Director, expanding the international team. National Chief Narendra Arora handed over the appointment letter to Munish Kumar, who reached the national office from Sunam, Punjab, and administered the oath to Munish Kumar to work for the eradication of corruption while remaining in the dignity of the post. District Director Sangrur Punjab Gulshan Joshi and executive members Satish Sharma and Dharmendra were honoured by giving

mementos wearing organ clothes on reaching the national office with Munish Kumar. Munish Kumar said that he



will work for corruption eradication awareness by living in the dignity of his post and will connect more and more people with the objectives of the or-

ganisation. Narendra Arora said that Anti Corruption Foundation of India is working for eradication of corruption awareness in all the states of India. The main objective of the organisation is to make more and more people aware to eradicate corruption. He said that the main tasks of the Anti-Corruption Foundation of India are to organise seminars in educational institutions and other places for awareness of corruption eradication, to run signature campaigns and oath-taking campaigns, to organise competitions related to anti-corruption, to follow the law in the public, to spread the truth and honesty by honouring the conscientious officers of the Police and Administration Department etc.

World Population Day observed



RANVIR PARASHAR

KAITHAL: The World Population Day was observed under the chairmanship of Principal Harpal Singh at Government Senior Secondary School, Khedi Gulam Ali. The Principal said in his address that now we have to take a personal decision that we have to adopt the policy of two and one family. Informing about the ill-effects of population growth, he said that due to the increase in the population of the country, we could not find a permanent solution to unemployment, inflation, health and education. The country increases the facilities every year, the next year again due to the increase in population, the problem remains the same. Professor Jaigopal told the children that the celebration of Population Day was started in 1879. The census is done every 10 years. The census of the year 2021 could not be done due to Corona. On this occasion Pawan Shastri, Navjit Singh, Shamsher, Madam Chinnu also kept his views on Population Day.

Large number of Kavadis are taking rest in camp set up for Kanwariyas at Baba Bansi Wale Vridvashram



NARESH GARG

LADWA: For last one week, a camp is being organized for kanwariyas of Sawan month at Baba Bansi Wale Vridvashram located on Ladwa-Pipli road. A large number of Kavadis are resting everyday and every arrangement for the Kavadis is being made by ashram. Ashok Singhal, the head of the ashram, said that on Tuesday around 500 Kavadis reached the ashram. Food, medicines, fruits and other types of materials are always available for the Kavadis from the Ashram and the svadars of Ashram are engaged in serving all the Kavadis. He said that no Kavadi is being allowed to face any kind of problem. Many officials and social workers of the ashram were present on the occasion.

Maize crop rotting in grain market

PRITI SAINI

SADHAURA: Maize crop is rotting in the grain market Sadhaura, from which stench is emanating. Along with the putrid smell of rotting maize straw, the situation of filth is also at its peak in Sadhaura grain market. The Mandi administration paid no attention towards cleanliness. Same is the condition of the vegetable market. There is filth all around in the vegetable market. After complaining to the officials, people troubled by the stench and filth themselves have made a video and made it viral on social media so that the sleeping officials pay some attention to the filth and cleanliness.

In the viral video, it has been shown how the maize crop brought by the farmers to the grain market has rotted in the rain and sun, due to which, along with the stench, fly mosquitoes are also being born. Which have become a cause of trouble for the local shopkeepers and people. Due to no action being taken by the administration, people put its video on social media so that to some extent Mandi administration can pay attention. But the Mandi administration has no attention towards the cleanliness of the market. Local shopkeepers and villagers have demanded the Mandi administration to solve the foul smell and cleanliness in the Mandi. Dharmendra, secretary of the market committee, said that soon the garbage will be picked up and the market will be cleaned.



SHIV KUMAR SHARMA KARNAL, JULY 11

The condition of the Yamuna river in Karnal is bad. The river is in spate. The villages situated on the banks of Yamuna have been flooded. On Monday evening, the dam of village Garhpar island was broken, which has not yet been closed, due to which water reached about 8 villages nearby. About 24 villages have now been affected by the flood. At the same time, the administration tried continuously for many hours by putting earthen bags with dumpers and closing the embankment cut with machines. But later the army had to be called. Now the army has taken over the front. There is 3 to 4 feet of water in Kalsaura. Apart from this, crops standing in the streets and fields of Labkari, Dera Halwana, Dabkoli, Bibipur Bahraman, Badarpura and Sikandarpur villages were submerged and now water has slowly started entering the villages.

In such a situation, the villagers have lost their sleep. On the other hand, the people of other villages adjacent to the Yamuna are sitting on the banks of the Yamuna and guarding that they do not know



when the flood will come. DC Anish Yadav, who came to inspect the embankment, told that the administration is trying hard to seal the embankment. Soon this will be closed. At the same time, he said that boats have been installed for the villages which are affected by floods. Teams are continuously de-

Every person should plant a sapling: Deputy

DALBIR MALIK KURUKSHETRA, JULY 11

Member of Parliament Nayab Singh Saini said that every citizen of Kurukshetra must plant at least one sapling in association with the campaign of Haryana Uday Outreach. This Haryana Uday Outreach Program is an ambitious program of Chief Minister Manohar Lal. To make this district and state green, one should join hands with Haryana Uday. Member of Parliament Nayab Singh Saini was speaking in the plantation programme in collaboration with the District Information and Public Relations Department under Haryana Uday Outreach Program in the premises of Government Senior Secondary School on Tuesday.

Earlier Saini, District Information and Public Relations Officer Dr. Narendra Singh, Vice Chairman of Zilla Parishad Dharampal

Chowdhary, BJP leader Babu Ram Taya, AIPRO Balram Sharma, Superintendent Hakim Singh under Haryana Uday Outreach Programme on the premises of Government School planted a plant each. Saini expressed his gratitude



to the officers and employees of the District Information and Public Relations Department for their cooperation in furthering the campaign of Haryana Uday Outreach Programme and said that as per the order of Chief Minister Manohar Lal to make Kurukshetra green The

campaign for tree plantation that has been started is commendable. All citizens should join this campaign.

The MP said that Chief Minister Manohar Lal has a vision to make the state's environment clean and beautiful. This will be possible only when every citizen will be associated with the plantation drive. Haryana Uday Outreach Programme has been launched to connect every citizen with this campaign. To make this campaign successful, common people will have to join hands and more and more saplings will have to be planted in Kurukshetra. To make the Haryana Uday programme a success, Zilla Parishad's Vice Chairman DP Chaudhary appealed to the residents of the district and said that all the citizens must plant at least one plant each in their homes and surrounding areas.

Efforts on to repair embankment within 24hrs to ensure no loss of life and property: DC

INDRI (MAINPAL KASHYAP): Relief and rescue work is being done at a fast pace by the district administration after the embankment of Yamuna breached in Garhpur island. Administration is trying to repair the embankment within 24 hours so that there is no more damage. Deputy Commissioner Anish Yadav reached Gadpur Tapu village of Indri block on Tuesday and took stock of condition of broken embankment and directed officers of Irrigation Department to get broken embankment repaired as soon as possible so that life and property of general public could be protected. Superintendent of Police Shashank Kumar Sawan, SDM Indri Ashok Kumar, Superintendent of Irrigation Department Sanjay Rahar, District Horticulture Officer Jai Kumar were also present with him. DC said that at around 7 pm yesterday, administration was informed about the breach in the Yamuna embankment at Garhpur island. Soon after getting the information, the work of repairing embankment was started. He told that in view of this situation, the officials of the administration are present on the spot and the repair work of the embankment is going on at a fast pace. The Deputy Commissioner said that the flood situation which has arisen due to the rains of the last several days is serious. Seeing the seriousness of the situation, the army has been called from Ambala Military Camp for help. He said that the flow of water is very high, to control which an action plan has been prepared and its mapping has also been done.



MP drives tractor to flood-affected villages

INDRI (MAINPAL KASHYAP): Member of Parliament Sanjay Bhatia visited the flood-affected villages in Indri area driving a tractor to take stock of the situation and gave necessary guidelines to the administration officials. He instructed the officers to keep ready all kinds of essential items to deal with the natural calamity so that the people do not face any kind of trouble. Deputy Commissioner Anish Yadav, Superintendent of Police Shashank Kumar Sawan, SDM Indri Ashok Kumar and officers of other departments were also present with him. MP assured farmers that he will talk to Chief Minister Manohar Lal about the damage caused by the flood and will tell about the damage caused to their crops due to the flood, so that the farmers get maximum compensation for the crops caused by the flood. He directed the officials of the administration to deliver food items, medicines to flood affected areas so that people do not face any problem in getting food and drink in the flood affected areas. He instructed the veterinarians to arrange medicines and other treatment for the animals in the flood affected village as soon as possible. He said that the administration will have full cooperation with the people and the administration is fully prepared to deal with any situation. MP interacted with the people of the flood-affected villages and appealed to them not to panic at the time of disaster, the administration is engaged in flood rescue and relief work, if any person needs any kind of help, the administration will do everything possible for them.



Prakash Parv of Guru Harkishan Dev Ji celebrated

SHIV KUMAR SHARMA

KARNAL: The Prakash Parv of Sikh Guru Harkishan Dev Ji was celebrated with devotion at Dera Karseva. The diwan was decorated in the morning. Gurmat Samagam was organised. Ragi Dhadi groups and preachers praised the glory of the Guru. Hundreds of devotees bowed down before the Guru at Dera Kar Sewa. Under the guidance of Jathedar Baba Sukkha Singh, head of Dera Karseva, Gurmat Samagam was organised jointly by Gurpurab Parbandhak Committee and Dera Karseva. On this occasion, groups of Gulab Singh and Balwinder Singh praised the glory of the Guru. Guru's langar was served. This information was given by Jathedar Inderpal Singh, General Secretary of Gurdwara Dera Kar Sewa. He said that Dharmalu reached from far off places on this occasion. The diwan has been decorated since morning. On this occasion, the great men who came from outside were honoured by presenting them with Siropa.



I will give such a candidate to Uchana who will sit directly on the Chief Minister's chair: Abhay Singh Chautala

PAWAN DAHOLA

JIND: Uchana Parivartan Padyatra Aapke Dwar' 131st day started on Monday in Halka Uchana, Hasanpur, Nagura. On reaching village, people warmly welcomed INLD General Secretary Abhay Singh Chautala with drums and flower showers and weighed him with laddoos. Tremendous enthusiasm was visible among the youth for Abhay Chautala. A large number of people are coming to listen to the INLD leader. Abhay Chautala is seen full of confidence after seeing the gathering of people. He told the people present in the public meeting that whenever he met a BJP or Congress person on the way, he also said thrice that there was a change. This time there would be change and INLD government would be formed. Samarjeet alias Billu Pega, Balraj Nagura, Mahavir Drolhi Kheda Usha Mor were present on this occasion. During this, people put up their problems in front of Abhay Chautala and told that in this BJP coalition government, they have longed for basic facilities and were extremely disappointed and upset with the government.



NEWS AT A GLANCE

District admn, Army's commendable job of rescuing people: MP Patiala



RAWEL BHINDER PATIALA: Ex-external affairs minister and Member of Parliament from Patiala Preneet Kaur today presented the traditional Nath and Chura to Patiala's raging Badi Nadi along with her daughter Jai Inder Kaur. Preneet Kaur and Jai Inder Kaur first offered their obeisances at Burj Baba Ala Singh ji at Patiala's historic Qila Mubarak, where Ardaas and Pooja were held for the safety and prosperity of Patiala and Punjab and then they preceded to offer the Nath and Chura at Patiala's Badi Nadi bridge near Sabji Mandi. Later talking to the media Preneet Kaur said, "Due to incessant rains during the last few days there is an impending flood like situation in Patiala and many other places in Punjab. This (Presenting of Nath and Chuda) has been an age old tradition of Patiala and had been done during 1994 floods also."

People suffering sewerage water protest



KULJIT SINGH DHINGRA RAMPURA PHUL: People of local Gulab Garden and Mohalla Fatehgarh Nagar, frustrated by the accumulation of sewage water on Phul Road, protested today by blocking Phool Road. Advocate Maninderjit Singh, Gurmali Singh Viri and Bhaveshar Singh, the residents of the area involved in the protest, said that due to the lack of proper sewerage system on Phool Road, sewage often stands outside on the road. At the same time, this water spreads and accumulates in the streets of the village. Sewerage stagnates in the streets causing bad smell and making it difficult for people to live in their houses. Not only this, the fear of accidents also persists along with the spread of various diseases. He said that it is surprising that many administrative officials reach their office in Phul Town daily through the said road, but despite this, no official tried to solve the problem. While many complaints have been

No cases of dengue, malaria in district: CS



KULJIT SINGH JANDIALA GURU: Amritsar health department with the support of district administration is on full alert. Civil surgeon Dr. GIVING information, Vijay Kumar said that during the critical situation of floods, 44 Rapid Response Teams have been constituted by the Health Department which will be ready to help the people in any emergency situation. The Civil Surgeon said that 10 emergency helpline numbers have been issued by the Health Department in public interest, including District Headquarter Control Room 0183-2211864, Baba Bakala 9877431522, Ajnala 8837739877, Lopoke 9855512170, Ramdas 9876227470, Verka 884. 7697138, Majitha 9417365835, including Tarsikka 6280086546, Mananwala 9815402421, Mehta 9501521985. Dr. Vijay Kumar gave information during an important meeting with the district officials and said that so far no case of dengue and malaria has been reported in the district. So far, 119 suspected cases have been screened by the health department and challans have been issued due to larvae being found at 285 places. There are 15 teams working in the anti-larvae wing which are carrying out anti-larvae activities daily in different parts of the city, especially in the hotspot areas. Apart from this, all the private hospitals have been warned to immediately inform the health department if any case comes to light. On this occasion, District Epidemiologist Dr. Harjit Kaur, District M.E.I.O. Amardeep Singh, Epidemiologist Dr. Navdeep Kaur, Gurdev Singh Dhillon, Paramjit Singh, district-wide group SI. and anti-larvae staff joined.

Govt's special campaign to fill backlog for disabled from July 20

SHASHI PAL JAIN CHANDIGARH, JULY 11

Punjab Government, led by Chief Minister Bhagwant Mann, is committed to protecting the rights of persons with disabilities. Accordingly, a special campaign will be conducted from July 20th to September 20th, 2023, on a priority basis to fill the backlog in direct recruitment and promotion quotas in all Government departments of the state.

Minister of Social Security, Women and Child Development, Dr. Baljit Kaur, stated that the state government is making efforts to prioritize the filling of the backlog for disabled individuals. She mentioned that 32 departments have provided information regarding this matter, and based on the information received, there are a total of 920 vacancies. This includes the number of positions to be filled through direct recruitment and promotion. She instructed the officials to promptly obtain the backlog report from other departments and ensure its inclusion in this campaign.

The Cabinet Minister directed the proper maintenance of the roster register of disabled persons so that disabled individuals can benefit from direct recruitment and promotion in a timely manner, as per the instructions of the Rights of



Persons with Disabilities Act, 2016, and the Punjab Government. She ordered the department to organize workshops in this regard and prepare master trainers. Furthermore, she stated that these trainers should provide training at all levels to ensure the proper preparation of roster registers for the disabled in the head offices and re-

gional offices, as well as the future preparation of the vacancy roster register for the disabled quota, following the given instructions. Special Chief Secretary of Social Security, Women and Child Development, Mrs. Raji P. Srivastava, instructed the officials to gather data on the backlog of direct recruitment and promotion quotas for persons with disabilities in all government departments, with the aim of completing the process of fill the backlog for disabled individuals. Additionally, she mentioned that extensive efforts were being made to review the roster register and compile the required data. Any deficiencies identified were rectified through this review.

Director of the Social Security, Women and Child Development Department, Mrs. Madhvi Kataria, conducted a meeting with 32 government departments and directed them to publish advertisements before July 20th, 2023, for the recruitment against the backlog of the direct recruitment quota for disabled individuals. She emphasized that the advertisements should be specifically issued to fill the backlog posts of the disabled quota, excluding other vacant positions in the department. She further stated that, in addition to advertising for the backlog of direct recruitment, prompt action should be taken to facilitate promotions against the backlog in the promotion quota.

Jauramajra arrives to safely evacuate families of habitants stranded in floodwaters

CS JOLLY CHANDIGARH, JULY 11

On receiving a report of around 50 families stranded in floodwaters in deras (habitants), Punjab Information and Public Relations Minister S. Chetan Singh Jauramajra today immediately rushed to the spot and arranged boats to safely evacuate these families from floodwaters.

The relief operation has been started in the supervision of S. Chetan Singh Jauramajra, who is continuously monitoring the situation and visiting the affected villages of his constituency. The Cabinet Minister informed that today, as soon as he received the news of families being



stranded in the habitants near village Dharmeri, he immediately asked the district administration to send boats and personally took charge of relief operations upon arrival. He also instructed SDM Charanjit Singh and DDPO Amandeep Kaur to expedite relief operations. Later, the Minister visited village Draula, Drauli, Nawan

Gaon, Tulewal, Gheora and Sular, and assured the people that Chief Minister S. Bhagwant Mann led government is standing shoulder to shoulder with them in this difficult time and is fully committed to the safety and security of every individual and living being, hence they should extend full support to the government.

VB nabs ASI, constable for accepting bribe of Rs.15,000

CHANDIGARH: The Punjab Vigilance Bureau (VB) nabbed an Assistant Sub Inspector (ASI) Krishan Lal and Constable Raj Kumar posted at City Police Station-1, Abohar in Fazilka district for demanding and accepting a bribe of Rs.15,000.

The accused Police Officials have been arrested on the complaint of Bheem Sain resident of village Bazidpur Kattianwali in Fazilka district. Disclosing this here today, an official spokesperson of the VB said that the complainant Bheem Sain had lodged a complaint with VB Police Station, Ferozepur Range that the accused ASI had called on his mobile phone on March 17, 2023 that a woman has lodged a molestation complaint against him. Next day, he went to City Police Station-1, Abohar along with Constable Raj Kumar, who is also resident of village Bazidpur Kattianwali.

The complainant alleged that the accused ASI had demanded a bribe of Rs.1 lakh for compromise and settling the complaint of molestation lodged against him. After the repeated requests, he agreed to take Rs 50,000 for settling the complaint and he had took Rs.20,000 very same day from him. After this, the accused police officials started compelling him to pay remaining amount of the bribe and the complainant paid Rs. 15,000 more via online platform Google pay on the mobile number of Constable Raj Kumar on March 26, 2023. When the complainant asked for the copy of compromise, the accused police officials demanded the remaining Rs 15,000 as the bribe.

Medical check-up camp organized by health department in city center



SRI CHAMKAUR SAHIB (KULWINDER RASULPUR): Government Hospital Chamkaur Sahib under the direction of Dr. Parminder Kumar Civil Surgeon Rupnagar and Dr. Gobind Tandon Senior Medical Officer CHC Chamkaur Sahib under the leadership of Block Chamkaur Sahib in the water-hit evacuee colony. A medical check-up camp was organized by the of the health department On this occasion Dr. Jasmin Parmar medical officer examined the patients and distributed medicines to the needy patients.

On this occasion, they made people aware about vector borne diseases like dengue, malaria, yellow fever, chikungunya etc. On this occasion, Dr. Jasmin Parmar said that to protect against malaria and dengue, everyone should cover the whole body so that mosquitoes cannot bite and to avoid mosquitoes, creams or mosquito nets should be used. He said that water It should be boiled and drunk so that diseases like diarrhea can be avoided. They told the people that they should take care of the cleanliness of their surroundings and wash their hands well with soap before eating bread.

MLA Rai inquires about condition of people taking shelter in relief camps



SIRHIND (BIKRAMJEET SAHOTA): MLA Lakhveer Singh Rai also on the third day today Relief work continued. While the MLAs were distributing relief materials to the common people with a tractor trolley, they also kept abreast of the condition of the people who were resorting to the relief camps. Seeing the three days of service done by MLA Lakhvir Singh Rai, the opposition parties were also seen appreciating. MLA Lakhvir Singh Rai left home at 8:00 am as per his routine. He visited different villages of Sirhind block. Meanwhile, he saw the broken culvert of village Bahlolpur and learned the condition of the farmers. After this, he met the administrative officials who were cleaning the blocked culverts/siphons near Saundha Canal and issued instructions. After that they reached near Gurdwara Jyoti Sarup for relief work.

Child welfare council Gurdaspur fetes FIITJEE topper: Mr Yashasvi Mahajan



VERMA GURDASPUR, JULY 11

The District Child Welfare Council Gurdaspur honoured the young boy Mr Yashasvi Mahajan S/o. Sh Vinay Mahajan and Mrs Neeru Gupta resident of Gurdaspur who have selected in IIT Kanpur under Earth Science (Research) field. At this moment Romesh Mahajan National Awardee and honorary secretary DCWC narrated that it is the matter of pride for the district that this young boy Mr Yashasvi competed in FIITJEE with 2,50,000 competitors and secured the All India Rank 8848 and got this position in prestigious IIT Kanpur. He also showered his blessings upon him to do more work hard and get name and fame in the society. Mr Mahajan honoured him with memento, Siropa and one beautiful gift. Present on the occasion were Bakshi Raj, Cordinator Childline 1098, Ragbir Singh, Komalpreet kaur and Anuradha all Counselors and his parents.

SUMER GARG MOONAK, JULY 11

Deputy Commissioner (DC), Sangrur, Jatindra Jorwal and SSP, Surendra Lamba along with other officials visited sensitive places around Ghaggar river in Khanauri and Moonak areas of district Sangrur today. DC said that this time, according to the guidelines of Chief Minister, Bhagwant Mann, the standard level work of cleaning and strengthening by the Rural Development and Panchayat Department and the Drainage Department has been done before the rainy season like last year, due to which now Ghaggar water is one and a half feet higher than the danger level is flowing at 749.2 feet. He said that during the last floods, when the Ghaggar river burst, the water level at the Khanauri

gage was about 748 feet. He said that rumors are being spread about reinforcement work being done by some mischievous elements, which are completely wrong and the residents of the district need to be aware of such rumours.

He added that the district administration (DA) has made full preparations in view of the rapid flow of water and if necessary, NDRF team from Bathinda has also been accommodated at Moonak to start rescue operations on time. DC said that the embankment around Ghaggar is being continuously monitored and the embankment is being continuously strengthened at weak places. He said that in view of the critical situation, empty and full sand bags have been kept at various places as precautionary measures and necessary machinery

An awareness camp regarding dengue, malaria to be organized by Shaheed Udham Singh Welfare Club

RAMPURA PHUL (KULJIT SINGH DHINGRA): The meeting of Shaheed Udham Singh Welfare Club of local Mehraj Colony was held under the chairmanship of club president Surinder Dhir. In the meeting, a two-minute silence was observed to express grief over the sudden death of an active senior member of the club, Makhan Singh (Baba). In order to improve the possible activities of the Welfare Club, the members present in the meeting presented their valuable ideas and it was decided that keeping in mind the rainy season, the health department of the club to prevent the spread of diseases like dengue and malaria. A dengue malaria awareness camp will be organized with the support of On this occasion, Gurtej Singh Gogi Brar, Amandeep Singh Dhillon, Darshan Singh Sekhon, Davinder Kumar Garg, Jagraj Singh Jagga, Jeon Singh Khalsa, Dr. Rajinder Singh Deol, Karam Singh Bhullar, Parshotam Singh etc.



CS takes stock of arrangements and relief works to deal with excessive rain



GAURAV GOEL CHANDIGARH, JULY 11

Punjab Chief Secretary Anurag Verma on Tuesday held a high level meeting for the second day in a row to keep a constant watch on the situation caused due to heavy rains across the state and in Himachal Pradesh for the past few days and to conduct the relief operations effectively at the lower level. In the meeting, a report on the current situation was taken from the Administrative Secretaries of the concerned departments and the Deputy Commissioners and SSPs of all the districts. The meeting also reviewed the relief work being done by the administration on the instructions given by Chief Minister Bhagwant Mann to

provide all kinds of help to the residents of the state in the affected places. Notably, Cabinet Ministers, MLAs and public representatives posted in the field are engaged to provide relief to the people by coordinating with the administration. Special Chief Secretary to Chief Minister A Venu Prasad, DGP Gaurav Yadav and representatives of the Army and NDRF were also present at the meeting.

The Chief Secretary directed the respective district administrations that wherever people are struck due to low-lying areas or water logging, they should be evacuated safely and alternative arrangements for food, drink and accommodation should be made on war footing.

Channi on dharna to demand relief for flood affected people



SRI CHAMKAUR SAHIB (KULWINDER RASULPUR): In Sri Chamkaur Sahib Bet Area, people are facing huge problems due to rain water due to which the rain water in the villages of Bet Area has affected the normal water life due to heavy rain for the last three to four days. And people had to face hardships. Due to high water in Sirhand canal, the canal department released water from the Sri Chamkaur Sahib canal bridge to Kasba Bele and the people of the constituency gathered and sat on the local canal and protested against the administration. On the other hand, due to the natural calamity, the former Chief Minister Channi also reached the whole night and sitting with the villagers, some people who were protesting on the other side also said that when Charanjit Singh Channi was the Chief Minister, he kept a distance from the people, but Now when the government got out of hand, people started coming and sitting. Constituency MLA Dr. Charanjit Singh also reached the occasion and assured the people that the Punjab government is standing with the people and there is no truth in the false rumors being spread by the mischievous elements.

Illegal encroachments cause floods in Fatehgarh Sahib

AJAY MALHOTRA FATEHGARH SAHIB, JULY 11

The heavy rain has caused huge destruction in the state, despite the millions of efforts from the administration, the people have paid a heavy price in terms of life and financial loss from this flood.

District Fatehgarh Sahib was also affected by this natural calamity. The administration, political and social welfare organizations also came forward to help the people affected by the flood, but the calamity was so big. Along with this, the efforts of advocate Lakhbir Singh Rai, MLA from Fatehgarh Sahib, to pull people out of the water by driving a tractor, are being appreciated everywhere. If we examine the causes of this flood, along with the heavy rains, there are centuries-old chro passing through this district and illegal encroachment



on the villages and city ponds. Farmer Varinderpal Singh Sahi, said that the width of this chow in some places is one hundred feet and in some places two hundred feet, but due to illegal encroachments, it has remained only 15 to 20 feet in many places. Passing in front of the district administration complex, this chow has become a victim of illegal encroachments. Shops, complexes, hospitals and religious buildings have been built inside this chow, who sold the

land of Chow on what basis are also questions and in the future also during such natural calamities the general public may be affected and the administration may appear helpless.

Many senior officials of the district tried to remove the encroachments from this chow from time to time, but the administration was helpless in the face of political pressure because there were many political leaders among the encroachers.

BJP leader Deepak Jyoti visits flood affected areas of Bassi Pathana constituency



FATEHGARH SAHIB (AJAY MALHOTRA): Bharatiya Janata Party senior leader Dr. Deepak Jyoti visited the flood affected areas of Bassi Pathana, Chunni and Khamano today and contacted the affected people and listened to their woes. Deepak Jyoti said that although the administration and Bhagwant Mann government have formed several committees to control this situation, the ground reality is not the same.

While demanding compensation for the loss of life and money due to the poor people trapped in the flood, Dr. Deepak Jyoti said that the government should immediately compensate for the flood affected people and the claims made by Chief Minister Bhagwant Mann should also be seen on the ground. Deepak Jyoti appealed to people not to use plastic because, due to plastic envelopes, the drains outside the houses were blocked and water entered the roads and houses.

B.Tech in Material Science
and Engineering at IIT Mandi
introduces new courses

MANDI: The Bachelor of Technology (B.Tech) in Materials Science and Engineering programme at IIT Mandi will offer a comprehensive education in the field of materials science, emphasising engineering applications and employable skills. With a focus on emerging areas like sustainability, renewable energy, urban mining, quantum technologies, and artificial intelligence, the programme will equip students with theoretical knowledge and practical expertise in both conventional and advanced materials. The hands-on research experience module of this programme will enable students to bridge the gap between academic pursuits and real-world engineering. Graduates of this programme will be prepared to take on leadership roles in industries such as semiconductors, manufacturing, automobiles, energy, and waste management. This interdisciplinary programme will cater to students interested in exploring the intersection of science and engineering. The new B.Tech. programme in Mathematics and Computing is a unique and pioneering programme that will offer students a strong foundation in mathematics, computing, and computational thinking. It will focus on developing analytical and problem-solving skills that can be applied across various fields in science and engineering. By emphasising both theoretical and practical aspects of mathematical and scientific computing, this programme will prepare graduates for diverse career opportunities in industries, academia, and research and development. It aims to produce graduates who possess a wide range of mathematical and computational knowledge, techniques, and tools, enabling them to tackle complex real-world problems effectively. IIT Mandi's School of Chemical Sciences is starting a unique and comprehensive 4-year Bachelor of Science (BS) programme in Chemical Sciences.

CM reviews multiple projects
underway in Hamirpur district

AGENCY
HAMIRPUR, JULY 11

HP Chief Minister Sukhvinder Singh Sukhu conducted a comprehensive review of multiple projects underway in the Hamirpur district during a late-evening meeting at Hamirpur.

Reviewing the four-lane construction of the Shimla-Mataur road, he said this project involves the construction of 12 tunnels and 22 major bridges, including a medium width of 5 metres to enhance the aesthetic appeal, at an estimated cost of Rs 9900 crore. He said that this upgraded road would reduce travel time and serve as a vital transportation link for seven districts in the State.

The Chief Minister directed the authorities to ensure that all villages in Hamirpur district with a population of over one hundred residents are connected with road facilities by March 31,



2024. He said that under PMGSY-II, 21 roads have been approved for construction at a cost of about Rs 180 crore, while under RIDF, for Rs 426 crore, construction of 162 roads has been completed, 23 roads are in progress, and a DPR for 21 has been submitted.

On the other hand, under CRIF, 7 projects worth Rs 73 crore have been approved, out of which work on 6 has been completed, while work on one

scheme is in progress. Quality work on these roads should be ensured to provide better facilities for the people, he said.

Thakur Sukhvinder Singh Sukhu also highlighted ongoing construction work on 40 buildings in the district, with a total cost of Rs 144 crore. He said that the target was to complete 15 of these buildings within the current financial year. He stressed the need to initiate the process of constructing staff

quarters for all personnel stationed at the police stations in the Hamirpur district, including IRB Jungalbari.

Additionally, he instructed the appointment of a consultant pertaining to the construction of bus stands in Hamirpur, Bhoti, Sujanpur, Bhoranj, Barsar, and Nadaun so that people could be facilitated. The Chief Minister also directed underground overhead wires in Hamirpur city and created them for the PWD, JSV, and BSNL departments. A trial of this project will commence from the Bus stand in Hamirpur to Bhoti Chowk. He also discussed the plans to install two electric vehicle chargers each at the workshop and Hamirpur bus stand while ensuring power supply for the upcoming e-bus depot in Nadaun. Thakur Sukhvinder Singh Sukhu emphasised the need for adequate electricity and water supply at Hamirpur Medical College.

Hamirpur suffers loss of
Rs 56.21cr due to rains

AGENCY
HAMIRPUR, JULY 11

Heavy rains coupled with cloud bursts and flash floods have claimed property amounting to 56.21 crore rupees in the district alone since the start of the pre-monsoon season.

Deputy Commissioner Hemraj Bairwa said that while the Jal Shakti Vibhag had suffered a loss of 31.31 crore rupees, it was 23.77 crore rupees in respect of the Public Works Department.

He said that five people had so far been killed due to the rain, and the number of animals was fourteen. Besides, twenty-three kutcha houses, one pucca house, and eleven retaining walls (dangas) were also damaged fully and partly.

DC said that the loss to cross was around 28 lakh rupees and that to fruit crops was around eight lakh rupees.

He said that the River Beas and its tributaries like Kunah Khad, Maan Khad, and Chainth Khad were in spate, and people had been advised not to go near them for their own safety.

Meanwhile, after ninety-six hours of heavy rain and



inclement weather, the sky became clear and the sun shone fully in the morning hours.

However, the department of meteorology has warned of more rain in the district on Tuesday and in the coming days.

Bairwa said that the Chief Minister had talks with the district officers and directed them to restore the services for which adequate funds would be provided.

He said that the Chief Minister also paid a visit to the areas where floods had created havoc in the district. The chief minister left for a tour of flood-affected areas of the state on Tuesday morning after spending a week in his home district of Hamirpur.

Booth level officers to do house-
to-house verification of voter
lists from July 21 to Aug 21: DC

KISHORI LAL BAINS
UNA, JULY 11

As per the instructions of the Election Commission of India, a special summary revision of the voter lists with photographs for five assembly constituencies of district Una is being done on basis of the qualifying date of January 1, 2024. District Election Officer and Deputy Commissioner Una Raghav Sharma said that from July 21 to August 21, the voter lists would be verified door-to-door by booth level officers. He informed that from August 22 to September 29, rationalization/re-arrangement of polling stations, disposal of voting lists/photo identity card errors, conversion of low quality/blurry and different photos of voters to high quality correct photos, sections/parts Restructuring and re-determination of the boundary and status of polling stations and approval of the final list of polling stations from the Election Commission of India, investigation of deficiencies in voter lists and determination of strategy for timely settlement of deficiencies and updating of control tables will be done. Raghav Sharma said that from September 30 to October 16, supplementary list and integrated draft voter lists will be prepared on the qualifying date of January 1, 2024. DC said that on October 17, draft voter lists with photographs would be published. He told that the period for filing claims/objections will be from 17 to 30 November.

8 people rescued in Barot's
Lohardi: Bir Bahadur

SANJAY AGGARWAL
DHARAMSHALA, JULY 11

District Kangra Police has rescued 8 people and saved their investigation. According to the information received, about 8 people who are residents of Kangra, Haripur and Paraur had gone to Barot in Barot area Lohardi of the district, but due to bad weather and torrential rains in the area, they reached Lohardi in Barot. Got stuck. Information about this was received by the District Kangra Police, on which all the 8 people have been taken to a safe place while taking action. In Dharamshala, ASP Bir Bahadur said that 8 people from Barot area have been rescued by the police and taken to a safe place. He told



that due to bad weather Yashpal resident Haripur, Anju Bala resident Haripur, Hansraj resident Haripur, Suman resident Haripur, Rajesh resident Haripur, Kamla Devi resident Haripur, Sunil Mehra resident Paraur Tehsil Palampur and Anju resident Paraur Tehsil Palampur got stuck in Barot. Were. He told that there was no mobile signal in Barot

Valley due to bad weather. Because of this the police could not contact these people. He told that the police control room Dharamshala got information about this. This was reported from Dharamshala to the police post, Multan. Acting immediately on this, ASI Mangat Ram along with his team tried to track these people and after tracking for a long time, all the 8 people were found by the police in a homestay. He told that the contact of all these people has also been done with their family members. He said that at present the road leading to Barot is closed due to heavy rains, but as soon as the road is restored it is expected that all these people will be sent back.

SANJAY AGGARWAL
DHARAMSHALA, JULY 11

Make it ironic or something else, on one hand it is raining from the sky, while people are in hue and cry for drinking water. Due to heavy rains and cloudburst in Himachal Pradesh, many pictures of the devastation are coming out, but despite so much rain, people are worried due to water shortage in Kangra district. Due to torrential rains in many places, it has become difficult for people to come out. With heavy rains, swollen rivers and streams are causing tremendous damage and large houses are collapsing like a pack of cards. The water thrashing the mountain slopes is carrying away whatever comes in its way, but in the midst of this rain, people are craving for drinking water. Many areas of district Kangra have not received water for the last three days. The people of Himachal, who depend on the supply water for drinking, are facing great difficulties amid heavy rains. Water has become heavy especially in Dharamshala, McLeodganj and low-lying areas. Natural sources have also been damaged due to heavy



rains and drinking water schemes being run from there have been damaged. No initiative has yet been taken by the Municipal Corporation, Dharamshala and the administration to deliver water to people's homes, due to which people have been forced to wander for drinking water. The situation is that dirty water has entered people's homes and there is a crisis of clean water for drinking. Please tell that due to rain year after year, similar conditions are being seen here. After the heavy rains, the situation has worsened after dirty sewer water entered the house in Rihalpura, Kangra. At the same time, apart from water, electricity has also become a big problem.

CM visits flood hit areas of district
Kullu, does aerial survey as well

DINESH AGARWAL
SHIMLA, JULY 11

Chief Minister, Thakur Sukhvinder Singh Sukhu conducted an aerial survey of districts of Kullu, Mandi, and Lahaul-Spiti today to assess the damage caused by relentless rains triggering floods and landslides during the last three days. The Chief Minister visited various affected areas, including Bhuntar, Sainj, Kasol, Kheerganga and in Kullu district. He also interacted with the people who suffered losses due to floods and expressed his condolences to the families of those who lost their lives and assured that every possible assistance would be provided by the



State Government and immediately announced a relief of rupees one crore for the area. He told them that six helicopters had been deployed to carry out rescue operations and evacuate the stranded tourists and local residents. The first helicopter sortie took off in the morning to rescue stranded people at Chandertal but has to return back due to adverse weather conditions.

However, the authorities were prioritizing the evacuation of elderly and sick from Chandertal and the teams have left for the site. As the flash floods had severely disrupted the communication network in the affected areas two satellite phones have been provided to the local police personnel at Sainj for communicating during emergency. The Chief

Minister has assured the residents that all out efforts were being made to restore these services at the earliest.

During a media interaction at Bhuntar airport, Sh. Sukhu said that efforts were underway to restore the power supply in the district as soon as possible. Once the power is restored, the drinking water schemes will also be made functional. He said that Deputy Chief Minister, Mukesh Agnihotri, Revenue Minister Jagat Singh Negi, and Chief Parliamentary Secretary, Sanjay Awasthi have personally visited the affected areas to assess the situation in Mandi district and the government was actively working to assist the affected.

Mansi Rana comes forward
for rain hit person

JOGINDER DEV ARYA

BANGANA: Due to heavy rains in Himachal Pradesh for the last three to four days, the life of the people has been disrupted due to heavy rains in various areas of the state. On the other hand, on the occasion of this disaster, all including the state government and administration Financial assistance is being given to the affected families by social organizations. Mansi Rana, a student of Scout and Guide of Government Senior Secondary School, Talmehda School, District Una subdivision, Bangana area, taking initiative in the first Corona period also, deposited all the money of her Gulak in the Chief Minister's Relief Fund. On the occasion of disaster, Mansi Rana, taking initiative, broke her Gulka and deposited the amount of Rs.1965. It should be known that every year on her birthday, Mansi Rana has distributed aid amount according to her ability to the Chief Minister's Relief Fund, Indian Helping Hands Society, Himachal Helping Hands Society and other institutions. Mansi Rana gave all the credit for this to her school staff and district scout and guide team District Incharge Nirmal Devi, Training Commissioner Promila Devi, Sonu Devi, Madam, Shivani, Incharge Rajni Devi and Santosh Kumari, including DOC Aman Dev and Surjit Singh, Ramesh Chand Sharma and team members.



Rainfury force bride & groom to
solemnise wedding online

SHIMLA, JULY 11

The rain fury and unprecedented rainfall in Himachal Pradesh forced a bride and groom to solemnise their wedding online, which was uploaded on Facebook posts by former CPI (M) MLA Rakesh Singha. The bride, Shivani Thakur, of Sees village of Bhuntar in Kullu District, was expecting a barat' of her groom, Ashish Singha, of Mangsu village, Tehsil Kotgarh, from Shimla District, but inclement weather played spoilsport. Earlier, the Barat party of 30 people, along with Rakesh Singha, couldn't move away from Bithal on NH 5 and had to return to Kotgarh. Having no option, both families decided to perform the marriage online on Monday because it was difficult to move to Kullu due to worse weather and perform 'lagan' (the scheduled time of the wedding ritual) in time. The bride and groom perform an online wedding sitting in their respective homes, which is a first-of-its-kind event in the state. Later, two families also shared photographs of the wedding ceremony on social media, displaying how both families witnessed and participated with full emotion while quietly sitting at home. The bride is likely to move to the groom's house with improving weather conditions. The bride often moves to the groom's house in a wedding tradition of hills, and marriage rituals are also performed at the house of the groom. Singha said that the unprecedented event in the Kotgarh area is likely to inspire many future couples and communities to explore online wedding options when faced with unforeseen circumstances.

District residents should stay away from
landslide prone places and river drains: ADC

KISHORI LAL BAINS
UNA, JULY 11

In view of the disaster situation arising out of heavy rains in district Una, Additional Deputy Commissioner Una Mahendra Pal Gurjar has appealed to the residents of the district to take extra precautions during the rainy season and avoided going near landslide prone places and river drains. In case of any emergency one can contact toll free number 1077 or 01975-225045, 225046. He urged all the public representatives of the district, social organizations and non-governmental organizations that they should make more and more people aware in this regard so that in case of disaster, the District Disaster Management Authority can help the people as much as possible. He told that all the disaster management teams including officials of Public Works Department, Jal Shakti Department and Forest Department were fully prepared for disaster management and relief assistance was being provided to the residents of the district as soon as possible in case of disaster.



Industries Minister advocates for
reduction of GST on Apple cartons

DINESH AGARWAL
SHIMLA, JULY 11

Representing the State in the 50th GST Council meeting, Chaired by Union Finance Minister, Nirmala Sitharaman held at New Delhi today, Industries Minister Harshwardhan Chauhan, strongly advocated for reduction of GST on apple carton boxes. Negating the recommendations of the fitment committee, which had suggested that the GST rate on apple carton boxes should not be reduced as end use based concessional rates were difficult to administer, the Chairperson, on the request of Sh. Chauhan asked the fitment committee to re-examine the issue and place the matter in the next meeting of the Council. The Minister strongly suggested that it is possible to administer lower rates on Horticulture packaging boxes, including apples cartons and a detailed presentation pertaining to this was also given on the occasion. The Minister said that the Council

agreed that, on over the counter purchases above Rs. 50,000 made by consumers of a State in another State, the tax must flow to the destination State.

The decision of the Council will help increase the GST revenue collection of the State considerably as GST on purchases made by consumers of the State in adjoining Punjab, Haryana and Chandigarh was not flowing to the State so far. In another issue, the Minister placed forth his point that the State has been deprived of considerable revenue on the purchases of vehicles and other goods by the residents of Himachal Pradesh in adjoining markets of neighboring States as these purchases were not treated as inter-state purchases with place of supply as Himachal Pradesh. Harshwardhan Chauhan thanked the Union Finance Minister for promptly considering the request of the State.

Commissioner of State Taxes and Excise, Yunus and Additional Commissioner Excise, Rakesh Sharma also attended the meeting.

Preliminary estimate pegs agriculture
loss over 83 crore: Chander Kumar

DINESH AGARWAL
SHIMLA, JULY 11

Flash floods and landslides triggered due to the excessive rainfall in Himachal Pradesh in the last three days have left a devastating impact on the state with a preliminary analysis of agriculture department projecting a loss of over 83 crores to the crops across the state. Agriculture and Animal Husbandry Minister, Chander Kumar said that havoc caused throughout the state is unprecedented, therefore, the centre should declare the flood situation in Himachal as national calamity and release a special economic package for rescue and relief activities. In a meeting held here today, Chander Kumar stated that as per the preliminary reports out of total affected agriculture area of 28,495 hectare, vegetable produce under a total of 6,978 hectares in the state suffered a loss of over 40 crores. Maize, Paddy, Ragi, Millets and Kharif Pulses suffered a loss of around 17 crores in 21,517 hectares. Further, the damage to crops due



inundated land under farming was estimated to be over 26 crores, the Minister added. He said that the maximum loss was observed in Mandi district accounting to 23.38 crore, followed by 17.63 crore in Shimla, 13.29 crore in Sirmaur, 8.16 crore Solan, 5.74 crore in Lahaul Spiti, 4.38 crore in Kullu, 3.99 crore in Kangra, 2.99 crore in Una, 1.53 crore in Chamba, 1.01 crore in Bilaspur, 59 lakh in Kinnaur and 29 lakh in Hamirpur. While laying emphasis on the need of promoting soil conservation to deal with the similar situation in future, the Minister said that the techniques and ways of soil conservation would be promoted throughout the state.

IIT Ropar organises Sixth International conference of The Robotics Society

BAHADURJEET SINGH RUPNAGAR: IIT Ropar welcomed a large gathering of national and international delegates, including speakers from the University of Maryland, Columbia University, University of Calabria, NUS Singapore, University of Wollongong Australia, various IITs and NITs, DRDO, CSIR labs at the Sixth International Conference of The Robotics Society - 'Advances in Robotics 2023' (AIR 2023) that was held at IIT Ropar from 5th to 8th July 2023. AIR is the prestigious flagship conference of The Robotics Society (TRS) that aims to provide a forum to present and exchange new ideas by researchers and developers from India and abroad in the field of robotics. AIR 2023 witnessed a key milestone of completing ten years of its genesis at DRDO Pune, from 4th to 6th July, 2013. This year AIR 2023 showcased three Plenary talks, three keynote addresses, thirteen Technical sessions including oral/poster presentations, a Panel discussion with national and international robotics experts, and an exhibition from robotics companies and start-ups.

MJF Lion Tilak Raj takes charge as Zone Chairperson

BUREAU MOHALI: Charter President Of Lions Club Mohali Supreme (Regd) appointed as a zone chairperson of Region 14 Distt 321F.Giving a complete information about this Pro Lion Harinderpreet Singh told that MJF Lion Tilak Raj started his journey in Lionism in 2017 when he joined Lions Club Sas Nagar (Regd) Under a sponsorship of Dr Mjf Lion JP Singh sehdev and theb he appointed as a PRO from the club for a lionistic Year 2018/2019 and awarded as a Best PRO in district 321F and again best Pro for Lionistic Year 2019/2020 In 2021 he founded Lions club mohali supreme with other 22 lion charter members.He awarded MJF trophy in Lionistic Year 2021/2022 under a governorship of PMJF Lion PR Jairath.He is also awarded twice by Govt of Punjab on Independence Day function in mohali for social service activities and with many international appreciation certificates by Lions International.

Forms for admission to class VI in Jawahar Navodaya Vidyalaya can be filled till

Aug 10: DC DALJEET AJNOHA HOSHIARPUR: Deputy Commissioner Komal Mittal said that forms for Jawahar Navodaya Vidyalaya Entrance Examination 2024-25 Class VI,

whose examination is to be held on January 20, 2024, can be sent till August 10 on Navodaya Vidyalaya's website www.navodaya.gov.in. She said that those students who are studying in class V in government school or recognized schools in session 2023-24 and are bonafide residents of the district can fill the form. She told that the date of birth of the students should be between May 1, 2012 to July 31, 2014. If any one face any difficulty in filling the form, they can contact to the office at Navodaya School Falahi, District Hoshiarpur on working days. For more details can be contacted on 01882-289393, 94636-46719. She said that all arrangements for modern education, food, accommodation, uniforms, copies and health services are free for the children in the school. Here, special emphasis is laid on character building and all-round development of the children.

Verka Milk Plant will prepare daily food packets for flood affected residents
RAKESH JINDAL PATIALA: Verka Milk Plant Patiala has been entrusted with the responsibility of preparing daily food packets as per requirement to meet the immediate needs of flood affected residents of Patiala and Sangrur districts. Health Minister Dr. Reviewed by Balbir Singh. Giving information in this regard, Deputy Commissioner Sakshi Sahni said that under the announcement made by Punjab Chief Minister Bhagwant Mann to provide relief to the flood affected people, food packets are being prepared in the local Verka plant and distributed to the flood affected parts of Patiala and Sangrur districts. are Deputy Commissioner Sahni said that each packaging will contain two packets of biscuits, two bottles of water, two packets of Verka milk, bread, Verka cashew nuts, spoons, cups, candles and matchsticks.Verka Milk, General Manager of Patiala, Dr. Surjit Singh Bhador said that the necessary staff was deployed to carry out this huge task smoothly and food packets from Verka Milk Plant from yesterday to Honorable Minister of Health, Dr. Balbir Singh and Deputy Commissioner, Patiala under the supervision of Sakshi Sahni are living in the affected areas.

YUGMARG, CHANDIGARH, WEDNESDAY, JULY 12, 2023

Restore interrupted power, water supplies, road connectivity, DC Aashika to officers in Mohali

SHASHI PAL JAIN MOHALI, JULY 11

Taking stock of ongoing relief and rescue works in the district in wake of the disaster caused by heavy rain, SAS Nagar (Mohali), Deputy Commissioner, Aashika Jain, directed to restore power and drinking water supplies wherever affected and to resume road connectivity disrupted by storm water, in the district with immediate effect.

Holding a meeting with the officers of different departments deputed to oversee the relief and rescue operation, she said that it's our prime duty to ensure proper upkeep of evacuees staying at temporary relief camps and ti cater to their



needs of food and medical checkup. She asked the DFSC to ensure the uninterrupted supply of food, drinking water besides proper medical checkup to prevent them from vector borne diseases. She further instructed to clear the waterlogged roads including link roads and urban areas including localities as this is the right time to take

action as well as extending a helping hand to ease the movement of the people. Besides, while asking the concerned officials to expedite dewatering, the deputy commissioner Jain reviewed the level of water at sensitive points such as Sotal, Malakpur (SYL embankment), Bhankharpur, Mubarakpur (Ghaggar), Baltana (Sukhna Choe) .

She asked the concerned officers to monitor the flow minutely. Asking MC Mohali and GMADA to clear the roads in their areas from fallen trees and other obstructions besides repair the cuts and other potholes. Similarly, EOs directed to check all their roads and repair if damaged in floods. Reviewing the situation arisen after appearing the breach in Ghaggar at Alamgir, she asked the SDM Derabassi Himanshu Gupta to take care of the evacuees as well as the villagers of Sadhapur, Dandera, Khajur Mandi, Sarsini and Tiwana who are at safer place with plenty of food and drinking water apart from plugging the breach as soon as possible.

Health department holds medical camps across Mohali

SHASHI PAL JAIN MOHALI, JULY 11

The district health department has conducted medical camps to provide basic medical facilities to the people at different places in the district to prevent them from vector borne diseases. Civil surgeon Dr. Mahesh Kumar and Nodal Officer (Flood) Dr. Subhash Kumar said that due to the accumulation of flood water at various places, the risk of emergence of various waterborne diseases has increased.

The Civil Surgeon said the health teams are active for the last three days at various places. Medical camps have been conducted at 22 Evacuation centers across the district. Apart from this, special arrangements have also been made



in the government health institutions in the district, where the patients can come and get quality healthcare services. The medical team of the district hospital is providing medical help at Rain Basera in phase 6 and Phase 11 in Mohali. Dr Mahesh who visited a medical camp at Daon village, said that people are being provided with essential medicines, ORS packets and getting examina-

tion and treatment services. It is worthwhile to mention that the District Health Department had already formed Rapid Response Teams, which are fully active to provide immediate medical assistance to the people. The civil surgeon said that on the instructions of Health and Family Welfare minister Dr. Balbir Singh, all efforts are being made to provide medical assistance to the residents of the district.

DC reaches out to people living along dhussi bandh



JALANDHAR (PULKIT YADAV): In a bid to save maximum lives from the fury of rains, Deputy Commissioner Vishesh Sarangal on Tuesday reached out to people living close to Dhussi Bandh and urged them to share maximum information about those still stuck in the river water so that their rescue can be ensured at the earliest. Interacting with the people, the DC told them to leave their homes and proceed to safe places as nothing is more important in their lives. He said that the state government has made elaborate arrangements for rescued people and all the necessary facilities were being provided to them.The DC called upon people living near the banks of the river not to take the situation lightly and move to safer places until water receded from their respective villages. He further appealed to people to cooperate with the administration so that the current situation can be handled properly. He mentioned that the NDRF, SDRF and army has already been roped in to ensure safety of people; thereby with collective efforts the present situation could be won over.

SAD leader Kaler advocates for collective efforts for protection of natural resources



SUKH NAHAR JAGRAON, JULY 11

Shiromani Akali Dal constituency Jagraon incharge and former MLA SR Kaler talked about the importance of preserving natural resources while extending support to people raising voice against a refinery for allegedly causing large scale pollution.

Kaler addressed the 'mahapanchayat' of several associations and in his address, he mentioned that they shall raise voice for protection of

natural resources and suggested that strict actions should be taken against people harming the environment. He highly applauded the associations for their selfless struggle for protection of natural resources. "People have been recklessly harming environment for fulfillment of their selfish interests ignoring long term consequences the entire human race will have to face due to this," he stated. Kaler assured every possible help to the associations in this struggle.

Financial aid provided to rain affected families



MOHALI (LK BANSAL): Vicky Middukhera Foundation, a city based Non-Governmental Organisation (NGO) named after late Vikramjeet Singh Middukhera a well known Youth Akali Dal leader has provided financial assistance to rain affected families of Chappar Chiri, in Mohali. The funds were given by the foundation's President, Ajaypal Singh Middukhera, brother of Vicky Middukhera to the two families, whose houses collapsed due to heavy rains. Some members of the families also received grievous injuries.

Speaking on the occasion, Ajaypal Singh Middukhera said that the unprecedented rain has affected the normal lives of people and has caused a huge impact on poor people, who earn their livelihood by doing daily labour.

He said that the members of the foundation visited the village and found that many houses were damaged due to flash floods and rains. Among them, there were two most affected families whose roof had collapsed and family members were injured who are being treated at the Civil Hospital, Mohali. Such families have been given financial aid for the house damage and medical treatment by the Foundation.

Birth anniversary of Shri Guru Harkrishan Sahib celebrated with reverence



SHARANJEET PATHANKOT, JULY 11

Chief administrator Jathedar Gurdeep Singh Gulati at Gurdwara Damdama Sahib Mirpur Colony Pathankot And with the support of the Sangat, the birth anniversary of Sri Guru Harkrishan Sahib was celebrated with devotion. On this occasion, I enjoyed the recitation of the Nitnem, the recitation of Sri Sukhmani Sahib. After that, the ragi team of Bhai Gurbachan Singh, Bhai Rajan Singh enthralled the congregation by performing Rasbhinna Kirtan. The ladies of the Bebe Nanki Women's Satsang Sabha also attended by doing kirtan. On this occa-

sion, the chief organizer Jathedar Gurdeep Singh Gulati shed light on the life of Bala Pritam Sri Guru Harkrishan Sahib Ji and congratulated the devotees on the birth anniversary of Sri Guru Harkrishan Maharaj Ji. On this occasion Harnam Singh , Jathedar Gurdeep Singh Gulati, Paramjit Singh, Swaran Singh Gursharan Singh, Manager Sohan Singh, Surinder Kaur, Surinder Singh , Bhupinder Kaur , Harmeet Kaur, Darshan Singh, Charan Singh, Jasbir Kaur, Jaswinder Kaur, Narinder Kaur, Bhupinder Kaur, Kanwaljit Kaur, Ritu Sethi, Manas Kaur, Rajwinder Kaur, Manjit Kaur, a large number of devotees were present.

Cloudnine India's premium birthing announces launch of its mother, childcare center in Ludhiana

SHASHI PAL JAIN LUDHIANA, JULY 11

Cloudnine, India's premium birthing centre for maternal, childcare and fertility care has announced the launch of its premium birthing centre in Ludhiana. This is the first dedicated boutique women and childcarecentre in the Punjab region by the group.

The unit was inaugurated by senior dignitaries representing the healthcare industry and senior doctors from Cloudnine specializing in the field of gynecology, pediatrics & fertility. As a premium birthing center in India, Cloudnine strongly believes that pregnancy is a wellness and not illness and the birth of a child should be celebrated.

Cloudnine cohorts in having a great journey, superb celebration for this absolute grand moment in the life of our customers, which is the birth of their baby. Speaking at the inauguration ceremony of Cloudnine Ludhiana, says Dr



Pawan Kumar, Chief Business Officer "At Cloudnine, we understand that birthing is a celebration and giving birth to a newborn should be an exciting experience. Every mom-to-be wants to have a delightful birthing experience and hence we have made an attempt to listen to our customers and match their requirements at all stages of the birthing journey and created an ideal set of services to meet their needs and exceed their expectations under one roof. We like to nurture our customers through this incredible moment as they enter into parenthood". Speaking at the sidelines of the launch ceremony in Ludhiana says Ravi-

ganesh Venkataraman, Executive Director & CEO, Cloudnine Group of Hospitals "We entered the Haryana Punjab belt with our first unit in Chandigarh and later in Panchkula and we have been so overwhelmed by the response to our concept from our customers - the moms - that it was natural for us to look to densify our presence in the Punjab region with this unit in Ludhiana. This new addition to our family shall further strengthen our initiatives in providing highly specialized maternal, childcare & fertility care to customers from Ludhiana and adjoining towns and cities.

Mayor, Commissioner take stock of restoration work of drinking water supply

R N KHERA CHANDIGARH, JULY 11

Anup Gupta, City Mayor and Ms. Anindita Mitra, IAS, Commissioner, Municipal Corporation Chandigarh today visited the site at Manimajra, where main canal water supply pipeline 80mm near Babu Dham colony was washed away during heavy rain on 9th July resulting in disruption of water supply to Manimajra.

During the visit Mayor and Commissioner were apprised by the engineers on field that because of heavy impact of flowing water, the pipeline has been badly damaged, disrupting water supply to the entire area of Manimajra.

The Commissioner said that 24 tankers have been specially deployed in Manimajra from *6 am to 8 pm* for supply of drinking water and approx 4 lac litres of drinking water has been supplied. She added that the arrangement shall continue till the resumption of piped water supply services.

Mayor Chandigarh, Sh Anup Gupta said that all engineering teams are on the job 24*7 and the supply shall be restored within 3 days. He further appealed to the residents of the area to conserve water and avoid using drinking water for non drinking purposes.

Condition of bridge built on Kharar-Bassi road dilapidated

SHASHI PAL JAIN KHARAR, JULY 11

The condition of the bridge on the road at Malakpur village located on Kharar-Bassi road on the SYL Canal is very dilapidated and if no immediate action is taken by the government, it may collapse anytime.

Sarpanch Harbans Lal of village Malakpur informed about this and said that if this bridge is broken, the road from Kharar to Bassi will be closed and dozens of villages will be disconnected from Kharar.

It is worth mentioning that this bridge was broken earlier due to the heavy rains in the past and at that time the administration had completed it with a lot of effort and with the help of the villagers, but now due to the



rain that has been falling for 3 days, the condition of the bridge has become critical. It is necessary to repair this bridge immediately avoid any kind of unpleasant incident. He said that today the residents of the village have placed around 1100 bags filled with soil and sand on

the bridge. Today the Deputy Commissioner of the district Smt. Ashika Jain also visited the spot. It is worth mentioning that the road that goes over this bridge connects dozens of villages coming from Bassi to Kharar and going to Bassi from Kharar.

Missing minor found by Jagraon police, handed over to parents

JAGRAON (SUKH NAHAR): Jagraon police successfully traced a missing 12 years old child and handed him over safely to his parents. Giving more information about this, ASI Gursevak Singh said that 12 year old minor named Mukand Lal son of Prem Lal resident of Dashmesh Nagar Jagraon, Ludhiana went missing yesterday. "The missing child had gone to Ludhiana on his cycle without informing his parent. When he did not return home for hours, his parents got worried and reported to police," he said.



For widening two roads on railway land, Rs. 76 lakh paid to railway: Arora

SUMER GARG SUNAM, JULY 11

Every promise made to the people by the Punjab government under the leadership of Chief Minister of Punjab, Bhagwant Mann is being fulfilled on a priority basis and in this direction today another demand of the people of Sunam, which was pending for the last several decades has been fulfilled by Punjab Cabinet Minister, Aman Arora, which is an important gift to the residents of the city.

While giving information about this in a happy atmosphere, Cabinet Minister Aman Arora said that two roads, including one about 2500 feet long x 10 foot wide road from Brahmakumari temple to under bridge in Ram Nagar Indira Basti in Sunam city and another road about 850 feet long x 10 foot wide from railway station to



goods godown, the permission for the widening of both the road have been received from the railway department. He said that this is an important project which could not be implemented due to laxity and misleading rhetoric of politicians during the previous governments.

He further said that for a long time there was a demand to shift the railway walls towards railway station to widen these roads and during the previous governments, whenever the demand of widening of the

roads was raised, it was silenced by saying that it was a railway site and there is no solution for it. He added that after hearing governments voice the people had also accepted that nothing could be done due to the location of the railway, but under the leadership of the AAP government, good intentions of public welfare, we have put this project into practice and due to the tireless efforts of the last one year we succeeded to get the permission from the railway department to build these roads.

Lions club Chandigarh
organises ‘Tree
Planation’



CHANDIGARH: Under Project Save Environment on July 8, 2023 at Lions Bhawan Sector 18-D, Chandigarh where 50 indigenous and native fruits plants and ornamental trees like Loquat, Peach, Jack fruit, Mangoes, Jamun, Chikoo, Aricca Palms, Lemon Plants, hibiscus plants etc. were planted in a bid to save local flora of the region. Lion H. S. Atwal, President, lion Karan S. Gill, Secretary, Lion Arun Anand, lion Dr. Raj Krishan Gupta, Social worker eminence, Lion Anil Anand, Lion Vipra Aneja, Lion Gurmel Singh, Lion H. S. Dhillon, Lion Bhagwan Dass Ghavri, Lion Rajvir Singh Jassal, lion Pankaj Kumar, Lion Vikram Raj, lion Parveen Kumar, Lion Aryan Anand participated in the same and graced the occasion.

Seminar organized by
Principal Dr. Sandeep Kumar
Lath at Baba Gandha Singh
Public School Barnala



KULDEEP SOOD
BARNALA: A seminar was organized on the subject of mental well-being and classroom teaching by Principal Dr. Sandeep Kumar Lath at Baba Gandha Singh Public School Barnala, a renowned educational institution in the area. The Principal, while addressing the teachers emphasized making strategies to pay attention to every child and develop skills for good learning. Difficulties related to classroom discipline and training methods were discussed. Many activities were done during this seminar. The session was full of information for the teachers and the teachers were enriched with the necessary skills. On this occasion, Trustee member of the School Management Committee, School MD Manpreet Singh Roy, Vice Principal Madam Suman, and all the staff were present.

Association President Talwinder
Singh Gogi starts langar service for
flood affected people, appreciation
from Cabinet Minister



RAKESH JINDAL
NABHA: Due to continuous heavy rain, waterlogged all over Punjab, Patiala is the only one. Many areas have been flooded on a large scale, due to which apart from the government, social workers have also stepped up to help these flood-affected people, including Talwinder Singh, president of Aartiya Association Mandor and senior AAP leader under the direction of Cabinet Minister Dr. Balveer Singh. Gogi started the service of langar of prasads, dal vegetables and drinking water for the flood affected people at Urban Estate Patiala. Minister Dr. Balveer Singh was also praised on this occasion. He said that helping the needy people on such occasions is the true service of humanity. SD Joseon, Harinder Khaira, Surinder Kumar, Dr. Hemraj Ajnoda etc. were present.

Police rescues 20 flood-affected people

SHIV KUMAR SHARMA
KARNAL, JULY 11

Last night, the Yamuna embankment breached in Gadhpur Tapu village of Indri block of Karnal, due to which a lot of water entered and flooded the nearby areas. As soon as this information was received, Deputy Commissioner, Karnal Anish Yadav and Superintendent of Police, Karnal Shashank Kumar Sawan reached village Garhpur and reviewed the condition of the broken dam. Due to waterlogging, many people got trapped in the middle of it, for which the police captain formed several teams and started the rescue work immediately in which more than 20 people stranded in the middle of the water were taken to safe places, including 05 children, 01 woman and about 15 persons, by the teams of manager police station Indri sub-inspector Krishna Kumar and in-charge police outpost Bayana sub-inspector Dharampal.

The SP, Karnal said that information was received about breach of dam on the banks of Yamuna at Garhpura island. As soon as the information was received, many police teams were engaged in rescue operations, SDRF was deployed to carry out relief and rescue work at a fast pace and NDRF's assistance was also



sought. He said that the flow of water is very high on which an action plan has been prepared to control it and for this the army has also been called by the Deputy Commissioner for help. He said that the flood situation which has arisen due to heavy rains in the last several days and breach of embankment is serious. People trapped in water-logging are being taken to safer places by teams engaged in rescue operations.

He ordered Deputy Superintendent of Police Indri and Manager Police Station Indri and Bayana Chowki Incharge to maintain contact with Sarpanches and other people of all the villages of this area. If they or anyone around them has any problem, then help them immediately.

NATION

YUGMARG, CHANDIGARH, WEDNESDAY, JULY 12, 2023

Rs 200 crore extortion case: Delhi HC
denies bail to Suresh's wife, 2 others

AGENCY
NEW DELHI, JULY 11

The Delhi High Court on Tuesday dismissed the bail petition of Leena Maria Paulose, wife of conman Suresh Chandrasekhar in a Rs 200 crore extortion case registered by the Economic Offence Wing (EOW) of Delhi Police. The Court also dismissed the bail petitions of two accused Kamlesh Kothari and B Mohan Raj in the same case. Suresh Chandrasekhar, Leena Maria Paulose and others are presently in judicial custody since last year in the case for allegedly duping Aditi Singh, wife of the former promoter of Ranbaxy, Shivinder Singh, of Rs 200 crore. Justice Dinesh Kumar Sharma on Tuesday dismissed all



three bail petitions filed in the matter. The Delhi Police's Economic Offences Wing (EOW) in September 2021 had arrested actor Leena Maria Paul, wife of Suresh Chandrasekar, for allegedly supporting her

partner in cases of duping. According to police, Kothari is a real estate agent who helped the couple buy a bungalow in Chennai and B Mohan Raj a lawyer by profession and has been representing Chandrasekhar in his cases for a long time and was allegedly involved in their wrongdoing. The Delhi Police Economic Offence Wing (EOW) last year filed a chargesheet naming 14 accused including Conman Suresh Chandrasekhar, his Wife Leena Maria Paul and others. The Chargesheet was filed under various sections of IPC and provisions of the Maharashtra Control of Organised Crime Act (MCOCA). According to the EOW, Leena, Suresh with others used hawala

routes, creating shell companies to park the money earned from proceeds of crime. Delhi Police's EOW had registered an FIR against Chandrasekhar for allegedly duping the spouses of former promoters of Ranbaxy, Shivinder Singh, and Malvinder Singh, of Rs 200 crores besides ongoing investigations against him in several cases across the country.

According to the Prosecution, the Economic Offences Wing (EOW) of Delhi Police extended its investigation into the case related to extortion of over Rs 200 crore, by Rohini jail inmate Suresh Chandrasekar for allegedly duping wives of former Religare promoters Malvinder and Shivinder Singh, who are currently in Tihar jail.

Teachers do yoga
during session



SANJEEV KUMAR ARORA
MOGA, JULY 11

State's premier educational institution I.S.F. in the College of Pharmacy, teachers were urged to make education better with the tricks of yoga and continuous practice of yoga. The Vice Principal of the institution Dr. RK Narang told that the new session was about to start and keeping this in mind, teachers were given F.D.P. every day to increase concentration and stay healthy through yoga and meditation. During the training of useful Pranayama, meditation and very useful Asanas were being imparted by Dr. Sakshi Gupta. In this, along with Kapil Bhati, Alom-Vilom, Bhastrika, Bharmari, Mandukasana, subtle exercises of neck and whole body training was being imparted to regulate breathing, so that teachers can be made more energetic in the coming session. All the teachers participated in the Pranayama session.

Money Garg becomes
president of Youth wing
of Jagraon congress



SUKH NAHAR
JAGRAON: Money Garg became president of Jagraon youth congress Jagraon wing after urging a marvelous victory in online voting. He defeated opponent Gurdeep Singh with a huge margin. After winning the elections, Money Garg thaked Ludhiana MP Ravneet Singh Bittu, former Minister Malkeet Singh Dakha, the entire leadership and youth wing workers of congress for their guidance and support. He thanked the party workers for voting for him and showing trust in him. "I shall work dedicatedly and selflessly for the betterment of party and its workers. We shall aim at propagating ideals of the party to the common people and to maintain unity among the members of party," he mentioned. At this occasion, party workers and leaders congratulated him and wished him all the luck for future endeavors.

Citizens must register online to
connect with Digital India: DC

KULDEEP SOOD
BARNALA, JULY 11

Deputy Commissioner Poonamdeep Kaur stated that Digital India Week is being observed all over India by the Government of India, Ministry of Electronic and Information Technology, National Informatics Centre. The purpose of celebrating this week is to inform the common people about digital initiatives of government through which people can avail government facilities from the comfort of their homes. Stating an example, she said that the government provides facility of a digital locker in which citizens can upload their certificates by scanning it. Instead of carrying copies of the certificate everywhere, one can create a digital locker on the website www.digitlocker.gov.in/ and share its QR code. She added that similarly on the website one can log on website <https://parivahan.gov.in/parivahan/> all kinds of facilities related to vehicles such as driving license, registration etc. can be applied while sitting at home. She said that the citizens of district must register on website <http://www.nic.in/diw2023-reg> to connect with Digital India so that they can get information about the schemes being run by government. A digital certificate will also be issued to the person who has done the registration. She said that all the officers and employees of district must register themselves to connect with Digital India. For more information, District Information Officer, National Information Center (NIC), District Administrative Complex, 3rd Floor, Room No. 66 or District Administration website <https://barnala.gov.in> can be contacted.



DC visits flood affected
villages in sultanpur lodhi

ASHISHPURI/ PAWAN KALIA
KAPURTHALA, JULY 11

Deputy Commissioner Kapurthala Captain Karnail Singh today visited the flood affected villages of Sultanpur Lodhi which are facing tough time due to the breakage of Dhusi Bandh along the banks of river Satluj near Gidarpindi in jalandhar district. In early hours today Deputy Commissioner alongwith Sajjan Singh Cheema, visited 14 villages namely Takia, Mand Inderpur, Bharowana, Ahli kalan, Ahli Khurd, Jgugian gammu, chananwindi, Wattan Wali, Sheikh Manga, Sherpur, Saroop Wala, Suchaigarh , Rame, Shah Wala and Mand Andrisa. Assuring the people all help in this critical situation, Deputy Commissioner said that Army and NDRF will help out the administration to evacuate the people. He urged the people to reach out 8 Camps set up for flood relief. He also interacted with the people and gave patient hearing to their grievances. He ordered the officials of Animal Husbandry Department to arrange the fodder for animals on top priority. He also asked the officials deputed at all 8 camps to ensure



timely delivery of medicines, drinking water, ration etc to the flood effected people. ADC (G) Amarpreet Kaur has been stationed at sultanpur lodhi to monitor the relief operations. Mobile numbers of top officials have been issued in public domain so that affected people may contact directly for help. These contacts includes SSP Kapurthala 95929-14519, ADC (G) 97805- 56601, SP 99153- 56444, Civil Surgeon 96460-48267, DSP Sultanpur Lodhi 81462- 72700, SDM Sultanpur Lodhi 82889-53219, DPFO 97800-33132 , Tehsildar Sultanpur Lodhi 76960-75720, Naib Tehsildar Sultanpur 80148-33000, SDM Kapurthala 86996-55302 and BDPO sultanpur 74000-00397.

Sumanpreet Singh Pathalwa elected as President
of Youth Congress District SBS Nagar



CHET RAM RATAN
NAWANSHAHR: District Youth Congress elections were held recently and the results of which have been announced on Tuesday. Sumanpreet Singh, a resident of Pathlawa village of Halka Banga, has been elected as the district president. Interacting with the media at Satluj Restaurant Nawansahr, Satveer Singh Palli Jhikki said that Sumanpreet Singh Pathalwa District President, Harpreet Singh Gari District General Secretary, Harpreet Singh Kainth District General Secretary SC Wing, Pradeep Ratida Secretary Youth Congress besides workers were happy. Rajan Arora was elected as the President of Banga constituency. He said that the strength of this youth group has won while veteran senior Congress leaders of the district used to visit liquor bars to defeat these youths. The courage of the youth paid off and President Sumanpreet Singh won by 959 votes. Palli Jhikki said that five thousand votes were deducted, out of which 80 per cent were their votes and praising the voting decision of Congress national leader Rahul Gandhi.

VB nabs ASI while taking bribe of Rs 5000

KARANPREET KARAN

CHANDIGARH: The Punjab Vigilance Bureau (VB) nabbed an Assistant Sub Inspector (ASI/LR) Makhan Shah posted at Police Post Handiaya in Barnala district for accepting a bribe of Rs 5000. An official spokesperson of the VB said that the accused police official has been arrested on the complaint of Satgur Singh, a resident of Khudi Kalan in Barnala district. He further informed that the complainant lodged a complaint at Police Station VB, Patiala Range that the accused ASI had demanded Rs 5000 as bribe to get the court order implemented regarding common agriculture tubewell for equal distribution of water for irrigation. After preliminary investigation in the complaint, the spokesperson said that a VB team laid a trap and arrested the accused ASI while accepting a bribe of Rs 5000 from the complainant in the presence of official witness. In this regard, a case has been registered under various sections of Prevention of Corruption Act against the ASI at Police Station VB, Patiala Range. Further investigation is under progress in the case.

G20YEA delegation from Chandigarh
set to make waves at summit in Delhi



DALJEET AJNOHA
HOSHIARPUR, JULY 11

In a momentous announcement, the G20YEA Delegation from Chandigarh has been selected to represent the city at the highly anticipated G20YEA Summit in New Delhi from 13th-15th of July at Taj Palace, New Delhi where they shall engage with 800+ young entrepreneurs from over 40 countries at G20YEA Summit 2023. This delegation, comprised of promising young individuals, has earned this prestigious opportunity through their affiliation with Young Indians, the dynamic social arm of the Confederation of Indian Industries (CII).

The G20YEA Delegation from Chandigarh comprises an impressive group of individuals, each bringing their expertise and accomplishments to the global stage. Among them are Arvind Sehdev, an accomplished Advocate and Partner at a Law Firm and also the Co-Chair of Young Indians Chandigarh Chapter; Harkirat Kaur, representing the renewable energy sector with her prominent role in Hartek Group; Parth Aggarwal, contributing from Sapcon Steels Private Limited; Pancham Cajla, hailing from the Accessibility industry; and Nishant Sama, showcasing expertise in the Wooden and Plastic packaging industry.

Dr Balbir Singh visits the distressed areas
of Urban Estate Phase-1 and Chinar Bagh



sustenance during this trying time. Expressing his resolve, Dr Balbir Singh reassured the community that there would be no shortage of provisions and water. Notably, Dr Balbir Singh commended the unwavering spirit of various social service and religious organizations, particularly the youth, Indian Army personnel, District Administration officials, Media Director Baltej Pannu, and dedicated volunteers from Khalsa Aid,

who were already engaged in serving the affected population. The Health Minister expressed his admiration for their selfless efforts and acknowledged their instrumental role in assisting those in need. Reiterating the Punjab government's commitment under the leadership of Chief Minister Bhagwant Mann, Dr Balbir Singh assured the people that comprehensive assistance would be provided during this hour of crisis.

3rd G20 Trade and investment working
group meeting begins in Kevadia



CHANDIGARH: Under India's G20 Presidency, the 3rd Trade and Investment Working Group (TIWG) is being convened from July 10 -12 in Kevadia, Gujarat. The focus of the meeting was an action-oriented proposal, and key deliverables on global trade and investment issues. More than 75 delegates from G20 member states, invited countries, and international organizations are participating in the three-day meeting. During the meeting, technical sessions were held during which specific suggestions and comments were sought from G20 members and invitees on India's proposals. These suggestions will further feed into the Ministerial communique, which will be adopted during the Trade and Investment Ministerial meeting that is scheduled to take place in Jaipur on August 24-25, 2023. Five priority areas were discussed extensively during the first and second days of the meeting. These issues include trade for growth and prosperity, ease of doing business and global value chains (GVCs), integrating micro, small and medium enterprises (MSMEs) into world trade, and logistics for trade and reforms in the World Trade Organization (WTO).

Preparations on for Sawan Jot Mahotsava

SHIV KUMAR SHARMA
KARNAL, JULY 11

In Karnal, preparations are in full swing for the Sawan Jot Mahotsav dedicated to Goddess Ganga, a symbol of devotion and tradition. Due to the silver jubilee of this festival in Karnal, this festival is being celebrated as a memorable one. A meeting was held regarding the preparations for this festival. All the people of Karnal participate together in this event. Giving information about the preparations, the head of the organising committee, Kishore Nagpal, said that on August 19, at 5 pm, the Sawanjot Festival procession will be taken out from Shri Sanatan Dharma Mandir Kunjpura Road. After lighting the Sawan Jot, its procession is taken out. Tableaux will also be



included in this. Nagpal said that reception gates will be installed in the entire city. The place of travel will be welcomed by the businessmen. Traders' organisations, religious social organisations will set up Bhandaras at various places. Prasad will be distributed. Nagpal said that on August 21, the Shebhayatra would start from Bhajangarh Ashram located at Bhim Goda in Haridwar. Preparations were discussed in this meeting.

Nagpal said that everyone's cooperation will be taken to make this festival memorable. Chairman Kailash Sachdeva, Kishore Nagpal, Secretary Jitendra Kataria, Treasurer Gursharan Chowdhary, Omprakash Sukhija, Ajay Dewan, Luv Setia, Deepak Bhugra, Amit Sachdeva, Varinder Mehta, Puneet Sharma, Shyam Malabar, Shyam Sunder Chavda, Mukesh Kumar, Raju were present on the occasion. Madan Tarun Chowdhary etc. were present.

Editorial

Flawed revolution

Naxalism or Maoism in India, like any other Leftist movement around the globe, draws its ideological basis from the Bolshevik revolution. V.I. Lenin tweaked Marxism to suit Russian conditions. The peasantry was to have a larger role and the Russian army was to be the main protagonist in the envisaged armed insurrection. With egalitarianism as its basis, the idea was to enforce societal control over the aspects of governance and nation-building.

As per Leninism, the revolution was to be steered over several phases. These were people's revolution leading to socialism and, then, Marxism based on the commune. The call made by Lenin had mass appeal in the sense that the masses could identify with the ideological underpinnings. Lenin's efforts to embrace the burning issues were translated into three slogans — 'land to the tiller', 'bread to the hungry', and 'rest to the army'. The effective tool of mass mobilisation made Lenin an international icon and inspired Leftist revolutions across the world.

The political Left in India, too, inspired by revolutionary movements the world over, strived for a similar feat to liberate the exploited classes in the country. However, the planning lacked deliberations and efforts were not made to adapt the foreign experience to the Indian context. The inception of Naxal ideology can be traced back to the call for a united front comprising the peasantry and the working class given by the peasant leader, Swami Sahajanand Saraswati. The movement was dovetailed into the Indian freedom struggle and had a three-pronged objective — peasant revolution, national independence, and emancipation of the downtrodden. An effort towards this was attempted in Telangana but a united front could not materialise due to a weak and divided leadership.

The CPI seemed to have inferred that a socialist revolution in India could only be initiated at the behest of capitalists rather than as a people's revolution. It thus supported the Nehruvian model of mix-ed economy that had elements of public and private sectors. This approach did not find support amongst the entire party, leading to a split in the CPI giving rise to the CPI(M), followed by the falling apart of the Charu Mazumdar-led faction called Naxalites. First generation Naxalites were often termed as 'men in hurry'. These Ro-m-antics did not gauge the importance of mass mobilisation and went on to commit grave blunders. They carried out unwarranted class annihilation, which segmented their own support base. This initial phase of Naxalism was smothered by the early 1970s.

China escalates chip war with new curbs against US

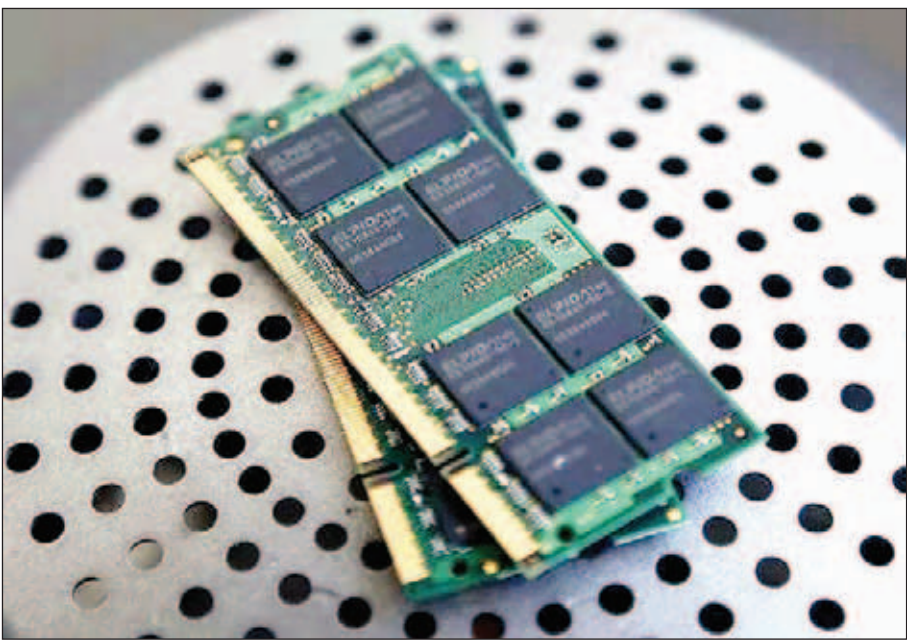
China is escalating its chip war with the United States by imposing export controls on the overseas sales of gallium and germanium, elements essential to making semiconductors, CNN Business reported.

China's trump card is seen as the counter-attack to potential US tightening of [its] AI chip ban.

"We see this as China's second, and much bigger, countermeasure to the tech war, and likely a response to the potential US tightening of [its] AI chip ban," said Jefferies analysts as cited by CNN Business. They said that sanctioning one of America's biggest memory chip-makers, Micron Technology (MU), in May was the first.

According to CNN Business, Gallium is a soft, silvery metal commonly used to produce compounds that are key materials in semiconductors and light-emitting diodes. Meanwhile, Germanium is a hard, greyish-white and brittle metalloid that is used in the production of optical fibres that can transmit light and electronic data.

The trade war started in October when the Biden administration unveiled a set of export controls banning Chinese companies from buying advanced chips and chip-



making equipment without a license. Chips are vital for everything from smartphones and self-driving cars to advanced computing and weapons manufacturing. US officials have talked about the move as a measure to protect national security interests. And to make it more effective the US needed other key suppliers, located in the Netherlands and Japan, to join them and they did. China eventually retaliated. In

April, it launched a cybersecurity probe into Micron before banning the company from selling to Chinese companies working on key infrastructure projects. On Monday, Beijing announced the restrictions on gallium and germanium, as per CNN Business. The export controls have drawn comparisons with China's reported attempts in early 2021 to restrict exports of rare earths, a group of 17 elements for

which China controls more than half of the global supply.

Gallium and germanium do not belong to this group of minerals. Like rare earths, they can be expensive to mine or produce. This is because they are usually formed as a by-product of mining more common metals, primarily aluminium, zinc and copper, and processed in countries that produce them. According to the US Geological Survey, China is the world's

leading producer of both gallium and germanium as it accounted for 98 per cent of the global production of Gallium and 68 per cent of the refinery production of germanium.

"The economies of scale in China's extensive and increasingly integrated mining and processing operations, along with state subsidies, have allowed it to export processed minerals at a cost that operators elsewhere can't match, perpetuating the country's market dominance for many critical commodities," analysts from Eurasia Group said.

Shares of Chinese producers of the two raw materials surged by 10 per cent on July 4, reported CNN Business. As per the US Geological Survey, the United States is dependent on China for these two critical elements. It imported more than 50 per cent of the gallium and germanium it used in 2021 from the country. Eurasia Group analysts described China's export controls as a "warning shot." The timing of announcing the imposition of export control on the two materials doesn't seem like a casual decision. Jefferies analysts said, "It gives the US at least two days to digest and come up with a well-considered response."

However, the move is not considered "a death blow" to the United States and its allies. The curbs announced this week are "just the start," Wei Jianguo, a former deputy commerce minister, told the official China Daily on Wednesday, adding China has more tools in its arsenal with which to retaliate.

"If the high-tech restrictions on China become tougher in the future, China's countermeasures will also escalate," he was quoted as saying. Analysts believe this too. Rare earths, which are not difficult to find but are complicated to process, are also critical in making semiconductors and could be the next target, according to CNN Business.

"If this action doesn't change the US-China dynamics, more rare earth export controls should be expected," Jefferies analysts said. It has been noticed that whenever China attempts to leverage its dominance in rare earths have reduced the availability and raised prices. Higher prices have spurred greater competition by making mining and processing ventures outside of China more cost-competitive, they said.

Literature & Health

How to reduce the load of heavy school Bag ?

Since decades school children have been struggling carrying heavy school Bag. It leads to orthopedic problems like shoulder pain and back pain . It is quite common.

But there is no effort to resolve the problem. I would like to in a simple way.

We have to reduce the pages in text books , Note books and work books .

Each book may be divided in to two parts, one for first half year and the second part for the second half year.

It applies to all the three types of books.

Book publisher may divide each book in to two Books.

Or parents may get them divided by giving to binding works.

Thus the weight of books becomes reduced to half. We can reduce further if we want .

Mathematics text may be



divided in to arithmetic, Algebra, Trigonometry and Geometry . Science may be divided in to Light, Heat , Sound and Electricity . Social study may be divided in to History, Civics and Geography . Language may be divided in to Poetry , Prose and Grammar. Now we have more number of books but each one is with less number of pages. Time table should specify

Algebra , English Grammar, History, Sound etc specific topic instead of the broad subject. Now the weight I's reduced more than half. I suggest all the schools implement the above suggestion. Thus we can help students to a great extent. I thank the editor publishing this column in helping the students.

Lakshman Rao Kantamsetti
Visakhapatnam

Did you know dietary restraint reduces effects of genetic risk of obesity?

Research from the University of Exeter, Exeter Clinical Research Facility, and the University of Bristol, funded by the Medical Research Council Doctoral Training Partnership and published in the International Journal of Epidemiology has discovered that those with a higher genetic risk of obesity can reduce the effects transmitted through hunger and uncontrolled eating by up to half by exercising restraint.

The paper is entitled "Mediation and moderation of genetic risk to obesity through eating behaviours in two UK cohorts" and is published in the International Journal of Epidemiology.

Psychology PhD student, Shahina Begum, from the University of Exeter is lead author and said: "At a time when high-calorie foods are aggressively marketed to us, it's more important than ever to understand how genes influence BMI. We already know that these genes impact traits and behaviours such as hunger and emotional eating, but what makes this study different is that we tested the influence of two types of dietary restraint -- rigid and flexible -- on the effect of these behaviours. What we discovered for the first time was that increasing both types of restraint could potentially improve BMI in people genetically at risk; meaning that restraint-based interventions could be useful to target the problem."

Genes linked to obesity increase BMI, with up to a quarter of this effect explained by increases in hunger and uncontrolled



(including emotional) eating. There are over 900 genes that have so far been identified by researchers as being associated with BMI and several studies suggest these risk genes influence feelings of hunger and loss of control towards food.

This study examined 3,780 adults aged between 22 and 92 years old from two UK cohorts: the Genetics of Appetite Study, and Avon Longitudinal Study of Parents and Children.

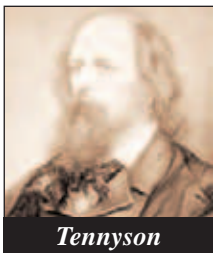
Their weight and height were measured, and they provided a DNA sample via their blood to calculate an overall score for their genetic risk of obesity. They then completed questionnaires to measure 13 different eating behaviours, including disinhibition (a tendency to engage in binge or emotional eating) and over-eating due to hunger.

POEM

Sweet and Low

Sweet and low, sweet and low,
Wind of the western sea,
Low, low, breathe and blow,
Wind of the western sea!

Over the rolling waters go,
Come from the dying moon,
and blow, Blow



Tennyson

him again to me;
While my little one, while my pretty one, sleeps. Sleep and rest, sleep and rest, Father will come to thee soon; Rest, rest, on mother's breast, Father will come to thee soon; Father will come to his babe in the nest, Silver sails all out of the west Under the silver moon: Sleep, my little one, sleep, my pretty one, sleep.

Alfred, Lord Tennyson

Air monitor can identify Covid-19 virus in five minutes

Scientists are investigating techniques to monitor indoor environment in real time for viruses now that the Covid-19 pandemic's emergency phase is over. Researchers at Washington University in St. Louis have developed a real-time monitor that can identify any SARS-CoV-2 virus variant in a room in roughly 5 minutes by fusing recent advancements in aerosol sampling technology with an ultrasensitive biosensing method.

The inexpensive, proof-of-concept device could be used in hospitals and health care facilities, schools and public places to help detect CoV-2 and potentially monitor for other respiratory virus aerosols, such as influenza and respiratory syncytial virus (RSV). Results of their work on the monitor, which they say is the most sensitive detector available, are published July 10 in Nature Communications.

The interdisciplinary team of researchers from the McKelvey School of Engineering and the School of Medicine consists of Rajan



Chakrabarty, the Harold D. Jolley Career Development Associate Professor of energy, environmental & chemical engineering in McKelvey Engineering; Joseph Puthussery, a postdoctoral research associate in Chakrabarty's lab; John Cirri-

to, a professor of neurology at the School of Medicine; and Carla Yuede, an associate professor of psychiatry at the School of Medicine. "There is nothing at the moment that tells us how safe a room is," Cirrito said. "If you are in a room with 100 people, you don't want to find out five days later whether you could be sick or not. The idea with this device is that you can know essentially in real time, or every 5 minutes, if there is a live virus." Cirrito and Yuede had previously developed a micro-immuno-electrode (MIE) biosensor that detects amyloid beta as a biomarker for Alzheimer's disease and wondered if it could be converted into a detector for SARS-CoV-2. They reached out to Chakrabarty, who assembled a team that included Puthussery, who had expertise in building real-time instruments to measure the toxicity of air.

To convert the biosensor from detecting amyloid beta to coronavirus, the researchers exchanged the antibody that recognizes amyloid beta for a nanobody from llamas that recognizes

the spike protein from the SARS-CoV-2 virus. David Brody, MD, PhD, a former faculty member in the Department of Neurology at the School of Medicine and an author on the paper, developed the nanobody in his lab at the National Institutes of Health (NIH). The nanobody is small, easy to reproduce and modify and inexpensive to make, the researchers said. "The nanobody-based electrochemical approach is faster at detecting the virus because it doesn't need a reagent or a lot of processing steps," Yuede said. "SARS-CoV-2 binds to the nanobodies on the surface, and we can induce oxidation of tyrosines on the surface of the virus using a technique called square wave voltammetry to get a measurement of the amount of virus in the sample."

Chakrabarty and Puthussery integrated the biosensor into an air sampler that operates based on the wet cyclone technology. Air enters the sampler at very high velocities and gets mixed centrifugally with the fluid that lines the walls of the sampler to create a surface vortex, thereby

trapping the virus aerosols. The wet cyclone sampler has an automated pump that collects the fluid and sends it to the biosensor for seamless detection of the virus using electrochemistry.

"The challenge with airborne aerosol detectors is that the level of virus in the indoor air is so diluted that it even pushes toward the limit of detection of polymerase chain reaction (PCR) and is like finding a needle in a haystack," Chakrabarty said. "The high virus recovery by the wet cyclone can be attributed to its extremely high flow rate, which allows it to sample a larger volume of air over a 5-minute sample collection compared with commercially available samplers." Most commercial bioaerosol samplers operate at relatively low flow rates. Puthussery said, while the team's monitor has a flow rate of about 1,000 liters per minute, making it one of the highest flow-rate devices available. It is also compact at about 1 foot wide and 10 inches tall and lights up when a virus is detected, alerting administrators to increase air-flow or circulation in the room.

SHORT TALKS

Spoiler alert! Why is Nayan saving Rita?

Chandigarh: In the show "Nayan-Jo Vekhe Unvekha," since Drishti came into the Khurana house, Rita has been facing severe threats to her life.

So far in the show, we have observed that Nayan receives a significant warning from Guru Ji that Rita's life is in danger and she is constantly being attacked. Nayan tries everything possible to save Rita. In the latest episode, Devansh asks Rita to carry Drishti, but Nayan intervenes and prevents him from doing so. Why is Nayan putting in so much effort to protect and save Rita's life? Watch today's exciting episode of Nayan-Jo Vekhe Unvekha at 8:30 PM only on Zee Punjabi.



Rains expose vulnerability of these regions to the impacts of climate change: Experts

S HIMALA: In the past two days, several states in north India have experienced a series of extreme weather events that have caused significant disruptions and damage. Unusually heavy rainfall and subsequent flash floods have wreaked havoc on communities, leading to the destruction of households and infrastructure. These events highlight the vulnerability of these regions to the impacts of climate change, which are becoming increasingly severe and frequent. The combination of extreme weather events in north India and record-breaking global temperatures underscores the interconnectedness of climate change impacts. The urgency to address climate change has never been more critical as we face the consequences of our actions and strive to secure a sustainable future for generations to come. Dr.Mrutyunjay Mohapatra, Director General of Meteorology, India Meteorological Department, Government of India said, "There was an interaction between the western disturbance (a low-pressure weather system, holding lot of moisture, that originates over the Mediterranean Sea and passes across India before crossing over Iran, Iraq, Afghanistan, and Pakistan) and the southwest monsoon that led to this extremely heavy rainfall situation being witnessed across states in north India. The frequency of such very heavy and extremely heavy rainfall events over the tropical region across the globe shows an increasing trend owing to the changing global climate scenario. India also during the monsoon season, being a tropical country, is showing such a rising trend. Majority of the weather stations across the country in India are showing this sort of a trend.

MBD Group Celebrates 78th Founder's Day: Launches 'Love to Learn' Campaign

S HIMALA: MBD Group, an embodiment of excellence, reliability and expertise across various sectors including Education, EdTech, Skill Development, Capacity Building, Exports, Hospitality, Food & Beverage, Malls, Realty, Design & Construction, Residences and Commercial spaces operating in India and abroad, recently commemorated its 78th Founder's Day with indomitable spirit and zeal. This momentous occasion honoured the outstanding legacy of their visionary founder, Shri Ashok Kumar Malhotra. This event served as a heartfelt tribute to his remarkable contributions, untiring commitment and transformative ideas towards empowering people. Employees from diverse verticals were honoured for their invaluable contributions, and their unwavering dedication was acknowledged as the backbone of MBD's success. Furthermore, as a testament to their commitment to employee growth, MBD Group extends support to selected individuals by providing scholarships to fund their education. This longstanding tradition is upheld every year, reflecting MBD Group's steadfast dedication to the professional and personal development of its employees.

Shopsy doubles its app downloads to 200 million in less than a year across India

G URUGRAM /FARIDABAD: Shopsy, India's fastest-growing hyper value platform, celebrates two years of delivering value across tier-2 and tier-3+ regions and surpassing a milestone of 200 million Shopsy app downloads. To celebrate the platform's second anniversary, Shopsy's second edition of the Mega Anniversary Sale went live recently on the platform. During the sale, the platform witnessed a whopping 2X uptick in units sold of which sarees, men's t-shirts and kuris were the most shopped products. Value-seeking customers drove demand for Shopsy over the past two years, with over 60% hailing from tier-3 markets. A wide range of products across attractive price bands, the trust of the Flipkart brand, and innovative and customer-friendly features such as voice and image search, vernacular interface, and, most importantly, AI-driven chatbots have been instrumental in fueling this adoption. Kapil Thirani, Head of Shopsy, said, "At Shopsy, we want to empower Indians to experience the unparalleled feeling of having myriad goods available at the touch of a button at affordable prices. Shopsy is enhancing accessibility across India, empowering its customers with the freedom of choice. Shopsy's two-year anniversary is an occasion for us to celebrate, and we rolled out the Mega Anniversary Sale on our platform to spread this cheer amongst our customers.

Motorola launches razr 40 ultra and razr 40

M otorola, India's best 5G smartphone brand, and the pioneer of the flip phones disrupted the Indian smartphone market again today with the launch of the Motorola razr 40 ultra and razr 40, the latest additions to its flagship razr smartphones series. This announcement brings back the iconic razr, dipped in cutting-edge technology and style-driven self-expression, to Flip the Script of foldable smartphones. Each feature of this new family is carefully crafted to meet the needs of modern consumers who want to stand out and who want the best version of a modern flip phone. Motorola also announced India's leading Bollywood actress Kriti Sanon as its new brand ambassador at the launch event held today in the city. Leading the pack is the razr 40 ultra which is the thinnest flipable smartphone in the industry when flipped closed - and includes the powerful Snapdragon® 8 Gen 1 Mobile Platform, efficient battery, and the largest external display of any flip phone. 1 This incredible External Display comes with an astonishing 3.6" pOLED screen which is fully capable of supporting multiple apps and functions even when it is closed, so users can view more at a glance and access content which matters the most. Users can respond to messages, take a selfie, get directions, play games, listen to music on Spotify and enjoy watching YouTube all on this large external display.

Carlsberg India recognized as The Economic Times Sustainable Organisations, 2023

C handigarh : Carlsberg India, a leading brewery group has been recognized as The Economic Times Sustainable Organisations, 2023. A thorough evaluation on different parameters under governance, social and environment initiatives were undertaken for a holistic sustainable business approach. Carlsberg India has consistently lived by its purpose of 'Brewing For a Better Today & Tomorrow'. The ESG goals 'Together Towards Zero and Beyond' cover their 2040 Global Targets on Zero Carbon Footprint, Zero Farming Footprint, Zero Packaging Waste, Zero Waste Water, Zero Irresponsible Drinking and Zero Accidents Culture. Being diligently pursued in India through a multitude of initiatives across its manufacturing units and offices and community, aiming to leave a better inheritance for future generations. Mr. Rishi Chawla, Vice President - Corporate Affairs, Carlsberg India said, "We at Carlsberg India have always imbedded our ESG goals in our day to day business operations.

upGrad Institute of Medical Sciences, Vanuatu invite Enrolments for MBBS and MD programs to Build Next Generation of Medical Practitioners

M UMBAI - upGrad Institute of Medical Sciences (UIMS), Vanuatu has opened enrolments for MBBS and the MD programs on its campus at Port Vila, Republic of Vanuatu. The first batch of the two introductory programs is scheduled to commence in the first half of September 2023. Tailored specifically for 10+2 graduates from the Indian subcontinent, the 5.5-year MBBS program is in line with the National Medical Commission (NMC)-approved curriculum and combines 4.5 years of on-campus learning with a year-long internship at the academically integrated Vila Central Hospital in Port Vila, the largest multi-specialty hospital in the Republic of Vanuatu with around 400 beds. While the MD program, aligned to the US Medical Licensure Exam (USMLE) begins with 2 years of premedical courses and upon successful completion of the premedical phase, learners seamlessly transition to a pre-clinical portion of the degree program. UIMS has earned recognition from both the Ministry of Health and the Ministry of Education of Vanuatu for granting degrees to further empower aspiring doctors and medical practitioners with a comprehensive education in medicine and rigorous technology & industry-backed training.

NEWS/BUSINESS

YUGMARG, CHANDIGARH, WEDNESDAY, JULY 12, 2023

Top exercises that help you to reduce belly fat

Let's first establish that all bodies, regardless of size, are beautiful. Being slim does not imply being healthy. However, if your belly fat is causing you genuine health problems, the following exercises can help you reduce your belly fat.

Burpees

Burpees are one of the most effective exercises to burn belly fat. Burpees are loved by most fitness enthusiasts. They can be intense and you may hate them in the beginning but you know how they say, no pain, no gain. Stand straight with your arms to your side. Your feet should be shoulder-width apart.

Now lower down into a squat

Next, put your palms on the floor and jump softly into a push-up position. Your feet should be back and your palms in front of you.

Jump back, landing your feet outside your hands

Quickly jump up, swing, and clap your hands over your head.

Come back into the squat position and repeat

Planks

A minute in an exam feels like a second, whereas a minute on a plank feels like ten. We understand. However, planks are considered good calorie burners that also enhance strength. Place your forearms parallel to each other at shoulder width. They should be aligned with your shoulders.

Place your toes firmly on the ground.

Hoist yourself up so that only your forearms and your toes are holding you up.

Keep your core rigid and suck in your navel towards your spine.

Skaters

Skater lunges improve agility and endurance. A few of these will have you strong and fit in no time.

Stand with your feet wide apart.

Now bring your left leg behind your right.

Lower into a lunge, till your right knee almost touches the floor.

Come back to the original position and repeat with the opposite leg.

Cardio and Aerobics

Cardiovascular activities are sometimes referred to as cardiovascular training. And, as the name implies, these activities raise your heart rate.

Aerobics or cardio exercises increase the oxygen level in your blood and are popular among fitness lovers. Aerobic and cardio exercises are extremely versatile. They are both low and high intensity, depending on your needs, and the best thing is that you have fun while doing them. Running, swimming, and cycling are the most popular cardio exercises since they burn a lot of calories. However, there are plenty of other options available, our personal favourite being trekking.

Zumba


You've probably heard about a lot of individuals trying Zumba to lose belly fat. Zumba is a popular aerobic workout that incorporates Latin music and dance. It consists primarily of simple dance routines that facilitate easy burning throughout the body. We have numerous Zumba variations coming up these days, including yoga poses, lunges, squats, and more incorporated into the dance for greater training. Many individuals like the workout since it is simple. You're having so much fun that you don't realise how much fat you're burning.

HIIT exercises

High-intensity interval training exercises or HIIT as it is known, are extremely strenuous, explosive, and draining. They are designed to utilise over 80% of the heart's capability. It cannot be performed constantly over a length of time; rather, it is performed in brief bursts and shorter sets. These exercises leave you weary and gasping, but they also burn the most calories.

Tata AIA Life Insurance Launches Small Cap Discovery Fund

G URUGRAM : Tata AIA Life Insurance (Tata AIA), one of India's leading life insurers, has launched its first dedicated Small-Cap fund, Tata AIA Small Cap Discovery Fund. The New Fund will offer policyholders the opportunity to generate capital appreciation in the long-term by investing in small-cap market capitalisation stocks. The New Fund Offering (NFO) window will remain open from July 10 to July 24, 2023, at Rs. 10 per unit, applicable only during the NFO period. Commenting on the launch of the Small-Cap Discovery Fund, Mr. Harshad Patil, Executive Vice President and Chief Investment Officer (CIO) of Tata AIA Life Insurance, said, "The Government is focused on formalising the economy during the Amrit Kaal, which will benefit small businesses immensely. Further, growth in consumption demand, rising disposable income, and support for manufacturing will catalyse several smaller companies to become dominant in their sectors. Given these forces, the Tata AIA Small-Cap Discovery Fund offers our policyholders a great opportunity to maximise their investment by spotting such opportunities early and investing in them over the medium to long term."



Around this camera module, the device boasts a Gorilla Glass 5 back panel, available in two colours: Glossy Purple and Silvery Grey. At the top and bottom edges, the Reno10 Pro+ 5G packs Dual Track stereo speakers for audio output that is crisp and distinct. OPPO has used a new periscope design to create the highest megapixel telephoto portrait camera—with a 64MP OV64B sensor—that excels at photographs in low-light settings with up to 3x optical zoom; this allows photographers to capture beautifully-proportionate portraits with natural optical bokeh and background compression.

realme launches the Stylish realme narzo 60 Series 5G

Chandigarh: realme, the Most Reliable Smartphone Service Provider in India, unveiled its latest offerings today, the realme narzo 60 Series 5G and realme Buds Wireless 3. These newest additions to realme's legacy of innovation are crafted to provide users with an unrivaled experience. The realme narzo 60 Series 5G introduces two standout smartphones: the realme narzo 60 Pro 5G and the realme narzo 60 5G, accompanied by the cutting-edge realme Buds Wireless 3 for an immersive audio experience. With the 'Dare to Leap' spirit, realme takes a leap to the next level by consistently redefining its brand and relentlessly pushing the limits in terms of innovation and design. The realme narzo 60 Pro 5G is also the first and only smartphone in the segment with 1TB storage capacity, surpassing the growing needs and expectations of Indian consumers from the mid-premium segment. The realme narzo 60 Pro 5G merges revolutionary technology with a cutting-edge design, establishing a fresh benchmark in the industry. As a part of realme's Go Premium strategy, the realmenarzo 60 Pro 5G is meticulously crafted specifically for the Indian market. It presents an uninterrupted and captivating user experience, powered by impressive performance, an awe-inspiring display, and innovative functionalities.

Rains expose vulnerability of these regions to impacts of climate change: Experts

Chandigarh: In the past two days, several states in north India have experienced a series of extreme weather events that have caused significant disruptions and damage. Unusually heavy rainfall and subsequent flash floods have wreaked havoc on communities, leading to the destruction of households and infrastructure. These events highlight the vulnerability of these regions to the impacts of climate change, which are becoming increasingly severe and frequent. The combination of extreme weather events in north India and record-breaking global temperatures underscores the interconnectedness of climate change impacts. The urgency to address climate change has never been more critical as we face the consequences of our actions and strive to secure a sustainable future for generations to come. Dr. Mrutyunjay Mohapatra, Director General of Meteorology, India Meteorological Department, Government of India said, "There was an interaction between the western disturbance (a low-pressure weather system, holding lot of moisture, that originates over the Mediterranean Sea and passes across India before crossing over Iran, Iraq, Afghanistan, and Pakistan) and the southwest monsoon that led to this extremely heavy rainfall situation being witnessed across states in north India. The frequency of such very heavy and extremely heavy rainfall events over the tropical region across the globe shows an increasing trend owing to the changing global climate scenario. India also during the monsoon season, being a tropical country, is showing such a rising trend. Majority of the weather stations across the country in India are showing this sort of a trend, especially with the latest examples of extreme weather in north India as well as across parts of peninsular India as well."

Upgrade your TV to a new smart TV experience with Fire TV

Chandigarh : Amazon announced that Fire TV customers will now be able to stream more than a million movies and TV show episodes across 12,000+ apps including Prime Video, Netflix, Disney+ Hotstar, Zee5, Jo Cinema etc. and enjoy free/ad-supported content from platforms like MiniTV, YouTube, MX Player, TVFPlay, YuppTV and many more. Besides streaming apps, Fire TV users will also be able to access 70+ live channels such as Colors, SET India, Discovery, News18, DD National, Aaj Tak, Zee News, India Today, and DD National, and more from DTH set-top-box on their home screen. During the upcoming Prime Day, Prime customers can save big with 55% off on Amazon devices such as the Fire TV Stick Lite, Fire TV Stick and Fire TV Stick 4K Max on Prime Day 2023 - starting at 12:00 AM on July 15 till July 16, 2023. A Fire TV Stick can be connected to any television via an HDMI port to simplify streaming and upgrade to a smart TV experience. It delivers quick app starts, fast streaming, and comes with the Alexa Voice Remote to control playback and search content with voice commands. "Streaming preferences of Indian viewers are fast evolving. Today's viewer is looking for more video entertainment options, better search, personalised recommendations, seamless interface between web shows and DTH, and more – all on their TV home screen", shares Parag Gupta, Director and Country Manager for Amazon Devices India. "With Fire TV devices, customers can enhance their entertainment experience with better selection, faster streaming, and even start their smart home journey with Alexa. It is all easy and affordable." Fire TV stick is a must have for every Indian home.

Discover Joy as Amazon India announces Prime Day 2023 Deals

Amritsar(Jalandhar/Ludhiana) : Amazon India is all set to host its 2-day celebration of the year to help Prime members 'Discover Joy' with Prime Day 2023. The shopping event kicks off on July 15, 12:00 AM and runs through till July 16, 11:59 AM. It's time to sit back, relax, and enjoy blockbuster entertainment and shop to your heart's content because Amazon enables its Prime members its Prime members the great deals and big savings across categories. Members can avail deals across Smartphones, Consumer Electronics, TVs, Appliances, Amazon Devices, Fashion & Beauty, Home & Kitchen, Furniture, Everyday Essentials and more with FREE one-day delivery on eligible items. This Prime Day, customers will enjoy our fastest speeds ever in India. Prime members ordering from 25 cities of India will be able to enjoy same day or the very next day delivery of their orders and Prime members shopping from most tier II cities will have their Prime Day delivery within 24 to 48 hours. This Prime day, Indian small & medium businesses are bringing together products across categories like fashion and beauty essentials, accessories, office products and stationaries, home, kitchen and sports products, furniture, grocery, toys and baby care products - to name a few. For Prime Day 2023, small businesses are launching more than thousands of new products across different categories under Amazon programs like Launchpad, Karigar, Saheli and local shops with products discounts of up to 70% on Home and kitchen, up to 60% on fashion and accessories, up to 50% on food and healthcare, up to 70% on electronics. Prime eligible customers will also be able to avail exclusive cashback offers of up to INR 100 on unique products.

1.25 lakh+ exporters on Amazon Global Selling to surpass \$8 billion in cumulative exports from India in 2023

Chandigarh : Amazon today unveiled the Exports Digest 2023 and announced that cumulative exports by Indian exporters on its e-commerce exports program Amazon Global Selling are on track to surpass \$8 billion in 2023. Amazon Global Selling has been witnessing remarkable adoption among businesses of all sizes across the country and has grown to more than 1.25 lakh (125K) exporters since its launch in 2015. These exporters are showcasing millions of 'Made in India' products to customers worldwide through Amazon's 18+ international marketplaces in countries such as the US, the UK, the UAE, Canada, Mexico, Germany, Italy, France, Spain, the Netherlands, Turkey, Brazil, Japan, Australia, and Singapore. Sh. Narayan Tatu Rane, Hon'ble Union Minister for MSMEs, Govt. of India said, "The MSME sector, which contributes significantly to our economy, plays a critical role in achieving our vision of an Atmanirbhar Bharat. With its vibrant and dynamic nature, this sector fosters entrepreneurship and generates employment opportunities. To unlock its full potential, we must encourage manufacturing, entrepreneurship, and international expansion." According to Bhupen Wakankar, Director Global Trade at Amazon India, "Amazon Global Selling is helping entrepreneurs across India sell millions of Made in India products to customers globally.

Panjab Floods: United Sikhs Emergency Response Teams rescue people in flood-affected areas

L udhiana: United Sikhs has swiftly mobilized their Emergency Response Teams (ERTs) to provide assistance to the flood-affected communities in Mohali, Rupnagar, Sangrur, Ludhiana and other areas. With the submergence of several regions in Panjab, the ERTs are on the ground providing emergency assistance to the people impacted. Gurvir Singh, Director of United Sikhs, said, "Our teams have reached the affected areas, rescuing people to safer areas. We are also assessing the most urgent requirements of the affected communities. The on-ground evaluation will help identify and prioritize the immediate needs of the people, enabling them to provide targeted assistance efficiently." Recognizing the importance of accessibility and convenience, United Sikhs teams are also geographically reviewing the affected regions to identify suitable locations for setting up satellite centers. These centers will serve as operational hubs for providing essential relief materials, medical aid, and other necessary services to the flood-affected individuals and families. Hardayal Singh, Programme Director, United Sikhs, said, "To ensure seamless delivery of assistance, we are also mobilizing a fleet of vans and ambulances equipped with essential supplies and resources.

Hampa introduces the miraculous Haircare range

C HANDIGARH: Straight from the virgin mountain ranges of the Himalayas, HAMPA Wellness brings you the superpower of the miraculous Hemp Plant in its latest range of haircare products. Naturally blessed with a multitude of nutritive and medicinal values, the hemp plant boasts of Edestin protein, Omega -3, 6 & 9, essential dietary fibers and essential vitamins & minerals. It is also known to be the world's best natural moisturiser and anti-oxidant, powers up your metabolism and gut health, resulting in impeccable hair strength and shine. The HAMPA HAIRCARE RANGE with the miracle benefits of hemp, works on your hair from roots to the tips! The debut range of HAMPA HAIRCARE features some path-breaking products including Hemp Amla Hair Oil, Hemp Bringraj Hair Oil, Hemp Lush Hair Shampoo & Conditioner and Hemp Hair Regrowth Serum & Oil. Mr. Rajneesh Punj, Co-founder, Hampa Wellness says that they are excited to introduce our hemp-powered haircare range in the Indian market. The products are not just cosmetic, but deliver significant performance. The response of consumers to HAMPA products has been overwhelming as well as encouraging. The 100% Natural Hemp hair regrowth kit (Serum + Oil) has been thoroughly tested and has delivered a 10/10 rating by the consumers on hairfall control and new hair growth.

FITJEE endeavours to ensure providing a Healthy and Stress-Free Environment for JEE Preparation: - RL Trikha

S HIMALA - FITJEE, celebrates the remarkable performance of its students nationwide in JEE Advanced 2023. The results not only highlight their exceptional academic achievements but also validates the effectiveness of FITJEE's stress-free and holistic approach powered by their value system, ethics, and unique teaching methodology, relatively stress-free hard work by both faculty and students, producing consistently excellent results year on year in a row and now for the 27th year in IIT JEE/JEE Advanced. FITJEE's holistic approach ensures the transformative success of all the students despite not having Long Gruelling classes and without sacrificing the well-rounded development of students, unlike coaching institutes at many places in the country. FITJEE's Classroom Program students excel in JEE Advanced 2023, securing 3 positions in the Top 10 and 32 positions in the Top 100. Across all programs, FITJEE students dominate in every range of All India Ranks, with 3 students in the Top 10 and 37 students in the Top 100. R. L. Trikha, Director, FITJEE Group, extends his heartiest congratulations & felicitations to the triumphant students and dedicated teachers who played a pivotal role in this outstanding achievement. He stated, "The success of our students in JEE is a testimony to the effectiveness of FITJEE's stress-free approach in bringing out the best in students. We take pride in providing an environment that prioritizes the well-being of our students while nurturing their academic growth. Our thoughts & prayers go out to students in other areas with the most renowned coaching hubs for JEE & NEET, who face immense pressure & challenges during their preparations. FITJEE's stress-free and transformative education approach and the provision of a healthy learning environment have been instrumental in empowering students to achieve extraordinary success again in such a highly competitive examination like JEE Advanced 2023.

Tata AIA Life Insurance Launches Small Cap Discovery Fund

CHANDIGARH(JALANDHAR): Tata AIA Life Insurance (Tata AIA), one of India's leading life insurers, has launched its first dedicated Small-Cap fund, Tata AIA Small Cap Discovery Fund. The New Fund will offer policyholders the opportunity to generate capital appreciation in the long-term by investing in small-cap market capitalisation stocks. The New Fund Offering (NFO) window will remain open from July 10 to July 24, 2023, at Rs. 10 per unit, applicable only during the NFO period. Commenting on the launch of the Small-Cap Discovery Fund, Mr. Harshad Patil, Executive Vice President and Chief Investment Officer (CIO) of Tata AIA Life Insurance, said, "The Government is focused on formalising the economy during the Amrit Kaal, which will benefit small businesses immensely. Further, growth in consumption demand, rising disposable income, and support for manufacturing will catalyse several smaller companies to become dominant in their sectors. Given these forces, the Tata AIA Small-Cap Discovery Fund offers our policyholders a great opportunity to maximise their investment by spotting such opportunities early and investing in them over the medium to long term." Small-cap stocks are a significant part of the Indian equity market, with more than 4500 companies. Among these, approximately 500 stocks have a market cap higher than Rs.2000 crore. That is why, compared to the large-cap and mid-cap categories, the small-cap category presents a large universe of stocks for investment. However, many of them are also prone to a high degree of volatility as their performance can be impacted by changing market dynamics.

Hyundai EXTER is here to Take You Places Experience Outdoors like Never Before

G ungram, July 10th: Hyundai Motor India Limited (HMI), India's first smart mobility solutions provider and largest exporter since inception, today announced the launch of its sporty Entry SUV – Hyundai EXTER. Designed to redefine benchmark in its 'segment, Hyundai EXTER has been developed to reflect the tenets of unique exteriors, spacious interiors, advanced safety & technology and exceptional performance. Hyundai EXTER personifies the qualities of India's Gen MZ customers who are fueled by the adrenaline of wanderlust and exploration. Speaking at the launch of Hyundai EXTER, Mr. Unsoo Kim, MD & CEO, Hyundai Motor India Ltd., said, "Hyundai Motor India has always created new benchmarks in the industry with its revolutionary products & technologies. Yet again, with EXTER we are proud to introduce an SUV that embodies Hyundai's commitment to innovative design, intelligent technology and exceptional performance. With its modern and confident exterior, cutting-edge technology and unparalleled safety features, Hyundai EXTER is poised to redefine this fast growing segment".

Music gives you happiness and energy - Tejinder Singh

D holak is such an instrument on whose beat everyone is forced to dance. Be it a wedding or a stage show, all events are considered incomplete without Dholak. Budding young Dholak maestro Tejinder Singh has also carved a niche for himself in a short span of time. The audience is mesmerized when he plays the dholak in the stage show. Young artist Tejinder Singh told that he is a resident of Do Burji area under Payal teshil of Ludhiana and he was fond of music since childhood. On the beat of Dholak, his feet would automatically start dancing. Born in August 1994 in Punjab, Tejinder Singh passed his Plus Two examination from Government Senior Secondary School. He stepped into the field of music with the support and blessings of his mother Baljinder Kaur and father Sharanjit Singh. Tejinder Singh said that despite his busy schedule, he does take out time to do Riyaz. Tejinder Singh, a young dholak player of calm nature, has performed in more than a hundred stage programs so far. His art has always been appreciated. According to Tejinder Singh, he has collaborated with many renowned singers of Punjab like Balraj, Neha Sharma, Gurjaan, Nirmaljeet etc.

NEWS AT A GLANCE

Malkit cremated 93 days after his death

SATISH SETH
KALAYAT: 93 days after the murder of Malkiyat, a young man who was going through the forests to America in search of employment, his dead body reached Mataur village of the sub-division on Sunday evening. On Monday morning, the last rites were performed at the local cremation



ground by younger brother Rajiv by lighting Malkit's funeral pyre. The family members and hundreds of villagers participated in the funeral bid their last farewell with moist eyes. During this, the villagers were cursing the agent who sent the property abroad. The family learnt of Malkit's murder on March 30 after a video of Malkit lying dead in the woods near Mexico went viral on social media. Then a written complaint was given by the deceased's father Satpal Singh and brother Rajeev at the Kalayat police station alleging that Malkit was murdered for not giving the remaining Rs 15 lakh out of Rs 40 lakh to Kaithal's agent who sent him abroad and the family members And the villagers demanded the government to bring Malkit's dead body to India.According to the information received from the family members, about 20 thousand dollars (16 lakh rupees) were spent by the family members while going through a long process to bring Malkit's dead body home.

Accused arrested with 20 bottles of illicit liquor

RAMAN GUPTA
KAITHAL: According to the instructions of SP Abhishek Jorwal, the district police is continuously tightening the noose on illegal liquor smugglers. In this episode, on Monday, an accused was arrested by the Thana city police along with 20 bottles of liquor. A police spokesman said that after receiving a secret information during



patrolling in the afternoon by the team of HC Karnail Singh and constable Suresh of Thana city police, blockade was done near Siwan Bypass Naka near Khanauri Road. Where after some time the suspect Kitab Singh, a resident of Barta, who came on foot from the Siwan bypass, was overpowered by the police. During investigation, 20 bottles of handpicked liquor were recovered from the plastic canny in the possession of the accused. By registering a case against the accused in the city police station, further action is being implemented by the police as per the rules.

Instructions issued to ensure emergency services



GURDEEP S GREWAL
KHAMANO: Civil surgeon Dr. Davinderjit Kaur reviewed the preparations at the district hospital. Giving information on this occasion, she said that due to the filling of flood water in the low-lying areas, the fear of spreading diarrhea increases and to cope with the situation preparations have been made by the Health Department and ORS. She informed that packets were being distributed to senior citizens within the district, medical officers have been instructed to ensure emergency services, stocks of ORS, zinc and chlorine tablets have been made available. Awareness camps have been organized in villages to spread awareness about waterborne diseases and prevention. Instructions have been issued in this regards. She appealed to the residents of the district to contact the nearest government health center in case of vomiting or diarrhoea. She said that preparations were being made to deal with the post-flood situation.

On directions of CM Mann, Pb initiates large-scale relief work for flood affected areas

GAURAV GOEL
CHANDIGARH, JULY 11

Under the dynamic leadership of Chief Minister Bhagwant Mann, relief work has been accelerated in the flood-affected areas of the state. Effective efforts are being made to protect the lives and property of the people as well as to protect the livestock. A spokesperson informed that Medicines worth Rs.50,000 per district have been purchased and distributed at tehsil headquarters to Senior Veterinary officers. SVOs have issued the medicines to the teams in affected areas. Rs. 50,000 per district has been released for purchase of medicines as per their demand in 11 flood prone districts (Ropar, Patiala, Ludhiana, SAS nagar, Fatehgarh Sahib, Moga, Jalandhar, Ferozepur, Kapurthala, Taran-taran and Sangrur)

Apart from this, Rapid response teams of Veterinarians and staff have been constituted and deployed in flood affected areas. Feed suppliers have been put on standby, if required.



The spokesperson said that the health department has also released a grant of Rs 12.5 lakhs in district hospitals to cater their emergency needs so that they can smoothly carry out flood relief operations and stock the medicines if required. Apart from this, Rapid Response Teams have been constituted in all the districts and Nodal officers have been appointed to personally supervise the ongoing flood relief operations. Control Rooms are also established along with the operational phone number at the

district headquarters. Permanent medical camps have been established at areas highly affected by floods. The Civil Surgeon and Rapid Response Teams have been keeping a close liaison with the district administration to carry out activities at high-risk villages and the population affected by floods. Larvicides will be sprayed for the prevention of outbreaks of vector-borne and water-borne diseases once the water starts receding. Districts are already equipped with larvicides, adulticides, and

Traffic movement restored on Morni-Trilokpur road for light motor vehicles

SD SHARMA
PANCHKULA: The Deputy Commissioner Dr. Priyanka Soni informed that the district administration has successfully reopened traffic movement on the Morni-Trilokpur road exclusively for light motor vehicles. In order to facilitate the removal of debris caused by a landslide and restore connectivity in the area, dedicated teams have been deployed on the affected roads. While significant progress has been made, the process of clearing the debris on other roads in the area is ongoing and may require some additional time to complete. She reassured the public that the district administration is working tirelessly to restore full connectivity to all the roads in the area. Every effort is being made to ensure that the debris is efficiently cleared and the roads are made safe for travel as soon as possible. The district administration has also set up a dedicated flood control room, which can be reached through helpline numbers 0172-2583112 and 9569608011. These helpline numbers are operational 24 hours and are available to provide assistance in case of any emergency arising out of the present situation. Appealing to the people, she said that they should not panic in case of any emergency but act with restraint and contact these helpline numbers.

Death of poor couple failure of government: Vaidya

DARSHAN SHARMA
NILOKHERI: The death of a poor couple in Sagga village last night due to roof collapse is the result of the misdeeds of the BJP government and this is going to expose the government's Har Ghar Pakki Chhath Yojana'. Professor Rajesh Vaidya expressed his views on the death of a poor couple of Kashyap Samaj due to roof collapse in village Sagga during his meeting with the family members. Prof. Vaidya said that the BJP-JJP government has promised to provide pucca roof to every poor house and under the Pradhan Mantri Yojana, a national plan has been made to provide pucca roof to all poor houses, but in village Sagga the house is buried under the roof. The death of the poor husband and wife is going to expose the wrong plans of the government. Prof. Vaidya said that when the Congress government comes, the poor will be given a plot of 100-100 yards and two pucca houses and electricity and water connection will be installed on it free of cost. He said that the government's pucca roof scheme has completely failed and it is the moral responsibility of the government to make the pucca roof of the deceased's house immediately! Prof. Vaidh also appealed to all social and religious organisations to come forward in this hour of grief and provide financial assistance to the deceased family.



Hooda next CM in the eyes of public: Udai Bhan

SHIV KUMAR SHARMA
KARNAL, JULY 11

State President of Haryana Pradesh Congress, Udai Bhan has said that the Chief Minister's face will not be from the Congress in the elections to be held in Haryana. After the elections, whoever the MLAs want will become the Chief Minister. He said that even though the Congress has not yet decided the face of its Chief Minister, the people of Haryana see Bhupinder Singh Hooda as the next CM. The Congress high command knows this very well. He reached Ravidasiya Sammelan at Mangal Sain Auditorium today. While talking to the journalists, he said that the delay in the announcement of the organisation in Haryana is also due to the replacement of the in-charges at the earliest. Soon the organisation of the Congress will be formed from the state to the booth level. He alleged that the BJP government is harassing Rahul Gandhi. BJP's Modi government has used full force against Rahul Gandhi. BJP and Modi are only afraid of



Rahul Gandhi. He has full faith in the Supreme Court. Complete justice will be done from there. He said that whenever oppression increases, then the people's court becomes the only support in the country. The people's court will provide justice to Rahul Gandhi. Silent fasts will be observed in Kurukshetra. He said that there is no bigger public leader than Bhupinder Singh Hooda in the state. Hooda's family had participated in the freedom movement also, he said.

Kalyan visits villages adjacent to Yamuna river in Gharaunda

SHIV KUMAR SHARMA
GHARAUNDA/ KARNAL, JULY 11

MLA Harvinder Kalyan on Tuesday visited several villages adjoining the Yamuna belt in Gharaunda area and took stock of the situation and gave necessary instructions to the officials. He said that due to heavy rains since the last few days, the danger of dam breach increases at many places due to excessive water in Yamuna river. Because of which there can be loss of crops as well as loss of life and property of people, so there is a need to be alert and keep in touch with the authorities. The MLA said that during the night between Mundogadhi and Balheda, the embankment of the Yamuna was breached. But the administration, working with caution, with the help of the villagers, the repair work of the Yamuna bank was



completed in time due to which the villagers felt relieved. He appealed to the people of the villages near the banks of Yamuna river that due to excessive rains the water level of Yamuna river has increased, so be careful due to the rising water level of Yamuna river till the rains stop and the water level of Yamuna river does not come down. Farmers should not go to their fields nor should they go there to do farming etc. Apart from this, no person of the village should go near Yamuna river for any other work.

Udaan Pratibha Samman ceremony will be organized today



NARESH GARG
LADWA: A program named Udaan Pratibha Samman Samaroh will be organized by Edusoc Overseas at a private palace on Ladwa Pipli Marg on July 12. In which 65 such students of Ladwa region will be honored who have achieved big achievements in one or the other field. While giving information to the journalists in his office, the owner of Overseas, Ankush Goyal said that on Wednesday at 10 am in a private palace on Ladwa Pipli Marg a function in the name of Udaan Pratibha Samman ceremony will be held. In which 65 students of Ladwa region, who have achieved some major achievement in any field would be honoured. He told that the function would be presided over by BJP's State General Secretary and former Ladwa MLA Pawan Saini. In the same press conference, State General Secretary of BJP and former MLA of Ladwa, Dr. Pawan Saini, who reached the spot, said that M.S Bitta, Chairman All India Anti Terrorist Front will honor the students as the chief guest at the Udaan Pratibha Samman ceremony.

Sukhbir Badal visits rain and flood hit areas in four constituencies, rides tractor to reach besieged farmers



MANJINDER SINGH
BANGA/NAWANSHAHR: Shiromani Akali Dal (SAD) president Sukhbir Singh Badal today while reviewing flood hit areas in Banga constituency as well as in Banga, Balachaur and Anandpur Sahib called for providing immediate aid to distressed people even as he urged SAD workers to redouble their efforts to assist those in need of food, fodder and medical aid. The SAD president, who rode a tractor to reach the severely affected villages here as well as those in other constituencies, said the havoc caused to the farming community was unimaginable. "Paddy has been destroyed in over thousands of acres and farmers are looking towards a bleak future with no time to raise paddy nursery again for transplantation". He said similarly marginal farmers growing vegetables had been devastated with their entire produce being destroyed.

DC visits flood affected areas



RANVIR PARASHAR
GUHLA-CHIKA: DC Jagdish Sharma said that many villages near Ghaggar have been affected by the problem of water logging. If there was population in these areas then the people should be taken out on priority so that any untoward situation could be avoided. Along with the NDRF team, the concerned officers should continue to do relief work by being alert. He visited Tatiana Ghaggar Gauge, Bhagal, Rattakheda Kadam, Sihali, Bhatia and necessary guidelines to the officers were issued. He said that in the areas where there was water-logging and if there was any encampment officers should maintain 24-hour contact with the people living there. Those people should be removed from there as per their wish and transferred to some other save place. The NDRF team has reached with boats for flood relief. If the common people get trapped anywhere due to water then immediately the concerned officials along with the NDRF team should work to evacuate them from there.

Govt, admin and common people get together to deal with this natural disaster: Sandeep Singh



SANJAY VERMA
PEHOWA: Minister of State Sandeep Singh along with officials and sarpanchs visited the flood affected area on Monday and took stock of the water drainage system. He said that to deal with this natural calamity, the government, administration and the general public would have to cooperate together. We would move with restraint and coordination among ourselves only then this situation can be dealt with. He instructed the district administration to keep a special eye on the tracks around the villages. The first task should be to save the population from the situation of water logging. Along with that, arrangements should be made for drainage by opening culverts regarding the water logging in the fields of the farmers. The Minister of State inspected the water logging sites of Jhansa, Nasi, Jalbehra. He said that the officers should help those people and panchayats those were managing at their own level and provided them resources needed. During this, the Minister of State himself was seen on the tractor.

Sadhaura MLA Renu Bala visits the flood affected areas



PREETI RANI
SADHAURA: Due to the heavy rains for three consecutive days the problem of water-logging has arisen at various places and Sadhaura MLA Smt. Renu Bala and Eng. Rishi Pal visited dozens of villages including Pinjaura, Pinjouri, Maheshwari, Nagla, Lahadpur, Nizampur, Dumanwala, Rajpur, Galaudi, Asgarpur and Rathali and reviewed the situation. On this occasion, BDPO of Saraswatanagar block, Panchayat Secretary and other officials of the administration accompanied him. Renu Bala said that due to heavy rains, the problem of water-logging has arisen everywhere due to which the roads have become dilapidated and broken condition. At the same time, the crops also submerged. On this occasion, the MLA ordered the officials to speed up the relief works of water logging. She asked the concerned officials to inspect the houses which have been damaged and after taking stock of the crops of the farmers make a special Girdawari and send the report to the government to make up for the loss.

Gian Chand Gupta inspects washed away herbal park along the Ghaggar river



SD SHARMA
PANCHKULA: The Haryana Vidhan Sabha Speaker and Panchkula MLA, Sh. Gian Chand Gupta today inspected the herbal park adjacent to Ghaggar river to assess the damage caused to the herbal park due to heavy rains. Deputy Commissioner Dr. Priyanka Soni, DCP Sumer Pratap Singh, Municipal Corporation Commissioner Sachin Gupta, and other district administration officials were present during the inspection. The officials informed Mr. Gupta that approximately 60-65 percent of the park has been washed away due to the high water flow in the river. During the visit, Sh. Gupta expressed that the herbal park was considered a source of pride for Panchkula and the neighboring sectors across the river. He highlighted that the recent natural calamity in the district has resulted in the destruction of several bridges and significant damage to the basic infrastructure. Although the damage assessment report is yet to be received, it is estimated that there could be losses amounting to crores of rupees.

Bad condition of the city due to mutual dishonesty of MC Phillaur

AMRITPAL SINGH

PHILLAUR: Sewerage near Bhagwan Valmiki Chowk on Kilhan Road in Phillaur has been blocked for the last 3-4 days. The dirty water of the city comes out of the main holes and stands on the roads, due to which there is a bad smell. The shops in front of which this dirty water is standing are very sad, Sewerage Board and Municipal Council Phillaur are not paying any attention here. The shopkeepers said that they have complained to the Municipal Council many times and have asked the Sewerage Board, but no solution has been taken. The dirty water is stinking, people have become difficult to cross, the shopkeepers said that because of the dirty water, the customers do not come but they turn away after seeing the water from outside. The shopkeepers said that if the sewage is not fixed within 2-3 days, then a demonstration will be held in front of the Sewerage Board office and Municipal Council office. When I talked to Mahendra Ram Chumber, president of Municipal Council Phillaur in this regard, he said that the machine has been installed for 2-3 days, the sewage will be opened soon.



Over 200 affected people rescued so far in Jalandhar: DC



PULKIT YADAV
JALANDHAR, JULY 11

Deputy Commissioner Vishesh Sarangal said that the district administration has so far rescued around 200 people safely during rescue operations and all these people have been shifted to relief camps.

Taking stock of the situation during his visits in the field, the DC said that Chief Minister Bhagwant Mann led state government was committed to ensuring safety of people from flood-like situation. He further mentioned that all the rescued people have been shifted to relief centers where all the necessary facilities were being provided to them. The deputy

commissioner further stated that the situation is completely under control in the district and officers were camping in flood-prone areas to keep a close tab over the entire operation.

The DC said that a large number of sand bags have been prepared in Nakodar, Phillaur, Shahkot and Lohian blocks so that they can be used to plug breaches and curtailing erosion. He also said that the medical teams have been deployed in the field which were serving the medical facilities in the affected areas adding that teams of NDRF, Army and SDRF were also deployed to carry out rescue operations in a coordinated manner.

GLAMOUR



ZEENAT AMAN MOTIVATES FANS TO FLAUNT THEIR GREY HAIR

Veteran actor Zeenat Aman made her place in the industry in the era of the 70s and 80s with her style statement and bold looks. Even today, she keeps inspiring her fans with her thoughts and the way she carries herself at this age. Zeenat took to her Instagram handle to share a picture of her and said that this is her 50th post on Instagram, which is dedicated to those who are not hesitant or shy away from flaunting their grey hair.

She wrote, "Grey weather, grey hair... and a splash of colour to offset it all! I didn't intend for my grey hair to be a statement, but a statement it has become. In fact, yesterday I read a tweet by someone who said they know at least three people who have been inspired to stop colouring their hair since I made my Instagram debut! I thought this was a wonderful compliment. If embracing my natural hair is encouraging others to do the same, then I'm all the happier for it."

"So, with my 50th post on Instagram I want to celebrate all of you who are flaunting your beautiful silver hair! Please post a story of yourself (or your silver-haired loved one) and tag me in it. I'd love to share your pictures to my own stories. After all, life isn't black and white, it's grey!" she added.

Archana Puran Singh reacted and commented, "Lovvvvvve what you write Zee"

One of her fans mentioned, "Multiple generations of women are now inspired by a real role model instead of someone ephemeral. What a refreshing breath of air you've been ma'am. You remind me of my ma- she stopped colouring her hair 10 years ago and inspired everyone with her grey styling."

Another fan wrote, "Yes absolutely. Grey is beautiful. On my 40th when i had enough grey hair for friends to advise me to color my hair, I decided I am never going to color my hair and embrace all the sign of 'ageing'- greys, lines, receding hair lines with confidence. And I think I look fabulous!"

On the work front, the actress has given several hits such as 'Satyam Shivam Sundaram', 'Hare Rama Hare Krishna', 'Qurbani', 'Dhund', 'Don', 'Manoranjan' and 'Yaadon Ki Baarat', was known for doing unconventional roles in her era when many actresses are reluctant to take up those characters.



RajKummar Rao supports UP Police's campaign against online shopping frauds

In line with the Yogi government's efforts to control cyber fraud and crime to safeguard the hard-earned money of the people of the state, the Uttar Pradesh Police have launched a social media campaign, which has got actor RajKummar Rao's support.

The campaign, which aims at raising people's awareness of online shopping fraud as well as to alert them against it, has got the overwhelming support of the public. The UP Police tweeted from its Twitter handle @UPPolice on July 9 as part of the campaign, on which RajKummar praised the cyber-crime awareness campaign of the UP Police, appealing to people to be on alert against online shopping frauds. This tweet from UP Police has been viewed by more than 20,000 people so far, retweeted by about 400 and liked by more than 500 people. It may be known that in the conference of the Director General of Police/Inspector General of Police, a proposal was made to make common people aware of cybercrime and helpline in regional languages. In this sequence, Uttar Pradesh Police has roped in the 'Street' actor to make the campaign more effective in conveying the message of cyber security to the people. In future, the UP Police plans to engage more actors and sportspersons in its cybercrime awareness campaign.



"I'M ON ROAD TO RECOVERY": MADONNA SHARES HEALTH UPDATE

American singer and songwriter Madonna, on Monday shared her health update with her fans after she developed a serious bacterial infection which led to a several-day stay in the ICU.

Taking to Instagram, Madonna shared a post which reads, "Thank you for your positive energy. Prayers and words of healing and encouragement. I have felt your love. I'm on the road to recovery and incredibly grateful for all the blessings in my life. My first thought when I woke up in the hospital was my children. My second thought was that I did not want to disappoint anyone who bought tickets for my tour. I also didn't want to let down the people who worked tirelessly with me over the last few months to create my show. I hate to disappoint anyone. My focus now is my health and getting stronger and I assure you, I'll be back with you as soon as I can! The current plan is to reschedule the North American leg of the tour and to begin in October in Europe. I couldn't be more grateful for your care and support. Love, M."

Madonna postponed her tour after developing a serious bacterial infection on Saturday which led to a several-day stay in the ICU, her manager informed.

"At this time we will need to pause all commitments, which includes the tour. We will share more details with you soon as we have them, including a new start date for the tour and for rescheduled shows," he said.

Soon after she shared the note, her fans flooded the comment section with red heart emoticons and get well soon messages. "We love you so much you have never disappointed us," a user wrote. Another user wrote, "Get better soon, can't wait to see you shine on stage. The world needs your bright light." A user wrote, "Blessings Goddess! Sending you Love + Light! This is wonderful news!" As per CNN, Madonna's tour, titled the Celebration Tour, was scheduled to kick off from July 15 in Vancouver, Canada, followed by two dates in Seattle starting on July 18.

Preity Zinta shares pictures of her kids after their mundan ceremony



Actor Preity Zinta took to Instagram to share pictures of her kids Jai Zinta Goodenough and Gia Zinta Goodenough after their mundan ceremony.

She wrote in the caption about the ceremony and its importance as per Hindu tradition.

"So the 'Mundan ceremony' finally happened this weekend. For Hindus the first shaving off the hair for babies is considered to be a gesture of purification from the memory of their previous births and freedom from the past. Here are Jai & Gia post their mundan ceremony. #tradition #mundanceremony #ting", she wrote in the caption.

After her post, many of her fans and industry friends congratulated her. Actor Bobby Deol also dropped heart emoji. Preity often shares adorable family pictures. Previously, taking a break from the IPL matches, Preity shared a video of her baby Jai from her vacations with her husband and kids. "My kind of heaven. The last couple of days have been amazing. Mountains, family, clean air & a digital detox. No better sound than hearing mama ... mama for the first time from the kiddos.