

NEWS BRIEFS

Manipur govt to provide Rs 10,000 to every flood-affected family

IMPHAL: The Manipur government has decided to provide Rs 10,000 to every flood-affected family as "immediate relief", an official said on Friday. The decision in this regard was taken during a cabinet meeting chaired by Chief Minister N Biren Singh on Thursday evening, he said. The meeting also "deliberated on several issues of the state and resolved to constitute a cabinet sub-committee for rehabilitation and resettlement of internally displaced persons (IDPs)", who have been affected by the ethnic violence.

CM Nayab Singh honours Padma Shri Awardees

CHANDIGARH: Haryana Chief Minister, Sh. Nayab Singh today felicitated Padma Shri awardees Dr. Hariom, Prof. Ramchandra Sihag, Sh. Gurvinder Singh and Sh. Mahabir Singh Guddu at his residence Sant Kabir Kutir in Chandigarh. During this the Chief Minister also honoured them with shawls. He said that it is a matter of great pride for the state of Haryana that the talent of these awardees who have achieved remarkable accomplishments in various fields have been recognized.

G7 Summit: PM Modi, Macron agree to deepen defence ties

AGENCY
APULIA, JUNE 14

Prime Minister Narendra Modi and French President Emmanuel Macron agreed to bolster strategic defence cooperation, with a heightened emphasis on promoting India's 'Make in India' initiative. PM Modi and French President Macron held a bilateral meeting on Friday on the sidelines of the G7 Summit in Apulia, Italy.

France is India's closest strategic partner in Europe and the two sides have built up close cooperation, especially in security and defence. India is presently in negotiations with France to acquire 26 Rafale jets for the Indian Navy and earlier purchased 36 jets for the Indian Air Force under a 2016 deal worth Euro 7.87 billion. Notably, India is participating in the Group of Seven (G7) Summit as an outreach country.

The summit is taking place at the luxurious Borgo Egnazia resort in Italy's Apulia region from June 13-15. PM Modi



is attending the summit at the invitation of Italian PM Giorgia Meloni. PM Modi touched down at Brindisi Airport in Apulia late Thursday night (local time), he was received by India's Ambassador to Italy, Vani Rao, and other officials.

After landing in Italy's Apulia to participate in the Group of Seven (G7) Summit, PM Modi said that he is looking forward to engaging in productive discussions with world leaders.

Holds bilateral meeting with UK PM Sunak

APULIA : Prime Minister Narendra Modi held a bilateral meeting with PM Rishi Sunak of the United Kingdom on the sidelines of the G7 Summit here on Friday.

The two world leaders were seen sharing a hug as they met. PM Modi also held a bilateral meeting with President Emmanuel Macron of France.

Apart from exchanging views on key global and regional issues, PM Modi and President Macron held discussions on a series of issues including strengthening partnership between the two nations.

PM Modi is in Italy's Apulia to participate in the Group of Seven (G7) Summit. After landing here, PM Modi said he was looking forward to engaging in productive discussions with world leaders. He also said that they aim to address global challenges and foster international cooperation for a brighter future.

Plane carrying bodies of Indians killed in Kuwait building fire lands in Kochi

AGENCY
KOCHI, JUNE 14

A special Indian Air Force aircraft carrying mortal remains of Indian victims in the fire incident in Kuwait arrived at the Cochin International Airport here on Friday.

Union Minister of State Singh VK Singh who rushed to Kuwait on Thursday is on-board the flight carrying the bodies.

Union Minister Suresh Gopi and Kerala Chief Minister Pinarayi Vijayan were among those who were present at the airport.

Kerala Ministers Veena George, P Rajeev, K Rajan and Roshi Augustin were also present at the airport to receive the mortal remains.

Leader of Opposition VD Satheesan, Union Minister Suresh Gopi, Congress MP



Hibi Eden, BJP state president K Surendran and former Union Minister V Muraleedharan among others had also arrived ahead of the flight's landing.

Speaking to ANI, Kerala Minister P Rajeev said that special ambulances have been arranged for each deceased and a police pilot has

also been provided.

"Out of 45 deceased, the bodies of the residents of Kerala, Tamil Nadu and Karnataka will be brought here," the Minister said.

The mortal remains of 31 victims brought to Kerala, included 23 from Kerala, seven from Tamil Nadu and one from Karnataka.

NEET-UG 2024: SC issues notice to Centre, NTA on plea for CBI probe

AGENCY
NEW DELHI, JUNE 14

The Supreme Court has issued notice to the National Testing Agency (NTA) and Centre on a batch of petitions raising concerns about paper leaks and seeking a CBI investigation into the alleged instances of paper leaks in the conduct of the NEET-UG 2024 exam on May 5 this year.

A vacation bench of Justices Vikram Nath and Sandeep Mehta sought a response from the NTA within two weeks and tagged the cases

with earlier petitions raising similar issues, which were listed on July 8.

The apex court also issued notice on a transfer petition filed by the NTA seeking to transfer to the top court a petition filed in a High Court alleging paper leaks and irregularities in the conduct of NEET-UG, 2024. It tagged the NTA's transfer petition along with other petitions pending before it.

Yesterday, the NTA told the Supreme Court that the scorecards of 1563 NEET-UG 2024 candidates who got

"grace marks" will be cancelled and the students will have a chance to reappear for the exam.

The NTA had said that a committee has been constituted to review the results of over 1,563 candidates who were awarded "grace marks" to compensate for the loss of time suffered while appearing for NEET-UG. "The exam will be conducted on June 23 and the results will be declared before June 30," it added. The apex court had already refused to stay the counselling of NEET-UG, 2024.



स्व. बीमती शिखा वती जैन
स्वासा जी



स्व. बी रूप लाल जैन
पिता जी



स्व. बीमती रशि बंसा जैन
परमपत्नी



सरल व्यक्तित्व - कुशल नेतृत्व

श्री सत्य पाल जैन

पूर्व सांसद, वरिष्ठ भाजपा नेता
एवं एे एस जी भारत सरकार

को जन्म दिवस के
शुभ अवसर पर

हार्दिक बधाई एवं शुभकामनाएँ

देवेश मोदगिल सचिव

धीरज जैन वित्त सचिव

बाला निवास, कोठी नं. 2224, सेक्टर 15-सी, चंडीगढ़

Manohar Lal receives grand welcome at various places on his arrival in Karnal

SHIV KUMAR SHARMA
KARNAL, JUNE 14

Union Energy, Housing and Urban Development Minister Manohar Lal said that now the government would provide houses to every needy and poor person in the country. This government would work in a spirit of service and would remove every problem of the people. Prime Minister Narendra Modi was always serious about this and the Prime Minister always prepared schemes keeping in mind the interests of the poor, the needy and the farmers and worked to implement these. The Union Minister Manohar Lal was speaking at programs organized in village Kohand, Namaste Chowk and Karna Kamal on Friday.

Earlier, when the Union Minister reached Kohand village of Gharaunda, MLA Harvindra Kalyan, BJP District President Yogendra Rana and thousands of workers and cit-



izens welcomed him with beating the drums. After this he reached Namaste Chowk in Karnal. On reaching here, Indri MLA Ramkumar Kashyap, former MP Sanjay Bhatia, former MLA District Ram Sharma, former MLA Bhagwandas Kabirpanthi, Mayor Renubala Gupta, Brij Gupta, Jagmohan Anand, Sanjay Bathla, District General Secretary Sunil Goyal, BJP leader Bhagwandas Aggi,

Praveen Lather, Rajbir Sharma, Prof. Virendra Chauhan, Vijay Vedpal, Rajesh Aggi, District Media In charge Dr. Ashok party officials and workers warmly welcomed by showering flowers.

Expressing gratitude to the citizens of Karnal Lok Sabha constituency, Union Minister Manohar Lal said that Prime Minister Narendra Modi, respecting the sentiments of the people of Kar-

nal Lok Sabha constituency, has given him a place in the cabinet. He would fulfill this responsibility with complete honesty and integrity and would work as a servant of the people. Now of course his role was different, but he would continue to work with the same spirit of service. Expressing his gratitude to Prime Minister Narendra Modi, he said that the honor and respect given to the citizens of Karnal would be maintained and all the workers would maintain their enthusiasm so that for the third time BJP government would form in the state. Not only this, Prime Minister Narendra Modi has added a new chapter to the history of the state by giving place to three out of five MPs from Haryana state in the Union Cabinet.

The Union Minister said that Prime Minister Narendra Modi has always taken decisions in the interest of the poor, the needy.

NIFAA, Brahma Kumaris hold programme on World Blood Donor Day



SHIV KUMAR SHARMA
KARNAL, JUNE 14

Today on the occasion of World Blood Donor Day, a special event was organized by the social organization National Integrated Forum of Artists and Activists (NIFAA) in collaboration with Brahma Kumari Sector Seven and Haryana Roadways Driving School at Brahma Kumari Institute near Sai Mandir. Karnal Civil Surgeon Krishna Kumar and Additional Commissioner of Municipal Corporation Dheeraj Kumar attended the World Blood Donor Day celebrations and the blood donation camp organized on this occasion as chief guests, while Brahma Kumari Institute Sector Seven Incharge BK Prem Didi presided over the programme. Additional Civil Surgeon Dr. Aman Kamboj, Amar Ujala Co-Editor Mohit Dhupar, Haryana Roadways Driving School Foreman Davinder Kumar, Administrative Officer Vinod Kumar, Government Blood Bank Incharge Dr. Sanjay Verma, CGC Co-President Anju Sharma and many other dignitaries were specially present.

Speaking at the programme, Civil Surgeon Krishna Kumar said that all the misconceptions related to blood donation are baseless and said that blood donation does not cause any weakness. Additional Municipal Commissioner Dheeraj Kumar highlighted the importance of blood donation and said that blood donation is most important to save human life. BK Prem who was presiding over the programme, said that blood donors are special souls sent by God who come forward to save

the lives of others. NIFAA founder president Preetpal Singh Pannu said that in the year 2004, for the first time, the World Health Organisation started this day to honor blood donors in collaboration with International Red Cross Federation, Red Crescent Society and International Federation of Blood Donors. To celebrate World Blood Donor Day, the birthday of Nobel Prize winner Dr. Karl Landsteiner, who discovered blood groups, was chosen..

Vikas Sukhija honoured with Guardian of Life Award for donating blood 123 times

KARNAL: On World Blood Donor Day, National Secretary of Working Journalist of India and Executive President of Haryana and senior journalist Vikas Sukhija has been honoured with the Guardian of Life Award for donating blood 123 times. Earlier also Sukhija had been honoured by Haryana Deputy CM Dushyant Singh Chautala. The organisers of this programme today praised journalist Vikas Sukhija and said that Vikas Sukhija is always ready to serve the society along with journalism. Apart from this, Sukhija has set new dimensions in the field of journalism and is always ready for the welfare of journalists. Apart from this, in today's conference, Dr. Sanjay Verma, Rama Madan, Lakshya Janhit Society, Kapil Kishore, Vineet Kheda, Dr. Ashok Verma, Dinesh Bakshi, Satish Panchal, Dinesh Gaukama, Arun Mehta, Sandeep Sachdeva, Pankaj Gaba, MC Dhiman, Ashok Kumar, Rajpal were honored with this special award for continuously donating blood.

Trade expo helps in exchange of new technology: Sudha

SHIV KUMAR SHARMA
TARAORI, JUNE 14

State Local Bodies Minister Subhash Sudha has said that people got information about new technology from trade fairs. Such fairs facilitated exchange of technology and new ideas. He was speaking on Friday after the inauguration of the three-day Food India Expo which started today in the grain market of Taraori, a city famous for its historic rice production and export, by Vyapar Express.

He said that a local complex would be built for the exhibition in Haryana. He will talk to the central government about this. Industrialist Pankaj Goyal was also with him. He inaugurated the expo by lighting the lamp. T-lak Raj Arora welcomed the guests. He said that modern machinery for rice production has been displayed at the Food India Expo at the international level. This exhibition will continue till June 16. Shivam Aro-



ra, industrialist Gurbaksh Manchanda said that rice, fortified rice, wheat, grain milling, cleaning, sorting, paddy, dryer, storage, material handling, plant and machinery have been displayed in this exhibition.

More than a hundred companies are participating on this occasion. Former MLA Bhagwan Das Kabir Panthi, Mayor Renu Wala Gupta, industrialist Naresh Bansal, Nathi Ram Gupta, Sheesh Pal Pankaj Goyal, Vinod Goyal Su-

shil Jain, Subhash Goyal, Jewel Singla Aman Gupta, Pradeep Garg, Jagmal Gupta attended the exhibition. The chief guest visited the stalls in the exhibition. He visited the stall of Modern Agro. Director Gurbaksh Manchanda gave information about his products. He told that he made spices, oil and other food items along with rice. He told that special attention was paid to purity in his products. On this occasion, he also visited the stall of Jagmal Guptasa.

SHIV KUMAR SHARMA
KARNAL, JUNE 14

Union Urban Development and Energy Minister and Karnal MP Manohar Lal was welcomed by representatives of the Sikh community including Haryana Sikh Gurdwara Management Committee President Bhupinder Singh Assandh and Dera Car Seva Gurdwara Management Committee General Secretary Inderpal Singh. During the Union Minister's stay in Karnal, they reached his residence in Karnal to welcome him. On this occasion, Manohar Lal said that he will live up to the expectations of all the voters of Karnal. He said that the priority of the government is to provide housing to as many needy people as possible. He said that he will take everyone along.

On this occasion, Union Minister Manohar Lal was felicitated by Amar Jeet



Singh Chabra from Kaithal, Haryana Sikh Gurdwara Management Committee President Bhupinder Singh Assandh, Dera Car Seva Gurdwara Management Committee General Secretary Inderpal Singh and former HSGPC General Secretary Gurvinder Singh. He was congratulated on be-

coming a Union Minister. He offered them sweets. On this occasion, the Union Minister said that he will take suggestions from the people for the development of Karnal. Manohar Lal said that his doors will always remain open for the people of Karnal.

Indian Stainless Steel Development Association launches first edition of India's Stainless Steel Bridge Design Manual

SHIV KUMAR SHARMA

HISAR: Citing the transformative power of stainless steel in urban infrastructure, the Indian Stainless Steel Development Association (ISSDA) today launched first edition of India's Stainless Steel Bridge Design manual, recommending the metal as the standard material for bridge construction. The Stainless Steel Bridge Design Manual, authored by former Director, STUP Consultants Pvt Ltd, Dr Nirmalya Bandopadhyay, was released on the occasion of the Indian Roads Congress' (IRC) 228th mid-term council meeting here in Siliguri, West Bengal. The design manual will come handy to engineers and academicians across India, advancing engineering and technological capabilities. The manual highlights and serves as a compendium of knowledge, meticulously curated to cover everything from the fundamental properties of stainless steel to the most advanced design principles. It also emphasizes the overall life cycle cost of a bridge and how using stainless steel to construct a bridge often proves to be more economical, especially in corrosive environments where traditional materials including coatings does not perform well in such environments. Additionally, the application of stainless steel helps in progressing towards carbon neutrality due to its inherent sustainable properties. Commenting on the occasion, Executive Director, Indian Stainless Steel Development Association (ISSDA), Mr Rohit Kumar, said, "We are delighted to present this one-of-a-kind Stainless Steel Bridge Design Manual.



RAHUL KOHLI
JAGADHRI, JUNE 14

BJP District President Rajesh Sapra informed that today a meeting of BJP District Officer, Mandal President and Mandal General Secretary, District President of Fronts was organised in BJP District Office Jagadhri Yamuna Kamal, in which Women and Child Development Transport Minister in Haryana Government Aseem Goyal participated as the chief guest, MLA Ghanshyam Das Arora, Chairman Rameshchand Thaska, former Madan Chauhan were with him, Transport Minister Aseem Goyal while talking to BJP workers said that after becoming a minister and after the removal of the code of conduct, this is his first programme in district Yamunanagar, in which he reached the District Office Yamuna



Kamal to meet BJP workers. Aseem Goyal said that he will constantly be in touch with BJP workers and the work told by them will be done on priority basis. While discussing with BJP workers said that if BJP workers face any problem

anywhere, then they can contact him through the Grievances Committee and through the BJP District Office, immediate action will be taken on it, BJP workers He discussed many problems with Goyal, which were noted by the Transport

Kunjpura village faces acute water shortage

MAINPAL KASHYAP
INDRI, JUNE 14

It has been almost a month since the work of laying sewerage lines was started in this most populated village of Indri block. But due to this work, people are facing acute shortage of drinking water. The villagers are alleging that the JCB machine should not have been used in this work because JCB is being used for hurry but there is a lot of delay because due to the use of JCB, the water pipes of the people in the street are getting broken and the water supply in their houses is getting stopped. Apart from small streets, digging is being done by JCB in more places. Pradeep, Surendra said that the streets of the entire village were dug up whereas they should have been dug one by one and after laying the sewerage pipes, bricks should have been laid in the street simulta-

neously so that the entire village would not have been in such a bad condition. Suresh Jaswinder said that people should have called their plumbers to get the pipes fixed.

This is happening because they are not doing any work properly. For some, it happens while for others, they make wrong connections and hence, they get dirty water. The water is so bad that it is not fit to be used for any household work and is not fit for drinking at all. People are saying that if this continues, then in a few days people will fall sick by drinking dirty water. The village woman Seva said that the water pipe in our street was broken and after repairing it, dirty water is coming. We are bringing drinking water from the neighborhood. What should we do? All the people of the village are troubled by this problem. They also say that the village sarpanch has never come



to any street to see what problem people are facing. People are getting their own tools and plumbers to get the work done. Sometimes a small pipe is broken and sometimes the main pipe is broken. Due to broken pipes at various places, when

the water flows, the pits get filled and when the pipe has to be repaired, first the water will be drained out and then it will be repaired. This problem of dirty water is not of today, it happens many times due to broken pipes. Due to dirty water coming in the drinking pipes, the villagers have to survive by taking drinking water from here and there. People's complaint to Indri MLA Ramkumar Kashyap regarding water was discussed and he assured that the officials have been told that there should not be any shortage of water in the village and the pipe leakage should be repaired immediately so that the villagers do not face any problem. When the SDO of Public Health Harpreet was contacted several times in this regard, he did not pick up the phone. When Sarpanch representative Mahinder Singh was talked to, he did not say anything satisfactory.

Annual festival at Shri Khatu Shyam Mandir

SHIV KUMAR SHARMA
KARNAL, JUNE 14

Annual festival is being celebrated by Shri Khatu Shyam Mandir. On June 18, on the occasion of the foundation day of the temple and Nirjala Ekadashi, a huge Sankirtan of Shyam Baba will be organised by Shri Khatu Shyam Mandir. On Friday, Bhoomi Pujan was done with rituals in the plot adjoining the temple for the Sankirtan of Shyam Baba. In which all the members of the temple committee were present. On this occasion, Desraj Gupta, the chief servant of Shri Khatu Shyam Mandir, while giving information, said that the annual festival is being celebrated on the foundation day of Baba Shri Khatu Shyam Mandir and Nirjala Ekadashi. On



this occasion, a huge Sankirtan of Shyam Baba is being organized. All preparations have been completed for this program.

Bhoomi Pujan has been done for the Sankirtan. On June 17, a grand Nishan Yatra will be taken out in the city with great

pomp and show. A large number of devotees will participate in this Nishan Yatra and seek the blessings of Shyam Baba. On June 18, there will be a huge Sankirtan of Shyam Baba. In which famous singers Narendra Kaushik, Himanshu Sharma, Saurabh Rasik, Himanshu Singla and Vinni Bhailya will sing praises of Shyam Baba from 6 pm to God's will. A feast will be organised at 7 pm. On this occasion, temple chief servant Desraj Gupta, Anil Kumar Garg, Ramkaran Goyal, Mahendra Gupta, Vinod Goyal, Akash Gupta and Vikas Gupta were present.

Day of Sangrand in month of Haar celebrated



BALWINDER AZAD BARNALA DEHATI: The Sangranad day of the month of Haar was celebrated with the support of the Sangat at Gurdwara Sahib Patsahi Dasvi Andarla Bhadour, which was touched by the feet of Sri Guru Gobind Singh Sahib Ji. On this occasion, after the offering of Sri Akhantha Path Sahib Ji, the religious diwan was decorated by Bhai Amarjit Singh, Bhai Rajinder Singh and Tarsem Singh's ragi team, and entertained the congregation by reciting kirtan. Bhai Ramandeep Singh Diwana's dhadi group preached religious sermons and taught the congregation to connect with the Bani. At the end, a huge collection of langar was served to all the devotees. Bhai Jagdev Singh Sandhu Manager, Jaswinder Singh Kala President, Sandeep Singh, Sukhpal Singh, Manpreet Singh, Harpreet Singh Granthi etc. were present on this occasion.

Blackmailer fires rounds outside NRI's bungalow, FIR filed



SUKH NAHAR JAGRAON: A shocking incident has come into light from Jagraon where a blackmailer fired rounds outside bungalow of a NRI. According to the information, complainant Navdeep Kaur wife of Daljeet Singh resident of Tihara, Sidhwan Bet has said that they have an arhat shop in Jagraon. "In October 2023, Tarun Kumar uploaded objectionable pictures of my sister on social media and we filed a complaint regarding this with Ludhiana police and the accused Tarun Kumar started demanding ransom after that. The accused demanded money and also threatened to open fire," the complainant mentioned. She further said that on 11 June, she was present at her father Mahinder Singh Grewal's house at Kutcha Malak Road when an unidentified person fired rounds in front of the house at nearly 9 pm. Police has filed FIR against accused Tarun Kumar son of Sunil Kumar and an unidentified person to carry out more investigation.

Two people fined for child labour charges



SHWETA SHARMA SUIJANPUR: Under the guidance of District Legal Services Authority Chairman cum District and Sessions Judge Jitendra Pal Singh Khurmi and CJM cum Secretary Rupinder Singh, a weekly campaign was launched to curb child labor in the context of World Anti-Child Labor Day. Labor Enforcement Officer Navdeep Singh, who presided over the campaign, provided this information. He mentioned that two shopkeepers have been fined for child labor charges under this campaign. He also noted that the campaign will continue until June 21, and any establishments caught employing child labor will be fined and legal action will be taken. Additionally, he appealed to shopkeepers and establishments not to engage in child labor, as it involves hefty fines and punishment, which people were made aware of. Present at the occasion were Child Welfare Committee Chairman Gurbachan Singh, Member Amarjit Singh, District Legal Services Authority PLV Vinod Kumar, PLV Neelam Devi, Child Protection Officer Gaurav Sharma, Deputy Director Factory Sushant Mahajan, and Dr. Abhay Garg, among others.

Plant paddy after June 20, save water

AVTAR SINGH BHANWARA CHANDIGARH: According to an estimate, the average annual rate of decline in groundwater level in Punjab from 1998 to 2018 was 0.53 meters. In some central districts the situation is even more dire. Where the rate of decline in water level is more than 1.0 m per year. However, efforts are necessary to reduce the area under paddy but as a solution to the above concerns timely sowing/planting of paddy can help a lot. The average annual rainfall in different paddy growing climatic zones of Punjab ranges from 350 to 700 mm, while the water requirement of paddy varies from 1200 to 1500 mm depending on the variety and duration of sowing. To reduce dependence, paddy harvesting is an important step

Junior International Karate Championship organized by USA National Karate Federation



DALJEET AJNOHA HOSHIAARPUR: Sensei Jagmohan Vij, an renowned International Karate Referee from India and certified Judge A of World Karate Federation had the honour of officiating in the US Open and Junior International Karate Championship organized by the USA National Karate Federation at Fort Worth, Texas in the USA. According to Sensei Rangela Ram Dhawalwa, Technical Director of Okinawan Goju Ryu Karate Federation of India (OGKFI) and Sensei Ramesh Chandel said that around 3000 Karate players and referees from more than 25 countries participated in this prestigious international competition organized.

300 veterinary officers to be recruited soon: Khudian

SUMER GARG CHANDIGARH, JUNE 14

In order to further strengthen the animal healthcare network in the state, Chief Minister S. Bhagwant Singh Mann led Punjab Government is all set to recruit 300 Veterinary Officers, said S. Gurmeet Singh Khudian, Minister of Animal Husbandry, Dairy Development and Fisheries, Punjab here on Friday.

The Cabinet Minister, while reviewing the ongoing projects of the department here at his office, informed that the recruitment process has already been initiated by the Punjab Public Service Commission (PPSC). Notably, CM Bhagwant Singh Mann led state government has already recruited as many as 326 Veterinary Officers and 536 Veterinary Inspectors in the last two years.

He said that an action plan worth Rs 93 crore has been submitted to the Government of India for procurement of medicines and equipment in Veterinary hospitals. He also directed the department



ment officials to complete the vaccination drive being undertaken against Foot and Mouth Disease (FMD) and Hemorrhagic Septicaemia by June 30, 2024.

While assuring the minister to accomplish the drive in prescribed time frame, Director Animal Husbandry Dr. Ranjiv Bali apprised the cabinet minister that around 78% and 75% livestock has been covered under the drive against FMD and Haemorrhagic Septicaemia, respectively, so far. To encourage

He said that an action plan worth Rs 93 crore has been submitted to the Government of India for procurement of medicines and equipment in Veterinary hospitals. He also directed the department officials to complete the vaccination drive being undertaken against Foot and Mouth Disease (FMD) and Hemorrhagic Septicaemia by June 30, 2024.

farmers to adopt dairy farming, S. Gurmeet Singh Khudian said that the Dairy Development Department is providing 25 per cent financial assistance to the general category and 33 per cent to scheduled caste category beneficiaries on the purchase of milch animals, on the prescribed rate of Rs. 70,000 per animal.

The department has given around Rs. 2 crore as financial assistance for 1,089 milch animals during 2023-24, he added. He said that the

department has also provided financial assistance for 7200 milch animals to livestock farmers within the past five weeks under National Livestock Scheme, under which financial assistance is being provided to small/medium milk producers for insurance of one to five milch animals.

50 percent financial assistance is being given to the general category, while 70 percent financial assistance for the SC farmers, mentioned the Animal Husbandry Minister.

World Blood Donor Day celebrated in Gurdaspur

GURDASPUR (VERMA): World Blood Donor Day, celebrated annually on 14 June, is a worldwide celebration to honour and thank those people who donate their blood, voluntarily and unpaid, to give others the gift of life. The theme of World Blood Donor Day is "20 years of celebrating giving: thank you, blood donors!" This theme highlights the crucial role that every individual can play in saving lives by donating blood. On this day the team of Red Cross Drug De Addiction Centre for Addicts, Gurdaspur has celebrated the World Blood Donor Day by donating voluntarily 10 units of blood at Blood Bank functioning at Civil Hospital, Gurdaspur. Beside this we are organising blood donation camps at least twice in a year in collaboration with either Ahmediya Community, BSF and other social organisations at the premises of the Centre.



Malvinder Kang condemns statement of Sher Singh Ghubaya, saying his comments threats, against our democratic values

GAURAV GOEL CHANDIGARH, JUNE 14

The Aam Aadmi Party (AAP) Punjab strongly condemned the statement of Congress MP from Ferozepur Sher Singh Ghubaya, saying his comments are threats to the people and against our democratic values.

In a meeting Ghubaya had said that he knows who has voted for Congress and who has not. He said that he will prioritise those who voted for him and his known workers. Condemning this statement of Congress MP, Aam Aadmi Party's Anandpur Sahib MP and party's chief spokesperson in Punjab Malvinder Singh Kang said that this statement of Ghubaya is a direct threat to the public.

His statement is completely indecent and undemocratic. He should respect the voters. Kang said that the Constitution of our country gives its citizens the right to choose the candidate of their choice. He said that Sher Singh Ghubaya will soon take the oath of the Constitution in Parliament but it is clear from his statements that he does



not respect the Constitution. He has no faith in the basic principles of the Constitution. He said that Congress has won seven seats in Punjab and their arrogance is already at its peak.

Kang demanded an explanation from the Congress party on Ghubaya's statement and said that the Punjab Congress chief should apologize. AAP spokesperson Neel

Garg said that it seems like the Congress MP is not happy with the democratic process, perhaps that is why he is openly threatening the voters, while he is an MP, he should not be discriminating. The public may have voted for anyone but now he is the MP of all the people of his Lok Sabha constituency. Ghubaya should respect the democratic electoral process.

Pregnant, lactating mothers to receive financial benefits worth Rs.60 crore: Dr Baljit Kaur

RAJIV JAIN CHANDIGARH, JUNE 14

The Punjab government, under the leadership of Chief Minister Bhagwant Singh Mann, is set to provide financial benefits totaling Rs.60 crore to pregnant and lactating mothers for their nutrition and health during the ongoing fiscal year. The initiative, aimed at improving social security and the well-being of women and children was announced today by the Minister of Social Security, Women and Child Development Dr. Baljit Kaur.

Providing further details, the Cabinet Minister stated that the government is committed to actively supporting the nutrition and health of pregnant and lactating mothers. She highlighted that during the last fiscal year, financial assistance amounting to



Rs.42 crore was disbursed to 96044 eligible women. Additionally, approximately Rs. 25.55 crore in financial assistance has been provided to 42592 women upon the birth of a second girl child.

Dr. Baljit Kaur emphasized that women aged 19 and above will receive financial support of Rs.5000 upon the birth of their first child (Rs.3000+ Rs.2000) and Rs.6000 upon the birth of a second girl child. These funds will be pro-

vided subject to fulfillment of specific conditions under the Prime Minister Matru Vandana Yojana, aimed at enhancing the health of mothers before and after childbirth. This initiative aims to address the declining sex ratio at birth and eradicate the practice of gender selection before birth.

Furthermore, the Minister highlighted that application for financial assistance are being filled out by Anganwadi workers at all Anganwadi centers across the state. She noted that the disbursement of financial aid is directly credited to the bank accounts/post office accounts of eligible beneficiaries linked with Aadhaar. Dr. Kaur urged department officials to ensure the maximum outreach of the scheme and to provide increased benefits to eligible beneficiaries.

Govt urged to revert grants of last financial year to schools

NARESH GOYAL MANSAA, JUNE 13

Though the government always makes tall claims of uplifting standard of education of government schools and claims to allocate much needed funds to them, however, it has recently taken a decision that would adversely affect the progress and routine functioning of the schools.

According to sources, the government has taken back the grants sanctioned to state's government schools during financial year 23-24. In the mid of March this year, the government reverted the grants already sent to government schools. However, all this was done without taking the school heads into confidence. Since this was done before the completion of financial year 2023-24 it has left the school heads in the lurch because they are not in a position to make pay-

ments for the expenditure incurred over upkeep and maintenance of schools. Disclosing this here today Nitin Sodhi, district president of the B.ed Teachers' Front said that construction works-like repair and erecting new buildings have been in progress in so many schools and the school heads are supposed to make payments for purchased building materials and labour engaged over the work. " the school heads are now in jeopardy because they are not in a position to pay for such expenditures since they are left penniless" Sodhi remarked while stating that in so many schools work of erecting new classrooms or repairing is in progress, but there are no funds to complete these projects. Sodhi elaborated that the government usually takes back the unused grants after 31st March, means after the lapse of financial year.

Now charming scenes can be filmed even in government places

JAGDEEP SINGH GILL JAITU, JUNE 14

Canals, rivers, guest houses and other properties under the water resources department now provide attractive sites and locations for films, which can be availed by film production houses at a reasonable price. Sharing more information in this regard, Deputy Commissioner Faridkot Mr. Vineet Kumar said that according to the instructions issued by the Principal Secretary of the Water Resources Department, shooting can be done at the said places by paying the prescribed fee.

He said that approval for suiting the properties of the water resources department such as canals, rivers, rest houses, dams etc. will be issued by the water resources department. He said that this initiative has been taken with the aim of collecting revenue



in the government treasury. He said that the government places will be given on rent for the convenience of the applicants in a transparent manner by paying a reasonable fee. Giving more information, he said that 20,000 rupees per day for more than 10 crew (for production) for film shooting, songs and other commercial purposes, less than 10 or less than 10 for film shooting, songs and other commercial purposes. 8 thousand rupees per day for equivalent crew, 5 thousand rupees per day for video shooting or other video shooting for pre-wedding and 2500 rupees per day for photo shoot.

CS lays thrust on enhancing revenue generation and managing expenses effectively

GAGAN JAIN CHANDIGARH, JUNE 14

On the directions of Chief Minister S Bhagwant Singh Mann, Punjab Chief Secretary Anurag Verma on Friday chaired a Program Steering Review meeting on the World Bank-funded BFAIR Project to improve the financial health of the state by increasing revenue generation, and managing expenses more effectively.

Chairing the meeting, the Chief Secretary said that the main aim is to enhance the State's financial management and institutional capacity. Emphasising the importance of timely completion and adherence to guidelines, Mr Verma called for intensified collaboration and proactive measures to ensure the project's success. He underscored need for implementing e-governance platforms for better service delivery



and strengthening the capacity of municipal institutions. The Chief Secretary said that the sole aim is to ensure optimum utilisation of the resources for the welfare of the state and prosperity of its people.

He said that the state government is committed for the well being of Punjab for which financial prudence is utmost important. Mr Verma asked the officers to ensure that every single penny of the state government is judiciously utilised for welfare of Punjab. Earlier Concerned department's Administrative Secretaries reported on progress, financial management, capacity building, and challenges faced during implementation. The meeting con-

cluded with a commitment to achieve the project's goals and enhance financial accountability and institutional resilience.

Prominent among others who were present in the meeting included Special Chief Secretary Social Security, Women and Child Department Raji P Shrivastava, Principal Secretary Finance Ajoy Kumar Sinha, Principal Secretary Governance Reforms Krishan Kumar, Secretary Local Government Ajoy Sharma, Secretary Finance Diprava Lakra, Secretary Planning Malvinder Singh Jaggi, Secretary Expenditure Mohammad Tayyab, World Bank's Programme Leader Bhavna Bhatia and Senior Economist Dhruv Sharma.

DC reviews preparations for Satguru Kabir Prakat Diwas Samagam, Shobha Yatra

PARAMJIT SINGH JALANDHAR, JUNE 14

Deputy Commissioner Dr. Himanshu Aggarwal held a meeting with officers of different departments today and reviewed the preparations and arrangements being made by the administration for Satguru Kabir Ji's Prakat Diwas being celebrated on June 22 and the Shobha Yatra to be organized a day before that on June 21.

The Deputy Commissioner assigned responsibilities to senior officers of different departments in this regard and asked them to personally monitor all the arrangements so that all the work can be completed on time and the devotees attending the Samagam do not face any kind of difficulty. He ordered to ensure all the necessary



arrangements including cleanliness, beautification of squares, drinking water, temporary toilets, parking, fire brigade, medical teams, ambulances and medicines at the venue and on the route of the Shobha Yatra.

Dr. Aggarwal told the police officers that along with making proper security arrangements during the Samagam, a route plan should also be prepared so that the people coming and going do not face any inconvenience. While instructing

the PSPCL officers to ensure uninterrupted power supply, the Deputy Commissioner said that if any power wires are hanging anywhere on the route of the Shobha Yatra, they should be removed immediately. The Deputy Commissioner said that the district administration will make proper arrangements related to the Samagam. He also directed to make proper arrangements for proper traffic so that people, especially devotees, do not have to face any kind of problem.

Blood donation camp held by 114 Battalion RAF in Jalandhar



JALANDHAR (J S SODHI): On World Blood Donor Day, the 114 Battalion Rapid Action Force (RAF) in Jalandhar held a blood donation camp where approximately 50 male and female RAF personnel donated blood. The donors were honored with certificates and medals. Commandant Ashwani Kumar Jha highlighted the significance of World Blood Donor Day, celebrated on June 14 to honor biologist and physician Karl Landsteiner.

He emphasized the importance of blood donation, noting that one unit of blood can save up to three lives. He assured that the 114 Battalion RAF will continue participating in public welfare activities to encourage societal engagement in humanitarian efforts. Inspector Kamal Meena, donating blood for the 29th time, shared that he has been a regular donor since the age of 20 due to personal experiences that motivated him to contribute to saving lives. Similarly, Head Constable G.D. Rashmi Kaur, donating blood for the sixth time, expressed pride in her contribution, feeling fortunate that her blood could save lives.

Cyber security lecture organized at Desh Bhagat University



KBHUSHAV SINGLA MANDI GOBINDGARH, JUNE 14

PB NAVAL UNIT organized a guest Lecture on "Cyber Security" during the ATC Camp at Desh Bhagat University, Mandi Gobindgarh. On this occasion, Captain Harjit Singh Deol (Commanding Officer) welcomed Inspector Amit Singh and Sub Inspector Sunaina (State Cyber Crime Mohali) as the resource persons of the event. Inspector Amit Singh said during his lecture that Cyber Security aims to equip students with the knowledge and skills required to defend the computer operating systems, networks and data from cyber-attacks. Sub-Inspector Sunaina added that any industry that transacts online or carries sensitive data is in need of a Cyber Security professional to safeguard its data from such delinquents. Dr Zora Singh Chancellor and Dr Tajinder Kaur Pro-Chancellor of Desh Bhagat University praised the knowledgeable lecture organized on cyber crime during NCC camp.

Dalai Lama congratulates Claudia Sheinbaum on becoming female President



SANJAY AGGARWAL
DHARAMSHALA: Tibetan spiritual leader Dalai Lama has congratulated Claudia Sheinbaum on becoming the first female President. In the letter issued, Dalai Lama wrote, 'I believe that women are more sensitive and empathetic to the feelings of others. I first learned these qualities from my beloved mother. There is also scientific evidence that when it comes to compassion, women are more sensitive to the pain of others. Therefore, I have long been a supporter of women's leadership, and this is a source of great inspiration. I firmly believe that if most of our leaders were women, the world would be a much wiser and peaceful place. In fact, most of the warriors in human history were men, while women consistently show more concern and warmth for the well-being of others. He said, during my visits to Mexico, I have been encouraged by the interest of your people in my efforts to promote basic human values such as cordiality and inter-religious harmony with a firm belief in the unity of humanity. The Dalai Lama concluded his letter by wishing Ms. Sheinbaum success in facing the challenges and opportunities that lie ahead to strengthen happiness in Mexico and the broader world.'

Memorandum submitted against fee hike in Agriculture University

SANJAY AGGARWAL
DHARAMSHALA: A delegation of Akhil Bharatiya Vidyarthi Parishad (ABVP) submitted a memorandum to the Vice Chancellor on Thursday in protest against the fee hike by Agriculture University Palampur. The council has demanded reduction in the increased fees. ABVP members said that the university administration has increased the various fees charged from the students by about 20 to 500 percent. ABVP Agriculture University Unit President Abhay Verma said that despite being the only agriculture university in the state, the students are already burdened with excessive fees. The recent fee hike is being considered a betrayal of the students. It is becoming difficult for poor and middle class students to get agriculture education in this university. Verma said that the government is aiming to double the income of farmers, but the Agriculture University is imposing heavy fees on the children of these farmers in the name of increasing its resources. In particular, the fees of the students of Veterinary College have increased by 20 percent, in which the fee of self-financing seats has been increased by Rs 2 lakh to Rs 12 lakh. Apart from this, the fee for repeating the courses has been increased by 500 percent, which is unfair. The unit has submitted a memorandum to the Vice Chancellor and urged him to withdraw the decision of fee hike.

NH construction company finally clears debris from Tauni Devi

RAJNEESH SHARMA
HAMIRPUR: Before the Tauni Devi fair, the NH construction company has finally cleared the debris from the road. This action followed prominent media coverage highlighting the negligence of the NH construction company in removing the debris. Subsequently, the department and the NH construction company took swift action, and the debris along the roadside in Tauni Devi began to be cleared. Local traders, including Sunil Chauhan, Amarnath Chauhan, Kartar Chand, Sarwan Kumar, Sanjay Chauhan, Anil Kumar, Sansar Chand, Soni, and Ramesh Thakur, expressed their gratitude for the company's cooperation.



For the past two years, traders in Tauni Devi have been struggling with broken shops and dust, and this year they were worried again about the upcoming fair. The Tauni Devi fair is on June 23, but the NH construction work remains incomplete. There are several areas where retaining walls are yet to be installed, and in many places, the construction company had forgotten to remove the debris after excavation. The worst conditions were between Tauni Devi Hospital Chowk and Mata Mandir Chowk. The historic Tauni Devi fair is celebrated with great enthusiasm every year on June 23 and 24. Thousands of devotees visit the temple to offer prayers, and hundreds of vendors set up temporary shops along both sides of the road for trade during the fair.

Mock drill in Amb College: Practice to deal with emergency situations



AVINAND CHAUHAN
AMB: Today, to give priority to safety, a mock drill was organized in Maharana Pratap Government College Amb, in which the main focus was flood situation. In this exercise, students were given practice to face emergency situations. Its main objective was to teach students how to maintain patience in flood or other natural emergency situations and how to plan to escape safely. Through this, their safety and preparation can be improved.

On this occasion, Dr. Rajesh Thakur, Dr. Pawan Patial, Dr. Om Prakash, Vinod Kumar and Professor Anil Verma shared their important experiences and made the children aware. In the end, Principal Darshan Kumar made the students aware about the management of disaster caused by flood and encouraged the children to help the people. In this program, Disaster Management Club in-charge Dr. Rajneesh Kumar and co-in-charge Professor Ashutosh told the students the ways to protect themselves from floods.

Heatwave continues in State, Neri records 45.5 degree



AGENCY
SHIMLA, JUNE 14

The maximum temperature in Himachal Pradesh touched record high as Neri in Hamirpur district recorded 45.5 degrees and Shimla was at 31 degrees Celsius on Friday. This was the second time this summer that both tourist spots struck record high temperatures. Una came close second to Neri at 43.2 degrees Celsius. According to the Meteorological department it is also the longest spell of heatwave in the Himalayan state.

According to the IMD in last 100 years, the maximum temperature in Una went up to 45.2 degrees Celsius on May 23, 2013 and this year on May 29, when Una sizzled at 46 degrees -- an all-time

high for the city.

However no previous record is available for Neri, therefore June 14's 45.5 degrees will go down in history as its highest so far.

The state capital on May 29 touched 31.6 degrees Celsius. It had earlier in 2010, on May 27 recorded 32.4 degrees Celsius.

Shimla has historically

always witnessed showers if maximum temperatures hit above 30 degrees. However, 2024 so far has witnessed Shimla's longest spell of heatwave which has also mainly remained dry. This season Shimla breached 30 degrees Celsius on six days and twice touched above 31.

Maximum temperature was above 40 degrees at

several places on Friday -- Dhaulakuna in Sirmour recorded 43.2, Bilaspur 42.9, Hamirpur 41.9, Kangra 41.2, Berthin 41, Sundernagar 40.8, Chamba and Mandi 40.3 each and Nahan 40 degrees Celsius.

Tourists resort Kufri touched 26 degrees, Narkanda 26.9, Bhuntar airport 28.4 degrees, Jubberhati 34.8, Solan 34.6, Dalhousie 28 and Dharmshala 36.6 degrees.

Maximum temperature was lowest in Keylong of Lahaul Spiti, where it was 20.4 degrees and Kalpa in Kinnaur touched 26 degrees.

Minimum temperature across the state was also two to three degrees above normal. However, cold winds blowing in the night and dawn bring respite to people for a few hours.

Model Code of Conduct applicable in selected areas: CEO

DINESH AGARWAL
SHIMLA: The State Chief Electoral Officer Maneesh Garg today said that the Election Commission of India (ECI) has given clarification regarding the enforcement of the Model Code of Conduct (MCC) for the upcoming bye-elections in Himachal Pradesh. He said that as per directives of ECI, the MCC would be applicable solely in the

constituencies of 10-Dehra, 51-Nalagarh and not in the whole of the Kangra and Solan districts. However, the provisions of the MCC would come into force in the whole district of Hamirpur. The CEO while emphasizing the importance of adherence to these guidelines has urged the strict compliance with the MCC directions and other directives issued by the ECI from time to time.

Government firm to complete Rs. 1923 crore Bulk Drug Park at the earliest: CM

DINESH AGARWAL
SHIMLA, JUNE 14

Chief Minister Thakur Sukhvinder Singh Sukhu presided over a high level meeting here today to review the progress of the establishment of Bulk Drug Park in the Haroli assembly segment of Una district. He said that the State Government would act as a strategic partner in the project and additional funds would be provided apart from the aid of the Government of India to ensure its timely completion.

He said that this project would be spanning in 570 hectares of land with an estimated cost of Rs. 1923 crore. It was also decided in the meeting that the State Government would cover the operational cost of the



project for the first 10 years.

He said that Bulk Drug Park would feature a common effluent treatment plant with 5 MLD capacity, a solid waste management plant, a stormwater drain network, a common solvent storage, recovery and distillation facility, stream generation plant, an advanced laboratory testing centre, an emergency response centre, hazardous operations audit centre and a

centre of excellence. Besides this, infrastructure such as pathways, canteen, fire station and administrative block would be constructed and site development works would also be carried out. He directed the industries department to expedite the tender process and address any bottlenecks to bring this project on the ground and complete all the codal formalities in a time-bound manner.

DIG level officer to probe mysterious disappearance of Head Constable

AGENCY
SHIMLA, JUNE 14

With mounting pressure from the family members, Himachal Pradesh Director General of Police (DGP) has appointed a DIG-rank officer from the state CID to investigate the mysterious disappearance of Head Constable Jasveer Saini.

Saini posted at Kala Amb police station in Sirmour district has been missing since June 11 after he posted a video on social media alleging that his superiors were pressuring him regarding a case. The seriousness of the allegations and the subsequent disappearance of Saini have sparked protests and demands for a thorough investigation.

On Thursday, Saini's family members, supported by local villagers, staged a demonstration outside the Deputy commissioner's office in Nahan, demanding for a high-level probe into the matter.

The DGP appointed a DGP-level officer after the relatives and the villagers protested and at the request of his wife Anita Kumari.

In the video, Saini expressed his distress over the pressure he was facing from a senior officer. His disappearance shortly after making the allegations public has led to widespread speculation and concern about the internal workings of the police force.

The Video was shot on June 9 and uploaded on some social media platforms on

June 10. The state police have emphasized that serious efforts are being made to trace Saini. The DGP's office released a statement assuring that a DIG-rank officer has been assigned to inquire, indicating the gravity with which the police department is treating this case.

The incident has drawn significant political attention as well. Leader of Opposition Jai Ram Thakur said it is alarming for a police officer to go missing under such circumstances. He criticized the police for not addressing Saini's concerns earlier, forcing him to resort to social media. BJP president Rajiv Bindal and state media spokesman blamed the government for the declining law and order situation in the state.

DINESH AGARWAL
SHIMLA, JUNE 14

In a significant move towards strengthening the disaster preparedness, the State Disaster Management Authority (SDMA) in collaboration with the National Disaster Management Authority (NDMA) organized mega mock drills at 85 locations across the state today.

Revenue Minister Jagat Singh Negi was present during the mock drill exercise at the Command Centre established at the HP Secretariat. He gathered detailed information from the ground through video conferencing with all the Deputy Commissioners and directed to take necessary steps to ensuring the safety



of the citizens during the disaster. He asked the concerned departments to ensure electricity, water, medical facility and other necessary services well in time during any emergency like situation.

He stated that the primary objective of these drills was to minimize the time required to establish communication and response during disasters, thereby reducing the risk to life and

property. He emphasized the importance of using satellite phones in disaster-prone areas like Kullu, Manali, Mandi, and Lahaul, as they were beneficial for maintaining communication during any eventuality.

He highlighted the significance of the Common Alerting Protocol (CAP) in disaster management adding that this system plays a crucial role during disasters by enabling the timely

dissemination of mobile alerts and aids in relocating people to safer areas before calamities strike.

The Minister further stressed the importance of organizing such awareness programmes regularly to ensure preparedness and effective disaster management. He said that the government was also planning to establish weather stations at various locations to mitigate disaster risks. He also highlighted the potential of sensor technology in detecting avalanche threats and stressed the need to increase manpower within the SDMA.

The Minister released the disaster awareness material and visited the emergency operation centre on the occasion.

NSS Unit of Govt Arya College Nurpur hosts lecture on healthy diet

SANJEEV MAHAJAN
NURPUR: Today, Surjit Singh, the program officer of the NSS unit at Government Arya College Nurpur, delivered a lecture on the importance of a healthy diet in the adopted village of Road.

The lecture emphasized the critical role of nutrition in maintaining overall health, preventing chronic diseases, and enhancing the quality of life. It highlighted the need for a balanced intake of macronutrients (carbohydrates, proteins, and fats) and micronutrients (vitamins and minerals).

The increasing concern over the consumption of processed foods, which are high in sugar, salt, and unhealthy fats, was addressed. Practical suggestions for incorporating healthy eating habits into daily life were provided, such as meal



planning, portion control, and mindful eating. The importance of adequate water intake was discussed, noting its vital role in digestion, nutrient absorption, and temperature regulation. The lecture recommended drinking at least eight glasses of water daily and limiting sugary beverages.

The significance of personalized nutrition plans to meet individual health needs and preferences was also

highlighted.

The lecture concluded by emphasizing the profound impact of dietary choices on health and well-being. Prof. Surjit urged adopting a holistic approach to nutrition, incorporating regular physical activity, adequate sleep, and stress management. The audience was encouraged to make gradual, sustainable changes to their diet to achieve long-term health benefits.

CS directs DCs to find a suitable place to establish NDRF units in five districts before onset of monsoon

DINESH AGARWAL
SHIMLA, JUNE 14

Chief Secretary Prabodh Saxena while reviewing the preparedness of ensuing monsoon meeting here today, directed Deputy Commissioners to find a suitable place to set up small units of National Disaster Response Force (NDRF) at Shimla, Mandi, Sirmour, Chamba and Kullu for which necessary direction have been issued to the Deputy Commissioners of the concerned districts to find a suitable place to set up the NDRF Units.

He also directed to shift the migrant's labourers residing along with the river banks so that in case of adversity as did happen last



year the precious lives could be saved well in time. He also directed the Civil Supplies Corporation to ensure stocking adequate food grains to meet the demands of the people during any disaster, if it occurs. Apart from this it should also be ensured that the rates of tarpaulin, blankets and other essentials are sold at the nominal rates and to keep check on vendors so that they may not charge higher price for essential products. Directions were issued to coordinate with the Central

Water Commission (CWC) and the dam authorities in the State to keep monitoring the rise in water level during the monsoons and strengthen the early monitoring system. He directed to convene a meeting with the officers and officials of the CWC and the representatives of the power projects viz: Bhakra Beas Management Board (BBMB), National Hydel Power Corporation (NHPC), Himachal Power Corporation Limited (HPCL) and HPSEBL etc at the earliest.

Mock drill on landslide conducted in Naloot village



JOGINDER DEV ARYA

BANGANA: On Friday, the Bangana subdivision administration conducted a mock drill based on a landslide scenario in Naloot village, located along the Lathiani-Badsar road. The mock drill simulated a real-life disaster scene where a truck filled with people was buried under a landslide. Initially, local residents began the relief and rescue operations on their own. Shortly thereafter, police and administration teams arrived at the scene. Home Guard's Quick Response Team (QRT) and Fire Department teams also joined the rescue operations. Considering the severity of the situation, additional assistance was sought from other departments. The administration discovered that there were 18 people on the truck. Eight of them were safe, while ten were trapped under the landslide. Four individuals sustained minor injuries and received first aid on-site, while four others with serious injuries were referred to the primary medical center in Bangana. Tragically, two individuals lost their lives, and their bodies were sent to the Civil Hospital in Una for post-mortem.

Disaster preparedness program held at ABV Govt College, Bangana



JOGINDER DEV ARYA

BANGANA: Today, under the aegis of the National Service Scheme (NSS), Youth Red Cross, and Rover Ranger units of Atal Bihari Vajpayee Government College, Bangana, a one-day state-level mega mock drill program on flood and landslide rescue was organized. The event was conducted by the District Disaster Management Agency, following orders from the Deputy Commissioner of Una, as part of the eighth edition of the Himachal Pradesh State Disaster Management Authority's emergency flood response initiative.

The program was presided over by the college principal, Dr. Ramesh Thakur. Counselor Rishi Bhatti from Bangana Hospital provided valuable insights on disaster preparedness, detailing essential precautions and response measures during disasters. He emphasized the importance of first aid medical procedures and demonstrated Cardiopulmonary Resuscitation (CPR). Bhatti explained that CPR is crucial in situations where a person is unconscious, their heartbeat has stopped, or there is no pulse.

Hard work and dedication will secure Hamirpur assembly seat for BJP: Ashish Sharma

RAJNEESH SHARMA

HAMIRPUR: Upon receiving the BJP ticket for the Hamirpur assembly constituency, outgoing MLA Ashish Sharma expressed his gratitude to the BJP Central Election Committee, central leadership, and state leadership. Ashish Sharma stated that the trust the BJP has placed in him will be fully honored, and through hard work and dedication, he will secure the Hamirpur assembly seat for the BJP. He emphasized that with the blessings and support of all workers and supporters, he will enter the electoral battlefield and ensure a BJP victory. He highlighted that the people of Hamirpur are well aware of his consistent support. From the COVID-19 period to the present, he has always been involved in the joys and sorrows of his constituency's people. He has always considered the people of his assembly constituency as his family and is now fighting this battle for their interests. He expressed confidence that with the blessings of the devout people, the BJP will wave the flag of victory in the by-elections. Ashish Sharma remarked that government representatives are spreading lies and conspiracies to mislead the public. However, he believes that the public knows well the true character of each candidate, and he trusts that the people of Hamirpur will not be swayed by deceit and falsehoods. He also expressed his gratitude to all workers and supporters, urging everyone to be fully prepared for the elections.



Drug peddler arrested by police



SUKH NAHAR JAGRAON: District Ludhiana rural police has made another arrest in its anti-drug campaign being carried out under the guidance of SSP Navneet Singh Bains. Giving more information about this, ASI Sukhwinder Singh I/C PP Bus Stand Jagraon said that on the basis of confidential information, police has arrested accused Sukhvir Singh son of Gurnam Singh resident of Cheema PS Sadar Jagraon. "Police has recovered 100 loose intoxicating capsules and 4 strips of tramadol capsules total 40 capsules and registered case against him," he added. Police has filed FIR No.129 Dt.13.06.2024 under section 22/61/85 of NDPS Act PS city Jagraon and commenced further investigation.

CT Group celebrates Shri Guru Nanak Dev Ji's 555th Birth Year by Planting 555 Trees

JS SODHI JALANDHAR: In celebration of Shri Guru Nanak Dev Ji's 555th birth year, CT Group planted 555 trees at its Shahpur campus using the Miyawaki technique. This method, developed by Japanese botanist Akira Miyawaki, promotes rapid growth and dense forests by planting multiple native species together. This approach accelerates plant growth tenfold

and makes the forest 30 times thicker, becoming maintenance-free after three years. The new plantation is expected to reduce the surrounding temperature by at least 5 degrees Celsius, helping to mitigate high temperatures, global warming, and declining water levels. The Green Punjab Mission Team partnered with CT Group for this initiative. Stakeholders from CT Group have adopted the plants to ensure their growth and maintenance. Distinguished attendees included DC Jalandhar, IAS Himanshu Aggarwal, Deepak Bali, Advisor to Arvind Kejriwal & Media Head of Punjab; President of Sarpanch Union Jalandhar, Kulwinder Baghar, IMA President, Deepak Chawla; President of Aakhri Umeed, Jatinder Pal Singh; Managing Director of CT Group, Dr. Manbir Singh.

Shri Jai Shakti durga temple conducts 24 hours annual Jagran



KULJIT SINGH DHINGRA RAMPURA PHUL: The 27th annual 24-hour Jagran of Jawala Jyoti Ji was organized at the local Sri Jai Sakti Durga Temple under the leadership of President Jugal Kishore with great fanfare. Mata Rani was chanted by all Jagran Mandals, Religious Organizations and Mahila Mandal of the city in the Jagran. Bhajan singer Sineha Soni, who arrived specially, painted the devotees in the color of Maa Durga. Yogesh Kumar and his whole family who came from Delhi organized the Jagran Pooja. Manohar Lal Mittal Vijay Singla, Ram Kumar, Neeraj Kansal, Ashok Kumar Baga, Pawan Kumar Garg, Ashok Kumar, Sukhmandar Singh, Nitin Garg, Shaky Mittal, Shaky Sharma, Happy Garg, etc. were present on this occasion.

Annual three-day fair in memory of Sant Baba Mela at village Ghandabanna from 16



KULJIT SINGH DHINGRA RAMPURA PHUL: The annual three-day fair held in the memory of Sant Baba Bhai Mela Ji at the nearby village of Ghandabanna was celebrated with the support of the town residents at his shrine from June 16 to 18. has been The chief servant of Tap Asthana, Baba Pratt Singh, informed that Sri Akhand Path Sahib will be lit on June 16 dedicated to this annual Joad Mela and Bhog will be offered on June 18. He said that during the annual Joad Mela, Guru history will be narrated to the devotees by Kavisari and Dhadi Jathas on three days. With the support of the Sangat, the Guru will use the Langar Atut. Baba Parhat Singh has appealed to the devotees to attend in large numbers on all the three days.

Youngsters set up stall in Loha Nagari's ward number 3



KHUSHAV SINGLA MANDI GOBINDGARH: To provide relief to passersby from today's heat, acal water stall was set up by the youth of Ward No. 3, Guru Nanak Colony of Loha Nagri Mandi Gobindgarh. Youth Congress Block President Rohit Shama Shanky attended the event and took part in the service.

Kanwardeep Kaur highlights revolutionary legal reforms at PIB media workshop in Chandigarh

GAURAV GOEL CHANDIGARH, JUNE 14

The Press Information Bureau (PIB) Chandigarh, organized a media workshop today at the UT State Guesthouse, Chandigarh.

The event aimed to familiarize journalists from Chandigarh and nearby areas with three new legislations: Bharatiya Nyaya Sanhita (BNS), Bharatiya Nagarik Suraksha Sanhita (BNSS), and Bharatiya Sakshya Adhiniyam (BSA), set to come into force on July 1, 2024. Mrs. Kanwardeep Kaur, IPS, Senior Superintendent of Police (SSP) Chandigarh, served as the chief guest and special speaker at the gathering. She emphasized the importance of these new laws, "With these new laws, the system can now move more efficiently towards ensuring justice."

SSP Kanwardeep Kaur elaborated on the innovative aspects of the new legal framework, particularly the use of digital technology to enhance the justice delivery system. "Under the new laws, time-stamped evidence will be stored and made available to courts in a timely manner. This



will significantly improve conviction rates across the country," she stated.

SSP Kanwardeep Kaur also informed that all Investigating Officers in Chandigarh Police have received training on the three new criminal laws, with regular reviews being conducted to ensure their effective implementation. "We are leaving no stone unturned in making sure these laws are implemented efficiently and effectively," she stated.

Shri Deepak Bajaj, an advocate at the Punjab and Haryana High Court, also spoke on this topic highlighting the efficiency and modernization these laws bring. "The BNS, BNSS, and BSA represent a comprehensive overhaul of our legal system, aimed at re-

media units and the role of the Ministry of Information and Broadcasting. She highlighted the importance of effective communication and the media's role in disseminating information about the new legal frameworks to the public.

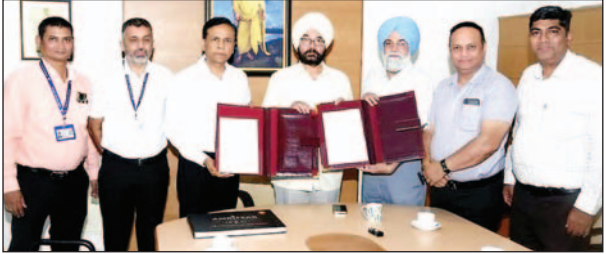
In his welcome address, Shri Harshit Narang, Deputy Director, PIB, emphasized the critical role journalists play in helping the public understand and interpret significant legislative changes. "Journalists are the bridge between the government and the people. Your role in explaining these new laws and their implications to the public is invaluable," he said. An exhibition by the Central Bureau of Communication, Chandigarh, was also put up at the same venue.

GNDU Amritsar signs MOU with Airports Authority of India for student internship program

KULJIT SINGH JANDIALA GURU, JUNE 14

The Guru Nanak Dev University of Amritsar entered a MoU with the Airports Authority of India, under the aegis of the Ministry of Civil Aviation, Government of India.

This partnership marks a significant step towards enriching educational experiences for students of the university through an innovative Student Internship Program. The decision to formalize this collaboration was reached during a meeting between Prof Jaspal Singh Sandhu Vice Chancellor and Shri V.K. Seth Airport Director, Airports Authority of India, Sri Guru Ram Dass Jee International Airport, Amritsar. Prof Palwinder Singh, Dean Academic Affairs, Prof K.S. Kahlon, Registrar, Sh



Suman Kumar Das, Senior General Manager, Airports Authority of India, Amritsar, Prof Preet Mohinder Singh Bedi Dean Students, Welfare and Dr Amit Chopra, Director Placements GNDU were also present.

Speaking on the occasion, Prof Jaspal Singh Sandhu reiterated the University's commitment to equipping students with the skills and knowledge necessary for success in the dynamic field of civil aviation. He empha-

sized that The MoU between Guru Nanak Dev University and the Airports Authority of India aims to provide students with invaluable first-hand exposure to the intricacies of airport operations and the diverse facets of civil aviation. As part of this initiative, students will have the opportunity to participate in live demonstrations of airport projects and activities, as well as engage in two to five days of familiarization visits and workshops.

Govt multispecialty Hospital celebrates 20th anniversary of World Blood Donor Day



CHANDIGARH, JUNE 14

The Blood Centre at the Government Multispecialty Hospital (GMSH), Sector 16, Chandigarh, celebrated the 20th anniversary of World Blood Donor Day today with great enthusiasm.

The theme for this year's celebration is "20 years of celebrating giving: thank you blood donors!" The event saw 101 donors come forward to donate blood, significantly contributing to the hospital's

blood bank reserves. The camp was inaugurated by Health Secretary, Mr. Ajay Chagti, IAS, alongwith Dr. Suman, Director Health & Family Welfare, U.T. Chandigarh, presiding over the event. In his address, the Health Secretary emphasized the importance of voluntary blood donation and the critical need to raise awareness about the cause. He honoured and encouraged all donors present for their selfless contributions.

108 ambulance service organizes reward, recognition program to encourage staff at Civil Hospital

LUDHIANA, JUNE 14

Leading Healthcare Service provider and proficient medical assistant, Ziqitza Healthcare Limited precisely reliable for handling emergency medical situations in Punjab, today organized a Reward and Recognition Program at Civil Hospital, Ludhiana This initiative aims at fostering 108 Ambulance Staff, to strive for the best services, including the introduction of the prestigious "Life Saver Awards Batch" along with certificates, honoring exceptional acts of bravery and life-saving interventions by the ambulance staff.

These awards not only recognize individual efforts but also inspire others to go above and beyond in their duties. Among the recipients, Pilot Harinder Singh and EMT



Charanpreet Singh were recognized as the best, exemplifying unparalleled dedication and proficiency in their roles.

This occasion involved conveying recognition and rewarding the EMTs and Pilots by offering them certificates and cash prizes worth Rs. 500. DMC Amarjit Kaur presented the awards in the presence of Operation Manager Guramandeep Singh and Jagdeep Singh and Cluster Leader Bhavanjot Singh who were there on behalf of Ziqitza Healthcare Limited. Over 25+ EMTs and pilots attended the program organized and con-

Noble gesture of body donation at PGIMER

CHANDIGARH: The Department of Anatomy, PGIMER, Chandigarh has received the body of Mr Randhir Singh S/O Mr Bakshi Singh, R/O Baltana, Zirakpur, who expired on 9th June 2024. The body was graciously donated by his son Mr Jatinder Pal Singh, daughters Mrs



Sandeep Kaur & Mrs Mandeep Kaur and son in law Mr Vinod Kumar on 9th June 2024. The Department is grateful to the family members for their noble gesture. Body Donation/Embalming Helpline - 0172-2755201, 9660030095

Third National Lok Adalat to be held on September 14 in SAS Nagar



SHASHI PAL JAIN MOHALI, JUNE 14

As per schedule of National Legal Services Authority, New Delhi, third National Lok Adalat of the year 2024 will be held on 14.09.2024 in which Criminal Compoundable Offences, NI Act cases under Section-138, Bank Recovery Cases, MACT Cases, Matrimonial Disputes, Labour disputes, Land Acquisition cases, Electricity and Water Bills (Excluding non-compoundable theft cases), Service matters

relating to pay and allowances and retiral benefits, Revenue Cases and other Civil Cases (Rent, Easmentary Rights, Injunction Suits, Specific Performance suits) etc. shall be taken up.

Divulging the details, Ms. Surabhi Prashar, Chief Judicial Magistrate-cum-Secretary, District Legal Services Authority, SAS Nagar after holding a meeting with the representatives of Departments of Revenue, Communication, Banks, Municipal Corporation and Water Supply

said that they were asked to identify the cases which may be settled in the National Lok Adalat. They were impressed upon to file pre litigative cases in the National Lok Adalat for settlement at pre litigation stage.

In the National Lok Adalat, even pre litigative cases can be taken up without filing a regular case and without affixing court fee. Court fee stands refunded in the pending cases in which settlement between the parties is arrived at in the Lok Adalat.

Sarvjit Kaur Manuke flags off new machinery in MC Jagraon



JAGRAON (SUKH NAHAR): Constituency Jagraon MLA Sarvjit Kaur Manuke flagged off new machines/vehicles of municipal council as they commenced their work in Jagraon in the presence of EO Sukhdev Singh Randhawa, MC President Amarjeet Singh Malwa and others.

The new machines inaugurated in MC Jagraon include super suction, jetting machine and automatic road sweeping machine. In her address, MLA Manuke said that these machines are very helpful in carrying out cleanliness drives in the city and in maintaining cleanliness as well. "Sewer suction and jetting machines may prove very helpful in better and fast cleaning of sewer lines that will help us in dealing with drainage related issues during monsoons. Road sweeping machine can be very helpful in cleaning works in the city," she added. She assured that they shall leave no stone unturned for development of the city. EO Sukhdev Singh Randhawa said that the machines have been introduced in MC Jagraon due to dedicated efforts of MLA Sarvjit Kaur Manuke and thanked her for the same. At this occasion, Prof Sukhwinder Singh, Kanwarpal Singh, Ravinder Kumar Sabharwal, Vinay Kalyan, Karamjeet Singh Kainth, Sajjan Malhotra, Shikha, Sushil Kumar, Shyam Kumar, Vikas Dhawan, Satinderpal Singh, Ram Preet, Harish Kumar, Davinder Singh etc.

Council employees made New Shastri Nagar residents aware under Dry Day



MANDI GOBINDGARH (KHUSHAV SINGLA): As per the directives of the Chairman of the Municipal Council, Harpreet Singh Prince, the Action Officer Kulbir Singh Barad, and the Civil Surgeon of Fatehgarh Sahib, Dr. Davinderjeet Kaur, a joint initiative has been launched by both departments to raise awareness about dengue, chikungunya, and malaria prevention measures. During this campaign, on Friday, a team from the Municipal Council/Health Department visited New Shastri Nagar, Mandi Gobindgarh, as per the directives of Dr. Gurpreet Kaur, District Program Officer, and Dr. Surinder Singh, SMEO, CHC Chanarthal, and conducted surveys/inspections under the Dry Day/Dengue Fever Survey initiative. Anywhere water was found stagnating, coolers, fridge traps, pots, tires, broom items, etc., were emptied and awareness was raised. Additionally, pamphlets were distributed among residents to educate them about disease prevention.

Rotary eye hospital will start soon in Sunam: Kansal

SUMER GARG SUNAM, JUNE 14

The local Rotary complex under the leadership of Anil Juneja, President of Rotary Club Main organised a meeting, Om Prakash, President Rotary Club Samana specially participated in the meeting. In which District Rotary Governor Ghanshyam Kansal and Amit Singla Rotary Governor year 2026-27 obtained information about the activities.

Rotary District Governor, Ghanshyam Kansal in the meeting of Rotary Club Main said that a new Charitable eye hospital is being started in Sunam by the Rotary organization in collaboration with the Sunam Netar Bank Samiti(SNBS), in which the eyes of needy patients will be treated. On this occasion, Mr. Kansal while urging the society for eye donation said that with



mutual cooperation Rotary Club and Sunam Eye Bank Committee is going to start a big eye hospital in Sunam in the coming days and everyone's cooperation is needed for this noble work.

On the occasion, Rotary Club President, Anil Juneja inspired the society to donate eyes. While referring to the projects being done by the club throughout the year, he thanked all the members for their cooperation and said that he will always be indebted to the members for this cooperation. Dr. Hardeep Sharma was

enrolled as the member of the club. Secretary, Vaneet Garg read the annual report of the club. Amit Singla, Om Prakash Arora and Vikram Gupta were honored on this occasion. Besides others, Rajan Singla, Tanuj Jindal, Vijay Mohan, Vinod Bobby, Punit Himland, Rachin Gupta, Varun, Sandeep Garg, Pramod Hodla, Ladi Garg, Jain, Suresh Kumar, Dr. Vijay Garg, Dr. VK Goyal, Dr. Shiv Jindal, Litson Jindal, Madan Lal, Vinay Jindal and Anup Goyal were present in the meeting.

Thillon crossing bebris causes problmes to commuters

ASHOK DHINGRA
TA PA MANDI : After the completion of work on Railway Crossing 104-C, located to the north of Tapa Railway Station, which is known as Thillon Crossing, the common people are facing the brunt of the railway contractors not clearing the debris of the crossing. The debris includes stones, bricks, and soil which fell on the railway line. When the traffic resumes on this crossing after the train passes, all the vehicles and especially two-wheeler drivers have to face a lot of trouble as the stones lying here affect the traffic and cause accidents. A person living there said that we have told the railway officials about this so many times but it does not matter to them. When big vehicles pass on this stones, sometimes the stone comes under the tyres and travels like a bullet and there is a risk of injury. The local people demand that the debris lying on both sides of the crossing be removed so that the traffic is not affected.

Vimal Kishore appointed GM for SBI Chandigarh circle

BUREAU
CHANDIGARH : Vimal Kishore has assumed the position of General Manager (Network-3) at the State Bank of India, Local Head Office, Chandigarh Circle. This Network of Chandigarh Circle encompasses SBI's operations in the state of Himachal Pradesh, and the Union Territories of Jammu & Kashmir, and Ladakh. Vimal Kishore started his career with SBI as a Probationary Officer in 1998 and has since served in various key roles over his distinguished 26 year career. Shri Vimal Kishore brings extensive operational experience, having served in various key roles across Delhi, Bengaluru, and Bhopal Circles. Before his current assignment, Shri Vimal Kishore was the Deputy General Manager (B&O) Raipur at Bhopal Circle.

Strict action against those misusing water: Dr.Amandeep Kaur

DALJEET AJNOHA
HOSHIAHPUR : Commissioner Municipal Corporation Dr. Amandeep Kaur, while giving information, said that the city residents who have their water and sewerage connections without the approval of the Municipal Corporation, should get their illegal connections approved from the Municipal Corporation as soon as possible. She appealed to the city residents not to use water sprinklers in front of and around their houses nor wash their vehicles. She said that to stop the misuse of water, special teams have been formed by the Municipal Corporation, which are patrolling the city and taking action against those who misuse water as per the law. The Commissioner Municipal Corporation said that from May 16, 2024 to June 14, 2024, 17 challans have been issued against those who misuse water.

District level International Yoga Day in New Anaj Mandi on 21st June: ADC

RAMAN GUPTA
KAITHAL, JUNE 14

ADC C. Jaya Shraddha said that like every year, International Yoga Day will be celebrated this time too at the district level on June 21 in the new grain market. Before this, the final rehearsal of International Yoga Day will be conducted on June 19 and a marathon race will also be organized. He informed that Yoga Day celebrations will begin at 7 am on June 21. Duties of the concerned departments have been imposed for this work. All departments should work responsibly to make this event a success. ADC C. Jaya Shraddha was addressing the officers and employees in the meeting organized on district level International Yoga in the auditorium located at Mini Secretariat. She said that about 2100 school children will participate in the district level program. He said that from the point of view of health awareness, International Yoga Day is celebrated on 21st June all over the world. The main event at the district level will be held in the new grain market. In which officers, employees of all

BKU district president Jogi Nanoki condemns attack on Sikh youth in Kaithal

RAKESH JINDAL
NABHA: Abjinder Singh Jogi Grewal Nanoki, a Sikh thinker and district president of Indian Farmers Union Kadian, has strongly condemned the fatal attack on Sikh youth Sukhwinder Singh in Kainthal of the neighboring state of Haryana. After attending the religious event at the world famous Gurdwara Dera Baba Ajapal Singh Ghodiawala, President Jogi Grewal said that the innocent Sikh youth who was on his way was stopped by some unknown people and severely beaten up. They insulted the cases by calling them Khalistani and attacked the Sikh community with stones and stones using foul language. President Jogi Nanoki strongly condemned the incident and demanded legal action from the BJP government of Haryana so that no such unfortunate incident takes place in the future. On this occasion, President Darshan Singh Dharni, Jogi Arak Sa: Sarpanch Khijarpur, Hardeep Singh Ghula, Amarjit Singh Lakhi, Jai Singh Skarli, Gurdhian Singh, Chhaju Singh Mangewal, Jagar Singh, Jaildar Mallewal etc. were present.



Yoga Training Workshop and Seminar organized by Maharana Pratap Udyan Vishwavidyalaya, Karnal and Haryana Yoga Aayog formally concluded at the Horticulture College on Friday.

MHU's research director and dean of Horticulture College, Prof. Ramesh Goyal said that a yoga camp and seminar was organized in the university under the guidance of MHU's Vice Chancellor, Dr. Malhotra. He told the students that everyone should make yoga an essential part of life. Yoga experts of Ayush Department and nodal officer Haryana Yoga Commission Dr Amit Punj told that yoga participants started the

SHIV KUMAR SHARMA
KARNAL, JUNE 14

workshop under the international yoga protocol with a prayer. In the workshop various yoga exercises such as-cervical driving, wing stretch, shoulder chakra, spine operation, knee steering, tadasana, padhastasan, tree seat, triangle seat, semi chamrasana, dandasana, bhadrasana, vajrasana, andha ustrasana, ustrasana, shashakasana, uttan mandukasana, vakrasana, makarasana, bhujangasana, shalabhasana, setubandhu



seat, uttanapada asana, ardhha halasana, wind free pose, shavasana, yoga sleep posture and pranayama were practiced. While seeking peace for the whole world, the workshop and seminar concluded after performing Shanti Paath. Dr Amit Punj delivered a lecture on yoga for the society. Founder of Angira Gurukul Multi Therapy Centre, Dr Deepika also spoke on women empowerment and yoga for wellness.

Annual sports prize distribution ceremony of university employees held



SHIV KUMAR SHARMA
ROHATK: MDU VC Prof. Rajbir Singh gave away prizes to the winners of various sports events. He congratulated the winners as well as all the participants of the sports events. He said University administration is committed to provide necessary support for employees' welfare. VC said that sports, cultural events, etc. foster harmonious environment on the campus, and promote camaraderie amongst employees. President, MDUNTEA Raj Kumar Sharma & all office bearers, President, MDUTA Dr. Vikas Siwach graced the event. Director, Horticulture Prof.Vinita Hooda, Executive Engineer J.S.Dahiya attended the event.Superintendent Suresh Pal Rathee conducted the programme.University employees took part enthusiastically in the Prize Distribution Ceremony held in R.K.Auditorium.

SHIV KUMAR SHARMA
KARNAL, JUNE 14

Yoga Training Workshop and Seminar organized by Maharana Pratap Udyan Vishwavidyalaya, Karnal and Haryana Yoga Aayog formally concluded at the Horticulture College on Friday.

8th free homeopathy and dental check-up camp for needy on June 16: Amandeep Singh

RAKESH JINDAL
NABHA: The 8th free hemopathic and free dental check up camp by Shaheed Baba Deep Singh Welfare Society Raji Nabha, who is guarding the circle of the poor in the area, was held on Sunday, June 16, at Sunyarwali Dharamshala (Swarnakar). Sangh) Basantpura Mohalla timings are from 10 to 2 PM, day is being conducted on Sunday. In the camp,



Dr. Manpreet Singh BHMS, Dr. Ranbir Kaur BDS (Dental Surgeon) and Dr. Manpreet Singh BHMS will provide free check up of the patients and all medicines will be provided free of charge by the society. This information was given by the chief servant of the organization, Bhai Amandeep Singh Lovely, he said that in this camp, as many needy families as possible will benefit from this camp.

On World Blood Donor Day Governor Bandaru Dattatreya honours Dr. Ashok Verma

DALBIR MALIK
KURUKSHETRA, JUNE 14

On World Blood Donor Day, Governor of Haryana Bandaru Dattaray honoured Deputy Inspector of Police Dr. Ashok Kumar Verma for his incomparable services in the field of blood donation. This programme was organised at Sanatan Dharma Mahavidyalaya, Ambala. Only a few people have such passion and dedication towards blood donation that they have dedicated their entire life to blood donation. Deputy Inspector of Haryana State Narcotics Control Bureau, Dr. Ashok Kumar Verma was appointed as the in-charge of awareness programme and rehabilitation against drug addiction. Along with his duties, he never forgot his responsibility towards the society. Dr. Ashok Kumar Verma, the highest blood donor of the police department, decorated



with the President's Police Medal, National Gold Medal Shatakveer winner, famous as Paryavaran Prahari, has been donating blood regularly since the year 1990 and has himself donated blood 168 times and platelets 81 times so far. He not only donated blood but he also organized blood donation camps. He organized the first voluntary blood donation camp on November 26, 2010 on the death anniversary of his father, a soldier hero Kali Ram Khippal. Since then he has organized 498 voluntary blood donation camps. He made all the arrangements for blood donation camps, felicitation ceremony and food from his own pocket. Through 498 voluntary blood donation camps, 18250 blood units were made available to government blood banks and 54750 people have benefited from it. Not only this, whenever there was a demand for blood, he also ready for blood donation and thus has done a commendable job of saving the lives of more than 75000 people so far by providing blood to them.

Construction of residential towers for birds started in Karnal



MAINPAL KASHYAP
INDRE: Setting an example of compassion and love for birds that will enhance the beauty of Karnal. The city of generous Karna has started the construction of two towers for bird housing in the form of Shri Atma Manohar Piyush Pakshi Nilayam in the vehicle parking area of Shri Atma Manohar Jain Aradhana Mandir on Indri Road. The work of foundation and RCC footing was being completed underground and the filling of pillars was in progress. After filling the pillars up to 12 feet from the ground, by placing the slab of the lintel, two comfortable and safe residential towers for about 2500 birds, 60 feet high in the form of circular towers will be ready by the end of August this year with pre-cast material coming from Morbi (Gujarat) and these will be operational for the birds' housing on September 1 on the birth anniversary of the institute's founder, Rashtra Sant Vachanacharya Shri Manohar Muni Ji Maharaj. The birds housing towers will have the provision of water tank with drinkable filtered water, grains (according to the season in winter and summer) will arrange with the generous contribution of generous public.

MLA Dev Mann visits fish farm at Bir Dosanjh

RAKESH JINDAL
NABHA, JUNE 14

Bir Dosanjh Fish farm is the oldest government fish farm of the state which was established in 1971 at Bir Dosanjh Nabha. Here, fish breeds worth crores are prepared and sent across the state and the fish farm is a profitable business for the farmers. happening The Punjab government has provided a grant of 50 lakh rupees to this fishery farm in Nabha. After visiting this fish farming farm, Nabha MLA Gurdev Singh Devman said that the farmers of Punjab left the wheat and paddy crops and joined the fish farming business, which will benefit the farmers a lot and the ground water will also be saved. On this occasion,



Nabha MLA Gurdev Singh Dev Mann said that by starting this business, the farmers will benefit greatly. Speaking on the Jalandhar by-election, the MLA said that the candidate of Aam Aadmi Party will win this by-election. On this occasion, Fish farming farm officer Davinder Singh Bedi said that this fish farming business is very beneficial for the farmers because from here we prepare fish eggs and send them to the entire districts of Punjab and farmers are earning a lot of profit from this business. . He said that more and more farmers are getting involved in the fish farm business and good facilities are being provided by the government. Lawmaker Dev Mann said that the unemployed young women and farmers will be given a five-day free training by the department from June 24, 2024.

Meeting regarding preparations for taking the 105th bus to Shri Salasar and Shri Khatu Shyam

KHUSHAV SINGLA
MANDI GOBINDGARH, JUNE 14

A meeting regarding the preparations for taking the 105th bus of devotees to Shri Balaji Temple and Shri Khatu Shyam Temple located at Shri Salasar Dham was organized by Shri Salasar Seva Samiti at Shri Salasar Market located in the local Motia Khan area. This meeting was chaired by the committee's chairman Vinod Chautala, while on this occasion senior members of the committee Subhash Singhal, Radheshyam Goyal, Jitesh Singhal, Rajinder Mittal, Baldev Garg, Mukesh Bansal, Kamaljit Singh Kalsi, Jagjit Gambhir and Krishna Gambhir



were specially present. The above-mentioned officials and members of the committee present at the meeting finalized the preparations for taking the bus of devotees to Salasar Dham Shri Balaji and Shri Khatu Shyam Dham on Saturday, June 29 at 5 pm and assigned different duties to the members related to the arrangements to be made during the Yatra. Giving information about the meeting, the committee's president Vinod Chautala said that before this bus journey, his committee had taken buses to Shri Salasar 104 times, Shri Khatushyam 86 times and Shri Mehandipur Balaji 32 times for the devotees to have darshan. He further said that for the convenience of the devotees during the journey, the committee has made special arrangements for darshan in Shri Salasar and Shri Khatushyam temples, and special arrangements have also been made in dharamshalas for the devotees to rest.

Editorial

All in one

A centralised test needs intensive planning and co-ordination. In a country with as large and diverse a student population as India, the difficulties are numerous. This year's National Eligibility-cum-Entrance Test for undergraduate medical and related degrees led to widespread student protests because of allegations of paper leakage. Hearing a plea on the subject, the Supreme Court said that the sanctity of the test has been affected. The court issued notices to the Centre, the National Testing Agency and the Bihar government, under which some arrests had been made in relation to the leakage, to respond to the plea that the examination be cancelled and fresh tests held. The NTA denied the leak. But this was not the only complaint. Over 1,500 students in a few centres were given compensatory marks because they lost time owing to technical glitches. Consequently, 67 students received full marks, eight of them from the same centre, and a number of others received a mark or two less. Naturally, there is a demand for an investigation into these amazing results. These students have now been given two options — either to accept their original scores without the grace marks or reappear for the examinations.

The examination has faced objections from its initial year. Declared illegal by the Supreme Court in 2013, it was reinstated in 2016. The government was compelled to exclude state-run institutions from it that year because the states resisted it. Besides, the Andhra Pradesh, Uttar Pradesh, Telangana and Karnataka private medical colleges association claimed that a common test was unfair. In 2021, the Tamil Nadu assembly passed a bill, awaiting the president's approval, to eliminate NEET as a test for entry to the state's medical courses. One of its criticisms is that it is unfair to meritorious but poor students, who cannot afford the fees for private colleges.

A major problem is the NTA's low cut-off marks, creating a much larger pool of potential candidates compared to available seats. This year 1.3 million students have passed against 100,000 seats. Students had also objected to the three-time bar: they are not allowed to keep trying till they reach the maximum of age of 25 years. Besides, reserved seat students cannot benefit from the often higher quotas in their home states, since the test is centralised. Making it fair requires much thought. Depriving states of autonomy in education is to risk the futures of millions of young people.

US Supreme Court rejects bid to curb access to abortion pills

The United States Supreme Court has rejected a bid to restrict access to a medication used in abortions, thereby ending abortion opponents' attempts to limit access to the operation, reported Al Jazeera.

The judges ruled 9-0 on Thursday, overturning a lower court's decision last year to limit access to the medication mifepristone, which is used in more than half of all abortions in the country.

In 2016 and 2021, the Food and Drug Administration (FDA) made efforts to make it easier to prescribe and distribute the medication.

A recent study found that the pill, which was approved by the FDA in 2000, is used in more than 60 per cent of abortions in the United States, according to Al Jazeera.

In 2022, the conservative-dominated Supreme Court repealed a major rule that granted abortion rights, causing fury among women's rights supporters and Democrats.

Thursday's ruling comes months before the US elections, where reproductive rights have been a major issue in the campaign.

Former President Donald Trump, who is due to face US President Joe Biden in November, selected three of the Supreme Court judges who over-



turned Roe v Wade, the 1973 legal ruling that established the right to abortion. Since the federal guarantee of abortion rights was revoked, dozens of Republican-controlled states have passed bans and significant limitations on access to the surgery, reported Al Jazeera.

Democrats have used abortion rights and reproductive freedom to criticise Republicans over the last two years. On Thursday, Biden applauded the Supreme Court's decision on the

abortion pill, emphasising that the ruling "does not change the fact that the right for a woman to get the treatment she needs is imperilled, if not impossible, in many states".

"But let's be clear: attacks on medication abortion are part of Republican elected officials' extreme and dangerous agenda to ban abortion nationwide," Biden said in a statement.

The Supreme Court concluded that the plaintiffs in the mifepristone complaint lacked the legal standing to pur-

sue the case, which required them to demonstrate injury caused by the FDA, according to Al Jazeera report.

Abortion has been a major political issue in the United States for years.

For decades, conservative religious groups have emphasised the importance of abortion restrictions. Liberals, who reject the government's restrictions on abortion, say that the procedure is part of a woman's medical treatment, personal choices, and physical autonomy.

Literature & Health

Canada backs Tibetan self-determination motion, stuns China

The recent motion passed by the Canadian House of Commons acknowledging Tibetan self-determination has left China surprised. The motion, proposed by Alexis Brunelle-Duceppe, a Member of Parliament representing the Bloc Quebecois, gained unanimous support from attending MPs during Monday's session.

Expressing satisfaction with the outcome, the Canada Tibet Committee (CTC) declared on social media platform X, "Thrilled to announce that the Parliament of Canada has passed a unanimous motion declaring Tibet's right to self-determination."

The relationship between China and Tibet has long been complex and marked by historical tensions.

China asserts sovereignty over Tibet, viewing it as an integral part of its territory. However, Tibetans, led by the Dalai Lama and the exiled Tibetan government, advocate for greater autonomy or even independence. China's control over Tibet traces back to the 1950s when Chinese troops entered the region and established authority. The 17 Point Agreement of 1951 formalised Tibet's incorporation into the People's Republic of China, though it remains disputed by Tibetan activists who argue it was signed under duress. Under Chinese governance, Tibet has faced political, economic, and social control, with controversial policies implemented by Beijing. Tibetans often feel marginalised and oppressed, with reports of human rights abuses, restrictions on religious freedom, and attempts at cultural assimilation.



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Jailed journalist to stand trial on espionage charges in Russia

Evan Gershkovich, the first American journalist to be arrested on espionage charges in Russia since the Cold War, will stand trial in the Russian city of Yekaterinburg, after being formally accused of spying for the CIA, CNN reported.

The Russian Prosecutor General's office said Thursday it had approved the indictment, more than a year after Gershkovich was first detained. If convicted, he faces up to 20 years in prison.

Gershkovich, the US government, and his employer, the Wall Street Journal, have vehemently denied the charges against him.

Less than two weeks after his arrest, Gershkovich was designated as "wrongfully detained" by the US State Department, which called for his immediate release.

Russian prosecutors said the country's federal security service (FSB) had "established and documented" that Gershkovich was acting on CIA instructions in the month he was arrested, alleging he had "collected secret information" about a Russian tank factory.



ing on CIA instructions in the month he was arrested, alleging he had "collected secret information" about a Russian tank factory.

"Gershkovich carried out the illegal actions using painstaking conspiratorial methods," it said in a statement. US State Department spokesperson Matthew Miller on Thursday said the allegations against Gershkovich have "absolutely zero credibility." "We have been clear from the start that Evan has done nothing wrong.

GEETA SAAR-6



Rule of Law

The Gita is about maintaining harmony in the inner world and the law is about maintaining order in the outer world. Any Karma has two parts, one is the intent and another is execution. In the words of law, they are called, using Latin words, mens rea and actus reus, respectively, in the context of crime.

For example, a surgeon and a murderer both plunge a knife into someone's stomach. The surgeon's intention is to save/cure, but the murderer's intention is to damage/kill. Death can occur in both situations, but the intentions are completely opposite.

Law is situational while the Gita is eternal. Driving on the left side of the road is legal in one country and may be an offence in another. Law is black and white, but not life which has many grey areas.

As long as one pays (actus reus) taxes, the law is not bothered about whether it was done with pleasure or pain (mens rea). Law is very

comfortable as long as execution is within the defined parameters of law of the land. If someone is thinking of committing a crime, the law wouldn't bar that, but the Gita says such thinking should go.

Bend the tree when it is young. Gita says, be aware about karma when it is at the intention stage i.e in the present and we don't have any control once it goes to execution, which is in the future.

While the focus of the law is on execution, contemporary moral literature exhorts us to have good/noble intentions. But Gita helps us to transcend beyond intentions.

When, intention, good or bad, meets with success or failure, either Ahankar gets a boost or internal build up starts like lava which would burst at a weak moment. Both situations take us away from our inner self.

Just by observing one's intentions one can transcend them and reach the Inner self.



K. Shiv Prasad

Growth factor capable of regenerative effect on cardiac muscle cells

Researchers discovered a critical growth factor that can stimulate the proliferation and regeneration of cardiac muscle cells. The study opens the door for possibly novel treatments to repair injured hearts.

An international research team, coordinated by academics from the University of Bologna and the IRCCS - Policlinico Sant'Orsola Hospital and their findings were published in the journal Cell Reports.

Heart muscle cells are significantly lost following heart traumas, such as those brought on by myocardial infarction, infection, or specific cancer treatments. The fibrotic scar tissue takes their



place. This illness frequently results in heart failure because of the heart's incredibly low ability for regeneration.

However, we know that

mammals, up to the moment of birth, are able to regenerate the heart, even following severe damage. It is only in the neonatal period that the cardiac muscle

cells, cardiomyocytes, specialise to adapt to life outside the womb, permanently losing their ability to regenerate.

In order to find a strate-

gy that could allow cardiac muscle cells to regain this regenerative ability, the researchers sought to identify growth factors whose production is reduced or switched off in the immediate postnatal period.

"We hypothesised that the loss of regenerative capacity in the early postnatal period is at least in part a consequence of reduced production of growth factors", explains Gabriele Matteo D'Uva, professor at the Department of Medical and Surgical Sciences at the University of Bologna who coordinated the study. "In preclinical mammalian models, we observed that expression levels of various cardiac growth factors decline rapidly after birth, in

parallel with the loss of the regenerative capacity of cardiomyocytes."

Based on this observation and following a series of studies on neonatal cardiomyocytes, the researchers then discovered that some of these growth factors are able to promote cardiomyocyte proliferation.

"In particular, BMP7, a member of the family of bone morphogenetic proteins (BMPs), showed the most significant effects in promoting the proliferation of cardiac muscle cells at the neonatal stage," adds Chiara Bongiovanni, PhD student in Surgical Sciences and Innovative Technologies at the University of Bologna and first author of

the study.

Further confirmation also comes from zebrafish: an animal model with a spontaneous ability to regenerate the heart after injury.

Again, inhibition of BMP7 reduced cardiomyocyte regeneration following cardiac injury, whereas its induction accelerated the regeneration process.

The study then investigated whether the administration of BMP7 in preclinical mammalian models (mice) could also induce cardiomyocyte proliferation even in later stages of life, when cardiomyocytes are more refractory to cell cycle re-entry and proliferation. "The tests showed that treatment with BMP7

is able to stimulate cardiomyocyte proliferation even in the adult phase, and even more effectively after myocardial infarction," adds Gabriele D'Uva. "These results suggest that the administration of this factor could represent a new therapeutic strategy to promote cardiac regeneration: if validated in humans, it could have a significant impact on the treatment of heart disease, one of the major cause of morbidity and mortality worldwide." The research team behind the study is now focusing on testing synergistic combinations with other stimuli to develop even more effective strategies for tissue and organ regeneration.

Toyota Kirloskar Motor launches Toyota Technical Education Program Facility and STAR Scholarship Program

CHANDIGARH: In line with its commitment to 'Skill India' mission, Toyota Kirloskar Motor (TKM) today announced the launch of the 66th Toyota Technical Education Program (T-TEP) facility and the "Scholarship program for Technical Education and Recognition" [STAR] initiative under T-TEP at institute at The Government Polytechnic, Bareilly. The primary objective of these initiatives is to improve the skills of students, particularly those from rural areas, and increase their employability through the company's unique training program, the Toyota Technical Education Program (T-TEP). The launch event was graced by Chief Guest Mr. D C Verma, Member of Legislative Assembly, Government of Uttar Pradesh, in the presence of Principal of Government Polytechnic, Bareilly Mr. Narendra Kumar, Director of Commercial Toyota, Mr. Shivam Gupta and TKM senior management.

First Galaxy Watch FE Empowers Even More Users With Samsung's Advanced Health Monitoring Technology

GURUGRAM, India – June 13, 2024: Samsung Electronics today announced the release of Galaxy Watch FE, a new addition to the Samsung smartwatch lineup designed to extend Samsung's advanced and holistic wellness experience to even more users. Incorporating the groundbreaking hardware performance and advanced health and fitness monitoring features of Galaxy Watch, the Galaxy Watch FE features a stylish design and durable design. This new smartwatch is ideal for those looking to begin their journey to improve their overall wellness with comprehensive insights. "At Samsung, we strive to bring health and wellness monitoring capabilities to as many people around the world as possible, helping them to make the changes needed to improve their wellness daily and help them reach their goals," said Junho Park, VP and Head of the Galaxy Ecosystem Product Planning Team, Mobile Experience Business at Samsung Electronics.

Škoda Auto India equips the Kushaq Onyx with an automatic transmission

Jalandhar: Škoda Auto India, in its strategy of continuous product actions, have implemented one more enhancement in its 5-star safe fleet – the introduction of the Kushaq Onyx AT. The Onyx was originally released in Q1 2023 based on customer feedback with an aim to provide satisfaction and high value to Škoda fans and customers. Škoda Auto India, based on latest customer feedback, has now further enhanced the Kushaq Onyx with an automatic transmission and a host of new features, making it the most affordable automatic in its segment. Speaking on the product action, Petr Janeba, Brand Director, Škoda Auto India, said, "The Onyx variant has been a key addition in our line-up combining the value of the Active trim with features from the higher variants. This new Kushaq Onyx offering is in response to feedback from our customers, which points at a healthy demand for an automatic variant at a more accessible price point. In fact, our value proposition makes this Kushaq the most affordable automatic in its entire segment.

Chetanya Career Consultants Pvt Ltd To Launch An ETS Authorized Test Centre in Haryana

Kurukshetra/Ambala: ETS India, a subsidiary of US-based ETS, the world's largest private educational assessment, research, and measurement organization has signed a Memorandum of Understanding (MoU) with Chetanya Career Consultants Pvt Ltd, a pioneer in study abroad test preparation and consultancy, to establish an ETS Authorized Test Centre in Kurukshetra, Haryana. TOEFL is the most widely accepted test worldwide with 13,000 universities accepting the test and GRE is a comprehensive and multi-faceted examination accepted for admissions to graduate, post graduate and doctoral programs across STEM, Business, Law and other domains. Speaking on this occasion, Sachin Jain, Country Manager, ETS India & South Asia, said: "The TOEFL and GRE tests are globally recognized assessments that open doors to higher education and professional opportunities worldwide. By offering these services in Kurukshetra, we ensure more students can benefit from academic readiness and global mobility. He further added, "ETS India has also launched multiple scholarships and contests for TOEFL and GRE test takers in India such as TOEFL India Contest, UK-India TOEFL Scholarship and GRE India Championship with cumulative prizes worth approx. Rs 50 Lacs. We encourage Chetanya's students to participate and come out as winners of these scholarships and contests". In conjunction with the launch of the test centre, Chetanya Career Consultants will host its annual Global Education Fair 2024 in four major cities of Haryana, namely Karnal on 19th June, Ludhiana on 20th June, Ambala on 21st June and Kurukshetra on 22nd June. This event, known for its informative sessions, will feature representatives from over 50 colleges and universities from countries like the USA, Canada, Australia, the UK, Germany, New Zealand and other parts of Europe.

Fortune Hotels launches Fortune Park Palampur

PALAMPU: Fortune Hotels, a member of ITC's hotel group, announced the launch of its newest property, Fortune Park Palampur, nestled in the serene landscapes of the Dhauladhar mountains. This exquisite hotel is the 6th addition to the upscale hotel chain's Himalach Pradesh portfolio and its 12th hotel in the hills. Set in the quaint Tea Capital of North-west India, the Fortune Park Palampur is designed for the urbane traveller, opening doors to a surreal world of experiences and facilities that are truly memorable and immersive, whether on a leisurely vacation, a short stopover or looking for a respite to fix work-blues. Featuring plush rooms and suites, with elegantly styled interiors and modern vibe the hotel offers breath-taking views of the Dhauladhar range, from most rooms and vantage points. Samir MC, Managing Director, Fortune Hotels, said "Fortune Park Palampur is our 6th hotel launch in the scenic state of Himachal Pradesh. This new gem is a fresh new addition to our flagship #HillsOfFortune portfolio - we have twelve of them today. As we grow our base, we re-emphasize our commitment to entering newer untapped destinations, and highlight our dedication to extend exceptional hospitality across India and in proximal markets. With curating high points like 'Barrel Island' the districts' first microbrewery.

Remarkable Achievement by ALLEN Online Programs' Avik Das: AIR 69 in JEE (Adv.) & 705/720 in NEET-UG

Kolkata: ALLEN Online Programs is proud to announce the exceptional achievements of Avik Das, who has secured All India Rank (AIR) 69 in the JEE (Advanced) examination with a score of 307/360. Even more groundbreaking is that he also secured a remarkable 705/720 in NEET-UG and topped the West Bengal State Board with 99.2%. Furthermore, he secured AIR 7 in the West Bengal Joint Entrance Exam (WBUEE), Hailing from Altipurduar, West Bengal, Avik attributed his success to the personalised guidance and quality content provided by ALLEN Online Programs. "ALLEN Online Programs is unique and caters to every student's individual needs. The dedicated support and resources helped me achieve my goals while staying with my family," said Avik, whose love for physics was inspired by his grandfather, a math teacher, and also his first mentor.

Simple Home Remedies For Headache Before You Pop A Pill



Headaches happen. And you need remedies for headaches, especially home remedies. They can be quite the disruption, impairing one's ability to get any work done or even function as a person. Just imagine you are going about your day as usual, and this sudden twang in the head starts turning into the monster you always fear? Sound familiar? Worry not, for we have several options for you to try out the next time you get hit. And if you are someone who is adamant about not taking pills unless absolutely necessary, here are a few things you can do

instead to help a headache. Hydrate The key to your splitting headache may be as simple as a glass of water. Chronic dehydration is a common reason for headaches according to some studies. Being dehydrated can also affect your concentration and increase irritability, making worse the effects of your headache. No need to worry, it is also proven that water can relieve you of the headache as quickly as a half-hour. Ginger Tea Recently, a study conducted found that ginger, taken alongside regular, over-the-counter

pain meds, eased the pain for people in the emergency room with migraines. Another found that it worked almost as well as prescription migraine meds. Try to take a ginger supplement or brew some ginger tea. You can also massage diluted ginger oil into the temples, forehead, neck and even back. Go For Caffeine Too much caffeine can actually make your headache worse, but within limits, coffee if taken soon enough after the headache starts, can stop it in its tracks and ease the pain. Do not indulge in too much and make sure you are hydrating post this (as caffeine is a dehydrator), caffeine withdrawal can come with a headache of its own. Take A Nap Lack of sleep is detrimental to health in more ways than one. Not only would you have a headache, but you would also feel exhausted and just not your best. If your headache is caused by a lack of sleep, the only and most potent way to treat it is sleep (shocker!). Moreover, if

your headache is screen-related, if you have been in front of a screen for too long, some rest to the eyes and the brain can work like a charm. Relax Lack of sleep is detrimental to health in more ways than one. Not only would you have a headache, but you would also feel exhausted and just not your best. If your headache is caused by a lack of sleep, the only and most potent way to treat it is sleep (shocker!). Moreover, if your headache is screen-related, if you have been in front of a screen for too long, some rest to the eyes and the brain can work like a charm. Relax Stress can be a major cause of headaches. Practicing stress-relieving exercises or activities can help bring down the intensity of a headache. A regular practice of yoga, stretching, breathing exercise or meditation can help keep reduce headaches, both in frequency and intensity. Incorporating these into your daily routine can have significant effects on your health and how you feel every day.

Fortis Memorial Research Institute, Gurugram unveils South Asia's First Gamma Knife Esprit, Revolutionising Brain Tumour Treatment

GURUGRAM : Fortis Memorial Research Institute proudly announces the launch of the South Asia's First Gamma Knife Esprit. This groundbreaking version of the Leksell Gamma Knife® heralds a new era in the non-surgical high precision treatment of brain tumours, greatly enhancing therapeutic options for both malignant, benign brain tumours and other abnormalities of Brain. The Gamma Knife employs computer-guided precision to target brain tumours without actual cutting, making it an optimal choice for treating both malignant and benign tumours, including multiple brain metastases, meningiomas, acoustic tumours, and pituitary adenomas. Its precision is crucial for tumours in sensitive or hard-to-reach brain areas with sparing healthy brain tissues and allows patients to return to daily activities almost immediately. Further, radiation therapy for multiple brain metastasis requires almost 30 sessions, in contrast, Gamma Knife radiosurgery consolidates the entire treatment into a single session with same day discharge, making the treatment swift and efficient. Additionally, Gamma Knife can treat multiple metastasis in a single session irrespective of metastatic lesions involved, a benefit not offered by other technologies. This method significantly minimizes radiation exposure to healthy tissues, preserving motor, sensory nerve and neurocognitive function enabling rapid recovery and improved healthy quality of life after treatment. Thus, Gamma Knife

radiosurgery is considered as the gold standard for brain radiosurgery worldwide. The procedure can be performed using either frame-based or frameless methods, for personalized care for the patients with comfortable treatment experience and is followed by stereotactic MRI to ensure precise treatment delivery. Fortis Healthcare has introduced Gamma Knife technology, a time-tested, reliable method with extensive clinical validation and high confidence among clinicians and patients across India and worldwide. This integrated and efficient system boasts a guaranteed accuracy of 0.3 mm, delivering doses to healthy brain tissues that are 2-4x lower than other technologies, with 2-21x lower extracranial doses. reduces the risk of health ailments; especially cardiovascular health. It also helps burn calories. The biggest benefit is that the red blood cells are completely replenished within two months, which will help you to stay healthy and fit."

Blood donation helps save millions of people every year. It is a critical element for patients undergoing treatment for life threatening conditions, supports complex medical & surgical procedures and helps them to recover well with a better quality of life. Availability and access of safe blood in requisite quantity remains key components of an effective healthcare system. An adequate supply can only be ensured through regular donations by voluntary and unpaid donors. Around 118.5 million blood donations are collected globally every year.

Doctors at Fortis Hospital, Mohali highlight Health Benefits of Voluntary Blood Donation

Mohali: On World Blood Donor Day, Doctors at Fortis Hospital Mohali highlighted various health benefits of voluntary blood donation at a Blood Donation Camp organised within the hospital premises held today. Dr Apra Kalra, Head, Blood Bank, Fortis Hospital, Mohali spoke at length about the crucial role that blood brings in the treatment of patients in hospitals. The special blood donation camp saw as many as 120 persons donating their blood. Dr Apra Kalra said, "The wonderful fact about donating blood is that a single donation can benefit several patients in critical conditions. Any adult over the age of 18 can donate blood and it takes only 30 minutes in any licensed blood bank; and the volume is replaced in a few hours while the cells take around 48 hours to regenerate."

Talking about various health benefits of blood donation, Dr Kalra added, "Blood donation at timely intervals maintains the iron level and

regenerate."

"Vicks ki Goli Ab Ho Gayi hai Badi" - Vicks Breaks Sabse Badi Khabar with Powerhouse Ranveer Singh

Amritsar/Ludhiana, :- Vicks breaks Sabse Badi Khabar "Vicks ki Goli Ab Ho Gayi hai Badi" with powerhouse brand ambassador Ranveer Singh unveiling the First-ever Double Powered Transformation of India's iconic Triangular Vicks Cough

with a khich khich free voice since 1960s. Committed to build on this legacy we are always listening to what our consumers want and incorporating these insights across our product formulations and packaging. Along with the charismatic Superstar Ranveer Singh, we are delighted to announce our SABSE BADI KHAJAR in decades – launch of Vicks Double Power Cough Drops, our first-ever double powered transformation of India's iconic triangular Vicks Cough drops. Speaking about the Brand's Badi Rahat promise, Dr. Jaspreet Kochhar, Director, Vicks Research & Development, "New Vicks Double Power Cough Drop is a superior product for relief from sore throat and cough formulated with a proven mix of effective and well known Ayurvedic ingredients such as Menthol.

OPPO Introduces F27 Pro+ 5G: India's first IP69-Rated Super-Rugged Monsoon-Ready Phone

Chandigarh : OPPO India has introduced the F27 Pro+ 5G – the country's first IP66, IP68 and IP69-rated Super-Rugged, Monsoon-Ready smartphone. The F27 Pro+ will be available in two colours—Dusk Pink and Midnight Navy—and retails at INR 27,999 with 128GB storage and INR 29,999 for the 256GB variant. The smartphone boasts OPPO's full-device protection solution—a damage-proof 360-degree Armour Body—that shields the device from drops and scratches. This is in addition to a four-year durable 5,000mAh battery. Commenting on the launch, Savio D'Souza, Director of Product Communications at OPPO India, said, "The OPPO F27 Pro+ 5G meets the needs of customers who are always on the move, and demand a durable smartphone that can keep up with them, whether rain or sunshine. It is the only smartphone to carry all three—the IP66, IP68 and IP69—ratings and meets the highest standards against dust and water damage. Additionally, its 360° Armour Body provides inside-out protection, certified by the Swiss SGS Premium Performance standard and MIL-STD-810H Method 516.8. All that and essentials like a vivid, borderless display, stellar cameras, and a very capable processor are packed into a slim, lightweight, and stylish build that is sturdy and flaunt-worthy in equal measure."

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Let's Set the Pace Together: The all-new BMW 1300 GS launched in India

Chandigarh : The all-new BMW R 1300 GS has been launched in India. BMW Motorrad India has launched the all-new BMW 1300 GS in India. This Adventure Motorcycle will be available as a Completely Built-up Unit (CBU) and deliveries will commence from end of June 2024. Mr. Vikram Pawah, President, BMW Group India said, "BMW Motorrad established the new segment of touring enduros more than four decades ago with the R 80 GS. And the BMW GS with boxer engine has been the undisputed leader of the competitive field ever since. With the all-new BMW R 1300 GS, BMW Motorrad has focused on sharpening the GS even further. It is a perfect combination of power, comfort, and agility, making it the ideal motorcycle for any terrain. With its versatility and appeal, the all-new BMW R 1300 GS will exceed even the highest expectations. Nothing can stop you, especially off-road." The introductory ex-showroom price of the all-new BMW R 1300 GS is as follows: BMW R 1300 GS Pro - INR 20,95,000 Three option Styles are also available for individualization – Style Triple Black, Style GS Trophy and 719 Tramuntana. To enable customers to own BMW Motorrad motorcycles of their choice, BMW Financial Services India will offer customized and flexible financial solutions. Customers can also get their loans approved before delivery takes place. For complete peace of mind, all BMW Motorrad bikes come with a standard warranty for "three years.

Anup Jalota, Talat Aziz unspool fond memories of Pankaj Uddhas on 'Superstar Singer 3'

CHANDIGARH : This weekend, get ready for a soul-stirring musical evening on Sony Entertainment Television as its homegrown format, Superstar Singer 3, brings viewers a special episode titled 'Ghazal Night'. As a part of the episode, the talented young contestants will showcase their singing prowess as they pay tribute to the ghazal samrat, 'Pankaj Uddhas'. Making the episode even more memorable will be the ghazal ustads, Anup Jalota and Talat Aziz, who will not only enjoy the magical singing of these small dynamites but will also share anecdotes about their experiences of working with Pankaj Uddhas. But it was 14-year-old Laisel Rai, from Mohali, Punjab, and captain Pawandeep Rajan, who will win hearts with their rendition of the timeless ghazal 'Ghungroo Toot Gaye' and "Chupke Sakhiyon Se". Mesmerized by their singing, Anup Jalota complimented the duo, saying, "This cute little Laisel looks so much like Junior Neha Kakkar, and she has Neha's andaaz in her singing; she performed so well with such clarity. Pawandeep and Laisel, you performed this ghazal so well. Keep it up."

Moov Unveils 'Moov Cool'

GURUGRAM : Moov, India's leading pain relief brand, has launched 'Moov Cool', a revolutionary innovation inspired by cold therapy. Infused with the cooling power of menthol, the new product has been designed to offer relief from muscle and joint pain due to injuries, sprains, strains and muscle soreness associated with an active lifestyle. According to Reckitt Pain India DCG Demand Survey conducted in December 2021, with over 4000 respondents in India, nearly 8% of respondents stated that their pain incidents are sports or exercise related. Moov Cool addresses fitness-related injuries, including muscle soreness, sprains, and strains. Powered by menthol, Moov Cool provides an ice-like cooling sensation that helps numb the affected area and starts working in 15 seconds."

SSI Innovations Unveils Most Advanced SSI Mantra 3 Robotic System

Chandigarh: SSI Innovations, the developer of India's first Indigenous surgical robotic system- SSI Mantra, dedicated to making advanced robotic surgeries cost-effective and accessible to a global population, today launched SSI Mantra 3, which is the next generation, most advanced version of the Mantra surgical robot system. Alongside, it has achieved a historic feat in Indian medical science by completing the Nation's maiden human trial in telesurgery, signifying a monumental leap in surgical robotics. The launch of SSI Mantra 3 underlines SSI Innovations' commitment to revolutionising healthcare by providing cutting-edge technology at affordable prices. The new SSI Mantra 3 is highly advanced and is designed to enhance surgical precision, efficiency, and patient outcomes by integrating the latest advancements in robotic surgery, featuring 5 slim robotic arms and an immersive 3D HD headset which provides surgeons with unmatched optics and a vision cart that provides 3D 4K vision to the entire team for precision and control. Additionally, the cost-effective pricing of SSI Mantra 3 aims to make advanced surgical technologies more accessible to healthcare institutions across all regions of India and the world. In a momentous stride forward, SSI Innovations has successfully conducted India's first human trial in telesurgery using the SSI Mantra Surgical Robot. This groundbreaking, flawless surgery was a robotic cholecystectomy that took place between the World Laparoscopy Hospital and the SSI Headquarters over a distance



SportsBaazi records 100% revenue increase during IPL 2024 and 1.5x surge in engagement during the first week of T20 World Cup

Chandigarh: SportsBaazi, India's premier sports gaming platform, since its inception has been working towards elevating the sports gaming experience; shifting the phenomenon from a sports viewing experience to an engaging experience that furthers the community of sports enthusiasts in India. Owing to this commitment and relentless innovation in the category, SportsBaazi witnessed 1.5x increase in participation in the first week of the T20 world cup and 100% increase in revenue from its watch and play game, Predictor during IPL 2024 vis-a-vis IPL 2023. The revenue is a testament to the growing popularity of the spectator engagement spectacle in the country and a vote of confidence from the maturing Indian online gamers actively seeking interesting formats to engage. Stating trends noticed on the platform during the IPL 2024, Uttar Pradesh followed by Maharashtra, Bihar and Delhi recorded the most active users during the tournament. Virat Kohli and

Jasprit Bumrah were the most popular Indian players with Travis Head and Sunil Narine being the most picked International players in the fantasy gaming category. Commenting on the user engagement, Saurabh Chopra, Co-Founder and CEO at SportsBaazi shared, "In the last five years we have seen the Indian online gaming ecosystem going through a significant transformation. We at SportsBaazi are proud to share that we are actively working towards helping the gaming ecosystem evolve by investing in researching and developing intriguing and engaging types of sports gaming formats with very high skill quotients. We are elated to share that owing to this vision, we have recorded a 100% increase in revenue and 1.5x increase in engagement." "IPL has set the momentum for this year's sporting calendar and we are certain that the T20 World Cup will further increase engagement and player conversations on the platform." Added Chopra

CATS Donates 151 Units of Blood, Sensitizes 200 on Road Safety, and Plants 755 Trees on World Blood Donors Day

Chandigarh: To support patients in medical emergencies and raise awareness of traffic rules to save lives on the roads, CATS, in association with the Can & Will Foundation, organized its 49th blood donation camp. The event, held at the Rotary & Blood Bank Society Resource Centre, Chandigarh, saw numerous donors voluntarily contributing to this noble cause. Adopting a dual strategy this World Blood Donors Day, CATS aimed to save lives in hospitals through blood donation and prevent road fatalities through traffic rule awareness with the theme "Challan CAT Gya." The Chandigarh Traffic Police collaborated by holding a road safety session, demonstrating equipment like radars and body cams, and interacting with donors to address traffic concerns in the city. CATS committed to planting five trees for each unit of blood donated, enhancing Chandigarh's green cover in areas identified by DSP Traffic, Sh. Jaswinder Singh. Additionally, CATS is partnering with the Sustainable Green Initiative to plant three fruit trees per unit of blood donated, supporting local farmers in the Sunderbans.

Kasauli Week-2024: Sabri Brothers mesmerise audience



Earlier, the Kasauli Week kicked off with the flag unfurling which was accompanied by a performance by the Army band. Brig. Kunal Bakshi, Chairman, Kasauli Club Ltd. participated in the flag hoisting ceremony. The Kasauli Week today also witnessed a seminar on current strategic issues. A Do-It-Yourself (DIY) Art and Craft workshop was held where participants showed their creativity with hands-on art and craft activities; a Salsa, Bhangra and Zumba workshop was also organised. Performances by a Tanouara dancer; Mentalist Abhishek and singer Miss Eunice were major attractions. June 15 will also be action packed. It shall witness 'Feed the Soul' meditation and healing workshop by Priya Soni and Shemoli Singh Dhindsa; Salsa; Bhangra and Zumba workshop; Ramp Walk competitions for Kasauli King, Queen, Prince, Princess, and Emperor titles and a performance by Rodrigues Band.

CEAT Specialty Collaborates with Kalki 2898 AD for Launch of Futuristic Tyres for AI Vehicle

AMBALA / PANIPAT : CEAT Specialty has announced an exciting partnership with the much anticipated film Kalki 2898 AD, starring Prabhas, to develop and launch state-of-the-art tyres for Buji, the robotic vehicle featured in the movie. This collaboration highlights CEAT's cutting-edge technology and reinforces its commitment to driving the future of mobility. Kalki 2898 AD, directed by Nag Ashwin, is set in a futuristic world where advanced technology and artificial intelligence shape daily life. The film features an impressive cast, including Prabhas, Deepika Padukone, Amitabh Bachchan, and Kamal Haasan. Buji, the AI-driven car in the film, represents the pinnacle of futuristic design and innovation, requiring tyres as advanced and visionary as the vehicle itself. Designed by Hollywood's Haisu Wang, who also designed vehicles for Black Panther, Buji represents a leap into the future of



automotive design and technology. The filmmakers wanted a moving car that brought Wang's design to life, and CEAT Specialty rose to the challenge, creating state-of-the-art tyres that complement this groundbreaking vehicle. Amit Tolani, Chief Executive of CEAT Specialty, shared his thoughts on this transformative project: "Collaborating on Buji for Kalki 2898 AD was an incredible opportunity for us. It allowed us to push our boundaries and explore new technologies and materials.

Kidnappers Revealed: Ishaan Receives Shocking Video Evidence



We saw in the previous episode that Kirpal goes to follow Shivika and Kavya to the temple and kidnap Kavya. On the other hand, Ishaan gets a video from the kidnappers, and Shivika finds a hint of the kidnapper's hide-out. In the next episode, Shivika and Ishan search for Kavya. Between them, there is hit-and-miss. Kavya is saved from kidnappings by Ishaan. Shivika and Ishaan respond to Kirpal. Will Ishaan and Shivika save Kavya? Will Shivika be suspected of kidnapping Kavya? Watch an interesting "Shivika-Sath Yugan Yugan Da" episode Mon to Sat at 8:00 pm only on zee punjab.

Problems of common people should be solved within fixed time: CTM

MANISH KUMAR

AMBALA: The common people are getting a lot of benefits from the Samadhan Camp started by Haryana Chief Minister Naib Singh. A large number of people are reaching the district level and sub-division level to get their complaints resolved. The solution is being done on spot. CTM Vishwajeet heard the complaints of the



common people in the Samadhan Camp organized at the district level in Ambala on Thursday. In Samadhan Camp organized in Ambala Deputy Commissioner Court, 13 complaints out of the complaints received before CTM were resolved on the spot. Some complaints have been sent to the concerned department for redressal as soon as possible.

BJP is trying to correct its mistakes: Kumari Selja

SHIV KUMAR SHARMA
SIRSA, JUNE 14

The General Secretary of the All India Congress Committee, former Union Minister, and MP for the Sirsa Lok Sabha constituency, Kumari Selja said that the BJP state government has set a record of continuously giving hardships to the people of Haryana for ten years. Now, after a crushing defeat in the Lok Sabha elections, the state government is on the back foot. It is making every possible effort to cover up its ten years of misdeeds. All anti-people decisions are being reversed one by one. However, the people of the state will no longer be deceived by them and are fully committed to forming a Congress government in October. Kumari Selja was



addressing supporters and workers of the Kalanwali and Dabwali assembly constituencies in the Sirsa Lok Sabha after being elected as an MP. She expressed her gratitude to every voter for the large victory in the Sirsa Lok Sabha and thanked her supporters at Golden Resort in Kalanwali and Om Hotel in Dabwali.

Kumari Selja said that the BJP, after coming to power in the state in 2014, established a record of making anti-people

decisions. Whenever the people of the state raised their voices against the government's decisions, attempts were made to suppress them using police force. Employees were jailed, village heads were injured, farmers were arrested, and attempts were made to deprive laborers, scheduled castes, and backward classes of their rights. Kumari Selja said that the brave people of the state endured these oppressions and waited for the right time to oust the government. Now, as

People's interest in Samadhan Camp increasing

RANVIR PARASHAR
KAITHAL, JUNE 14

People's interest in Samadhan Camps started at district and sub-division level as per government's order is increasing. On Friday, large number of citizens reached Samadhan Camp with their problems. SP Upasana and ADC C. Jaya Shraddha listened problems of people with great sincerity and directed concerned officers and employees to solve problems. ADC C. Jaya Shraddha said that as per government's instructions, main objective of Samadhan Camps being organized by administration is to solve problems of citizens with priority. Aim of government and district administration is that every citizen gets the benefit of government services and their problems are solved quickly. On Friday, 65 complaints were received in the Samadhan Camp, out of



which 4 were resolved on the spot and guidelines have been given to the concerned officers for quick resolution of other complaints.

He said that the district level problems are solved at the district headquarters and if some problems are related to the headquarters, then they are being sent to headquarters. District level solution camp is being organized in Mini Secretariat from 9 am to 11 am on every working day in which officers of the concerned departments are present. He said that while giving instructions to the

officers, he said that the problems in the family ID which can be solved at the district level, should be fixed immediately so that the common people do not have to visit the office again and again. Apart from the district level, the complaints of the common people are also being resolved by organizing camps at the block and village level. Camps will be organized at the village level from 14 to 22 June and during this time, verification of date of birth, name demo-authentic verification, marital status verification.

Villagers of Ismailpur made aware about depletion of groundwater and how to save it



PREETI SAINI

SADHAURA: On Friday, people were made aware about conservation of groundwater through Atal Groundwater Program in Ismailpur village of Sadhaura block. Actually this program was run under Atal Bhujal in village Ismailpur of Gram Panchayat Ismailpur under the guidance of SE, Irrigation Department, Yamunanagar and Engineer Ravi Shankar Mittal. In the program the villagers were explained through water game that how the water level was depleting very fast day by day and how they could save water by discarding crops that required more water and told to grow crops that required less water. Along with this, they can also save water by adopting new techniques like drip and fountain methods, they can improve the fast depletion of groundwater by laying underground pipelines and also told how they can recharge water in the village. They can recharge underground water through recharge pits and water storage plants.

Women Commission always stands with our sisters and daughters to fight crime: Renu Bhatia

JAGBIR UPLANA

KARNAL: Chairperson visited Karnal Jail, took stock of the arrangements, made women aware of their rights Karnal, June 14. Chairperson of Haryana State Women Commission, Renu Bhatia said that the Haryana government is fully aware of the rights of women and atrocities against women will not be tolerated under any circumstances.

The Chairperson visited Karnal District Jail on Friday and took stock of the arrangements and made the imprisoned women aware of their rights. Earlier, while talking to the media, she said that Haryana State Women Commission is always standing with its sisters and daughters to fight against



cyber crimes against women. She assured the women that if any case of any woman comes before us then the Women Commission and the government will work strictly on it. On this occasion, Jail Superintendent Amit Kumar Bhadu welcomed the Chairperson by giving her a pot containing a plant. On this occasion, the Chairperson also planted a tree in the jail premises. While inspecting

the district jail, Chairperson of Women Commission Renu Bhatia explained to the women that they should forget their past crimes and do something good for their future life like learn skills of parlor, sewing, embroidery etc. from the jail so that they can live a good life in the future. She said that hate the crime, not the criminal, that is, the criminal must be given an opportunity to reform.

Municipal development work in progress: Gulshan Kawatra

KAPIL ARORA

SHAHABAD MARKANDA: Municipal Council President Gulshan Kawatra informed that the development work being done by the Municipal Council is in progress. He said that in the meeting held recently, works worth about 15 crore rupees have been approved. While work orders have been released for many previous works. Gulshan Kawatra said that the construction of CC road from Nirankari Bhawan to State Bank of India, tile lane and drain from Kashmir Singh's house to Sukhchain's house in ward number-1, tile lane in ward number-2, construction of drain in ward number-5, tile lane from Chowk to Lavkush Gate in ward number-7, tile lane from Advocate Vijay Singla's house in ward number-8 will start soon.

While construction work has started from Subhash Sharma's house to Raju's house in ward number-8, from Rajkumar's house to Kishangarh road in New Model Town, Deepak Vihar Extension Colony in ward number-9, Rama Vihar Colony in ward number-11, Shamshanghat road, lane behind Chawla Marble in ward number-14. Gulshan Kawatra told that allotment of works of cleaning of drains of the city, pipe line in ward number-3, 4 and 5, open gym park in ward number-11 has been done.



District targets 45 subsidized home lighting systems with solar power

JAGBIR UPLANA

KARNAL: A target has been set to distribute 45 home lighting systems on subsidy for the year 2023-24 in the district. This system includes a 75 watt solar module, panel, 40 AH 12.8 volt lithium battery, two nine-watt LED lights and a fan. The total cost of this device is about Rs 14,250, on which a special subsidy of Rs 10,000 is being given by the state government and it will be given to the beneficiary for only Rs 4250. Chief Project Officer and Additional Deputy Commissioner of New and Renewable Energy Department, Akhil Piliari said that only those persons of Scheduled Castes will be eligible to get this equipment whose houses have been built under Pradhan Mantri Awas Yojana, Indira Awas Yojana after the year 2018. To avail the benefits of this scheme and for more information, contact the Additional Deputy Commissioner's office located in the Mini Secretariat.

Hooda will hold meeting of workers on Sunday



NARESH GARG

LADWA: Ladwa MLA Meva Singh said that former Chief Minister Bhupendra Singh Hooda and Haryana Congress Committee State President Choudhary Uday Maan will address a district workers' conference at Sterling Resort Pipri Road Kurukshetra on Sunday at 4 pm. He said that a workers' conference will be organized at 4 pm to discuss five seats won and five seats lost by Congress Party in recently held Lok Sabha elections in Haryana and also to prepare for the upcoming assembly elections. Strategy will be made for upcoming assembly elections. He said that Congress Party will organize district workers' conferences across state.

6 shooters of Sanjay Gandhi School participate in pre-sport competition held in Delhi

NARESH GARG

LADWA: 8 budding shooters including Priyanshu, Gurjot, Harshpreet, Piyush, Natik, Shanvi, Sujal and Harman of Sanjay Gandhi Memorial Senior Secondary Public School, Ladwa participated in Haryana Pre-State Shooting Competition held at Dr. Karni Singh Shooting Range, Tughlakabad-New Delhi and performed very well in 10 meter rifle and air-pistol events. Under able guidance of shooting coaches Balbir Singh and Rajwant Kaur, Priyanshu, Gurjot and Harshpreet of class 9 and Natik, Shanvi and Sujal of class 11 have qualified for State Level Shooting Championship. School Principal Pawan Garg, Secretary Ravinder Bansal, Principal Dharendra Kheda and Vice-Principal Narenda Sharma congratulated the students for their wonderful achievements and wished them all best for Haryana State Level Shooting Championship.

Officers making people run unnecessarily in MCs will not be spared: Sudha



SHIV KUMAR SHARMA

KARNAL: Local Urban Bodies Minister Subhash Sudha said that officers and employees who make people run around unnecessarily in Nagar Palika, Nagar Parishad and Municipal Corporations will not be spared under any circumstances. Officers in all municipal bodies of this state will have to solve problems of people on spot and will have to pay special attention to arrangement of drinking water for people in summer season.

Not only this, officers will have to work with special focus on cleanliness system of city so that changes can be seen in cleanliness system of city in coming few days. Mminister conducted a surprise inspection of Tarawadi Nagar Palika on Friday. During this, minister of state visited every room of the Nagar Palika, took stock of the cleanliness system and carefully evaluated the property tax figures. During this inspection, he talked to the people who had come to get work done in Nagar Palika, listened to their problems and resolved them on the spot.

Youth should come forward in maximum numbers for voluntary blood donation: Governor



MANISH KUMAR

AMBALA: World Blood Donor Day was celebrated in auditorium of SD College, Ambala. Haryana Governor Bandaru Dattatreya attended this program as the chief guest. He felicitated star female blood donors and NGOs doing better work who had come here from all over state. He called upon youth to come forward in maximum numbers for voluntary blood donation. Haryana Minister of State for Sports Sanjay Singh and former Home Minister of Haryana and current MLA of Ambala Cantt Anil Vij were also present.

Governor Bandaru Dattatreya said that World Blood Donor Day is being celebrated today to promote voluntary blood donation all over the world. Haryana Red Cross has played a special role in the field of blood donation, which is an example all over the country. Continuous work is being done to ensure that no person in Haryana loses his life due to lack of blood when needed. On the occasion of World Blood Donor Day, 1 thousand 93 blood units have been collected by organizing 38 blood donation camps in a single day in 22 districts of the state.

Trade expo helps in exchange of new technology: Sudha



SHIV KUMAR SHARMA

TARAWADI: State Local Bodies Minister Subhash Sudha has said that people got information about new technology from trade fairs. Such fairs facilitated exchange of technology and new ideas. He was speaking on Friday after the inauguration of the three-day Food India Expo which started today in the grain market of Tarawadi, a city famous for its historic rice production and export, by Vyapar Express.

He said that a local complex would be built for the exhibition in Haryana. He will talk to the central government about this. Industrialist Pankaj Goyal was also with him. He inaugurated the expo by lighting the lamp. Tilak Raj Arora welcomed the guests. He said that modern machinery for rice production has been displayed at the Food India Expo at the international level.

9-day Ramayana recital organized on Pran Pratishtha Day



KAPIL ARORA

SHAHABAD MARKANDA: 9-day Ramayana recital is being organized in temple premises on Pran Pratishtha Day of Markandeshwar Shiva Temple. Temple priest Pt. Ajay Shukla said that atishtha program will be celebrated with great pomp on June 19. Pt. Ajay Shukla, while reciting Ramayana, told devotees present that Lord Shri Ram had worshiped Lord Shiva before attacking Lanka. He said that Lord Shri Ram is still source of inspiration for Sanatanis.

He said that Lord Shiva can be pleased by offering water. Whatever devotees worship Lord Shiva with Gangajal, milk, Belpatra, Dhatura, Lord Shiva fulfills all wishes of those devotees. Pt. Ajay Shukla said that Baba Rishi Markandeya had received the boon of immortality by pleasing God by true worship. The head of the temple assembly Rishi Gambhir said that prasad of Ramayan Paath that started on June 11 will be offered on June 19 and in Bhajan Sandhya, various artists of city will enthral devotees by singing praises of Lord Shiva, Rishi Markande Baba.

Haryana NCB Unit Ambala conducts search operation with 'Leo Dog' at Kalanaur



SHIV KUMAR SHARMA

YAMUNANAGAR: Haryana State Narcotics Control Bureau Chief Mr. O.P. Singh, IPS under the guidance of Additional Director General of Police (ADEGP) and under the leadership of Superintendent of Police Nitika Gehlot and under the direction of Jagbir Singh, Deputy Superintendent of Police Haryana NCB Ambala, taking action under the special campaign being run against drug smugglers in entire Haryana, a search operation was conducted with Leo Dog under the leadership of Sub Inspector Rajesh Kumar of Haryana State Narcotics Control Bureau Unit Ambala at Kalanaur Naka, Yamunanagar.

The campaign will continue continuously in entire Haryana in future also to prevent drug addicts and drug abuse. Apart from this an appeal to the general public that if anyone saw drugs being sold anywhere, then he can fearlessly inform the Haryana State Narcotics Control Bureau on toll free number 90508-91508.

DC visits Keshopur Chhamb



VERMA

GURDASPUR: Deputy Commissioner Vishesh Sarangal today visited Keshopur Chhamb and took stock of the development works going on there and discussed with the officials to bring this Chhamb on the tourist map.

Deputy Commissioner Vishesh Sarangal said that this Chhamb, spread over 850 acres of land of 5 villages Keshopur, Dala, Miani, Matwa and Magar Mundi of District Gurdaspur, is the most beautiful place for migration of migratory birds and every year these birds from Siberia, Russia, China, Central Asian countries reach Keshopur Chhamb by covering a distance of thousands of miles during the winter season. He said that it is our duty to provide suitable environment and atmosphere to these guest birds and special efforts are being made in this direction by the district administration under the leadership of Punjab Government.

He said that eco-friendly towers have been installed at Keshopur Chhamb for wildlife photographers and bird-loving tourists. Along with this, Chhamb is being further developed by spending Rs 40 lakh here.

Thousands taking benefit of Mann's dream project CM's Yogshala: Meet Hayer



KULDEEP SOOD

BARNALA: Chief Minister Punjab. CM's Yogashala project is being run in the state by the state government led by Bhagwant Singh Mann to keep the people of the state physically and mentally healthy. Giving information in this regard, Minister Shri Gurmeet Singh Meet Hayer said that 15 expert yoga trainers have been appointed in Barnala district. who are taking morning and evening classes in different tehsils, sub-tehsils, blocks and villages of Barnala city and district. A total of 84 yoga classes are running in the district.

In which 2705 people are doing yoga daily. Among these classes, Barnala city has 38, Bhador 12, Tapa 11, Shehna 6, Dhanula 5, Mahal Kalan 4, Pind Kattu 3, Mahal Khurd 1, Gumti 1, Hamidi 1, Badbar 1, Bhattal 1 morning-evening common places like public They are taking place in parks, Dharamshala etc. He said that the time of these yoga classes has been kept according to the convenience of the public. No fee is charged for these classes, these classes are running continuously for free.

Kewal Singh Dhillon holds meeting with BJP district leadership and workers



KULDEEP SOOD/ KARANPREET KARAN

BARNALA: BJP state core committee member and former MLA Kewal Singh Dhillon held a meeting with the party's Barnala district leadership, office bearers and workers today at Barnala. Meanwhile, they discussed the past Lok Sabha elections and expressed satisfaction over the good response received by the BJP across the state. Kewal Singh Dhillon said on this occasion that the BJP has contested the Lok Sabha elections on its own for the first time and the party's vote percentage is 18.5 percent compared to 6.6 percent in the Vidhan Sabha. He said that the party has got a good response in Barnala assembly constituency too.

BJP has led most of the booths in the city. He thanked the party leaders and workers for working for the party in the heat of the summer. At the same time, he congratulated the party workers on becoming the NDA government for the third time under the leadership of Prime Minister Narendra Modi. Kewal Singh Dhillon encouraged K party workers to give full effort to win the by-elections of Barnala and other constituencies of the state. There, he said that for the upcoming 2027 assembly elections, preparations need to be started now.

T20 WC: Afghans book Super 8 berth, NZ eliminated

TRINIDAD, JUNE 14 (UNI) In a captivating display of skill and strategy, Afghanistan gently secured their spot in the Super 8 of the T20 World Cup 2024 with a commanding seven-wicket triumph over Papua New Guinea in the Group C clash at the Brian Lara Cricket Stadium here on Friday.

This serene victory of Afghanistan over PNG sealed the fate of the Black Caps' T20 World Cup campaign. Following New Zealand's defeat to the West Indies on Thursday, coupled with a tournament-opening loss to Afghanistan earlier this month, the Black Caps cannot accrue more than four points from their last two matches.

With both the West Indies and Afghanistan



Harjit Singh son of Sikander Singh son of Waryam Singh & O...

In the Court of Sh. Dhanvir Singh Assistant Collector Grade 1-Cum-Naib Tehsildar, Machhwa Sahib (Ludhiana)

Public Notice

Subject: Publication notice in partition case as per Section 111 of Land Revenue Act, 1887.

Partition case No. 19/Partition, 20/Partition, 21/Partition, 22/Partition, 23/Partition Dated 04.11.2022 of land falling in revenue estate of Village Daulatpur Hadbast No. 28, Sub-Teh. Machhwa Sahib, Tehsil Samrala, Dist. Ludhiana

Harjit Singh son of Sikander Singh son of Waryam Singh & O...

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boasting a 3-0 winning record so far, their six points each mean neither can fall out of contention to reach the Super Eight stage. New Zealand will now finish their cam-

paign with inconsequential fixtures against both Uganda on Saturday (NZ time) and Papua New Guinea on Tuesday. Set a modest target of 96, Afghanistan approached

the chase with an effortless grace, reaching their goal in 15.1 overs. The star of the show was Gulbadin Naib, who dazzled with an unhurried 49 off 36 balls. His crucial 41-run partnership with Mohammad Nabi, who contributed a measured 16

off 23 balls, ensured a smooth path to victory. Adding a touch of drama, Naib brought the game to a spectacular close by calmly smashing a six when Afghanistan needed just one run off 30 balls.

Despite early setbacks with Ibrahim Zadran and Rahmanullah Gurbaz (11) departing cheaply for the first time in the tournament, this allowed the middle order to shine. Mohammad Naib (16*) and Azmatullah Omarzai (13) steadied the innings with a short partnership before Omarzai fell to a sharp delivery.

Naib, with Nabi's experienced support, guided Afghanistan across the finish line. The PNG pacers showed commendable discipline but were ultimately hampered by a low total, which might have been more competitive with an additional 30-40 runs.

Afghanistan's bowling attack has been nothing short of lethal, evident from the opposition scores of 58, 75, and 95. Fazalhaq Farooqi, leading the charge, added to his impressive wicket tally, now standing at 12, with strong support from Naveen-ul-Haq (2/4) and others.

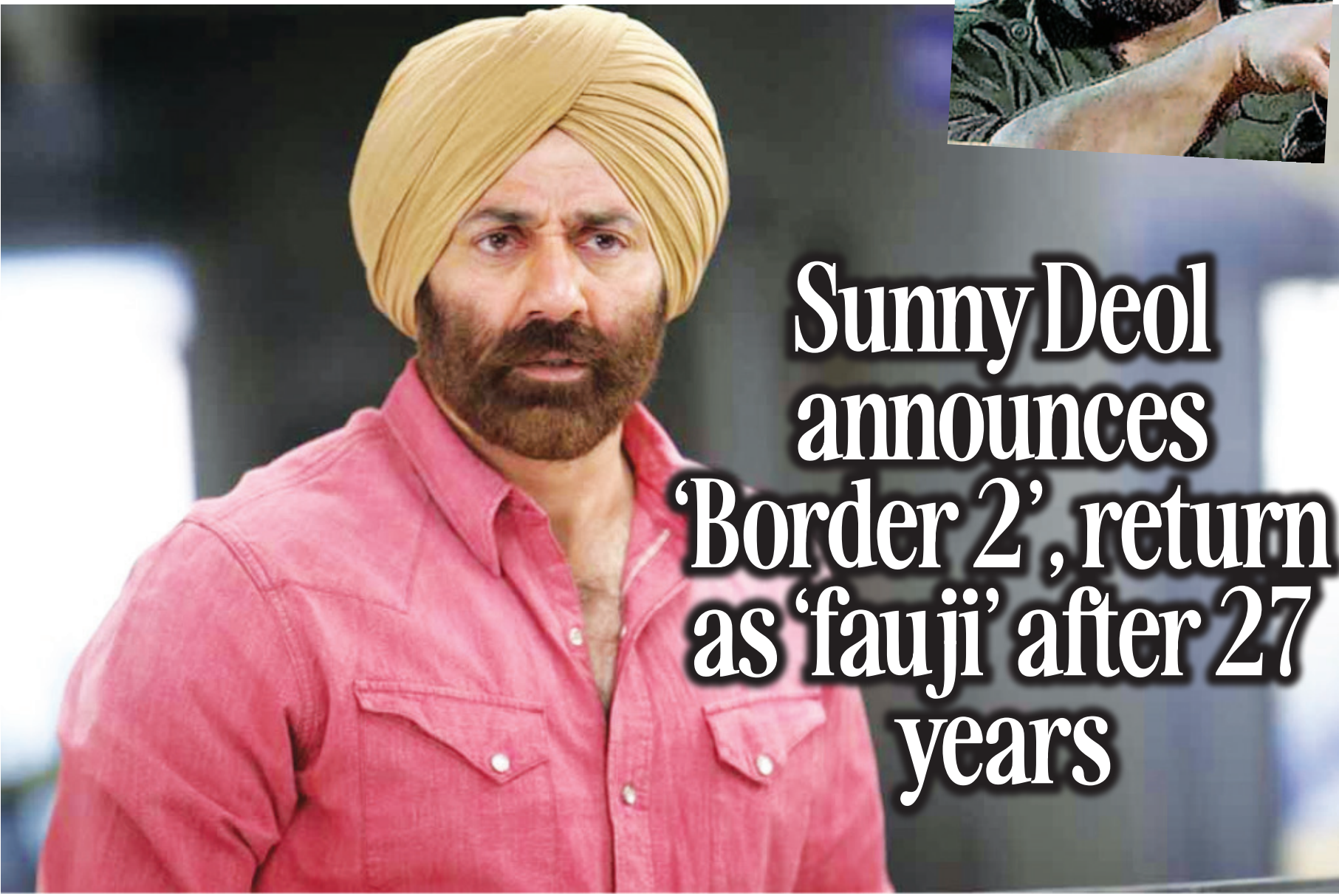
LOST & FOUND
I, Nagi Mandeep Rajinder lost original Migration B.C.A Passed D.D.E. Shuats Naini Allahabad in June 2014, Roll No. 1-1111040659 if trace please Call 9850050317 & oblige. 63372

PUBLIC NOTICE
In the Court of Sh. Harpal Singh Sub-Registrar Raikot
Subject: To Registered the Un-Registered Will by Indian Registration Act 1908 Under Section 40-41. Notice To General Public
It is informed to public by this notice that Sh. Gurnampreet son of Sh. Nachhater Singh son of Sh. Malik Singh resident of VPO. Shehbazpura Tehsil Raikot has given an application for registration of a will in favor of Gurnampreet Singh son of Sh. Nachhater Singh son of Sh. Malik Singh and my mother Smt. Balwinder Kaur W/o Sh. Nachhater Singh son of Sh. Malik Singh resident of VPO. Shehbazpura Tehsil Raikot. That the Will Un-Registered dated 10-05-2023 written from Nachhater Singh son of Sh. Malik Singh resident of VPO. Shehbazpura Tehsil Raikot. That will has been written in his life time & he has expired on the date of 16-08-2023. Now Gurnampreet Singh appear for registration of this will according to Indian Registration Act 1908, under section 40-41. If there will any objection anybody will present self & Advocate in my office of dated 21-07-2024 After the limitation of this notice the will may be Registered by the rules of Indian Registration Act 1908, Under Section 40-41. This Notice is issued by my Signature & Stamp on the day of 14.06.2024 No:24/RCD:14.06.24 Sub-Registrar Raikot (Ludhiana)

GENERAL BODY MEETING NOTICE
It is for the information of all members of The Chandigarh Small Industry Owners Cooperative House Building 1st Society Ltd that the General Body Meeting of the society will be held on 05-07-2024 at 11:30 am in the central park near water tank of the society. Detailed programme is posted on notice board. All the members are requested to attend the meeting positively. The Chandigarh Small Industry Owners Cooperative House Building 1st Society Ltd

ELECTION NOTICE
It is for the information of all the members of The Reserve Bank Staff CO-OPERATIVE U.S.E.T. And Credit Society Ltd., Chandigarh. The election for the Managing Committee of the Society will be held on 04.07.2024 in the Society office c/o Reserve Bank of India sector-17 Chandigarh from 10.30am to 3.00 pm. Filling of nomination paper 03.07.2024, time from 10am to 12pm. The detailed Election programme is posted on the notice board of Society. All members are requested to participate in the above election. Jyoti Saini (Election Manager) The Reserve Bank Staff CO-OPERATIVE U.S.E.T. And Credit Society Ltd., Chandigarh

PUBLIC NOTICE
BEFORE SH. SANYAM GARG, HCS ASST. ESTATE OFFICER, U.T., CHANDIGARH. Subject: Transfer of Ownership in respect of RESIDENTIAL Site No. 328, SECTOR 44-A Chandigarh (RPL 19586) to the extent of 50.00% share on the basis of Intestate Death of Late SMT. MANASI MITRA. It is notified for the information of general public and all concerned that as per record of this office Sh./Smt. MANASI MITRA is the owner/lessee of RESIDENTIAL Site No. 328, SECTOR 44-A, Chandigarh to the extent of 50.00% share. It has been informed by CHANDIRAMA RAYCHAUDHURI that Sh./Smt. SMT. MANASI MITRA expired on 18/04/2023 and he/she they have also informed the following legal heirs of the deceased owner/lessee:- Sr. Name of Legal Heir Relation with deceased 1. CHANDIRAMA RAYCHAUDHURI DAUGHTER 2. CHANDIRAMA RAYCHAUDHURI DAUGHTER 3. CHANDIRAMA RAYCHAUDHURI DAUGHTER 4. CHANDIRAMA RAYCHAUDHURI DAUGHTER 5. CHANDIRAMA RAYCHAUDHURI DAUGHTER 6. CHANDIRAMA RAYCHAUDHURI DAUGHTER 7. CHANDIRAMA RAYCHAUDHURI DAUGHTER 8. 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Sunny Deol announces 'Border 2', return as 'fauji' after 27 years

Director J P Dutta's cult classic 'Border' completed 27 years on Thursday and actor Sunny Deol treated fans with a big surprise by announcing a sequel of 'Border 2'.

Taking to Instagram, Sunny dropped an announcement video.

In the video, he says, "27 saal pehle ek fauji ne vada kiya tha ki vo vapas aayega. Ussi vaade ko poora karne, hindustan ki mitti ko apna salaam kehne, aa raha hai (Twenty-seven years ago, a soldier made a promise that he would re-

turn. To fulfill that promise, to salute the soil of India, he is coming), loosely translated.

Sharing the video, he wrote, "Ek fauji apne 27 saal purane waade ko pura karne, aa raha hai phirse. India's biggest war film, #Border2. Produced by Bhushan Kumar, Krishan Kumar, JP Dutta & Nidhi Dutta will be directed by Anurag Singh."

As soon as he shared this exciting news, fans and industry members chimed in the comment section.

Sunny's sister Esha Deol re-

acted with evil eye emoji.

One of the users wrote, "Wow. eagerly waiting sir."

Another user commented, "Wow, It's Great Announcement." "Woohooooooo cannot wait," another comment read.

On Wednesday, Sunny teased fans with a video featuring himself, which he captioned, "Exciting Announcement tomorrow, can you guess?"

Border 2 is written by Nidhi Dutta and produced by Bhushan Kumar and Krishan Kumar and JP Dutta and Nidhi Dutta. It will

be directed by Anurag Singh.

Reportedly, the story is placed in the same setting at the Battle of Longewala and will start shooting sometime in October this year.

Released in 1997, 'Border' is set during the period of the India-Pakistan war of 1971. Actors Sunny Deol, Jackie Shroff, Suniel Shetty, and Akshaye Khanna played the lead roles in the patriotic movie.

Not only for the plot and actors' incredible performances, the movie also won millions of hearts for its beautiful musical score.



Punjabi music sensation Guri Lahoria drops his latest single "Who's Next?"!

Guri Lahoria is back and bringing the heat with his latest single, "Who's Next?" This fire-breathing track is the ultimate flex for hustlers and go-getters everywhere. With his signature never-say-die attitude, Guri lays down the gauntlet and serves up a powerful declaration to the world: we may have haters, but we will never fold. nfused with hard-hitting beats and fiery lyrics, "Who's Next?" is set to ignite the charts, it's a raw and unapologetic song that captures the essence of hustle culture, where giving up is never an option, and the grind is real. "Who's Next?" is for everyone who refuses to be held back, for those who rise above and keep pushing forward no matter what. I am here to remind all that the haters may hate, but the real ones will always keep hustling. I resonate with this song at every level and strongly believe it has high relatability value with today's generation who never gives up. I am extremely excited for this one!" says Guri Lahoria.



Diljit Dosanjh's 'G.O.A.T' Was Written By Karan Aujla In 10 Minutes- Revealed On Netflix's The Great Indian Kapil Show



AMRITSAR/LUDHIANA: Episode 12 of Netflix's The Great Indian Kapil Show brings a powerhouse of talent from the Indian music industry, something that will be a big treat for all the music lovers on Saturday at 8 PM! Let's Nacho as Karan Aujla, Baadshah and Divine are all set to increase the Garmi with their charisma while promoting their latest album 'Ek Tha Raja.' Vibe Hai as the guests reveal some never heard before stories making this one of the most memorable episodes of the season. While there are many interesting stories to watch out for in this episode, one that definitely will make your ears pop up is around Diljit Dosanjh's song 'G.O.A.T' written by Karan Aujla.

Talking about the talented Karan Aujla, Kapil reveals, "Diljit paaji ka gaana hai G.O.A.T, wo inhone 10 minute mein likh kar de dia tha." Further joking on the same, Kapil asks Karan, "Paaji, hum restaurant jaate hai and we ask them to bring tea. If they serve it right away, then we doubt if the tea is boiled properly or not or if it is old. When you gave the song to Diljit paaji in ten minutes, did he take it happily or did he ask you to brew it more?" Adding to the humor, Karan Aujla shares, "I had written the song in 10 minutes but because of this very reason, I sent it to him after a couple of hours. I wanted him to think that I was serious." Well, we all know how mind-boggling that turned out to be!! Catch the laughter wave with Netflix's The Great Indian Kapil Show, bringing you fresh episodes every Saturday at 8 PM for your weekly dose of humor!

Experience MEGA ACTION BLAST with the World Television Premiere of Skanda on Zee Cinema on 16th June



CHANDIGARH: When action and excitement unfold on screen, it creates unforgettable entertainment for the audience and Skanda is an accurate representation of that. Get ready to witness spectacular action sequences, dances worth grooving, powerful performances along with a thrilling storyline as Zee Cinema announces the World Television Premiere of mass action entertainer, Skanda starring energetic star Ram Pothineni on Sunday, 16th June at 8PM.

The film, directed by the legendary Boyapati Srinu, promises to be a grand spectacle. Renowned for his work on blockbuster hits such as Akanada, Simha, Legend, and Sarraiodu, Srinu is celebrated for crafting larger-than-life action entertainers. This movie continues that tradition, delivering a high-octane experience with a massive scale. Featuring relatable characters and family-friendly viewing, it's an experience you won't want to miss.

Skanda features an ensemble cast including Sreeleela and Ram Pothineni along with a magnetic supporting cast, featuring Saiee Manjrekar, Prince Cecil, Prithviraj, and other notable artists.

Ram Pothineni, who plays the lead role in the film, expressed his enthusiasm about reaching a wider audience through the television premiere. He says, "Cinema in India has a sole purpose to entertain the families around and present a good time. With this film, we wanted to create something that entertains and at the same time thrills the audience. Skanda is a film filled with high-energy action and drama, and I'm thrilled that it will now entertain viewers in their homes thanks to Zee Cinema"

Actor Farukh Saeed sheds light on his character, Kishori Lal, in 'Pukaar Dil Se Dil Tak'

CHANDIGARH : Sony Entertainment Television's newly launched drama, 'Pukaar – Dil Se Dil Tak', has captivated viewers with its gripping tale of love, loss, and redemption. Set against the picturesque backdrop of Jaipur, the show follows the journey of a mother, Saraswati (Sukhada Khandekar), and her two daughters, Vedika (Sayli Salunke) and Koel (Anushka Merchande), who are cruelly separated by a sinister plot. But their paths were destined to cross again and together, they must face the forces that tore their family apart. Actor Farukh Saeed portrays the role of Kishori Lal, Vedika's foster father, who is a dedicated Sanskrit teacher, teaching the language for free to the children at his school. Longing for a child of his own, Kishori Lal and his wife adopt Vedika after finding her in the jungle, and they welcome her into their family to protect her from the people who pose a threat to her life. His selflessness and unwavering love add depth to the character, making his journey and actions a poignant highlight in the show. His loyal nature is mirrored by Vedika, who will do what it takes to support her foster parents, especially when their ancestral property is at risk of being usurped by Digvijay Maheshwari (Vimash Roshan). Actor Farukh Saeed sheds light on his character saying, "Playing the character of Kishori Lal has been a deeply rewarding experience. The role allows me to explore the beauty of adoption and highlight its importance, which is a cause close to my heart."



Tamannaah gushes over her boyfriend Vijay Varma's 'Matka King' poster

After Vijay Varma shared a poster of his upcoming film 'Matka King' his girlfriend and actor Tamannaah Bhatia couldn't resist complimenting him. Tamannaah re-shared Vijay's post on her Instagram stories and wrote, "Ufff with fire emojis." Vijay cutely responded to her reaction and posted "Baby" on his Insta stories.

Tamannaah and Vijay's relationship rumours started after an alleged kissing video of theirs from New Year 2023 had gone viral on the internet. The couple was also seen romancing in 'Lust Stories 2'.

After months of speculations about the actors dating each other, Tamannaah confirmed her relationship with Vijay in an interview in June last year. Ever since they often comment on each other's social media posts and make appearances in public together.

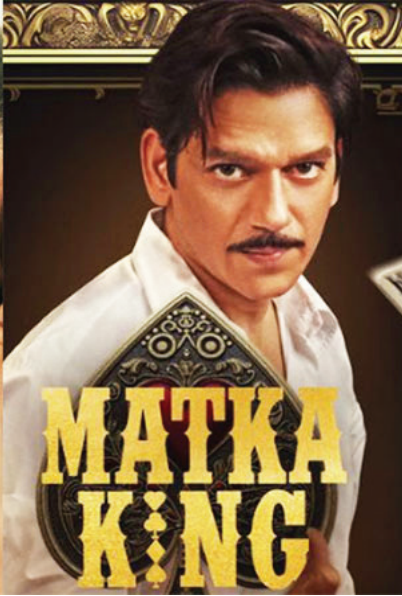
Coming back to Vijay's film, the shooting for series 'Matka King' has commenced.

The update was shared on the official social media handles of Prime Video.

"Ready to place our bet! #MatkaKingOnPrime soon but filming now," a post read on the Instagram handle of the streaming giant. View this post on Instagram A post shared by prime video IN (@primevideoin)

The makers also unveiled a new poster of the show. In the poster, Vijay can be seen sporting a moustache.

The official synopsis of 'Matka King' read, "It is a fictional tale set in 1960s



Mumbai, where an enterprising cotton trader who craves legitimacy and respect starts a new gambling game dubbed 'Matka'. This game takes the city by storm, democratizing a terrain previously reserved for the rich and elite."

The series also features Kritika Kamra, Sai Tamhankar, Gulshan Grover and Siddharth Jadhav in pivotal roles.

Talking about Tamannaah's work

front, she will be seen in 'Vedaa'.

The film will hit the theatres on Independence Day, August 15.

Directed by Nikkhil Advani and written by Aseem Arora, 'Vedaa' is produced by Zee Studios, Umesh Kr Bansal, Monisha Advani, Madhu Bhojwani, John Abraham, and co-produced by Minnakshi Das. The film also stars Abhishek Bannerjee and Tamannaah Bhatia.

Indie Favourites Anubha & Iqlipse drop their first single together, 'Savera'

CHANDIGARH: Khwab and Lamhey fame, Iqlipse Nova and Anubha Bajaj come together to release their first single together, "Savera." This sweet romantic track perfectly captures the magic of everyday love, offering listeners a musical warmth that feels like a hot cup of chai on a rainy evening. Introducing "Savera," a song symbolizing love in its purest, most innocent form,

whether it's towards friends, family, or partners. With its calming melody and heartfelt lyrics, "Savera" invites listeners to immerse themselves in the everyday wonders of love and cherish the simple joys of togetherness. Savera is a song that fits perfectly while watching the sunset, cooking, dancing, or making memories with your loved ones.

Let the song take you on a journey through the sweetness and simplicity of relationships, where every moment is filled with magic. Experience the magic of genuine relationships with "Savera." The musical journey of "Savera" takes us through delicate guitar strums, and soft, inviting vocals that evoke feelings of warmth and nostalgia. The track artfully combines modern indie pop with classical Indian musical elements, creating a soundscape that is both timeless and contemporary.

Featuring Iqlipse Nova and Anubha Bajaj, the talented pair as vocalists, composers, as well as lyricists, the track was taken to new heights with Polar's production. Renowned for his viral song "Khwab" Iqlipse Nova expressed "Working with Anubha on 'Savera' has been an enriching experience. We aimed to create a song that reflects our shared musical style and vision, highlighting the common elements in our song. Conceptually, Savera is like an appreciation note for the people in our lives who are just one call away!"



"I don't want to disappoint Rohit (Shetty) sir, so I'll give it my best," says COLORS' 'Khatron Ke Khiladi 14' contestant Abhishek Kumar

CHANDIGARH: India's first stunt-based reality show 'Khatron Ke Khiladi' is all set to make a comeback with its 14th edition. It promises nail-biting stunts, thrilling tasks, and moments of sheer bravery that will keep viewers on the edge of their seats. All set to script chronicles of courage in Romania for the first time, the season is themed on Darr ki nayi kahaaniyaan in Romania. Get ready to be blown away as Abhishek Kumar of the 'BIGG BOSS' fame joins the battalion of phobia fighters and is ready to face the ultimate test. Excerpts below:

1. You were the first runner-up of BIGG BOSS and now you are a contestant on Khatron Ke Khiladi 14. What are your expectations before going on the show, given these reality shows

have two very different formats?

A. Yes, both shows are different. In BIGG BOSS, there aren't as many dangerous tasks, but here, there are plenty. The formats are very different too. In this show, I will be facing my fear of claustrophobia, which affects my daily life. So, I am determined to overcome it.

2. There are a few contestants who were part of the previous seasons of BIGG BOSS. Do you think that you will bond with them?

A. I already know Shalin Bhanot, and I met Shilpa Shinde ma'am at our last meeting, where we bonded well. I also connected with Asim Riaz because we share the same genre. Unfortunately, Samarth had to leave due to a knee injury.

3. This season of Khatron Ke

Khiladi will be shot in a different location. What are your expectations? And how do you feel about the fear of the unknown about the show?

A. I'm not going in with any preconceived notions. I trust that I can handle whatever situation comes my way. I believe overthinking doesn't help, and I refuse to give up. This season of Khatron Ke Khiladi is happening in a new country, Romania, and I'm very excited. I don't want to disappoint Rohit sir, so I'll give it my best.

4. What are the five essential items that you are taking with you to Romania?

First of all, I'll take my locket with Ganesh Ji and my phone. I'm not taking photos of my mom and dad because I can video call them. I

have a photo of Radhya, my niece, who I consider my lucky charm. The rest are just the usual things.

5. Which is one stunt that you want to do there, and which one are you most excited about? And which stunt do you not want to perform?

A. The car stunt, where the contestant gets in the car, climbs onto the trailer, then suddenly gets down as there's a blast—that's the heroic stunt I want to do. As for the stunts I don't want to do, the ones where the contestant's hands are tied, and they're locked in a cage or a dark box with insects, and they need to escape, or when they're thrown in water with their hands tied and have to unlock themselves to get out. Those make me nervous because I don't know how to swim.

