

NEWS BRIEFS

Bangladesh-India ties ever-growing at fast pace: Sheikh Hasina

NEW DELHI : Bangladesh Prime Minister Sheikh Hasina underscored the robust and accelerating ties between Bangladesh and India following her meeting with Prime Minister Narendra Modi in New Delhi on Saturday. The discussions focused on deepening collaborative engagement across various sectors between the two neighbouring nations. The visiting Bangladesh PM was addressing the media after a delegation-level talk with PM Modi. Prime Minister Hasina expressed gratitude towards Prime Minister Modi for the invitation extended to her, marking her first bilateral visit abroad since Bangladesh's 12th Parliamentary Elections and the formation of the new government earlier this year.

NEET-PG 2024: "NBEMS has robust SOPs, will not let nation down," says official

NEW DELHI : The National Board of Examinations in Medical Sciences (NBEMS) is scheduled to conduct the National Eligibility cum Entrance Test (NEET) Post-Graduate (PG) 2024. Dr Rakesh Sharma, OSD to President and Member, Governing Body, NBEMS said, "All eyes of the nation are on NBEMS for the conduct of NEET PG 2024 and we will not let down the hope of the nation. We will conduct the test through a computer-based test (CBT) mode throughout the country." On Standard Operating Procedure (SOPs) for successfully delivering and maintaining transparency, he said, "NBEMS has robust SOPs for conducting exams because of which NBEMS has been successfully delivering the exams year after year. These SOPs are stringently followed. NBEMS has worked very hard on maintaining the secrecy of the question paper and there is no chance that there will be any leakage of the question paper."

Mann announces to set up Bhagat Kabir Dham for extensive research on their life and philosophy

DALJEET AJNOHA
HOSHIARPUR, JUNE 22-

Punjab Chief Minister Bhagwant Singh Mann on Saturday announced to set up Bhagat Kabir Dham for conducting extensive research on life and philosophy of the doyen of Bhakti movement. Addressing the gathering during the state level function to mark 626th parkash utsav of Bhagat Kabir ji here today, the Chief Minister said that the 15th-century mystic poet and saint Bhagat Kabir ji had shown way of life to the people adding that this

MP government to include teachings of Lord Ram and Krishna in academic curriculum; Congress reacts

AGENCY
BHOPAL, JUNE 22

Madhya Pradesh Chief Minister Mohan Yadav announced that the teachings of Lord Ram and Lord Krishna will be included in the curriculum of higher education and school education. "The state government has taken up the 'Ram Van Gaman Path' and 'Krishna Path Gaman' projects. In Madhya Pradesh, the places Lord Ram had gone to will be identified and developed as religious places. This was also mentioned in our manifesto. I am happy that we are working on it. We will include Lord Ram and Lord Krishna in the curriculum of higher education and school education," CM Yadav told reporters.

Reacting to the Madhya Pradesh government's decision to teach about Lord Ram and Lord Krishna in their academic curriculum, state Congress President Jitendra Patwari said it is good to teach about Lord Ram and Lord Krishna in the book, but paper leaks, corruption and scams are sins, and the government should avoid them. "The family has taught Lord Ram, Lord Krishna and love since childhood; every father says to become a good person; Lord Ram has taught it. They include it in the book; may God give wisdom; it is good, but the future of students gets affected due to paper leaks; its responsibility is with the government. What are the reasons behind recruitment scams in the BJP government? Who will take responsibility

for them? It is good to teach about Lord Ram and Lord Krishna in the book, but paper leaks, corruption and scams are sins; the government should avoid them," Patwari told a news agency. Meanwhile, Chief Priest of Ram Janmabhoomi Temple, Acharya Satyendra Das, also reacted to the MP government's decision to teach about Lord Ram and Lord Krishna in the curriculum, saying it was good to teach about them. Speaking townes agency, the Chief Priest of Ram Janmabhoomi Temple said, "It is a good thing. Lord Ram and Lord Krishna are great men; if one does not consider them God, then they are also great men. If their characteristics are taught in the book, then students will gain knowledge about Lord Ram and Krishna.

BUREAU
HOSHIARPUR, JUNE 22-

Punjab Chief Minister Bhagwant Singh Mann on Saturday announced that he will lead the campaign during by-election for Jalandhar (West) assembly segment and ensure thumping victory of party candidate.

The Chief Minister said that he will personally seek votes for the party candidate on the pro-people and development oriented policies taken by the state government. He said that the state government has taken several historic initiatives due to which the people will vote for the party in the by-poll. Bhagwant Singh Mann said that he will ensure the thumping victory of the party candidate in the by-poll.

The Chief Minister further said that he will shift his base to Jalandhar in the coming days to ensure that party wins this seat with historic margin. Bhagwant Singh Mann said he will strategise and execute the campaign of the party from a rented house in the Jalandhar city. He said that he will live in this house for minimum two three days in a week and ensure Victory of party.

The Chief Minister said that even after elections the house in city will act as a CM camp office for the residents of Doaba and Majha region. He said that the residents of both these regions can come at this camp office for getting their routine works done. Bhagwant Singh Mann said that he will be personally available to people at this camp house for effective and immediate redressal of grievances of people.

Two killed in Gurugram fireball manufacturing factory explosion



SHIV KUMAR SHARMA
GURUGRAM, JUNE 22

Two people have been killed in an explosion at a fireball manufacturing factory in Daulatabad Industrial Area of Gurugram, officials said. Upon receiving the information, around 24 fire tenders rushed to the spot and brought the fire under control. Fire Officer Ramesh Kumar said that around three to four people were injured

and shifted to hospital. "We brought fire tenders from nearby fire stations and blasts were still happening then. Around 24 fire tenders were deployed in the operation. This factory manufactures fireballs which is like a fire extinguisher. Nearby buildings suffered damage. We are being told that two deaths occurred and three to four injured people were shifted to hospital before we reached here," Kumar said. Further details are



The Chief Minister said that the state government is coming up with the noble idea of setting up CM's help centres in every district of the state, so that people could avail the benefits of government services through them. Bhagwant Singh Mann said that a dedicated officer will be sitting at this centre and receiving the applications from the general public for getting their routine administrative works done. He said that the applications pertaining to the administrative works within the district will be sent to the concerned department, for immediate execution of the work, adding that the works related to the state government will be sent to his office

from where it will be further sent to the administrative departments for their early resolution.

The Chief Minister said that CM's dashboard will be continuously monitoring the entire activity, across the districts along with taking feedback from the general public regarding their applications and pending works. Bhagwant Singh Mann said that it will ensure the execution of routine works of the general public in a time bound and prompt manner. He said that the officers will be, regularly monitoring this dashboard to ensure that people do not phase any sort of inconvenience while getting their routine administrative works done.

CM Nayab Singh's convoy reaches Dodwah village in Sonipat on the way to Delhi

BUREAU
CHANDIGARH, JUNE 22

Haryana Chief Minister, Sh. Nayab Singh stated that the present government is working for the welfare of the poor, farmers, labourers, and women. New schemes have been formulated and are being implemented for the benefit of every section of society.

Chief Minister, Sh. Nayab Singh was addressing the villagers of Dodwah village in the Sonipat district, on Saturday.

On his way from Gohana to Delhi, the Chief Minister made a sudden program to meet with the villagers. On this occasion, he announced the upgradation of the gov-



ernment school in the village from middle school to tenth grade on the villagers' demand.

The Chief Minister urged the people of Dodwah village to enroll their children in government schools. He emphasized that all government schools have educated staff and are providing high-quality education to children. He further stated that the

funds for all the development work estimates sent by the village Sarpanch will be released within the next two to three days. On this occasion, he greeted all the villagers and received blessings from the elderly and women. On this occasion, MLA, Rai, Sh. Mohan Lal Badoli welcomed the Chief Minister and thanked him for visiting the village.

Bangladesh key part of India's SAGAR doctrine, Indo-Pacific vision: Foreign Secretary Vinay Kwatra

AGENCY
NEW DELHI, JUNE 22

Foreign Secretary Vinay Kwatra on Saturday highlighted the importance of Bangladesh in India's strategic plans for regional cooperation and security stating that neighbouring country is crucial for India's SAGAR (Security and Growth for All in the Region) doctrine and its vision for the Indo-Pacific region.

Addressing a special press briefing on the State visit of Bangladesh PM to India today, Kwatra also stated that renewing the disaster management agreement will improve response and capacity building. Additionally, they will focus on reducing and managing disaster risks, which is a key part of the Indo-Pacific Oceans initiative. "Bangladesh is a key

part of India's SAGAR doctrine and the Indo-Pacific vision. The renewal of the MoU on maritime cooperation and blue economy that was signed in exchange earlier today aims to develop our ocean-based blue economy and maritime cooperation," said Kwatra "The MoU on oceanography will establish a framework for research in that area. The renewal of the MoU on disaster management would help strengthen response and capacity building in this entire domain. We would also be focusing on disaster risk reduction and management, which is one of the key pillars of the Indo-Pacific Oceans initiative," he said. The Foreign Secretary said that the ongoing visit of Bangladesh Prime Minister Sheikh Hasina is a part of sustained high-level political engagement between the two countries.

MEHR CHAND MAHAJAN DAV COLLEGE FOR WOMEN

Sector 36-A, Chandigarh, Phone: 0172-2603355,2613047

Website:https://mcmdavcwchd.edu.in, email: principal_mcmdavcollege@yahoo.com

(Under the aegis of DAV College Managing Committee, New Delhi and affiliated to Panjab University, Chandigarh)

NAAC A Grade (CGPA:3.22), NIRF INDIA RANKINGS 2023: COLLEGE (RANK BAND 101-150), A CERTIFIED GREEN CAMPUS

ADMISSIONS: 2024-25

NEP implemented Syllabus/Duration of the Courses will be as per the guidelines issued by Panjab Univeristy



COURSES OFFERED

FOUR-YEAR UNDERGRADUATE DEGREE PROGRAMMES UNDER NEP 2020 (Applicable to 1st year Undergraduate Admissions only)

- ◆BA / BA Honours / BA Honours with research*
- ◆BSc / BSc Honours / BSc Honours with research*
- ◆BSc / BSc Honours / BSc Honours with research* in Microbial and Food Technology
- ◆BA (Aesthetics & Beauty Therapy)*
- ◆BBA (Banking Financial Services & Insurance)*

- ◆BCom / BCom Honours / BCom Honours with research*
- ◆BBA / BBA Honours / BBA Honours with research*
- ◆BCA / BCA Honours / BCA Honours with research*
- ◆BVoc Retail Management (Diploma, Advanced Diploma and Degree) /BVoc Honours / BVoc Honours with research*

THREE-YEAR UNDERGRADUATE DEGREE PROGRAMMES - NON NEP 2020 (Applicable to 2nd & 3rd year Undergraduate New Admissions & Ongoing Classes only)

- ◆BA / BA Honours (English / Hindi / Punjabi / History / Political Science / Sociology / Economics Psychology / Public Administration)
- ◆BSc / BSc Honours (Physics)
- ◆BSc in Microbial and Food Technology

- ◆BCom / BCom Honours (Economics / Management Studies /Accounting & Finance)
- ◆BBA ◆BCA
- ◆BVoc Retail Management (Diploma, Advanced Diploma and Degree)

MCM TAKES LEAD in implementing NEP 2020 to empower our girls by providing

- Inclusive and holistic Education
- Building Character and Inculcating a strong value system
- Fostering of Critical Thinking and Problem Solving Attitude
- Development of Emotional Capacity
- Reconnect with our culture and heritage

Through:

- Multiple Entry, Multiple Exit System
- A Variety of Skill, Value- based & Multidisciplinary Courses
- System of credits to facilitate synchronisation with Global education
- Option of Honors with / without Research

Added benefits:

- Scholarships / fee concessions / Incentives to performers in Academics, sports & extracurricular activities / students belonging to economically backward sections of society / sports performers at national and international level / students engaging in research and innovation

Apart from regular courses, a large number of Skill based, Value added & Multidisciplinary Courses are being started. For detailed information, please visit the College Website.

RESEARCH PROGRAMME

- ◆PhD English

POSTGRADUATE DEGREE PROGRAMMES

- ◆MA (English / Hindi / Economics / Sociology / Psychology)
- ◆Mcom ◆MSc (Mathematics / Chemistry)

POSTGRADUATE DIPLOMA PROGRAMMES

- ◆Computer Applications ◆Mass Communication

ADD-ON COURSES (For ongoing Classes)

- ◆Communicative English ◆Cosmetology & Beauty Care
- ◆Floriculture & Landscaping ◆Video Reporting ◆French
- ◆Interior Designing & Decoration

SKILL BASED VOCATIONAL COURSE

- ◆Diploma in Microbial Analysis & Food Safety

*Subject to approval of Panjab University

Dr. Nisha Bhargava
(Principal)

Paras Health Panchkula celebrates International Yoga Day

BUREAU PANCHKULA, JUNE 22

Paras Health Panchkula, a multispecialty hospital, marked International Yoga Day with a grand celebration, featuring diverse activities that drew over 220 participants. The event, held at Lohgarh Park, included a free medical camp and a variety of wellness sessions, underscoring the institution's commitment to promoting holistic health and well-being in the community.

The celebration began early in the morning with a series of yoga sessions led by professional instructors. Participants, ranging from senior citizens to children, and middle-aged men and women, enthusiastically took part in the activities. The professional yoga sessions were designed to cater to all age groups and



fitness levels, ensuring that everyone could benefit from the physical and mental health advantages of yoga.

Paras Health Panchkula, in a statement, said, "We are thrilled with the turnout and the positive response from the community. Our goal at Paras Health is to promote a culture of wellness and preventive healthcare. Celebrating International Yoga Day with such enthusiasm, alongside providing free medical services,

aligns perfectly with our mission. We believe that events like these not only foster a sense of community but also encourage people to take proactive steps towards their health and well-being."

In addition to yoga, the event also featured an energetic Zumba session. The rhythmic dance workout provided a fun and engaging way for attendees to stay active and enjoy the spirit of the day. Another highlight of the event was the free med-

ical camp, where participants received complimentary health check-ups and consultations from experienced medical professionals. The camp offered a range of services, including blood pressure monitoring, diabetes screening, and general health assessments. This initiative aimed to provide essential healthcare services to the community, emphasizing the importance of preventive health measures.

The event concluded with a sense of achievement and community spirit, leaving participants motivated to incorporate healthier practices into their daily lives. Paras Health Panchkula remains dedicated to organizing such events in the future, aiming to continually enhance the health and happiness of the community it serves.



yoga. Moreover, 72.4% mentioned that yoga influenced the timing of their first meal, with 63% starting to eat earlier. Therefore, we believe that by aligning yoga practices and nutritional intake with our body's biological clock, we can optimize our health and vitality. At Amway, we champion this approach through our philosophy of Exercise, Positive Attitude, Rest, and Nutrition, advocating for a disciplined approach to the first meal and exercise such as yoga, complemented by need-based supplementation to address nutritional gaps and enhance overall health and well-being. All of this aligns with our goal to transform lives by adopting healthy habits.

Amazon India Sets Record for Employee Volunteer Participation in Global Month of Volunteering

CHANDIGARH : Amazon.in today announced that the Global Month of Volunteering celebrated in May 2024 saw a record participation of over 1.1 lakh Amazon Employees including corporate employees and associates in India, an increase of 100% YoY. This underscores the company's deep commitment to create impact and engage with the communities across.

Through volunteering efforts, Amazon addressed key focus areas like women empowerment, sustainability, food security, and education. With a mission to educate, inspire, and connect, Amazon.in created over 400 volunteering opportunities across India, partnering with more than 55 non-profit organizations where employees can participate in a variety of

in-office, outside-office, and virtual volunteering activities.

"At Amazon, the well-being of the communities we serve is core to our success. Our Global Month of Volunteering unites our employees and empowers them to make a real difference. Through GMV, we have already impacted the lives of over 1.36 lakh beneficiaries across India," said Manish Tiwary, Vice President and Country Manager, Amazon India. "We are committed to making a lasting impact throughout the year and will continue to leverage our resources for the greater good, striving to be the good neighbour for the communities we live and work in," added Manish.

Amity University Punjab celebrates International Yoga Day

BUREAU MOHALI: Amity University Punjab proudly celebrated International Yoga Day on Friday, hosting a vibrant event dedicated to promoting a healthy lifestyle and enhancing well-being within our community and beyond. This year's theme, "Yoga for Self and Society", emphasised the holistic benefits of yoga for physical, mental and emotional health.

The event featured Mr. Anil Verma, a distinguished yoga instructor, who led the attendees through various yoga practices. His expert guidance showcased the powerful benefits of yoga for both the mind and body, fostering a profound sense of peace, balance, and vitality. This celebration underscored our belief that by coming together, we can inspire a culture of health and wellness among our students, faculty, and staff.

In alignment with the International Yoga Day pro-



ocols, the event began with a warm-up session, followed by a series of yoga asanas (postures), pranayama (breathing exercises) and a guided meditation session. These protocols ensured a comprehensive approach to the practice, catering to participants of all skill levels and promoting a deeper understanding of yoga's diverse benefits.

In addition to the yoga session, the event was enlivened by fun activities designed to engage students and reinforce the importance of a balanced, active lifestyle. These activities not only provided enjoyment but also highlighted the holistic approach to health and well-being that Amity University Punjab champions.

Understanding Cervical Cancer: Prevention is the key

By Dr Geetika Thakur, Consultant Obstetrics & Gynecology, Motherhood Chaitanya Hospital, Sec 44C, Chandigarh

CHANDIGARH: Cervical cancer continues to pose a substantial global health challenge, with an estimated 660,000 new cases and 350,000 deaths reported worldwide in 2022. However, the burden is particularly acute in India, which accounts for around a fifth of the total cervical cancer cases globally. In India, cervical cancer is the second most common cancer among women, but it is the only cancer which is preventable. The key to combating cancer lies in awareness and access to effective preventive measures. Addressing these gaps is crucial to reduce the substantial burden of cervical cancer in India. Regular cervical screening, through procedures like Pap tests and HPV testing, can detect precancerous changes early, allowing for timely intervention and treatment. Additionally, the HPV vaccination has been instrumental in providing protection against the human papillomavirus (HPV), the primary causal agent of cervical cancer. By understanding these critical prevention tools and proactively utilizing them, individuals can take an active role in safeguarding their health and reducing the burden of this largely preventable cancer.

Early detection is critical, as cervical cancer often goes unnoticed in its early stages. This is where regular cervical screening, typically recommended every 5 years for women aged 30-65, (doctor to confirm this) becomes vital. These screenings, like the Pap smear and HPV test, act as a safety net. They detect precancerous changes and the presence of HPV, the human papillomavirus – a major culprit behind cervical cancer. By catching abnormalities early, screenings allow for prompt treatment, significantly reducing the risk of full-blown cancer. The HPV vaccine offers another layer of protection. It works by creating a shield against the strains of HPV most linked to cervical cancer. This vaccine essentially prevents the initial infection that could lead to cancer over a period of time. Dr. Geetika Thakur, Consultant – Obstetrician & Gynecologist, Motherhood Chaitanya Hospitals, Sec 44C, Mohali, echoes this growing trend: "We are witnessing a welcome surge in HPV vaccination awareness. Women of all ages seeking vaccination, along with parents bringing both daughters and sons for the procedure. This year alone we've vaccinated over 100 women in the first half, surpassing

last year's total of 140. The HPV vaccine, regardless of age, is a safe and effective way to significantly reduce cervical cancer risk. It's an investment in your future health. The HPV vaccine is emerging as a true champion in cervical cancer prevention. By preventing the initial HPV infection, it dramatically lowers an individual's lifetime risk. We strongly recommend vaccination for both girls and boys, starting as early as 9-14 years. Early vaccination is key, as its most effective before exposure to the virus." It's important to remember that while cervical cancer directly affects women, vaccinating boys holds equal importance. HPV can cause other cancers in men, such as penile, anal, and throat cancers. Vaccinating boys helps create herd immunity. This means by reducing the overall circulation of the virus in the population, we offer further protection for everyone. Despite progress, some myths persist around cervical screening. Let's address a few common ones: **Myth:** Screening is unnecessary if there are no symptoms. **Fact:** Early detection is key. Screenings detect precancerous changes before symptoms appear. **Myth:** Screening affects fertility. **Fact:** Screening procedures are safe and do not impact fertility. **Myth:** HPV vaccination eliminates the need for screening. **Fact:** Vaccination reduces risk but doesn't eliminate it.

API and Abbott Unveil an Action Plan on Angina Management

CHANDIGARH: The Association of Physicians of India (API), along with global healthcare company Abbott, today initiated the first ever 'Angina Awareness Week' in India, from June 19th to June 25th. Through this, they aim to highlight the importance of early angina diagnosis and its optimal management to reduce the risk of cardiac events and improve patient outcomes. To mark this week, they collectively unveiled an Action Plan drafted by Abbott, titled, 'Optimal Treatment of Angina (OPTA): The need of the hour', highlighting best standards for timely detection and management.

Dr. Ashwini Pawar, Medical Director, Abbott India said, "Angina remains an under-diagnosed condition in India, even today. As a result of this, many do not receive optimal treatment. It's important to address this challenge given the growing burden of cardiovascular diseases, as well as its associated cost to the country of roughly 2.17 trillion US dollars between 2012 and 2030iv. With the support from Association of Physicians of India, we're committed to driving awareness through the initiation of the 'Angina Awareness Week' in India to help in earlier diagnosis and optimal angina management."

Angina, experienced as discomfort, pain, heaviness, or squeezing in the chest, is a common initial symptom of coronary artery disease. India ranks second worldwide when it comes to cardiovascular disease-related mortality, and CVDs account for 20.3% and 16.9% of annual mortality across men and women in the country respectively.1 This makes it especially vital to pay attention to warning signs like angina, which can also result in light-headedness, discomfort in one's arms, back, and more. Obesity is also a strong angina risk factor, especially in women compared to men. People living with diabetes also tend to report more extensive coronary disease, if unaddressed. The comprehensive action plan uncovers insights on angina, from its disease burden to key challenges and recommendations for doctors to consider.

Amazon Business announces Business Value Days from 24th to 30th June

CHANDIGARH: Amazon Business announced the commencement of its flagship event, Business Value Days for all business customers starting from 24th June to 30th June. The event will provide extra benefits to business customers who can enjoy unmatched deals and offers on products such as smartwatches, home and kitchen appliances, laptops, office furniture, security cameras, smart TVs, and more. Business customers can enjoy up to 70% discount on lakhs of products across Laptops, Monitors, Smartwatches Office Furniture, Small and Large Appliances, Security Cameras, Décor and Furnishing products, Smart TVs and other Office Improvement products. Incrementally, Business customers can also avail additional cashbacks of 10% up to 9999/- on these products. In addition to the deals and offers, business customers can also sign up for free Prime Subscription and enjoy free and fast shipping and convert their account to Multi-user accounts allowing them to add multiple team members under one Amazon Business account and set

up approval policies and budget guardrails separately for each team. Business customers can also check their eligibility to register for instant credit through Amazon Pay Later and manage their cash flow during Business Value Days. They can also buy from one location and ship to another location without compromising on the GST input credit with Amazon Business Bill to Ship to feature. Business customers can now place bulk quantity orders seamlessly with pre-configured discounts and also solicit assistance for bulk orders by sending an email to buybulk@amazon.com. Business Value Days aim to simplify procurement for business customers by providing over 19 Cr GST-enabled products across top categories at exciting prices. It also gives an opportunity to over 10 Lakh sellers on the platform to sell products in bulk to all businesses. Amazon Business caters to 99.5% pin codes across the country and has created a one-stop destination for all business buying needs with features to support request for quote on bulk orders.

Signify launches Nature Connect lighting at India Light Festival 2024

CHANDIGARH: Signify, (Euronext: LIGHT) the world leader in lighting, today announced the launch of Nature Connect, an industry-first revolutionary product, designed to enhance well-being by bringing the benefits of natural light indoors. Inspired by biophilic design principles, Nature Connect mimics the natural rhythm of sunlight, promoting a healthier circadian rhythm, improved mood, enhanced focus, and better sleep quality.

Nature Connect – The Lighting Inspired by Nature

Research indicates that people spend 90% of their overall time indoors, emphasizing the importance of creating healthy indoor environments. Nature Connect addresses this need by utilizing elements of nature in interior spaces to create healthy, engaging, and inspiring environments with a proven biophilic design principle. Recognizing the profound impact of light on our physical and mental well-being, Nature Connect's ground breaking technology emulates the dynamic variations of sunlight throughout the day, helping to balance the body's circadian rhythm and improve overall health, energy levels, mood, productivity, quality of sleep and overall well-being.

Commenting on the launch Sumit Joshi, CEO & MD - Signify, Greater India said, "We are proud to bring this industry-first innovation for our customers across India. NatureConnect is tailor-made to bring natural light indoors. Its revolutionary lighting system, developed through extensive research, recreates the positive effects of natural light indoors, for professional spaces, hospitality, and the healthcare industry in India. By utilizing energy-efficient LEDs and smart controls, NatureConnect seamlessly adjusts to the changing light patterns throughout the day, enhancing overall well-being and improving productivity."



realme unveils the AI Flagship Killer, realme GT 6 and realme Buds Air6 Pro

CHANDIGARH: realme, the most popular smartphone brand among Indian youth, today announced the global launch of two groundbreaking products, the newest addition to its flagship GT Series and AIOT segment - realme GT 6, the AI Flagship Killer & the realme Buds Air6 Pro. Both devices, equipped with state-of-the-art features and intelligent design, are set to elevate user experience significantly. Since its inception, the realme GT Series has been the flagship of cutting-edge technological innovation and stands as a testament to realme's relentless pursuit of technological excellence. realme also partnered with AIESEC experts and a selection of tech influencers for the "AI for Youth: Revolutionizing Digital Lifestyles" roundtable event. During the event, the attendees discussed a wide range of topics exploring the beneficial impact of AI mobile technology on the transformation of young people's digital lifestyles and examining the future potential of AI technology centered around the smartphone experience. Commenting on the launch a realme spokesperson said, "realme is excited to add to the realme GT Series with the realme GT 6, an AI-powered flagship smartphone that pushes the boundaries of mobile technology, and the realme Buds Air6 Pro, a cutting-edge audio accessory. The realme GT 6 marks a significant leap forward in integrating our proprietary Next AI technology to provide users with unparalleled intelligence and performance. Through the establishment of our Next AI Lab, we are committed to driving a smartphone revolution and making advanced AI solutions accessible to the youth. Similarly, the realme Buds Air6 Pro showcases our dedication to innovation, featuring revolutionary noise cancellation technology and delivering a truly immersive audio experience. We believe these new additions to our lineup will resonate strongly with our customers and reinforce our position as a frontrunner in AI-driven smartphone technology and premium audio accessories."



QNET Commemorates International Yoga Day with High-Quality Nutriplus Products

CHANDIGARH : International Yoga Day, celebrated annually on June 21st, highlights the profound benefits of yoga for physical and mental well-being. This day serves as a reminder of the interconnectedness between a balanced diet, appropriate supplements, and regular exercise in achieving optimal health. Incorporating yoga into one's routine complements a healthy lifestyle approach, enhancing the effects of nutritious eating and targeted supplementation.

In line with this holistic approach, unlock your wellness potential with QNET's Nutriplus Monofloral Honey and Virgin Coconut Oil, products designed to support a well-rounded health regimen. Integrating these high-quality supplements into one's daily routine can foster a harmonious balance, enabling individuals to thrive both physically and mentally. This aligns perfectly with the essence of yoga and supports a journey towards complete wellness.

Nutriplus Monofloral Honey

Sourced from the nectar of single-species flowers, QNET's Nutriplus Monofloral Honey is rich in flavour and nutritional benefits. It is 100 % pure and natural. It comes in five variants namely, Mustard, Karanj, Sheesham, Coriander, and Moringa - each variant is packed with essential minerals, amino acids, and enzymes. This natural superfood supports good health with its antioxidant, soothing, and antibacterial properties. Incorporate Nutriplus Monofloral Honey into your morning tea, breakfast or overall diet plan to meet a balanced, healthy lifestyle.



vivo launches all new vivo Y58 5G

CHANDIGARH : vivo, the innovative global smartphone brand, today expanded its Y-series portfolio with the launch of Y58 5G in India. The smartphone embodies a stylish premium watch style design with appealing colors, segment's brightest sunlight display amongst all LCD displays, and an attractive camera panel featuring a 50 MP AI portrait camera and a powerful 6000 mAh battery.

vivo Y58 flaunts an elegant design and will be available in two colors- Himalayan Blue and Sundarbans Green, which reveal the essence of nature with utmost precision, making it stand out amongst all other look-alikes in its segment. Priced at INR 19,499, the Y58 5G will have a single 8GB+128GB storage variant and will be available for purchase starting today across Flipkart, vivo India e-Store, and all partner retail stores. Consumers purchasing the smartphone can avail exciting offers including an instant cashback of INR 1500 using SBI card. Yes Bank, Bank of Baroda, IDFC First, and IndusInd bank among others. vivo is also giving users an opportunity to own the Y58 at a mere price of INR 35 per day, along with offers on V Shield protection. Commenting on the launch, Geetaj Chahana, Head of Corporate Strategy at vivo India, said, "We are delighted to add yet another product to our Y-series portfolio. With the vivo Y58 5G, we want to equip our young users with a smartphone that matches their aesthetic and empowers them with the latest technology. We believe the Y58 5G will address the core needs of our users."



Chicco's 'No Phenoxyethanol' range of Baby Moments Baby Cosmetics is becoming a sought-after choice of New-age parents for their babies

AMRITSAR : Babies have a very delicate and soft skin and needs utmost care. Parents are aware about the importance of using products made by using the right ingredients, and thus remain more vigilant about the same, throughout.

Earlier parents used to look for products which were SLS, SLES, Dyes & Alcohol-free as these chemicals are harmful on the baby's skin. However, new age parents are a step ahead when it comes to safety, as they are continuously looking for products — free from phenoxyethanol. With a brand like Chicco, leading the charge — choices have become easier for parents. Chicco is one of the pioneer brands in upgrading its Baby Moments Baby cosmetics range by making it free from Phenoxyethanol and

since then, the choice of customers seeking safer baby products has become simpler. Some of you would be wondering what is Phenoxyethanol. Phenoxyethanol is an economical chemical used in cosmetic to increase their shelf life.



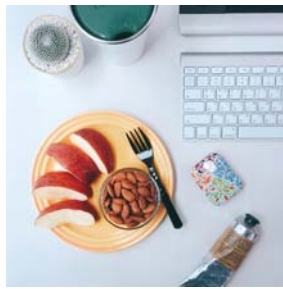
However, it is increasingly becoming an ingredient of concern in many countries. The European Scientific Committee on Consumer Safety (under European Medicine Agency)

allows its usage at a maximum concentration of 1%. Similarly, Ministry of Health, Labour and Welfare, Japan defines it as a "restricted ingredient" and limits its usage to 1%. Its very important that when you buy baby cosmetics next time for your baby, please read carefully the ingredients on the back label of the product to check if it has Phenoxyethanol or not. The common names that are used for Phenoxyethanol on product labels are phenoxyethanol, ethylene glycol monophenylether, 2-Phenoxyethanol, rose ether, phenoxyethyl alcohol, beta-hydroxyethylphenyl ether. However, ayurvedic products may use some other names. Chicco Baby Moments is not just free from Phenoxyethanol but it's also free from Tropolone, with no added EDTA and Phthalates.

Celebrate this International Yoga Day with the Goodness of Almonds

CHANDIGARH : International Yoga Day, celebrated annually on June 21st, emphasizes yoga's holistic approach to health and well-being. This day aims to raise awareness about the benefits of incorporating yoga into daily life for improved physical, mental, and spiritual health. To maximize the benefits of yoga, it is essential to maintain a balanced, clean, and healthy diet. Such a diet includes seasonal fruits and vegetables, leafy greens, whole grains, pulses and nuts like almonds, all of which play a vital role in maintaining overall health and well-being. Almonds, in particular, contain 15 essential nutrients, including protein, zinc, magnesium, phosphorus, calcium and vitamin E. Incorporating a handful of almonds into your daily diet offers numerous health advan-

tages. Almonds help keep the heart healthy, help to manage weight and cholesterol levels, and support immunity, which is crucial for overall well-being.



Almonds are also a great pre-workout snack, as they can help alleviate muscle soreness and improve post-exercise recovery, as revealed by the recently released Witard study funded by

the Almond Board of California. So, be sure to add almonds as a pre-workout snack for optimal results. Talking about International Yoga Day, Bollywood actress Soha Ali Khan said, "I have been practicing yoga for a long time and have experienced positive health benefits such as improved gut health, stronger immunity, better skin, and more. Alongside regular yoga practice, I ensure to eat a clean and well-balanced diet that includes seasonal fruits and veggies, almonds, yogurt, and more. Almonds have been my go-to snack for years. I make it a point to include almonds in my daily diet, especially after yoga sessions, as these nuts contain protein and 14 other essential nutrients that contribute to overall well-being."

Editorial

Doubts on exam integrity dampen dismal job scene

Mr Narendra Modi, who is now into his third term as the nation's Prime Minister, often reminds his fellow citizens as well as world leaders about the demographic dividend India is about to harvest in the near future. He has statistics on his side — more than half of India's population is aged below 30, that is, about 70 crore people are ready to be in the service of the nation, awaiting their turn. This is an advantage no other country can claim as its own.

But that's only one side of the story. The other, darker, side is that India is passing through a time when unemployment is at its peak in terms of absolute numbers. While politicians bandy about figures proclaiming fast growth of the economy, economists are worried about growth in joblessness and surging numbers of the educated unemployed. Surveys had predicted that unemployment would be one of the key issues in the last general election, and the results did stop the BJP from bagging a comfortable majority.

It is in this context that the news reports — of irregularities in competitive examinations conducted — explode in the face of the nation. It was in February this year the Uttar Pradesh government was forced to cancel the recruitment examination for police constables for which 43 lakh appeared. This was after allegations that the question papers were available for a price, ranging from Rs 50,000 to Rs 2 lakh.

The leak of question papers of the National Eligibility-cum-Entrance test (Neet-UG) conducted for admissions into undergraduate medical courses is an event of a scale that is unheard of. So much so that even a shocked Supreme Court had to comment that the integrity of the examination has been compromised. The gravity of the situation can be gauged only when we consider the fact that it was introduced in 2013 to do away with ad hoc mechanisms and arbitrariness in medial admissions and introduce transparency instead.

The cancelling of the National Eligibility Test (NET) for junior research fellowship and teacher qualification has now followed the Neet-UG fiasco. The government continues to be in denial mode saying there is no systemic issue with the National Testing Agency and no proof of wrongdoing yet. However, reports have started appearing from various parts of the country that there is an active market selling question papers.

India's scorching heat divide rising, act now

It took a thief in Uttar Pradesh to expose India's scorching heat divide. On an intensely hot day in early June, a man broke into a locked house in Lucknow's Indiranagar neighbourhood, rummaged through the premises, and picked up valuables. Then, he spotted an air-conditioner. He switched it on, found a snug cushion, lay down, and fell asleep. When the police arrived, the thief was napping. The story generated much mirth in India's scalding summer.

No one is laughing any more. Especially in Delhi/NCR and the vast swathes of the country reeling under a prolonged heatwave. Temperatures are rising above 46 degrees across much of north India, including in UP, Uttarakhand, Bihar and Jharkhand. At least 50 people have died in the current heatwave in the Delhi region, over 50 in UP and Odisha and at least 22 in Bihar. Arguably, intense heat is not unique to India. In the time of climate change, clearly, erratic, and extreme weather are the new norms. Heat stress is affecting people across the world.

But what needs to be sledgehammered is that in many countries, including India, policy response to extreme heat must factor in equity. Extreme heat affects us all, but not equally. That India is a deeply unequal country is no secret. But prolonged heatwaves, including the current one, brutally expose India's deep social, cultural, and economic fault lines.

The Heatwave Havoc report, a new study by Greenpeace India and National Hawkers' Federation, throws up valuable insights on how extreme heat impacts street vendors in Delhi, focusing on risks to health, livelihood challenges and adaptation strategies. According to the report, 49.27 per cent of street vendor respondents experienced a loss of income



during heatwaves, with 80.08 per cent of them acknowledging a dip in the number of customers. 50.86 per cent of interviewees also said they face higher financial burdens due to additional household expenses with an average extra expenditure of Rs 4,896.52 during months of extreme heat.

Extreme heat inflames gender inequalities in health and income, according to recent research by US-based Adrienne Arsh-Rockefeller Foundation Resilience Centre (Arsh-Rock) in three countries -- India, Nigeria, and the United States -- examining current and projected conditions by 2050.

"Women lose 19 per cent of their paid working hours to heat, costing the Indian economy 0.8 per cent of its GDP, or roughly \$67 billion annually," says the report.

As the number of days of intense heat steadily rise, there can be no real sustainable solution unless we acknowledge this emerging thermal divide between those who can afford or have access to air-conditioned environments and can live and work there a major part of the day, and those who cannot, and must necessarily deal with intense heat for long stretches or risk reduced earnings. The latter make up the bulk of India's informal

sector -- the mainstay of the Indian economy. Most construction workers, farmers, street vendors, delivery boys, domestic helpers and many others do not have the option of working from home; many live in homes that are not air-cooled. This does not take away from the deep discomfort that everyone, rich and poor, are grappling with. But the degree matters. Sometimes it is a matter of life and death. The intensity of the heat has renewed discussions on many critical issues, such as accurate data on heat-related deaths. Many experts feel the official tally is an underestimate though India now has official guidelines which specifically state that a death must be considered heat-related, even if the patient has pre-existing health conditions which are aggravated by extreme temperatures.

But guidelines are only a starting point. There are many issues which are part of the Indian reality and which must be addressed, alongside the structural problems in classifying heat-related deaths. For example, medical doctors must be trained across the country to diagnose the impact of extreme heat on the body, as Aditya Valiathan Pillai, a fellow at Sustainable Futures Collaborative, points out. Hospitals must be equipped to deal with heat-related illnesses. Currently, many hospitals in places reeling under extreme heat do not even have enough thermometers to check temperatures of patients with heat strokes, as recent ground reports have pointed out.

Then, one needs to factor in deaths that take place outside the hospital. One way to deal with the situation is to track all-cause mortality during stretches of heatwaves with available data from the past to understand the excess mortality that may have been contributed by intense heat, as Pillai and other scholars suggest.

Literature & Health

Blood Donation: Gift of life, drop by drop

ONE unit (350-450 ml) of donated blood can save up to three lives. Chandigarh-based Alka Chaudhary (40) has been one such grateful recipient all her life. Diagnosed with thalassaemia major when she was just three months old, Alka receives 2 units of blood every month.

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Voluntary, unpaid-for donors remain the most trusted source to meet this huge demand, as was emphasised on the World Blood Donation Day (June 14).

One out of every three persons needs timely access to safe blood during his/her lifetime. The numbers though remain low as over 85 per cent of young Indians (18-25 years) have never donated blood.

Most people do not donate blood because of lack of awareness and misconceptions about donation. Reasons also include



lack of clarity about the donation process, which typically takes about 45 minutes to an hour, and inaccessibility to blood donation sites.

There are many myths that need to be dispelled. Blood donation doesn't cause any weakness, as the body replenishes the lost fluid within 24-48 hours. Nor is it painful, as there's only a little sting when the needle is inserted.

There are hardly any chances of catching infection, as new sterile needles are used for every donor.

Air pollution claimed 8.1 million lives in 2021 globally, 2.1 million in India: Report

Air pollution contributed to 8.1 million deaths worldwide in 2021, with India and China recording 2.1 million and 2.3 million fatalities, respectively, according to a report released on Wednesday.

Published by Health Effects Institute (HEI), an independent US-based research organisation, in partnership with UNICEF, the report also highlighted that air pollution claimed lives of 1,69,400 children in India under the age of five in 2021.

Nigeria followed with 1,14,100 child deaths, Pakistan with 68,100, Ethiopia with 31,100, and Bangladesh with 19,100, it said.

The report said nearly 50 per cent of all ozone-related chronic obstructive pul-



monary disorder (COPD) deaths in 2021 were recorded in India (2,37,000 deaths), followed by China (1,25,600) and Bangladesh (15,000). The report also said that air pollution was the leading risk factor for deaths in South Asia, followed by high blood pressure, diet, and tobacco. It was the second leading risk factor for death among children under

five in 2021, after malnutrition. The report noted, "The year 2021 saw more deaths linked to air pollution than were estimated for any previous year.

With populations over 1 billion each, India (2.1 million deaths) and China (2.3 million deaths) together account for 54 per cent of the total global disease burden."

POEMS

Colored Toys

When I bring to you colored toys, my child, I understand why there is such a play of colors on clouds, on water, and why flowers are painted in tints ---when I give colored toys to you, my child. When I sing to make you dance I truly now why there is music in leaves, and why waves send their chorus of voices to the heart of the listening earth ---when I sing to make you dance. When I bring sweet things to your greedy hands I know why there is honey in the cup of the flowers.

Rabindranath Tagore

In democracy, it's dangerous for any party to get too big majority

I have covered quite a few general elections but I don't think I have come across the word, 'supermajority', until now. First, it was with reference to Narendra Modi's "ab ki bar, 400 paar" and now it is about the Labour leader, Keir Starmer, ahead of the British general election on July 4. The inference is the same — in a democracy, it is dangerous for any party to get too big a majority. The Daily Telegraph said: "India's Narendra Modi is on course to win a 'super majority', early exit polls showed, stoking fears he will use sweeping powers to change the constitution amid a rising tide of nationalism. Right-wing Hindus have been openly campaigning to transform India from a secular state into a Hindu one, or Hindu Rashtra."

Back in Britain, some polls have predicted that in the 650-seat Commons, Conservatives will be reduced to 57-72 seats (down from 344), while Labour would get 400 (up from 205). This prompted the Tory defence secretary, Grant Shapps, to say, "If you want to make sure that in this next government,



whoever forms it, that there is a proper system of accountability, then we would argue that you don't want to have somebody receive a supermajority."

India is not a priority for the Labour leader, who hasn't even bothered to visit the country. He has also excluded Indians from his top team.

Labour does indeed like to support 'coloured immigrants' so long as they don't do too well. What Labour hates are successful, aspirational Indians who refuse to be patronised — as the first generation of factory workers in Southall once were.

When Indian literary festivals come to the UK, they have no difficulty in inviting Pakistani authors, something that has become increasingly hard back in India. Thus the Khushwant Singh Literary Festival, held in London and, for the first time in Cambridge, gave a prominent role to the Pakistani historian, Fakir S. Aijazuddin. There was also a session in Cambridge with Noreen Masud, the daughter of a Pakistani father and a Scottish mother, whose frank memoir about growing up in Lahore is called A Flat Place. Meanwhile, one of the big draws at the Jaipur Literary Festival at the British Library in London was Mishaal Husain who was born in the UK to Pakistani parents and is now a celebrity BBC presenter.

She has added to the growing literature on Partition by writing about her grandparents, Mumtaz Husain and Mary Quinn on her father's side and Shahid Hamid and Tahira Butt on her mother's side, respectively, who chose life in Pakistan after 1947.

Sandhurst-trained Shahid served as

private secretary to Claude Auchinleck, commander-in-chief of the British Indian army, and later became the first director-general of Pakistan's Inter-Services Intelligence. Incidentally, Tahira told Mishaal in a taped conversation that "Partition need not have happened".

Mishaal admitted that because of Partition, "I am left with a massive feeling of loss. A big part of my heritage lies in India."

It's fascinating to be reading the memoirs of the ace reporter, Shekhar Bhatia. In Namaste, Geezer: Life as a Fan and Journalist of Asian Heritage, he reveals just how much racism he has had to suffer not only from football fans but also from white colleagues in the press box.

Bhatia, who was once married to the actress, Meera Syal, admits that he sometimes doesn't want England to win — he explains: "Southgate's is the most representative England squad we have seen in terms of background and diversity, but my reasons for preferring defeat for the national team are solely

due to the xenophobic history surrounding the team and the tuggery and racism I have witnessed while reporting their games."

Sometime in the autumn of 2025, the Royal Academy of Arts is to hold an exhibition featuring Mrinali Mukerjee's knotted sculpture using local hemp and jute. The Royal Academy was founded by King George III in 1768 and has been holding a Summer Exhibition without break since 1769.

Out of 16,500 works sent in through an open submission, 1,710 were selected by the hanging committee for display. I made a point of looking at the inspiring works of the Indian-origin artists, among them Permin-dar Kaur, Radhika Khimji, Akash Bhatt, Neera Sehgal, Poojan Gupta, Kiran Chauhan and Rahul Rahanu. The Summer Exhibition always reminds me to make my usual pitch for a spacious Museum of Modern Art in Calcutta. India should also have something like the Summer Exhibition. The Americans are apparently trying to copy it.

Dalai Lama leaves for America, kneels to be treated

SANJAY AGGARWAL
DHARAMSHALA : Tibetan spiritual leader His Holiness the Great 14th Dalai Lama left for the United States. Hundreds of Tibetans and devotees thronged the streets to pay tribute to His Holiness the Dalai Lama, who is about to travel to the United States for medical treatment, kneeling down. Similarly, the leadership of the Central Tibetan Administration, including Speaker Khenpo Sonam Tenphel, Sikyong Penpa Tsering, Deputy Speaker Dolma Tsering Teykhang, Tibetan Justice Commissioner Tenzin Lungtok, DDIR Kalon Norjin Dolma, Election and Public Service Commissioner Wangdu Tsering Pesur, Standing Committee members of the Tibetan Parliament in Exile and secretaries of CTA departments and offices, gathered at his official residence to see off His Holiness. Just a few days ago, the US Congress delegation met the Dalai Lama. After this, China was enraged.

Protest erupts after kids barred from playing at KV School ground, complaint filed with SDM
JOGINDER DEV ARYA
BANGANA: A commotion erupted at the KV School in Bangana's Himuda Colony when children were denied access to the school's playground. The children, who regularly played there in the evenings, were turned away by staff at the gate, leading to a protest by the youth. The situation was only diffused after SDM Sonu Goyal intervened, but the incident has left a lasting resentment among the local youth towards the KV administration. Ankush Brajata, Dinesh, Arpit Vohra, Ayush Rana, Sanjit Jaswal, and other students expressed their frustration, stating that for many years, the KV School ground has been their only venue for evening play. They explained that there is no other playground in Bangana, making it difficult for them to find a place to engage in sports and recreation. On Saturday, led by Ankush Brajata, a complaint letter was submitted to SDM Bangana, Sonu Goyal.

Long process for fire NOCs hurting HP's small and micro industries

SHANTI GAUTAM
BADDI: Upon entering Nalagarh and Baddi from the Punjab and Haryana borders, the industrial area's state is evident through broken bridges and potholes. The lengthy process for obtaining fire No Objection Certificates (NOCs) is particularly detrimental to the state's micro and small industries. The Industries Association of Himachal Pradesh held an extensive discussion on various issues affecting the industrial sector at the state office in Baddi. Entrepreneurs expressed concerns about the lack of medical treatment for workers in the ESIC hospitals across the state, including in the largest industrial area, Baddi-Barotiwala-Nalagarh (BBN). Workers arriving at these hospitals for treatment are often referred to other hospitals, forcing entrepreneurs to seek private medical care for their employees. During the monthly meeting of the Small Industries Association, members vocally criticized the situation, questioning why workers do not receive treatment despite companies regularly contributing to the ESIC.

Rodic Consultants receives FICCI's Smart Urban Innovation Award for Smart Healthcare Project in Bihar-BHAVYA
SHIMLA: Rodic Consultants, a leading engineering and digital infrastructure consulting company, has been awarded the prestigious FICCI's Smart Urban Innovation Award for its Smart Healthcare project in Bihar. The award was presented by Federation of Indian Chambers of Commerce & Industry (FICCI) at a formal event at the Federation House, FICCI, New Delhi. This recognition highlights Rodic's unwavering commitment to excellence and professionalism in providing viable infrastructure solutions. As a Manager Service Provider (MSP) for the Bihar Healthcare Project (BHAVYA), Rodic Consultants, along with its technology associate, developed, designed, and implemented an integrated hospital information management system (HIMS) solution across 13,000 state government-operated health facilities in Bihar, spanning from district hospitals to health sub-centres across 38 districts. So far, the company has completed HIMS implementation across 38 districts, with all districts integrated in May 2024 through the state-of-the-art HIMS platform.

Bilaspur Court Firing: HC defers hearing on bail plea of accused

SHIMLA, JUN 22 (UNI) The Himachal Pradesh High Court has deferred the hearing of bail application of accused Puranjan Thakur, son of former MLA Bambar Thakur, in connection with recent court complex firing incident.

Counsel for the applicant, Mr N S Chandel, moved the bail application on Friday, and it was listed before the single judge bench of Justice Sandeep Sharma on Saturday. The prosecution, led by Rajan Kahol, opposed the bail, arguing that Puranjan was the mastermind behind the plot, having met Sunny Gill on June 15 and provided him shelter before going underground. Although the defence portrayed Puranjan as a victim of circumstances, the judge remained unconvinced. Justice Sharma critically reviewed the status report. "The investigation is in



its preliminary stages," he said, adding, "We must ascertain the origin of the weapon used." The court has directed police to present the investigation records during the next hearing and adjourned the decision until June 25. The firing incident

occurred on June 20 in the Bilaspur district court complex, where Saurabh Patial sustained bullet injuries. Patial, the main accused in an attack on former Congress MLA Bambar Thakur, was approaching the court when unknown assailants opened fire.

Bajaj Allianz General Insurance Inaugurates New Office in Shimla

SHIMLA: Bajaj Allianz General Insurance, one of the leading private general insurers in India, has announced the inauguration of its new office in Shimla, Himachal Pradesh. This strategic expansion aims to boost insurance penetration across tier 2 and tier 3 cities in India and provide financial stability to our

citizens. India's growing economy is fast evolving, but with that, the landscape of risk and uncertainties are also increasing. With their expertise, Bajaj Allianz aims to bring its innovative products and solutions closer to the people of Shimla. The Company will provide a wide range of services

backed by technology to seamlessly cater to customers' needs. The new office will serve as a strategic hub for Bajaj Allianz General Insurance to further strengthen its presence and reach its customers in the region. Commenting on the inauguration of the new office, Amitesh Anand, National Head -

Geo at Bajaj Allianz General Insurance, said, "Insurance plays a critical role in providing financial security during unforeseen emergencies. However, insurance awareness and adoption in our country remain low due to a limited understanding of its significance and advantages.

Amid Bypoll, BJP candidate depose before Boileauganj police

Shimla, June 22 (UNI) Politicians in Himachal Pradesh are facing a new battleground as apart from facing Court cases they are being grilled in various criminal cases by investigating agencies. BJP candidate from Hamirpur and former independent MLA Ashish Sharma on Saturday appeared before the investigating officers (IO) at Boileauganj police station on Saturday for the third time in connection with a case for allegedly influencing the Rajya Sabha election and indulging in horse trading during and after the election. The police grilled him for about two hours at the police station. Ashish Sharma is also an accused in a case for allegedly conspiring to topple the state government. He allegedly made arrangements to take six rebel Congress MLAs by helicopter, arranged for their stay in a five-star hotel, and provided them with food and drink. Along with Ashish Sharma, a case has

also been registered against retired IAS officer Rakesh Sharma father of former Gagret MLA Chaitanya Sharma in Shimla's Baluganj police station on March 10. In the same case, four days ago, the publicity advisor of former Haryana CM Manohar Lal Khattar, Tarun Bhandari, also appeared before the Shimla police. Interacting with the media, Ashish Sharma stated that he was there to answer every question from the police. He said that 18 days are left for the by-elections, so he has requested police to call him after July 10 for questioning to be done, because this time is precious for them due to the by-elections. Ashish Sharma said that false FIRs are being filed against MLAs by this government and their family and people associated with them are being harassed. "The administration is being misused". Ashish Sharma said.

Congress will win three assembly seats with massive majority: Harikrishna Himral

SHIMLA: Harikrishna Himral, Vice President of the Himachal Pradesh Congress Party, expressed confidence that the Congress candidates would achieve record majorities in the upcoming by-elections for three assembly seats. He noted that the overwhelming support in recent by-elections, where Congress won 4 out of 6 seats with record-breaking margins, would continue in the elections scheduled for July 10. Himral attributed this anticipated success to the exceptional

governance of Chief Minister Sukhvinder Singh Sukhu. In the past 15 months, the Congress government under Sukhu has undertaken numerous unprecedented initiatives, which were reflected in the recent by-election results where Congress regained a majority of 38 seats. Himral projected that winning the upcoming by-elections would increase this tally beyond 40. He highlighted several significant accomplishments of the Sukhu administration,

including the fulfillment of 5 out of 10 major guarantees. Key achievements include the implementation of the Old Pension Scheme (OPS), securing the future of 1.36 lakh employees, and the provision of ₹1,500 monthly under the Indira Gandhi Priya Bahna Mahila Samman Nidhi to strengthen women's financial stability. Additionally, despite the lack of assistance from the central government, the state government effectively managed the aftermath of last year's disaster, increasing relief funds from ₹1.5 lakh to ₹7 lakh and earning praise from

the World Bank and NITI Aayog. Himral criticized BJP leaders for their inaction and opportunism, particularly highlighting Prime Minister Modi's silence on the natural disaster in Himachal. He expressed hope that the newly elected MPs from Himachal would advocate for the state's interests in the upcoming parliamentary session starting June 24. Taking a jab at the BJP, Himral noted that while BJP supporters awaited the ₹1,500 promised by PM Modi in 2014, the Sukhu government has already fulfilled its promise to women.

Storyteller Sandeep's Hindi stories are now in English too

SANJEEV MAHAJAN
NURPUR: two volumes of representative stories written in Hindi by renowned Hamirpur storyteller Dr. Sandeep Sharma will be presented in English by Pankaj Darshi. Recently, he translated fourteen stories from Sandeep Sharma's books, "Apne Hisse Ka Asmaan" and "Astivta Ki Talaash," into English. These representative stories will be discussed and experiences shared during the upcoming program "Sahitya aur Anuvaad," which will take place on June 25, 2024, at the historic Gaiety Theater in Shimla. According to writer Pankaj Darshi, who conducted an interview, Sandeep Sharma's stories reflect the times in which they are set, as evidenced by his research and

social consciousness. According to writer Darshi, whatever literary works are translated into a global language and if they are published by an international publisher, then those literary works are definitely of a large scale. Darshi In his statement, he also said that Sandeep Sharma's stories are not only stories of memory and experience but also stories of the lower regional social structure of Himachal, and the nuances of the storyteller Sandeep Sharma can be seen in them. The book has been named after the story of B a h r u p i y a , 'The Impersonator,' by Darshi. The storyteller Sandeep Sharma's stories are not character-specific but are also subject-and situation-centric.

Ace mountaineer Baljeet Kaur scales Mt. Everest with Tata Power's 'Sustainable is Attainable' message

DINESH AGARWAL
SHIMLA: Tata Power, one of India's largest integrated power companies, is proud to announce that its sustainability champion and ace mountaineer, Baljeet Kaur has successfully summited Mt. Everest (8850mts) taking the company's message of 'Sustainable is Attainable' to the highest peak in the world. The expedition began with a ceremonial flag off in Mumbai by Tata Power CEO & MD, Dr Praveer Sinha, in April. Following this, Baljeet underwent gruelling training in the Ladakh Zaskar Himalayan ranges where she climbed Mt Ut Ladakh Kangri (6070 mts). After successfully completing her month-long practice in India, she set off for Kathmandu, Nepal. Baljeet first climbed Mt. Lobuche East (6119mts) in the Nepalese Khumbu region known for its technical difficulties, followed by the final climb to summit Mt. Everest, bearing Tata Power's



message of sustainable lifestyle and environmental stewardship. Baljeet has a stellar record in the sport and has various accolades to her name. In 2023, she earned the prestigious Gold Medal for Excellent Performance in Mountaineering from the Indian Mountaineering Foundation. Baljeet holds several notable firsts, such as being the first Indian to climb seven peaks

BJP's allegations against Congress baseless: Pratibha

DINESH AGARWAL
SHIMLA: Former MP and State Congress President Pratibha Singh has dismissed BJP's allegations as completely baseless, accusing the Congress of being responsible for the Assembly by-elections. She stated that the BJP made an unsuccessful attempt to destabilize the Congress government in the state through a conspiracy. According to Singh, the BJP incited three independent MLAs to resign and join their side, which led to the necessity of these by-elections. She firmly places the blame on the BJP for the current situation. Pratibha Singh has urged party workers to unite and fully engage in the three upcoming Assembly by-elections.

She emphasized that these elections are an opportunity to protect democracy and strengthen public opinion in the state. She asserted that public sentiment favors the Congress, and it must be safeguarded against any BJP conspiracy. Singh highlighted the Congress government's dedication to public welfare. By reinstating the Old Pension Scheme (OPS) for employees and providing a dignity allowance of Rs 1500 for women, the Congress has set a historic precedent in the state. She appealed to employees and women to support the Congress fully, condemning the BJP's attempts to destabilize a majority Congress government.

State's downfall inevitable if rulers shield criminals: Bindal

AGENCY
BILASPUR: The BJP organised a state-level protest in Bilaspur regarding the Bilaspur shooting incident, attended by BJP State President Dr. Rajeev Bindal, Leader of Opposition Jai Ram Thakur, former Union Minister and MP Anurag Thakur, MLAs Randhir Sharma, Trilok Jamwal, J.R. Katwal, and District President Swatantra Sankhyan. Dr. Rajeev Bindal sharply criticized the Congress government, accusing it of shielding mafia, murderers, and drug dealers. He claimed that law and order have collapsed across the state, citing over 300 murders and more than 2000 drug-related cases in districts from Chamba to



Sirmaur, Solan, Kangra, and Nalagarh. He lamented that the Sukhu government remained indifferent to these issues. He stressed that when the state's rulers protect wrongdoers, the state's downfall is certain. He

highlighted the irony of the main accused in the Bilaspur shooting, Bambar Thakur and his son, leading a Congress rally outside their assembly with large flags, while asserting that removing the protector of such individuals is crucial.

Anurag Thakur accused the Congress of using money power in the recent Lok Sabha elections but failing to win. He stated that the stain of the paid shooter incident in Bilaspur would never be erased. Thakur revealed

that local MLA had informed the administration about the incident in advance, yet no action was taken, indicating collusion. He criticized the Congress for promoting individuals with criminal records and called the government a regime of mafia and goons. He questioned whether the government received benefits in return for providing protection to criminals. Jai Ram Thakur expressed his shock and dismay that such incidents occurred in the peaceful state of Himachal Pradesh, comparing it to violence seen in Delhi and Uttar Pradesh. He criticized the Congress for protecting the accused and highlighted the administration's inaction

despite clear links of Bambar Thakur and his son to the incident. Thakur accused the government of focusing more on securing themselves rather than addressing lawlessness. He declared that the BJP would continue its agitation until a proper investigation is conducted and the accused are arrested, emphasizing that a sense of insecurity prevails throughout Himachal Pradesh. In conclusion, BJP leaders condemned the Congress government for its failure to maintain law and order, accused it of shielding criminals, and vowed to continue their protest until justice is served in the Bilaspur shooting case.

Dr. Rajesh inducted as Special Invitee for pharmaceutical pricing reforms

SHANTI GAUTAM
BADDI: Dr. Rajesh, a prominent pharmaceutical entrepreneur from Baddi, Himachal Pradesh, has been appointed as a member of the Pharma Committee under the Ministry of Chemicals and Fertilisers. His appointment comes on the recommendation of Laghu Udyog Bharati, where he currently serves as the All India Pharma Head. The ministry has included members from major industry organizations and pharmaceutical traders across the country as special invitees on the committee. Dr. Rajesh will represent Laghu Udyog Bharati in this committee. Additionally, he is also the president of the Himachal Pradesh Drug Manufacturing Association, a position that gives hope to

over 700 entrepreneurs in Himachal Pradesh, believing that their demands will now be effectively raised at the central government level. Other notable members of this committee include Prof. Banjo Kumar Mishra from All India Drug Action Network, Dr. Meera Shiva from Healthcare Federation of India, Siddharth Bhattacharya from Healthcare Federation of India, Dr. Anil J. Nayak from Indian Medical Association, Rajeev Singhal from All India Organization of Chemists and Druggists, and representatives from Médecins Sans Frontières India. The committee will work on issues related to the import of raw materials for medicines and medical equipment, as well as the Maximum Retail Price (MRP) regulations.



Angels World School Morinda celebrates 10th International Yoga Day

RADHE SHYAM SHARMA
MORINDA: Angels World School Morinda celebrated the 10th International Yoga Day on June 21. In accordance with the health department's guidelines, the school's students observed Yoga Day at home during the summer holidays. The students participated enthusiastically, supported by their family members. During this time, teachers from the school also created videos to explain the importance of yoga to the students. The main objective of celebrating this day is to raise awareness about the significance of yoga. International Yoga Day was initiated on June 21, 2014, by India's Prime Minister Narendra Modi.

District-Level wrestling competition to be held at Karn Stadium from June 23-24

SHIV KUMAR SHARMA
KARNAL: District Sports Officer Sudha Bhasin announced that the district-level wrestling competition, including the District Kumar and Kesari Dangal, will be held at Karn Stadium, Karnal, from June 23-24. To ensure the successful organisation of the competition, specific duties have been assigned to the trainers. Wrestling Coach Wazir Singh will be the overall in-charge. Additionally, Weightlifting Coach Monika, Football Coach Usha, Nursey Wrestling Coaches Sumit Kumar, Sunil, Sanjay, and Somveer have been assigned various responsibilities. Participants in the competition must adhere to the following age criteria: for the Under-17 category, athletes born on or after January 2007 are eligible, and for the Under-21 category, athletes born on or after January 2003 are eligible.

Successful conclusion of summer camp at Community Center

SHIV KUMAR SHARMA
KARNAL: The summer camp organized by the Community Center Sports Academy at Sector-6 Community Center concluded successfully. The camp saw enthusiastic participation from children who not only had fun but also showcased their talents. According to the organization's manager, Puneet Gupta, the camp was held in two phases at the Sector-6 Community Center, both of which were highly successful. Various activities are now being conducted for children from 6:30 PM to 8:30 PM. Puneet Gupta emphasized that the summer camp provided an excellent platform for children to hone their skills. He highlighted the importance of such camps and sports in promoting the physical and mental development of children. The camp included activities such as lawn tennis, roller skating, and fun activities.

The pioneer of social revolution and equality: Rajesh Vaidh

DARSHAN SHARMA
NILOKHERI: Santi Shiromani Kabir Maharaj's life is an inspiration for all of humanity. He taught love and brotherhood without discrimination through his couplet, "Poethi Poethi Padh, Jag Muha, Pandit Bhaya Na Koi, Dhai Akhar Prem Ke, Jo Padhe So Pandit Ho!". Kabir attacked superstitions and called for progress through rational thinking. These thoughts were expressed by Dr. Rajesh Vaidh, former member of the Haryana Public Service Commission and executive member of the Haryana Congress, during an event celebrating Kabir Maharaj's birth anniversary at Shri Vishwakarma Dharamshala in Nilotkheri. Vaidh emphasized that Santi Kabir's teachings are still highly relevant today. He noted that Kabir's principles have inspired the establishment of social justice departments worldwide, promoting equal opportunities for all without discrimination.

Haryana Library Association submits memorandum to Subhash Sudha, State Minister, on critical issue

DALBIR MALIK KURUKSHETRA, JUNE 22

The Haryana Library Association submitted a detailed memorandum to Mr. Subhash Sudha, State Minister (Independent Charge) of the Urban and Local Bodies Department, through the Honorable Chief Minister of Haryana, Mr. Nayab Singh Saini, demanding immediate action on the reclassification and amendment of qualifications for the position of Senior Librarian in Haryana's colleges and district libraries. This issue has been pending for the last four decades. According to the University Grants Commission (UGC) standards, the position of Librarian requires a Master's degree in Library and Information Science with a minimum of 55% marks and NET or Ph.D. While this qualifica-

tion is fully implemented in government-aided private colleges, it has not been adopted in Haryana's government colleges, creating difficulties for eligible candidates. Currently, according to the Haryana Education College Grade Service Rules, 1986, the position of Senior Librarian requires 'a second-class Bachelor's degree and a second-class Master's degree in Library Science', an outdated criterion. This old rule has hindered the recruitment of qualified professionals, and no direct recruitment for any Senior Librarian has occurred in the last four decades. The Association emphasized that the efficiency of these academic institutions is being affected without qualified leadership. Appointing trained and capable individuals to meet the needs of digital libraries is essential. Despite multiple representations to the government (File Number KW8/1-1987 Lib (3)), the necessary amendments have not been made.

This election is between person of corrup versus honest, capable person, public will teach lesson to betrayer in this election: Malvinder Singh Kang

GAURAV GOEL CHANDIGARH, JUNE 22

Aam Aadmi Party (AAP) started its election campaign on Saturday for the Jalandhar West Assembly by-election. The party released its 10 promises for the by-election and claimed victory by saying that the public will vote only for the party that works. Cabinet Minister Kuldeep Singh Dhaliwal and AAP MP from Sri Anandpur Sahib Malvinder Singh Kang released the manifesto of 10 promises on behalf of the party in a press conference with AAP candidate Mohinder Bhagat in Jalandhar.

AAP MLA Raman Arora, Pawan Kumar Teenu, who was the party's candidate from Jalandhar for the Lok Sabha elections, were also present in the press conference. On this occasion, Aam Aadmi Party Punjab's Chief Spokesperson and MP Malvinder Singh Kang said that the Aam Aadmi Party always contests elections on the basis of its work.

We will also contest this election on the basis of Chief Minister Bhagwant Mann's public welfare works. He said that the Mann government has made a lot of improvements in every sector during the last two years. Today, 90 percent of the families in Punjab are getting zero



The party made the following 10 promises to people of Jalandhar West Assembly constituency.....1- Water works will be set up in every area to provide clean drinking water.2- New and big sewerage treatment projects will be set up for the entire constituency.3- Written instructions will be given to the Electricity Board to remove the network of electric wires in the constituency including Basti Sheikh, Basti Danishmandia, Basti Guja, Basti Peer Dad and Mithu Basti.4- Street lights will be installed in every street and locality of the constituency and arrangements will be made for their maintenance. 5-Along with ending drug trafficking, lottery mafia will be legally eliminated in Basti Danishmandia, Basti Bhargava Camp and Basti Thawa Khelf- Garbage dumps in Varyana will be removed 7- Specialist doctors, all tests and free medicines will be ensured in every mohalla clinic8- CCTV cameras will be installed in J.P. Nagar, Model house and Harbans Nagar areas for the safety of the people of the constituency9- All old roads will be repaired and the width of the main roads of the constituency, Basti Danishmandia Road and Basti Thawa Khel Road will be increased to 120 feet10- A new sewerage treatment plant will be set up in Gautam Nagar.

electricity bills. The fields are getting canal water and farmers are being provided sufficient electricity during the day for farming.

Workers should unite, struggle to win Assembly elections: Kumari Selja

SHIV KUMAR SHARMA SIRSA, JUNE 22

The General Secretary of the All India Congress Committee, former Union Minister, and MP Kumari Selja has now started preparations for the Assembly elections. She instructed the workers to unite and struggle for the Assembly elections, assuring them that victory will be theirs, and so will the government.

Addressing the workers in Uklana on Saturday, Kumari Selja said that the time has come to struggle to win the Assembly. Just as in the Lok Sabha elections, if everyone unites to win the Assembly elections, only then can we form our government and fulfill the people's expectations. Kumari Selja said that the Uklana Assembly con-



stituency is her home, and its people are her family. She expressed her gratitude for the love she has received from the people since her father, Ch. Dalbir Singh, emphasizing her connection to the constituency. She said that she has toured all nine Assembly constituencies in the Sirsa Lok Sabha but has a special attachment to Uklana because it is her home.

Kumari Selja said that one cannot advance in politics without struggle, urging

everyone to unite and start struggling to win the Assembly elections. The future course of action will be determined by the high command, but continuous effort and service to the people remain essential. She said that the BJP government has caused more trouble for the people rather than fulfilling their expectations, mentioning issues like frequent paper leaks affecting the future of the youth, and hardships faced by farmers and laborers.

Residents protest against Municipal Administration over unclean drains in Sadhaura



PREETI SAINI SADHAURA, JUNE 22

Residents of the Sadhaura municipal area expressed their dissatisfaction with the municipal administration due to the lack of cleaning of the drains, staging a protest and raising slogans against the administration. In Ward No. 10, residents, particularly those from the road leading from Manokamna Temple to Gagadwala Temple, voiced their grievances. They highlighted the severe inconvenience caused by the Ram Katara drain passing in front of

several houses. The drain, clogged and overflowing with filth, has become a stagnant pool of dirty water. Local resident Sachin Rana explained that the drainage, previously connected to nearby fields, has been obstructed by new plot divisions, resulting in accumulated waste. Despite multiple requests for cleaning, the municipal administration has not provided a solution. Although debris was initially removed and placed in a private plot, it has not been collected even after 20 days, creating a breeding ground for flies.

Vande Bharat Army will inspire patriotism in people's hearts: Narendra Arora



Renowned for his continuous 25 years of social service, Narendra Arora emphasized the importance of instilling patriotism in people's hearts. He stated that everyone must come forward to realize the dreams of the freedom fighters and martyrs who sacrificed everything for the country's independence.

Arora shared his views during a Vande Bharat Army event held under his chairmanship at Railway Road. During the meeting, the Vande Bharat Army's upcoming projects were discussed. Arora mentioned that the organization would work to ignite the spirit of patriotism, especially among the youth, encouraging them to lead honest and truthful lives while staying away from

drugs and other vices. He highlighted that the Vande Bharat Army is a unit of the Human Rights International Federation and aims to give society a new direction.

Arora elaborated on the initiatives of the Vande Bharat Army, which include organizing patriotic events, honoring martyrs and freedom fighters, anti-corruption campaigns, human rights ad-

District level 10th International Yoga Day celebrated at Multipurpose Sports Stadium Pathankot

NARESH GARG LADWA, JUNE 22

The Indian National Lok Dal (INLD) held a constituency-level worker conference at Shiv-lala Ramkundi in Ladwa. The event saw participation from workers across various villages in the constituency and was organized by former MLA Sher Singh Barshami. Sher Singh Barshami pointed out that the recent Lok Sabha elections did not result in a resounding victory for the BJP, indicating a decline in the party's popularity among the state's populace.

He emphasized that while national issues dominate Lok Sabha elections, local issues take precedence in Assembly elections. With the Haryana Assembly elections on the horizon, Barshami urged all workers to begin their preparations

Nehru Yuva Kendra Karnal celebrates International Yoga Day



MAINPAL KASHYAP INDRI, JUNE 22

Nehru Yuva Kendra Karnal, an autonomous body under the Government of India, celebrated International Yoga Day on June 21 in the village of Kalsora, Indri sub-division. Under the direction of District Youth Officer Renu Silg, the event focused on practicing the yoga protocol. The program was presided over by Archana, a national volunteer of Nehru Yuva Kendra. Key attendees included Balwinder Kataria, Block Committee Chairper-

son, and Master Inder Sharma, who participated as chief guests. Vinod Kumar and Sumerchand served as yoga instructors, playing a crucial role in guiding the participants. Archana highlighted the importance of incorporating yoga into daily life, emphasizing that life without yoga is meaningless. She explained that yoga connects the soul with the divine and can cure chronic diseases that otherwise require long-term treatment. She reminded everyone that International Yoga Day is celebrated annually on June 21.

Stir to be launched, if sewerage is not cleared: Garg



HISAR (SUMER GARG): Widespread resentment prevails among the local citizens as the sewerage line has been blocked in all the streets of local Millgate Area Bharat Nagar for the last several months. State Senior Spokesperson and District Convener of Haryana Pradesh Congress Committee, Bajrang Garg, after listening to the problems of the local people, said that the condition of Bharat Nagar has gone from bad to worse. Sewerage lines have been blocked for several months.

The drains on both sides of the streets have been closed by the district administration, due to which dirty sewerage water remains standing on the roads, due to which many citizens have fallen ill and there is a huge fear of the spreading of other diseases. Moreover the roads have been completely damaged. Garg said that no basic facility is being provided by the government in Bharat Nagar and surrounding areas. He called on the government officials to open the sewerage line and if the sewerage line in Bharat Nagar is not cleaned and the roads are not repaired. Bajrang Garg said that on one hand the government is beating the false drum of running a cleanliness drive, on the other hand the people of Bharat Nagar are living a life of hell.

BJP popularity declines in State: Barshami INLD holds constituency-Level worker conference in Ladwa

NARESH GARG LADWA, JUNE 22

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He emphasized that while national issues dominate Lok Sabha elections, local issues take precedence in Assembly elections. With the Haryana Assembly elections on the horizon, Barshami urged all workers to begin their preparations



in earnest, expressing confidence that the future belongs to the INLD. Barshami noted that candidates from various parties could contest from Ladwa, and it is evident who has genuinely worked for the people.

He criticized both the BJP government and the opposition MLA for failing to deliver tangible benefits to the Ladwa constituency. Barshami asserted that the coming time is crucial for the INLD, and he is optimistic about the party forming the government in the next Assembly. Upon his arrival at Shiv-lala Ramkundi, Sher Singh Barshami was warmly welcomed with flower garlands.

The conference was attended by district president Boota Singh, constituency president Rajendra Kashyap, Gagan Barshami, constituency president Davinder Singh Bardoli, city president Sweetie Bhullar, Jagdeep Dugari, Jaswinder Panjeta, Jaswant Singh Mehra, Pramod Sharma, Nirmal Bapdi, Mam Chand Mukarpur, Babla Bapdi, Gurnam Budha, Subey Singh Tyodi, Jagir Singh Mehra, Deepak Dhariwal, Randhir Mathana, Ram Kumar Khaira, Sanjeev Bhaini, Sanjeev Poojara, Joginder Khedi Dabdaln, Nafe Singh Jainpur, Mehran Bakali, Subhash Khurdban etc.

"Ajay Sharma promoted to General Manager at Primo Chemical Limited, Naya Nangal"

KULWINDER BHATIA NANGAL, JUNE 22

Ajay Sharma has been taken the Charge as General Manager (works) at primo chemical limited Naya Nangal Wef : 01/06/24 because M/s Primo chemical



limited Management decisions Mr Ajay Sharma promote DGM (works) to GM (Works) & Mr Ajay Sharma is Local his residence at Village Sejhawal Tehsil Nangal District Ropar (Punjab)



Sewage contractor caught stealing power

KULWINDER KARWAL SARDULGARH: In the grain market of Sardulgarh, the motor used for cleaning sewerage by the sewerage contractor of Punjab Mandi Board was being run by stealing electricity directly from the transformer. When the officers of the department arrived at the spot and questioned the employee of the contractor who was there, he said that the sewage contractor Lovely, who is from Bathinda, has asked him to clean the sewage of the grain market, and he himself gave power supply to the sewage cleaning machine by installing direct wire from the transformer.

Manjit Singh, Sub-Divisional Engineer of the Electricity Department, who reached the spot, said that he reached the spot and seized the wire along with the machine and checked the machine's load capacity and started the necessary further action.

Professor Bikerjit Singh Sadhuwala, a resident of the city present on the occasion, while talking about this, said that the Punjab Mandi Board has earned crores of rupees as mandi fee, but the condition of sewage in the Grain market is very bad.

He further said that Sardulgarh grain market fills up like a pond when there is a little rain, but the Mandi Board is not paying any attention to this.



Many palace owners consider orders of DC as touchy

KULDEEP SOOD BARNALA: There are more than 32 palaces in Barnala district, out of which none of the palaces are following the instructions issued by the Deputy Commissioner Barnala. A few palaces have been built on Tapa Road, a subdivision of Barnala. According to sources, many deficiencies are being found in these built palaces and bank halls. A few kilometers away from Handhiaya is a palace that often changes its name. Nowadays, the board of the farmhouse has been installed. He allegedly adopts various methods to put dust in the eyes of the administration.

Ukka Palace is located on the highway where the traffic is day and night. The sad thing is that because these palaces and some nearby bank halls do not have any kind of 'parking' space, many vehicles can be seen standing on the roadside during weddings. A tragic event can happen at any time. Union President Mr. K.C. Sood has requested the administration to order an inspection of the palaces built on the Handhiaya, Tapa Highway Road.

Building modern sports stadium, we will inspire youth towards sports: Balkar Sidhu

KULJIT SINGH DHINGRA RAMPURA PHUL: Chief Minister Bhagwant Mann is trying to stop the trend towards foreign countries by giving government jobs and creating opportunities for self-employment to the youth of Punjab. By building sports stadiums, they are creating interest in sports. With which the physical and mental development of the youth will increase. Expressing these things, MLA Balkar Sidhu expressed his happiness on the approval of three sports nurseries in the villages of Aklia, Maluka and Bhairupa of Rampura Phul constituency and said that by bringing three more sports nurseries in the villages of the constituency, youngsters will be encouraged towards sports. He said that sports are an integral part of life and sports keep the mind and body healthy as well as generate income. MLA Balkar Sidhu said that the constituency is connected with Rampura Phul since birth, so I am working with the aim of making the constituency a leader in terms of development.

Property advisor, builder association conducts crucial meeting

SUKH NAHAR JAGRAON , JUNE 22

Property advisor and builder association of Jagraon conducted a crucial meeting at holiday home, Sidhwan Bet road. Before commencing the meeting, the club members observed 2 minutes silence expressing grief on demise of former president Gopal Bansal's father.

In the meeting, all members unanimously declared Ritesh Bhatt as the new president of association and gave him duty of electing his executive team.

Rites Bhatt elected Harjeet Singh Sonu Arora as chairman, Jagmohan Bhandari and Anil Kumar Kaka as patron, Iqbal Singh Kataria and Darshan Singh Kaler as general secretary, Raj Kumar Raju and Pyara Singh Dhatt

Bhagwant Mann-led Pb govt is committed to pre-monsoon arrangements for water resources

DERABASSI, JUNE 22

Punjab Water Resources Minister, Chetan Singh Jauramajra today directed the Department Officials to complete the ongoing strengthening work of the Tiwana bandh of Ghaggar within a stipulated time to thwart any untoward incident during the Monsoon onset.

Visiting the Tiwana, Amlala, Khajur Mandi and Alamgir, the villages prone to the Ghaggar's flood water, along with MLA Derabassi, Kuljit Singh Randhawa, Juaramajra said that Chief Minister Bhagwant Singh Mann led Punjab Government is committed for pre-monsoon arrangements of water resources across the state. He said the strengthening works and cleaning of the water bodies are in place and no laxity would be tolerated with the quality and deadline of the works.

"An amount of about Rs 9 crore has been allocated for the fortifying and repair works of the Bandh across the Ghaggar in Tiwana, Alamgir area to install a 2900 feet long bandh, out of which 2400 feet work has been completed and the rest of the 500 feet work would be finished on war footing to give relief to the villagers situated along the bandh of Ghaggar," added the Minister Jauramajra. On raising a demand for a Poke lane machine for the work by the residents, the Minister immediately ordered the Water Resources Department Engineers present on the site, to arrange the re-



quired machinery at the earliest to speed up the strengthening work. The Minister assured the residents gathered there of all the flood protection measurements in place before the onset of Monsoons including cleaning of Sarsini-Sdhanpur choe.

MLA Kuljit Singh Randhawa while apprising the Water Resources Minister of the previous year's flood situation also sought for the repair work of Amlala Bridge that connects the area to Patiala road on priority. Similarly, explaining the bad road conditions caused by the Jam on the Shambhu Border as an alternate route for the traffic through Amlala and nearby villages, MLA Kuljit Singh

demand the immediate need for road repair. The Minister asked for the required estimates to get them approved by the Punjab CM.

Earlier the Water Resources Minister Jauramajra along with MLA Kuljit Singh Randhawa also visited the ongoing work of Mubarkpur Causeway near Truck Union Derabassi and reviewed the progress of the work being executed by the Municipal Council, Derabassi. MLA Randhawa added that work of repair of another causeway from Bhankharpur to Issapur is also in progress and the work is expected to be finished before the start of the Monsoon. The work would be completed at an amount of Rs 1 Crore.

Bharat Vikas Parishad celebrates International Yoga Day

AJAY MALHOTRA FATEHGARH SAHIB, JUNE 21

Bharat Vikas Parishad Bassi Pathana branch celebrates International Yoga Day with great enthusiasm under the presidentship of Manoj Bhandari. In the local Dussehra Ground of Bassi Pathana, Sunil Khullar, a well-known social worker of the area, told the people through yoga how we can enjoy a healthy life while staying away from diseases through yoga.

Khullar said that due to changes in our lifestyle, many diseases have become a part of life which can be cured by yoga. He also appreciated this worthy camp organized by Bharat Vikas Parishad After the yoga camp, President Manoj Bhandari thanked the participants in the yoga camp and urged them to adopt yoga



in their lives. On this occasion Secretary Bharat Bhushan Sachdeva, Cashier Sanjeev Soni, State Organizing Secretary Ramesh Malhotra, Ex-President Pritam Rabbhar, District Convenor Babaljit Panessar, Senior Vice-President Neeraj Malhotra, Pandit Nilam Sharma, Media In-

charge Rakesh Gupta, Dharminder Banda, Rakesh Soni, Rama Gupta, Meen Sharma, Jai Krishna Kashyap, Ved Prakash, Vinod Sharma, Hem Raj Threja, Kuldeep Gupta, Vikrant Khullar, Amit Goyal, Hnas Raj and prominent peoples of Bassi Pathana were present.

Fortis Ludhiana celebrates International Yoga Day



LUDHIANA : On International Yoga Day, June 21, Fortis Hospital Ludhiana hosted a 'Smart Yoga Class' at Rakh Bagh, Ludhiana. The event, which started at 7:00 am, demonstrated various yoga postures, exercises and meditation activities that have a positive effect on physical, mental, and spiritual health.

The event began with an enriching yoga session led by skilled yoga instructors from the 'Smart Yoga Class'. They offered a variety of practices suitable for participants of all ages, both beginners and regular yoga doers. This was followed

by a health talk from Dr. Vishavdeep Goyal, SBU Head of Fortis Ludhiana & Amritsar, wherein numerous health benefits of yoga and its significant role in preventing and managing chronic diseases were discussed. Fortis Hospital Ludhiana, also hosted a health camp with essential health screenings and consultations to highlight the importance of regular medical check-ups. Several doctors from Fortis Hospital participated in the yoga sessions and shared brief insights on the importance of incorporating yoga into daily routines for overall physical.

Arora meets Cabinet Minister for food processing industries Chirag Paswan

SHARMA LUDHIANA, JUNE 22

MP (Rajya Sabha) from Ludhiana Sanjeev Arora met the Union Minister for Food Processing Industries Chirag Paswan in Delhi on Friday and congratulated him on his recent appointment as a Minister in the Modi Government. Arora said, "I would like to bring your attention to some critical issues concerning the implementation of Central Government schemes in the State of Punjab via a visit Food Processing Industry."

In a statement on Saturday, Arora said during his meeting, he sought urgent attention of the Ministry for Food Processing Industries in Punjab. He apprised the Minister about current state of mega food parks in Punjab. He stated that Punjab has two



approved Mega Food Parks the International Mega Food Park in Fazilka and the Sukhjitt Mega Food Park in Kapurthala. However, Arora expressed his deeply concern about current situation of the two Mega Food Parks in Punjab. He apprised the Minister that the International Mega Food Park in Fazilka is unfortunately a "nonstarter," thus it is a "Defunct Mega Food Park."

Under operation eagle, DIG and SSP check houses at sensitive places



RUPNAGAR, JUNE 21

As part of the special campaign "Operation Eagle-4" being launched across Punjab today to eradicate the menace of drugs on the directions of Chief Minister Bhagwant Singh Mann, Special Director General of Police, Law And Order Punjab Mr. Arpit Shukla and Senior Police Captain Rupnagar. Under the leadership of Gulneet Singh Khurana, house checking was done at sensitive places.

Speaking on the occasion, Special Director General Police, Law and Order Punjab Mr. Arpit Shukla said that the

Punjab Police is determined to eliminate drug addiction from the state, until it is completely eliminated, the campaign against drugs in the state. It will continue in the same way. He said that such raids instill fear in anti-social elements and create a sense of security among the common people. Arpit Shukla said that the strategy of the Punjab Police is to first take strict action against the drug smugglers, secondly to make people aware of the ill effects of drugs and to motivate them to cooperate with the Punjab Police so that strict action is taken against the drug smugglers.

Jalandhar police busts drug racket

PARAMJIT SINGH JALANDHAR, JUNE 22

Jalandhar police Commissioner led by Commissioner of Police Mr Swapan Sharma has busted a drug peddling gang with the arrest of three criminals and recovery of 2 kg heroin, drug money and vehicles from them.

Divulging the details, the Commissioner of Police said that on a tip off a Police party was conducting checking at checkpoint near the Lamba Pind to Jandu Singha road when they saw an individual riding a motorcycle, registration number PB08-DX-7821 Hero Deluxe.

He said that on suspicion, the police stopped the motorcycle and during search recovered 1 kg of heroin from Satish Suman s/o Lehmar Ram r/o Near Guru Ravidas Mandir Ganna Pind Jalandhar. Mr Swapan Sharma said that during the investigation it came into



light that Suman was doing this crime along with Balkar Singh s/o Mukhtyar Singh r/o Village Lakhnawal PS Sadar Jalandhar now at Street No 1 near Guru Ravidas Nagar Akash Colony Hoshiarpur, who was also arrested with 720 grams of heroin, 12 lakh rupees as drug money, one i20 car (PB36-J-9289) and one small electronic weighing machine from him. The Commissioner of Police said that another accused in this case, identified as Kulwant Ram s/o

Makhan Lal r/o Village Killa Barun Ram Colony Camp Bajwara PS Sadar Hoshiarpur, was also arrested later and 280 grams of heroin, one i20 car (PB07-BH-2493), and one small electronic weighing machine was recovered from him.

He said that it came into light that Satish Suman came into contact with a resident of his village named Lucky, who lives in America after which he was involved in Bussiness and Lucky used to send him consignments.

Tapa police sealed property of drug smugglers



BARNALA DEHATI (BALWINDER AZAD): DSP of Sub Division Tapa Dr. Manavjit Singh Sidhu while giving information to the press regarding the sealing of the properties of the traffickers by the District Barnala Police during the campaign against drug traffickers.

It is said that Sandeep Kumar Malik under the direction of District Police Chief Barnala and Sandeep Singh Mand under the able leadership of Captain of Police (D) Barnala, there was an instruction issued regarding the attachment of the report made by the drug dealer. Police Station Tapa Case No. 2 dated 6-1-2023 A/D 21,22/61/85 ND PS Act Police Station Tapa in which Dosian Parvinder Singh alias Pappi son of Baldev Singh resident of Tapa, Manpreet Singh alias Dina son of Nachhatar Singh, Surjit Singh alias Mota son of Ram Singh, Jagsir Singh alias Seera son of Modan Singh of Karianar district Bathinda were arrested and 1195 Narcotic pills were seized from their possession and after obtaining the details of the property made by the accused Uttan through the business of selling Narcotics, the competent authority added.

as vice president, Asees Mangla as cashier and Ram Dutt Pappu as assistant cashier. Parveen Dhawan has been elected as press secretary. A five membered committee including Sukhjeet Singh, Kulwant Singh Khurana, Kulwant Singh, Dr Suhird Dhaliwal, Pavan Verma and Gagan Chopra was formed today to help association members with any kind of difficulty they face.

The association members discussed various issues and challenges faced by the members. They talked about corruption prevalent in Tehsil that people face during registrations. The members stated that people face huge inconvenience due to this corruption and they shall work wholeheartedly to get rid of it. At this occasion, several association members were present.



Lamrin Tech Skills University Punjab celebrated 10th International Yoga Day: DA



HOSHIAHPUR (DALJEET AJNOHA): Lamrin Tech Skills University Punjab organised a session on International Yoga day in university campus in which students and staff of the university participated with enthusiasm to experience the transformative benefits of Yoga, enhancing their physical, mental and spiritual well-being. The session was a perfect blend of rejuvenation relaxation and connection of body and mind.

From Yoga practice to insightful discussions on healthy living; the day was a tribute to health, harmony and peace around in the world. Gurleen Kaur, Assistant Commissioner Nawanashahr and Sh. Ravinder Kumar Bansal SDM Balachaur graced the occasion and motivated the students and faculty for making Yoga part of their daily life. Dr. Parvinder Kaur Pro Vice Chancellor LTSU also participated in the Yoga session and motivated the university students and faculty about physical and mental wellness. Dr. Rajiv Mahajan, Registrar, Mr. Satbir Singh Bajwa, Joint Registrar, Deans & Heads of various departments of the University also participated in the event.

Bharaj orders to clean Sirhind choe before monsoons

SUMER GARG SANGRUR, JUNE 22

Local AAP MLA, Narinder Kaur Bharaj has ordered the officials of the water resources department to ensure the cleanliness of all the drains, ditches and storm drains falls under the Sangrur assembly constituency (SAC) within the stipulated time.

The MLA while inspecting the ongoing work of the desilting and cleaning process at Sirhind Choe, today instructed the officials to complete the cleaning process through MGNREGA workers and machines before the rains. The flow of water in the choe should not be obstructed and any injury or loss of life should be avoided. She said that under the guidelines of the Punjab government, the



water resources department is de-silting and cleaning the 8.23 Km long Sirhind choe, which passes through the constituency including Nandgarh, Ditupur, Gehlan, Rasulpur Chhana, Kheri Chandwan, Jalan, Santokhpura and Ghabads villsges so that the residents will feel relief during monsoons.

She further said that the Punjab government has recently purchased several large and small proclean machines for the state and cleaning operations are being carried out through one such newly purchased proclean machine and the soil that will come out of the chow during the de-silting process.

Plants planted on occasion of World Music Day

KULJIT SINGH DHINGRA RAMPURA PHUL, JUNE 21

On the occasion of World Music Day, Green Mission Welfare Society Rampura Phool, feeling proud, has celebrated this day by planting trees for the purity of the environment. Music Tabla Instructor Sukhwinder Singh



S.S. D Girls College Bathinda, Advocate Ashwini Jora, Master

Gurwinder Singh Sidhu, Principal Chamkaur Singh, Master Jaswinder Singh and Manohar Singh Ramgarhia planted saplings at different places with the support of Green Mission Welfare Society President Nirpal Singh Namdhari, Convener Dharmapal Dhada.

Kharar police arrests 4 car snatchers



SHASHI PAL JAIN KHARAR, JUNE 22

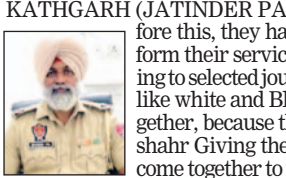
Gharuan Police has succeeded in arresting 4 accused who snatched a car from Kush Yadav, a resident of Chandigarh on June 19 at around 12 o'clock in the night.

In this regard, Kharar DSP Karan Singh Sandhu told

reporters that on the night of June 19 a car number PB 65 AW 9912 belonging to Kush Yadav, a resident of Chandigarh, was taken over forcibly, while going from village Bhagomajra to village Peer Sohana. He said that a case was registered under section 379 B and 34 IPC by the Gharuan police on June 20. He said that fol-

lowing the orders of the senior officers, SHO Gharuan, recovered the car within a few hours and arrested the four accused, Amritpal Sharma, Dharminder Sharma, Harpreet Singh, and Harjit Singh. He said that earlier also money was taken from a taxi driver by the said accused and the police is investigating this issue.

ASI Sikander Pal takes charge of police chowki Asron



KATHGARH (JATINDER PAL SINGH KALER): ASI Sikander Pal in charge of the Asron post Before this, they have performed their services at Asron Chowki. And now they will perform their services at Asron Chowki after changing from Aur police station. After talking to selected journalists here today during the first press meet, he said that deadly drugs like white and Block the wrong elements To get it, we all need to fight against drugs together, because the white death drug is ruining our youth day by day. They To Nawan-shahr Giving the slogan of creating a drug-free city, ASI Sinker Pal He said that we all come together to fight the injustices spread in the society can easily finish.

Surbhi Jyoti Spills the Beans on Behind-the-Scenes from the set of ‘Gunaah’

CHANDIGARH: With a gripping tale of betrayal and the complexities of love, Disney+ Hotstar presents yet another riveting drama series, Gunaah. Leading the cast in this gripping series are none other than actors Gashmeer Mahajani, Zayn Ibad Khan, and Surbhi Jyoti. Their portrayal promises to keep viewers on the edge of their seats, as they navigate the intricacies of their characters with depth and authenticity. Directed by Anil Senior and with Anirudh Pathak as the showrunner, Gunaah follows Abhimanyu, who is out there to blur the lines between right & wrong, friends and enemies, mercy & retribution. Disney+ Hotstar's riveting drama series Gunaah is

now streaming free on mobile with daily episode drops from Monday to Friday. Speaking of the funny and memorable incidents from the set, Surbhi Jyoti shared, "Vignesh Joshi (RC) plays the role of my father. So, bohoh banter hote the, he would just start humming a song in Konkani, and Gashmeer and Shashank who plays Michael, wo Marathi me baat karna shuru kar dete hai and I just cannot understand Marathi that well. Usme baatein hojati thi." She further added, "RC (Vignesh Joshi) owns a business of mangoes, he deals with mangoes. We used to tell him, "You're my favorite character, oh my god, I love working with you," and everybody

would say the same thing to him so that we would get free mangoes and aamras. Whenever I just think about how I enjoyed my days shooting with everybody, it just leaves a smile on my face. Humne bohoh mehnat se ye show banaya hai aur bohoh pyaar se ye show banaya hai. Isiliye confidence bhi hai ki logon ko pasand aayega." Produced under the banner of Bodhi Tree Multimedia Ltd, with producers Sukesh Dev Motwani, Mautik Tolia, and Persis Siganporia, the series brings together a talented cast comprising of Gashmeer Mahajani and Surbhi Jyoti. Catch the episodes of 'Gunaah' free on mobile streaming now on Disney+ Hotstar



Shruti Bhist, Namish Taneja to star in new show ‘Mishri’

Actor Shruti Bhist, who is known for her works in 'Ek Nayi Chhoti Si Zindagi' and 'Baal Veer' will be seen playing the role of a sweet and kind-hearted girl in the show 'Mishri'. The show also stars 'Swaragini' fame Namish Taneja as Raghav.

While expressing her excitement about playing the role of Mishri, she said, "Despite spreading joy wherever she goes, Mishri's own life lacks the sweetness she generously gives others. She is on a quest to transform her misfortunes into triumphs, come what may." She shared more details about her character and said that Mishri is a girl who spreads happiness and always tries to make her life better despite all the challenges and problems in her life. "Even after losing her parents and being treated as unpaid help by her own aunt, Mishri refuses to let circumstances break her loving spirit or her dreams of creating a better life. If there's one thing, I hope viewers take away from this show, it is hope," she added. The show revolves around Mishri and Raghav, who get married in a dramatic situation. However, Mishri refuses to be a burden to Raghav, who's in love with another girl Vaani. She remains loyal to both of them. How Mishri faces all the situations and tries to deal with them without hurting the two, is what makes the storyline of the show.

Bani's engagement brings joy and financial worries for her family in Sony SAB's 'Badall Pe Paon Hai'

CHANDIGARH: Sony SAB's 'Badall Pe Paon Hai' narrates the story of Baani, a hard-working Punjabi girl played by Amandeep Sidhu. Baani is ambitious and driven, not just for herself but to improve her family's life despite their limitations. In recent episodes, Baani defends a bride from abuse by the groom at one of her wedding management assignments. When the bride's father calls off the wedding, the groom's family retaliates by falsely accusing Baani of pushing an elderly woman, resulting in Baani being unjustly jailed. In the upcoming episodes, after Baani is released on bail, her father wants her to get married quickly before the news spreads. Meanwhile, a matchmaker brings Rajat's (Akash Ahuja) marriage proposal to Baani's house. Believing Rajat to be a wealthy businessman, Baani becomes anxious about how her family will afford the wedding expenses. This whirlwind of misunderstandings, with Baani having a completely wrong perception of Rajat's financial situation, promises to keep viewers hooked. Amandeep Sidhu, who essays the role of Baani Arora, said, "The upcoming story will be filled with misunderstandings and chaos. Baani has assumed and believes Rajat to be this rich business owner and is completely unaware about his true financial situation."



Life insurers must adapt to a digital-first approach - Rahul Talwar

CHANDIGARH: India's Gen Z population is growing rapidly, accounting for more than 20% of the country's demography and outpacing the global average. In a business as dynamic as life insurance, characterized by continual innovation and flexibility, Gen Z poses both a challenge and an opportunity for insurers. Rahul Talwar, Chief Marketing Officer, Max Life Insurance said that given Generation Z's passion for technology, life insurers must adapt to a digital-first approach. According to Max Life's India Protection Quotient 6.0, 64% of millennials and Gen Zs choose social media for their insurance purchase experience, demonstrating the importance of digital platforms. Modern insurers' online presence should be dynamic, interactive, and mobile-responsive. As a technologically sophisticated generation, Gen Z prefers to research, compare, buy, and manage their financial requirements online, expecting a seamless, digital-first experience. Further, it is important to note this cohort's influence with their infectious digital behaviour on the family ecosystem, which in turn is also enabling for life-insurers - which over time have been targeting the breadwinner in the family ecosystem. Therefore, insurers must look to embed digitalisation across the value chain, prioritising 24/7 customer assistance, online claims administration, mobile-friendly apps and websites over conventional methods. Gen Z values authenticity in all parts of their lives, including relationships with brands. For them trust is not spoken about or earned over time, but only experienced in the here and now! Authentic storytelling can be an effective method for connecting with Generation Z consumers. Life insurance companies can demonstrate the benefits of appropriate insurance coverage by publishing real-life tales and testimonials that highlight its value in people's lives. Further, enabling valuable information in easily accessible formats, such as videos, infographics, and interactive tools, backed up by trusted creator voices, can help younger audiences make informed financial decisions.

KARTIK AARYAN'S MISCHIEVOUS SIDE REVEALED BY HIS MOM ONLY ON NETFLIX'S THE GREAT INDIAN KAPIL SHOW

CHANDIGARH: Level up, Level up, Level up!!! The finale episode of The Great Indian Kapil Show is something unexpected - a rollercoaster of emotions, laughter and mischief PRO MAX!!! Get ready to welcome Superstar Kartik Aryan as he takes center stage with mom Mala Tiwari and what transpires is nothing short of Entertainment, Entertainment and Entertainment on Netflix this Saturday at 8pm! Get to know Kartik a little more up close and personal as mom Mala Tiwari indulges in some lesser known facts about Kartik.

Amidst all the fun banter, when asked by Kapil, Kartik's mom narrated a funny incident that happened during his school days. Being a strict parent



when it comes to studies, she mentioned how she caught Kartik off guard once. Mala ji said, "He (Kartik) left for coaching one day saying-mummy mai

coaching jaa raha hun (Mom, I am going to my coaching classes). I followed him and saw that he was taking a different route. He entered an atta-chakki shop along with his friend. I entered behind them just to witness that there was a huge screen and all the boys were playing video games. He got scared seeing me." Tune in to find out what happened when Kartik Aaryan reached home with his mother that day! Catch the finale episode only on Netflix this Saturday at 8pm! And stay tuned as The Great Indian Kapil Show will return with SEASON 2 soon, #CantKeepCalm.

Arjun Bijlani says he owes his 20-year career to his fans!

CHANDIGARH: Zee TV's Pyaar Ka Pehla Adhyaya ShivShakti has captivated the audience with its ongoing storyline and amazing chemistry between Shiv (Arjun Bijlani) and Shakti (Nikhi Sharma). Arjun Bijlani, who has completed 20 years in the television industry shared a delightful experience on his social media page where he met his fans from Gujarat while he was shooting for his show in Mumbai's Filmcity. Celebrating 20 years in the industry, Arjun Bijlani has consistently proven his talent through a series of remarkable performances. His current role as Dr. Shiv showcases his versatility, portraying a wide spectrum of emotions: a serious Shiv heartbroken by love, a childlike Shiv, a Shiv consumed by rage, and now, a loving husband and father. Throughout his journey, the audience's unwavering love and support have been evident. Recently, some lucky fans had the opportunity to meet Arjun. Understanding the crucial role his fans play in his success, Arjun welcomed them warmly on set, engaged in conversations, and posed for pictures, making the experience memorable for everyone involved. Arjun Bijlani said, "I love meeting my fans. They're the reason I want to get up every day and go for my shoots so that I can entertain them and earn their blessings. The love I receive as Dr. Shiv is amazing, and



seeing them happy and entertained, brings me immense joy. You all make me who I am today. There were some fans from Gujarat who visited our set especially to meet me. They were very kind with their words, and it felt really nice. I must say that it feels great to have your work acknowledged and

appreciated. When people from all over the country know you by your name, it indeed is a proud moment for an actor. I am lucky to have such loving fans in my life." To know more, tune in to Pyaar Ka Pehla Adhyaya ShivShakti every day at 7:00 pm, only on Zee TV!

Akshar Yoga Kendraa creates 5 Guinness World Records

CHANDIGARH: The Akshar Yoga Kendraa, under the visionary leadership of its founder and revered Yogi Himalayan SiddhaaAkshar, scripted history this International Yoga Day by creating 5 new Guinness World Records. Thousands of Yoga practitioners and enthusiasts from different walks of life performed 7 different Yoga asanas, including Naukasana (Boat Pose), Kaundinyasana (Sage Kaundinya Asana),Chakrasana (Wheel Posture),Natarajasana (Lord Shiva Pose), and Surya Namaskar (Sun Salutation), to set the world records at an event held at the Bengaluru-based Akshar Yoga Kendraa. While they successfully created 5 Guinness World Records, a positive response on other two is awaited.



The record-setting feat witnessed the participation of more than 3000 people, including members of the Indian Army, NCC, Air Force, Karnataka State Police, as well as specially-abled persons, children from orphanages, and members of the business and corporate community.

"In addition to asanas and techniques, Yoga is a holistic concept for the overall well-being of an individual's mental and physical health. It has been our consistent effort to elevate the ancient practice of Yoga to fresh zeniths and make it a household practice across the world. Creating 5 new Guinness World Records on the occasion of Yoga Day, with participation from fellow citizens as well as people from 20 different countries, is an ode to the unparalleled power of Yoga. All the asanas performed have immense health benefits for everyone, especially women, who tackle numerous challenges in everyday life," said Himalayan SiddhaaAkshar on achieving the historic feat.

Bajaj Allianz launched a new version of Bajaj Allianz Life Invest Protect Goal

LUDHIANA: Bajaj Allianz Life Insurance launched a new version of Bajaj Allianz Life Invest Protect Goal, re-emphasizing their innovative protection-oriented ULIP plan offering both a high life cover and market linked returns in one plan. The product is designed to help customers protect their family's life goals as well as create wealth, both at the same time. Furthermore, customers

can also avail additional accident cover against disability and death, through the riders provided with the plan. The Indian market is currently experiencing growth momentum, offering promising opportunities for investment. The robust economic outlook offers a wide scope for wealth creation for an individual. Besides growth, one also needs protection

against life's uncertainties i.e. death or disability. In line with this, Bajaj Allianz Life Invest Protect Goal offers a unique combination of Protection and Growth along with the flexibility to choose the amount of life cover as per your need. This comprehensive plan from Bajaj Allianz Life can be the best decision one can take to protect and achieve one's financial goals.

Atharva and Sakhi embrace new beginnings and challenges in their college life in Sony SAB's 'Wagle Ki Duniya'

CHANDIGARH : Sony SAB's 'Wagle Ki Duniya' – Nayi Peedhi Naye Kissey continues to touch hearts with its portrayal of the common man's everyday struggles, depicting how the Wagle family sticks together through thick and thin. In recent episodes, Atharva (Sheehan Kapahi) receives his 10th board results, scoring 84%. Though this score falls short of qualifying for his preferred college, Atharva takes a smart approach and secures admission through the sports quota, proving to his family that co-curricular activities are just as valuable as formal education. In the upcoming episodes, Atharva embarks on a new chapter as he prepares for college and life outside his protective bubble. Meanwhile, Sakhi (Chinnmayee Salvi) too joins a media school and is amazed by the diversity she encounters as she comes across women from smaller towns and rural areas, living in hostels, with different outlooks and ambitions. As both Wagle kids begin new phases in their lives, they will face new challenges and gain fresh perspectives.



NETFLIX RENEWS 'THE GREAT INDIAN KAPIL SHOW' FOR SEASON 2

AMRITSAR/ LUDHIANA: Get ready to celebrate as Netflix renews The Great Indian Kapil Show for a second season. Following overwhelming success and love from the audience, this renewal underscores Netflix's commitment to delivering blockbuster family entertainment, unique, and quality content that resonates with its members. The ongoing season of The Great Indian Kapil Show featured a diverse array of guests, including superstar Aamir Khan, actor Ranbir Kapoor and his family, cricket heroes Rohit Sharma and Shreyas Iyer, international pop icon Ed Sheeran and many icons from the entertainment industry. With the finale slated on June 22, the show engaged the audience with fun and madness week after week with celebrity guests who brought the best version of themselves to the show! Ranked among Netflix's top two shows in India since its launch, The Great Indian Kapil Show is the first Indian series to stay on the Global Top 10 Non-English TV list for five weeks. With Sunil Grover, Krushna Abhishek, Kiku Sharda and Rajiv Thakur turning in stellar performances week after week, Kapil Sharma delivering punches one after the other, and Archana Puran Singh helming her beloved 'kursi,' (chair) the series has captivated viewers, making it a standout hit. Netflix is committed to bringing the best and most diverse comedy genre content, making sure there's something for everyone.



Marico Innovation Foundation Invites Applications for 10th Edition of Innovation for India Awards

CHANDIGARH: Marico Innovation Foundation (MIF), a pioneer in promoting impactful innovations in India, today announces the opening of applications for the 10th edition of its biennial 'Innovation for India Awards'. Established in 2006, this prestigious platform was one of the first in India dedicated to recognising and supporting groundbreaking innovations with the potential to drive large-scale positive social, environmental, and economic impact. Celebrating this milestone 10th edition, the foundation reflects on a legacy of fostering innovation and looks forward to continuing its mission of catalysing transformative change. The 10th edition of the awards will spotlight innovations across two categories. The Business category encompasses for-profit organizations, including startups, based in India. The Social category covers not-for-profit organizations, such as government entities, philanthropic bodies, charitable trusts, multilateral agencies, community foundations, NGOs, and CSR/corporate funds. The application window is open from June 17, 2024 to July 17, 2024. Interested innovators are encouraged to submit their entries through the official website, https://form.jotform.com/MIFAwards/mif_innovation-for-india-awards_app. The evaluation process for the Innovation for India Awards, thereafter, spans eight months, from August 2024 to March 2025. It includes two rounds of assessments by an independent jury for each category and detailed on-ground due diligence by an independent knowledge partner. The jury for both categories features some of India's most illustrious business and social leaders. These include Amit Chandra (Jury Chair), Chairperson, Bain Capital India & Co-founder, ATE Chandra Foundation, Aabha Bakaya, Founder, Ladies Who Lead & Ex-Journalist, Debjani Ghosh, President, NASSCOM, Huda Jaffer, Director, Selco Foundation, and Safeena Husain, Founder, Educate Girls. Applications for the awards will be evaluated on the criteria of Innovation, Impact, Scalability, and Long-Term Viability.

Manoj Bajpeee's Award-Winning Thriller "Joram" is Set for its World TV Premiere on &xploreHD

CHANDIGARH: The gripping and thought-provoking thriller "Joram" is set to captivate audiences as it makes its highly anticipated world television premiere on &xploreHD on June 22nd at 9 pm. Directed by the acclaimed filmmaker Devashish Makhija and starring the versatile actor Manoj Bajpayee, "Joram", delves into the harrowing tale of a man and his infant daughter in a desperate bid for survival while being hunted by the ghosts of his past and the forces that want him dead. The masterful storytelling and Manoj Bajpayee's compelling performance breathes life into the narrative, taking viewers on a roller-coaster ride of emotions and suspense. As the story unfolds, audiences find themselves drawn into a world of suspense, mystery, and moral dilemmas, leaving them on the edge of their seats until the very end. The film paints a poignant picture of uncertainty and peril as it follows the protagonist's struggle to evade capture while protecting his daughter from danger. Set against the backdrop of the Adivasi communities in Jharkhand, "Joram" sheds light on the gruesome realities faced by marginalized populations, intertwining social commentary with heart-pounding thrills.



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

AMBALA: 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 drops in two decades. Sahil Sethi, Category Leader, Consumer Healthcare, P&G India, "Vicks ki Goli Lo, Khich Khich Door Karo" the iconic brand jingle of Vicks Cough Drops instantly brings in nostalgia, having helped generations of Indians speak up 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 KHABAR in decades – launch of Vicks Double Power Cough Drops, our first-ever double powered transformation of India's iconic triangular Vicks Cough drops.

