

Kindergarten sports meet held at St Mary's Convent Sr Sec School

STAFF REPORTER ■ BHOPAL

Kindergarten sports meet was held at St Mary's Convent Sr Sec School, Tulsī Nagar, here in the school campus on Friday. Besides, X-mas was celebrated in the school on Saturday.

On Friday, the Meet was declared open by the principal Sr. Mary CD. The day started off with a mesmerising prayer dance. Chief guest Akhil Patel (Addl SP, Zone 1, Bhopal) was given a floral welcome followed by a melodious welcome song rendered by the school choir.

The welcome speech was delivered by Raghvendra Mishra of KG section. The enthusiastic tiny tots participated in various races with much competitive spirit amidst the shrills and cheers of their parents, siblings and teachers. The kids were in perfect synchronisation in PT display and



The Chief Guest in his address stressed on the need to have effective and constant communication between parents and children.

He also urged the parents not to pressurise but to motivate the students to achieve goals in their lives. Funny races were organised for parents also which saw an impressive participation by the energetic parents

aerobics leaving the audience in awe.

The other highlights of the day were the Marathi dance, polo dance and Hoopa Hoops.

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by the energetic parents.

On Saturday, the school had the Christmas celebration in the school campus. The cul-

tural fiesta began after a solemn prayer service and melodious renditions by the school choir. An enlightening skit performed

by the secondary students received much applause by the audience. It conveyed the message that true service to God is serving the poor and the needy.

Enthralling dance performances were also given by different student groups.

The programme culminated with the entry of Santa Claus on the stage adding to the festive mood. Sr Mary CD, the principal expressed her delight in sharing the message of Christmas and wished all a merry Christmas and a happy new year.

St Xavier's Sr Sec School, (KG Section) puts up thrilling performance

The programme began with the lighting of the lamp by the Chief Guest Dr Leo Cornelio, the Archbishop of Bhopal and other dignitaries

STAFF REPORTER ■ BHOPAL

St Xavier's Sr Sec School, (Kindergarten Section) put up a thrilling, but meaningful performance in the KG Annual Function on Saturday. The theme of the programme was 'Paper Boat', a beautiful metaphor for life's journey coloured by a child's innocent and joyful heart.

The programme began with the lighting of the lamp by the Chief Guest Dr Leo Cornelio, the Archbishop of Bhopal and other dignitaries. The Almighty's blessings were invoked on the event with a wonderful prayer dance, set to a melodious song. Children in colourful dresses happily and heartily welcomed everyone with a jazzy Welcome song.

A skit was presented on the theme 'Paper boat', which depicted that one doesn't need costly and high tech toys to find joy rather the simple pleasures of life can bring greater satisfaction and fulfillment. The simple toys like 'paper boat' along with entertainment also teach 'simple living but high thinking'.

Dr Leo Cornelio, the Archbishop of Bhopal appreciated the efforts of the management, students, teachers and parents in presenting such a grand programme. He was highly impressed by the talented tiny tots. In his speech he urged everyone to give up selfishness and work for the greater good. He said society needs to change but first we need to change ourselves with positive and constructive thoughts.

The programme ended with scintillating dance performance.

The high point of the finale dance was when the whole stage was taken over by Kid Santas who swayed to the tune jingle bells and brought the audience to its feet in applause. With best wishes of Christmas and the New Year the evening came to end with the National Anthem. It was truly a memorable evening.

State's Sire (Nandi) Directory and Livestock Insu Scheme poster released

STAFF REPORTER ■ BHOPAL

Animal Husbandry Minister Lakhan Singh Yadav released the State's Sire (Nandi) Directory and Livestock Insurance Scheme poster today. He said that this directory published by the Central Semen Institute, Bhopal, will give detailed information about various types of Sires to the cattle rearers and they will be able to select the advanced varieties of semen for artificial insemination of their animals.

Yadav said that at present the only semen institute in Madhya Pradesh is located in Bhopal. It has a facility of keeping about 205 sires.

Presently sires are available for collection of semen in this institute.

A total of 16 breeds of milching animals are kept in the institute which has milching breeds of sires like Gir, Tharparkar, Murra etc. He told that sires of high milk yielding breeds like Jersey and HF have also been kept in this institute. The Animal Husbandry Minister said that the directory contains details of 198 sires in each page which includes a few buffalo and remaining bovine sires.

The Minister said that the cattle-rearers are being given pointwise information about livestock insurance through

the poster released today. He said that about one thousand posters have been sent for distribution to cattle-rearers in each district.

Yadav said that the livestock insurance scheme has been implemented in each district of the state. In this the cattle-rearers would be able to get all kinds of cattle along with their milching cattle insured. Each beneficiary will be able to get his 5 cattle insured. An animal unit of 10 animals will be considered in the category of sheep, goat, pig, etc.

Minister Shri Yadav said that 50 percent subsidy will be given to APL category cattle-rearers and 7- per cent to BPL

and SC/ST category cattle-rearers on insurance premium by the State Government.

The remaining amount will be paid by the cattle-rearer. The maximum rate of insurance premium will be 3 per cent for one year and 7.50 per cent for 3 years. Insurance can be done for a minimum of one year and maximum of 3 years.

Additional Chief Secretary Manoj Shrivastava, Managing Director Poultry Development Corporation HBS Bhadouria and In charge of Central Semen Institute Dr. Deepali Deshpande along with other officers were present in the programme.

Campion school's 52nd Annual Sports Day held

STAFF REPORTER ■ BHOPAL

Campion School's 52nd Annual Sports Day 2019 was held on Saturday in the school playground of school premises. Almost 1,500 students from KG1 to Std. Vth were participated in this event. Principal Fr Dr Athnas Lakra SJ, formally commenced the programme with lighting of the lamp along with Chief Guest Mahesh Saxena Secretary & Director of Child welfare and Guest of Honour Col Girijesh Saxena Retd Indian Army Medical Corps and other dignitaries.

Chief Guest along with the other dignitaries received the salute during the parade and impressive March Past presented by the four houses students ie, Nehru House, Ashoka House, Tagore House and Gandhi House of the School followed by the oath ceremony. The sports torch symbol of harmony and goodwill was carried by worthy sports persons.

The event was followed by the hoisting of the flag by our esteemed Guests. The chief



guest received the torch and declared the sports meet open.

The inaugural programme commenced with the Prayer song and welcome Theme dance by the students. The students display a wide array of colourful and reverberant events such as PT Displayed, Lemon & Spoon race, Shuttle Relay, Bursting the Balloon, Skipping race, Yoga, March Past, Races, and Drills formation of pyramids etc by the students.

KG1 and KGII students

Talent Hunt is being organised by Rabindranath Tagore University

STAFF REPORTER ■ BHOPAL

To give a sturdy platform to the talent of students, a Talent Hunt is being organised by Rabindranath Tagore University. The Talent Hunt began on Saturday at the University.

The talent hunt is being organised for the purpose of testing the talent of school students and for career guidance. Students of classes 9 to 12 from schools in Bhopal, Raisen, Vidisha, Sehore, Dewas, Hoshangabad, Rajgarh, Shajapur, Betul are participating in it. Under this event, in the first phase, career counseling sessions were organised for school students in each district and the students registered for the talent hunt.

Now in the last phase of Talent Hunt, Talent Hunt Exam is being organised on Sunday at Rabindranath Tagore University, Bhopal, in which students registered from each district will participate and test their knowledge.

It is to be noted that the exam will be held with different sections. Multiple choice questions will be asked in the exam which will include General Knowledge, Reasoning Ability, General Knowledge, Numerical Ability and Computer Questions will be asked in the exam.

The best three students of each class will be given laptops, tablets, smartphones in the exam.

Along with this, the top-10 toppers of each class will be given scholarship of 90 percent in fees on admission in Rabindranath Tagore University.

The Talent Hunt exam will be held on Sunday from 12 to 1 am.

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भारतीय प्रतिभूति और विनियम बोर्ड
Securities and Exchange Board of India

NOTICE

1. The Securities and Exchange Board of India ('SEBI') has appointed Dr. Anitha Anoop as Adjudicating Officer ('AO') vide order dated June 12, 2019 in the matter of Advance Bio Coal (India) Limited, Karnavati Alfa International Limited and Rams Transformers Ltd ('Noticees'). In this regard, Show Cause Notices (SCNs) mentioned at SI no.1, SI no.2 and SI no.3 in the Table-1 below and Hearing Notices were issued to the Noticees in the aforesaid matter at their respective addresses. However, the aforesaid SCNs and Hearing Notices returned undelivered from the Noticees' last known addresses. The Noticees may download the aforesaid SCNs from the SEBI Website (www.sebi.gov.in) under the head Enforcement -> Unserved Summons/ Notices). The Noticees are advised to submit reply to the respective SCNs within 14 days from the date of the publication of this Notice, to the Adjudicating Officer at SEBI Bhavan 2, Plot No. C-7, G Block, Bandra Kurla Complex, Bandra (East), Mumbai - 400 051 ('SEBI office') as well as through email at anithal@sebi.gov.in and ead1@sebi.gov.in. In this regard, The Noticees are hereby informed of change in the AO and in the interest of natural justice are hereby being granted an opportunity of hearing at the SEBI office (date and time mentioned in the Table-1 below).

2. Further, the Noticees mentioned at SI. No. 1 in the Table-2 below are hereby informed that the Adjudicating Officer, SEBI has passed an Adjudication order AA/MG/2019-20/4766- 72 dated September 30, 2019 (AO order) against the Noticees in the matter of Kailash Auto Finance Limited. However, the order mentioned above could not be served on the Noticees. A copy of the AO order may be downloaded from the SEBI website (www.sebi.gov.in) under the heads "Orders of AO" as well as "Orders that could not be served", or may be collected from the Office of the Adjudicating Officer at the address - SEBI Bhavan 2, Plot No. C-7, G Block, Bandra Kurla Complex, Bandra (East), Mumbai-400 051, or may be obtained by request email sent to ead1@sebi.gov.in.

Table-1

Sl. No.	Details of the Notices	Name of the person/ Noticees and last known address	In the matter of	Details of Hearing
1.	a) Show Cause Notice ILO/AO/AS /746/2014 dated January 07, 2014.	Advance Bio Coal (India) Ltd. i) G-4, Vyavasya Building, Dinesh mill, Urmi road, Verai mata temple, Vadodara (Gujarat) - 390007. ii) Shop no. 4, Al-mansoor Complex, Near Al-Safiq Maszid, Near Jagruti school, Makarba, Sarkhej, Ahmedabad, Gujarat 380051.	Advance Bio Coal (India) Ltd.	Opportunity of hearing granted on January 27, 2020, 11:00 A.M.
2.	a) Show Cause Notice ILO/AO/AS /840/2014 dated January 08, 2014.	Karnavati Alfa International Limited i) Survey No. 189/1-2, Kailash Industrial Estate Village - Iyava, Vasna, Sanand Viramgam Highway, Ahmedbad, Gujarat.	Karnavati Alfa International Limited	Opportunity of hearing granted on January 27, 2020, 11:30 A.M.
3.	A&E/EAD-3/DRK-DS/18704/2013	Rams Transformers Ltd. i) F-38, Sanjay Complex, Jayendraganj, Gwalior, Madhya Pradesh, 474009	Rams Transformer Ltd.	Opportunity of hearing granted on January 27, 2020, 12:10 P.M.

Table-2

Sl. No.	Details of Adjudication Order	Name of the person/ Noticees and last known address	In the matter of	Details of Hearing
1.	i) AA/MG /2019 20/4766-72 dated September 30, 2019.	Bholebaba Suppliers Pvt. Ltd. 13 B Ganguly Street, Ground Floor, Kolkata - 700012 Overall Vincom Pvt. Ltd. 125, N.S.ROAD, 3rd FLOOR, ROOM No. 34, Kolkata - 700007 Eversafe Promoters Pvt. Ltd. Council House 4A, 1st Floor, MMS Chamber, Council House Street, Kolkata -700001. Subhankar Exim Pvt. Ltd. Council House 4A, 1st Floor, MMS Chamber, Council House Street, Kolkata -700001. Supernova Advertising Pvt. Ltd. L7, A-001, Pratiksha Nagar, New MHADA Colony, SION, Mumbai-40002 Jagruti Infra Developers Pvt. Ltd. (formerly known as Akriti Advisory Services Pvt. Ltd.) L7, A-001, Pratiksha Nagar, New MHADA Colony, SION, Mumbai-400022	Kailash Auto Finance Ltd.	

3. This Notice is being published in terms of Rule 7 (d) of the SEBI (Procedure for holding inquiry and Imposing Penalties) Rules, 1995. It may be noted that in case the Noticees fail to submit their reply to the aforesaid Show Cause Notices and/or do not avail the opportunity of personal hearing at the abovementioned date and time, the matter shall be proceeded based on facts/material available on record. In case the Noticees fail to pay the penalty amount mentioned therein, SEBI shall initiate recovery proceedings in the matter as mentioned under Section 28A of the SEBI act. Date: 17.12.2019

Place: Mumbai

davp 15204/11/0398/1920

WESTERN RAILWAY
PLATFORM SURFACE, DRAIN AND OTHER MISCELLANEOUS WORK Deputy Chief Engineer (Construction), Western Railway, INDORE (MP) invites tender through E-tendering as per details given below: Tender No.: KNW-SWD/RKGC/39. Name of work : Balance work of platform surface, drain and other miscellaneous item between Sanawad - Nimarkheri section in connection with SWD-KNW GC Project. Approx Cost : ₹ 6484093.32. EMD : ₹ 129700/-. Date & time of submission of tender: upto 15.00 hours on 10.01.2020. Date of opening of tender: 10.01.2020 at 15.30 Hrs. Complete details of tender including eligibility criteria are available on E-Tender portal www.ireps.gov.in and at the Notice Board in the above office, opposite platform No. 1.

No/INF/VPN/2019-20/1857

Sd/-
(P.A. Jalu)
Chairman
State Examination Board
Gandhinagar

Shefali Tripathi Mehta's book 'Ek Koshish: The Story of Arushi' released



Noted lyricist Gulzar with Minister for Urban Administration and Development Jaivardhan Singh releases new year calendar of 'Arushi' in Bhopal on Saturday

STAFF REPORTER ■ BHOPAL

Culture Minister Vijayalakshmi Sadho and noted lyricist Gulzar visited The Sanskar Valley School on Saturday to be with the differently abled children. They jointly released Shefali Tripathi Mehta's book 'Ek Koshish: The Story of Arushi'. The preface of the book has also been written by Gulzar, who has been associated with Arushi for many years.

During the programme, Gulzar said that the efforts of

Arushi are highly appreciable. He said that he has been associated with this institution and the children who are trained here, when the children used to learn to listen, speak and understand by listening to audio.

He called upon people to be a part of the journey of Arushi. He expressed the hope that the children of Arushi would also be able to study in normal schools.

Minister Sadho said that the two words of the title of the book 'Ek Koshish...' actually depicts the attempt to light up

the lives of disabled children. Lauding the dedicated efforts of Arushi Sanstha, she said that the Government and society will have to be connected to the efforts of this institute.

Jyoti Agarwal welcomed Gulzar and took him around the school premises. Giving information about the book Anil Mudgal of Arushi said that the book has details of the success of the disabled through life's difficulties. Sudhir Agarwal and Publisher Vikas Rakheja were present on the occasion.

50-metre rifle junior team and senior class played

STAFF REPORTER ■ BHOPAL

The 50-metre rifle junior team and senior class were played on Saturday.

Under the 63rd National Shooting Championship Competition, the matches are being played from December 7, 2019 to January 4, 2020 at Madhya Pradesh State Shooting Academy.

Principal Secretary Tribal Deepali Rastogi visited the shooting academy after reaching the shooting range. On this occasion, tournament director Pawan Singh and Secretary of National Rifle Association Rajiv Bhatia gave detailed information about the competition.

Deepali Rastogi awarded the players of the 50 metre rifle prone senior category. She was supported by Virpal Kaur, Jury Equipment Control. The winners of the 50 meters Junior Prawn Women were also awarded by Shaila Kanungo, International Medalist.

In the senior category, the Gujarat team won a gold medal with 1,846.7 points. While the Punjab team won the silver medal with 1841.9 points and Tamil Nadu won the bronze medal with 1838.8 points.

In the 50 metre prone junior women's team competition, Haryana's team earned a gold medal with 1845.8 points. While the Punjab team won the silver medal with 1829.6 points and the team from Maharashtra earned the bronze medal with 1825.2 points.



Actor Wajid Khan in an interactive session during The Great Indian Film and Literature Festival (GIFLIF) at Bharat Bhawan in Bhopal on Saturday

PSPCL disconnects power supply of own staffs for non-payment



PNS ■ PATIALA

Punjab State Power Corporation Limited (PSPCL) has not even spared its own employees, including top officials of the department on power dues and has threatened to disconnect their power supply if they do not pay their pending dues within two days.

In fact, giving momentum to its ongoing drive to get its pending electricity dues cleared, PSPCL has disconnected electricity connections of several PSPCL and PSTCL employees for failing to clear their pending electricity dues.

A spokesman of PSPCL on Saturday advised employees to clear their electricity dues within two days, failing which their power connections will be disconnected on Monday.

He said that in summer season also, the Corporation had started the drive against power theft from its own top brass,

including the Directors, Chief Engineers, SEs, XEN etc. by getting fixation of meter seals and shifting of meters outside the premises.

"Similarly, PSPCL has started recovery of the electricity bills from its own officials and employees, setting an example," the spokesman said, adding that survival of any department is on the inflow of the revenue and in case of default, the smooth functioning of the Department is adversely affected.

PSPCL has so far recovered an amount of more than Rs 56 lakhs from its 3591 PSPCL and PSTCL employees on account of recovery of pending electricity bills within the state.

In the Border Zone, an amount of Rs. 67,24,943 was pending from 3,620 PSPCL employees. PSPCL so far has recovered Rs. 45,31,813 from 3,327 Employees and 277 connections of PSPCL employees

were disconnected.

In Central zone an amount of Rs. 12,61,000 is pending from 160 employees. In South Zone, an amount of Rs. 45,87,000 was pending from 622 PSPCL employees. PSPCL has so far recovered Rs 11,36,000 from 274 employees from December 01, 2019 to December 19, 2019 and 102 connections of PSPCL employees were disconnected. In North Zone, an amount of Rs. 1,95,710 is pending from 21 employees. The electricity connection of one employee disconnected.

PSPCL CMD, Baldev Singh Sran has advised the PSPCL and PSTCL employees to be the role model and clear all their dues in a timely manner to set an example.

He also appealed officials and employees of various government department to ensure timely payments of the electricity bills to avoid disconnection.



Ex-Director of Archaeological Survey of India (ASI) KK Muhammad Khan addresses a seminar on 'Role of Archaeology in National Identity' during Dattopant Thengadi memorial centenary symposium in Bhopal on Saturday

Gandhi Marg R-Day fest venue

PNS ■ BHUBANESWAR

There would be no change in the venue for the next State-level Republic Day celebration in Bhubaneswar, official source said after a high-level meeting chaired by Home Secretary Sanjeev Chopra.

The celebration, as in the past, would be held at Mahatma Gandhi Marg on January 26. Governor Prof Ganeshi Lal would unfurl the Tricolour on the occasion.

Rawat exhorts students to wage war against drugs

A task force of seven States with its headquarters at Panchkula has been constituted for the fight against drugs

PNS ■ DEHRADUN

Making a call to the students for waging a war against drugs, the Chief Minister Trivendra Singh Rawat has said that special efforts are needed to prevent the younger generation from succumbing to the ill-effects of substance abuse. He was addressing convocation ceremony at DIT University here on Saturday. The CM said that a task force of seven States with its headquarters at Panchkula has been constituted for fight against drugs. Reiterating his Government's commitment for providing quality education to the students, the CM said that a skill development centre is being setup at Pauri. He claimed that the centre would be of very high standards and would have a national recognition.

Emphasising on importance of linguistic skills, he said that the demand of foreign languages is increasing at a very rapid pace and apart from technocrats, the world today needs linguistic experts.

Exhorting the students to participate in Swachh Bharat, Swastha Bharat mission of Prime Minister Narendra Modi, Rawat said that one should also take up social responsibilities. He claimed that the human chain event organised by the State



Emphasising on importance of linguistic skills, he said that the demand of foreign languages is increasing at a very rapid pace and apart from technocrats, the world today needs linguistic experts

Government helped in reducing the usage of plastic by 75 percent.

He said that Uttarakhand has been developed as an education hub and the State has students from all the States. The CM said Dehradun today is being identified with a peaceful environment and all quality education and the State Government is committed to enhance this reputation.

The State Minister for higher education and cooperatives, Dhan Singh Rawat, said

that the State Government has made it compulsory for all the universities to hold convocation ceremonies every year.

Elaborating the achievements of the Government in last three years, the Minister said that appointments of permanent Principals in all degree colleges is made and in the colleges of the State more than 90 percent faculty is now deployed. He said that the State Government has decided to provide Dr

Bhaktardhan award for five teachers of colleges and universities. Rawat added that a study of 180 days in all the colleges has been made compulsory.

On the occasion, degrees were awarded to 1,527 students of the university.

The chairman of DIT Anuj Agarwal, chancellor DIT N Ravishankar, Principal secretary Anand Vardhan and Vice Chancellor (VC) of DIT, A K Raina were also present on the occasion.

From folktales to unexplored places, here's how to explore 'Hidden Himachal'

Shimla: The 17th century-town of Bilaspur, considered to be amongst the first planned towns in the hills of India was also submerged in the water of the Satluj river with the construction of the Bhakra Dam in 1962.

A cemetery in Dagshai, which grew under the rule of British India, holds the grave of Mary Rebecca Weston. Some consider this to be the most elegant of graves in the country. A strange superstition grew around the grave. Childless women believed that they would conceive if they swallowed a bit of tombstone.

Like these, many other tales and stories of Himachal Pradesh were penned by city-based Shimla-based writer-cum-historian Raaja Bhasin in a 115-page coffee table book "Hidden Himachal" for Himachal Tourism.

It was released by Chief Minister Jai Ram Thakur this week.

Divided in three sections, the first talks about those places that have ease of accessibility from the primary tourist destinations and yet are not very well known.

In the second section, the places with a little more difficulty level of accessibility, and the third covers some of the most difficult areas like the Great Himalayan National Park in Kullu district and some of the high mountain passes.

Dhami and Arki are two small towns that date back to the time when there were numerous princely states in Himachal Pradesh.

Both of these are fairly close to Shimla and both, while relatively off the normal tourist circuit, have substantial natural beauty and examples of fine architecture.

In terms of heritage and history of Bilaspur town, some 120 km from the state capital, the most significant loss in the submersion was of the 28 large and small temples.

According to Bhasin, most of these were built in the classical "nagara" style.

The temples remained unstudied largely by scholars. The only research done was by noted art historian Hermann Goetz in the 1950s shortly before they went under water.

Surrounded by lush fields and mango groves and bordered by the waters of Maharaja Pratap Sagar, Daba Siba, which lied close to Punjab border, holds a rare architectural and art marvel in the shape of striking temple of Radha Krishna that dates back to 1835.

At a height of some 6,000 feet, Dagshai was a barren hill that in 1847 was transferred by the Maharaja of Patiala to the British for the purpose of creating a military station or cantonment.

Inner and outer Seraj are not well known as nearby



Kullu or Manali, but are woven with a rich culture that is fairly distinct from that of the Beas Valley.

For rural charm, undisturbed woods, exquisite temples and simple lifestyle, the Seraj region is a great area for the offbeat travellers.

A major portion of inner Seraj is taken up by the Tirthan Wildlife Sanctuary that is contiguous to the Great Himalayan National Park -- part of one of the largest flora and fauna reserves in the Himalayas.

For some 1,400 years Naggar was the seat of the erstwhile princely state of Kullu.

Naggur, which boasts of the famed International Roerich Memorial Trust, is home to age-old shrines, including the pagoda-shaped temple of Tripura Devi.

The lesser known destinations showcased in the coffee table book include the shrine of Mata Kunal Pathri located on the suburbs of

Hry Min hails Bal Mahotsav in Gurugram

PNS ■ CHANDIGARH

Lauding the efforts being done by the Haryana State Council for Child Welfare in organizing a State-Level Bal Mahotsav at Kingdom of Dreams at Gurugram, Haryana Transport Minister Mool Chand Sharma on Saturday announced an amount of Rs 5 lakh for the Council.

The Transport Minister said that the State-level Bal Mahotsav which is being organised by the Haryana State Council for Child Welfare has given a outstanding platform for the children to not only showcase their talent but also spread a message of unity in diversity of culture of the country and the State. He said that this festival is no less than a Maha Kumbh where children from various parts of the State will be showcasing their talent.

The Minister said that the culture of Haryana state has a different identity on the world map. He said that in Haryana after every 20 kilometers, one can see change in culture, dialect and customs and to showcase this Haryana State Council for Child Welfare has organized State Level Bal Mahotsav at Kingdom of Dreams at Gurugram

said this festival is a platform that makes children's imagination come true. He also praised the programs presented by the children and said that on this platform, a presentation related to different cultures of the country is being given.

He also praised the artworks made by the children and said that these artworks is certainly the best way to show the hidden talent and imagination of every child.

Honorary General Secretary, Haryana State Council for Child Welfare Krishan Dhull, said that great enthusiasm for children is being seen at the Mahotsav and every day maximum children are reaching here to participate and it is expected that by December 23, about one lakh children will ensure their participation. He said that the world-class platform is being provided to the children by the council to showcase their talent.

Pataudi MLA Satya Prakash Jarawta said that it is a matter of pride for that a State-Level Bal Mahotsav is being organized at Gurugram district. He said that this event is extremely important not only for the district of Gurugram but also for the State children. He said that various types of competitions are being organized for children here every day to increase their self-confidence.

India look to end on high

Men in Blue search for 10th consecutive bilateral series win against Windies in series decider today

PTI ■ CUTTACK

India have everything going their way as they head into the third and final ODI against West Indies at the Barabati stadium today eyeing a 10th straight bilateral series win over the Caribbean side.

The West Indies took the home side by surprise in the opening ODI in Chennai to go one-up in the three-match series. But India, riding an all-round display, came back strongly to restore parity in the second match.

Barring a rare duck from skipper Virat Kohli, the Indian top-order fired in unison at Visakhapatnam, before hat-trick hero Kuldeep Yadav sliced through the West Indies line-up for a comprehensive 107-run victory.

Three days after his blazing 159, Rohit Sharma stood just nine runs short of eclipsing former Sri Lankan captain Sanath Jayasuriya's 22-year-old record of being the highest run-scorer as an opener across all the formats.

In bowling, Delhi pacer Navdeep Saini is in line to make his ODI debut in the absence of the injured Deepak Chahar, who was ruled out of the match with a lower back problem.

The fielding, though, has failed to match the high standards India have set in recent years.

While Iyer's effort to dismiss Shimron Hetmyer was eye-catching, Chahar dropped a sitter off Nicholas Pooran and grassed Shai Hope for a duck at the slip cordon, something that attracted Kohli's attention.

The pitch at Barabati is going to be similar to the one in Visakhapatnam, offering plenty of runs.

The left-right combination of Hetmyer and Hope plotted India's downfall in Chennai and had it not been for a brilliant throw from Iyer to run out the former in Vizag, the Windies would have put up a strong fight in the second ODI.

Hope, who is second only to Rohit in the run chart this year, will look to make a statement after the wicketkeeper-batsman went unsold at the auction.

Kieron Pollard's team had no hesitation in chasing after winning the toss in the first two ODIs but come today, the teams will be thinking twice before



Indian captain Virat Kohli, center, gestures during a training session ahead of final ODI between Indian and West Indies at Barabati stadium in Cuttack

AP

India vs Windies
Live from 1:30pm IST
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bowling second keeping the dew factor in mind.

The West Indies, at the same time, will be keen to end a 13-year long wait to win against India in a bilateral ODI series. While the hosts, who lost to Australia 2-3 in their last bilateral series in March, will have their reputation at stake.

They have not lost two consecutive bilateral ODI series at home in the last 15 years. The last time an ODI was played here more than two years ago, India had piped England by 15 runs while defending an imposing 382.

Series outcome won't influence WI path

PTI ■ CUTTACK

West Indies head coach Phil Simmons feels his team's "best show" may not be enough to beat India in the series-decider but the outcome of the game won't "influence" the direction the Caribbean outfit has taken under his guidance.

Simmons, a former player, was reappointed as West Indies coach in October.

"I think all the guys know we want to play our best tomorrow (on Sunday) and even though we play our best, we might not win," Simmons said on the eve of the match.

The gulf between the two sides has progressively

widened in the last decade or so as the West Indies, barring their 3-0 sweep over Afghanistan last month, have gone without a win in 16 bilateral ODI series since August 2014.

"The thing is we are trying to build something and the game tomorrow (on Sunday) does not influence

the direction in which we are going... But we are trying to build something and will continue to be in direction we are going."

However there's a positivity in the camp with their top-ranked batsman in the ICC ODI rankings, Shai Hope in fine form along with Shimron Hetmyer.

SINGLES

FIORENTINA FIRES MANAGER MONTELLA

FLORENCE: Fiorentina announced on Saturday that they had fired coach Vincenzo Montella with the club struggling in 14th in Serie A. "Vincenzo Montella has been relieved of his duties as head coach of the first team," club announced on its website. "The decision was taken following long & detailed analysis of the team's performances and results." The club promised a new coach would be announced "in next few days".

PATTINSON TO PLAY IN BOXING DAY TEST

MELBOURNE: Australia head coach Justin Langer has all but confirmed that right-arm pacer James Pattinson will feature in the playing XI for the second Test against New Zealand beginning Boxing Day at the Melbourne Cricket Ground (MCG). "I am really looking forward to seeing Patto bowl and bowl well in this Boxing Day Test, which is his home ground as well," *cricket.com.au* quoted Langer.

FC GOA EYE TOP SPOT IN ISL

MARGAO: FC Goa will be out to reclaim their spot at the top of ISL when they take on Odisha FC today. Goa are currently in second spot with 15 points from eight games, while Odisha are seventh with nine points. It will be an interesting tussle in the middle of the park between two sets of technically-proficient players. Goa are coming off a confidence-boosting 2-1 win over ATK in the previous game.

JEREMY SMASHES YOUTH WORLD RECORD

DOHA: Youth Olympic Gold medalist weightlifter Jeremy Lalrinnunga went on a record-breaking spree, claiming three world marks in a remarkable performance, on the way to a Silver in the men's 67kg category at the 6th Qatar Int'l Cup. In a power-packed performance, the 17-year-old smashed his own Youth World and Asian record in snatch, clean and jerk and total lift with an effort of 306kg (140kg+166kg) to win the Silver medal. Jeremy broke 27 records in total all under his name, combining national and international marks.

HARINDER WINS HCL-SRFI INDIA TOUR

MUMBAI: Indian squash player Harinder Pal Singh Sandhu clinched the men's title while Hana Ramadan of Egypt won the women's crown in the third leg of the HCL-SRFI India Tour. Harinder defeated Tomotaka Endo of Japan 3-0 in a match that lasted for 30 minutes, while Hana beat England's Lucy Turmel 3-1 in the women's final.

MARTINEZ WINS WBC FLYWEIGHT CROWN

LOS ANGELES: Mexico's Julio Cesar Martinez stopped Nicaragua's Cristofer Rosales in the ninth round to win the vacant World Boxing Council flyweight title. Martinez improved to 15-1 with his 12th victory inside the distance while Rosales fell to 29-5 with the loss at Phoenix, Arizona.

PCB ROPES IN CURATOR ATKINSON

KARACHI: Pakistan Cricket Board (PCB) has hired the services of experienced curator Andy Atkinson to review the state of pitches in the country and help local curators prepare sporting pitches. The PCB in its bid to improve its cricket structure will also revamp the NCA in Lahore and turn it into a high-performance center. **AGENCIES**

मध्यप्रदेश वन विभाग एवं
मध्यप्रदेश राज्य लघु वनोपज (व्यापार एवं विकास) सहकारी संघ मर्यादित के संयुक्त तत्वाधान में आयोजित

अंतर्राष्ट्रीय वन मेला 2019

अकाष्टीय वनोपज : अवसर एवं चुनौतियाँ | Non-Timber Forest Produce : Opportunities and Challenges

समापन समारोह

मुख्य अतिथि
श्री लाल जी टंडन
माननीय राज्यपाल, मध्यप्रदेश

अध्यक्ष
श्री उमंग सिंगार
मंत्री, वन, मध्यप्रदेश

विशिष्ट अतिथि
श्री वीरेंद्र गिरी गोस्वामी
अध्यक्ष, म.प्र. राज्य लघु वनोपज सहकारी संघ मर्यादित

इस अवसर पर आप सादर आमंत्रित हैं ।

दिनांक : 22 दिसम्बर, 2019, सायं 5.00 बजे
स्थान : लाल परेड मैदान, जहांगीराबाद, भोपाल

आयोजक : मध्यप्रदेश वन विभाग एवं
मध्यप्रदेश राज्य लघु वनोपज (व्यापार एवं विकास) सहकारी संघ मर्यादित

the pioneer agenda

FROM THE INSIDE

Don't ever give up. Never ever listen to anyone, when they try to discourage you, because they do that, believe me!
— Mariah Carey



Path to spiritual awakening

Tap into your spiritual consciousness to experience all-consciousness, love, peace, unity, bliss and freedom from fear



CHANGE



No shortcut to fixing issues

Instead of expecting external intervention, better put in conscious efforts to make necessary amends

The variety of lentils available in India has the potential to make our everyday food much more nutritious and bring a wider flavour profile to our plate, writes SANGEETA KHANNA

Lentils and pakodas



If you have lived in a metro city all your life, you are most likely to have missed some of the best choices in food. The glut of imported vegetables and fruits in urban markets make for a good eye-wash and most of us are aware of this already. The day the urban markets start stocking wild purslane and wild fiddle head fern in season, we would know our choices have improved. We don't realise how much we can control the food system and the market just by making the right choices and being aware in the first place. We end up consuming a very narrow range of produce even though there is a vast variety available and remains undervalued. For example, India is the leading manufacturer of lentils and we still need to import lentils from other countries because most of us consume only two to three types of lentils as staples and a large variety of lentils remain undervalued.

Just think of the lentils you can recognise by taste and if all you can come up with is *kali dal* and *peeli dal* and may be *sambar*, you need to educate yourself better. The amazing variety of lentils available in India has a potential to make our everyday food much more nutritious and bring a wider flavour profile to our plate.

In fact, the awareness about the variety of real foods and ingredients available around us can be instrumental in bringing a desired change in our own health management and the environment of the planet. The regional variety of foods within the country is mind boggling and when I see people lugging gluten free flours from the west, I wonder when and how would we market our millets better. Recently, when I moved to Dehradun, I was most excited about the local seasonal vegetables, lentils and

beans I now have access to. But when I heard a Maharashtrian neighbour lamenting about the unavailability of *moth* lentils in the town and another Keralaite neighbour complain about how difficult it was to bring *ragi* flour from her native place, I figured it was time to introduce them to local produce as replacements. I took them to the *kirana* shop across the road and introduced them to the *naurangi dal* and *mandue ka atta*. In the bargain, I made friends with the *kirana* shop owner, who got me local hemp seeds. This kind of personal connect with ingredients wouldn't have been possible at the supermarket a couple of kilometres away. Ah, we surely need to realign our food compass a little bit to see clearly.

I am reminded of a story my grandmother used to tell me when I was little. It is a story of a little birdie who used to go searching for lentil grits in the *chakki* of each home and how she once tried to pick a lentil and half of the split lentil got stuck in the *chakki*. The birdie lamented about how she didn't get enough food for her *pardes* (foreign) travel. It was possibly a migratory bird who needed all the food for the long distance travel and the hand operated stone-mill in the homes was the best place to pick on them. Several folk tales and ancient sayings had lentils as a central theme in India. This just goes to say that lentils have been an important part of our food system.

Interestingly, the hand-operated stone mill has been instrumental in the ways lentils have been used in India, the largest producer and consumer of lentils on earth. In fact, the black lentil or *urad dal* and black chickpeas or black gram are native to India and have been used in various ways since the time recorded. *Mung* beans have been known to have originated

from black lentils, hence the genus of both remains the same, that is *vigna mungo*. Various other lentils came to India through spice routes and other trade routes and have become naturalised ever since. The most interesting occurrence of the readiness with which Indians adapted each lentil to suit the palate and gut both, as some of these lentils were not tasty, most of them not easily digestible, some had a very hard seed coat and some were hard to crack.

The hand-operated *chakki* came handy to process the lentils in the most usable form. The traditional domestic *chakki* used to have small wooden pegs to adjust to the size of grain or lentil being milled and if the lentils needed to be split or ground into flour to make *besan* or *sattu*. In many small town homes till about four decades ago, the *besan* or *sattu* used to be made fresh whenever needed, much like we use the mixer or coffee grinder today.

There were byproducts of the stone grinding process and those were never wasted. While the husk or bran went to cattle feed, the grits were used to make different types of steamed dumplings or deep fried *pakodas* or the sun dried *badis* that were flavour bombs to be added to curries. While women of the house had to handle all this milling, sorting, winnowing, *badi* making and sun drying and then cooking as well, they found ways to entertain and bond over these chores.

In fact stone grinders and cooking techniques from different regions of the country give a fair idea of how the kitchen gadgets and ways of cooking have evolved with the kind of produce in a specific geographic region. For instance, in the mountain state of Uttarakhand, the variety of lentils and beans is quite huge but most of them are hard to grind and take hours to cook. In



Pakodas
The Snack for All Seasons

The book explores the regional *pakoda* variants that are deep fried, shallow fried and even steamed or poached in water. There are *pakodas* made of lentils, cereals, millets, roots, shoots, leaves and even flowers, some are made of wild foraged herbs and some even medicinal.

Such is the rich heritage of Indian cuisine that each geographical region with a specific set of produce has a bunch of special *pakodas* or deep fried foods that are absolutely healthy if made the right way.

The book also offers tips and tricks, methods to make the *pakodas* in healthier way, using the right kind of cooking fats, the appropriate frying temperature, as well as the most suitable utensils to make *pakodas*.

the mountains, high altitude also plays a role in cooking time. The harder the lentils, the more difficult they are to digest. This is also the reason the most popular lentil recipes of Uttarakhand are well adjusted to their hardness, cooking time and digestibility.

Lentil recipes like *Phanu*, *Chainsu*, *Dubka* and *Ras* are elaborate Uttarakhand recipes where the lentils are first roasted and then cooked whole or after grinding them in a stone grinder. These dishes are slow cooked in iron utensils for long hours to make them most nutritious and warming for the locals, where they don't get a lot of produce to cook with. In the mountains, where the lentils and beans are rain fed crops along with some coarse varieties of rice and millets, lentils become the mainstay of nutrition for everyone. Even the seasonal or foraged vegetables are greens are preserved in the form of sun dried lentil cakes or *badis*.

The stone grinders in the southern states are more adapted for the ways the lentils are processed before cooking. To make the lentils digestible and suited for the warm climate, they are soaked and ground into a wet paste before fermenting them in most cases. The stone grinders for wet grinding are in fact a genius design that allows efficient use of manual force to make smooth paste of soaked lentils and even grains and spices etc. For splitting the lentils, there were the *chakki* type stone grinders in southern India in the olden times and that explains the evolution of some of the lentil *vadas* that are made with coarsely ground mixed lentils, initially made with the grits that was a byproduct of splitting the lentils. Even the watery *rasam* and chunky *sambar*, cooked with a lot of vegetables and tamarind, are examples of lentil recipes adapted to suit local ingredients and warmer climate of the south.

Rajasthan and Gujarat use the maximum amount of lentils for the variety of snacks and main course dishes they cook with lentils, majorly the black gram. The recipes from these regions are often rich with fats and spices but very well adjusted to the climate, cooking methods and digestibility.

In modern times, in the last 4 decades to be specific, the electric mixer grinders have revolutionised the way we cook and the per capita consumption of lentils has increased manifold. Of course, the production has also increased, but the ease of grinding the lentils has made it much easier for the home cook. That is one of the reasons why every North Indian family makes *idli* and *dosa* at home now and making the *dal vada* at home is as easy as the *pyaz ke pakode*. Even the South Indian stone grinders have transformed to electrically operated sleek machines and making traditional foods using lentils and grains has become easier for everyone.

My book on *pakodas*, the quintessential snack made mostly with lentils has recipes using many different lentils and even grains, tubers and even fruits. Many of these *pakoda* family snacks are shallow fried and even steamed and that indicates that the traditional recipes have evolved with human nutrition being the central point even if the taste buds ruled to decide the flavours. The book on *pakodas* celebrates the diversity in Indian food with some recipes with wild and foraged greens and even some medicinal *pakoda* recipes that were part of the everyday food repertoire in every household earlier.

The writer is an author, a food and nutrition consultant, and develops recipes and products for the industry. Her book *Pakodas: The Snack for All Seasons* came out in August this year





IF YOU WANT OTHERS TO BE HAPPY, PRACTICE COMPASSION.
IF YOU WANT TO BE HAPPY, PRACTICE COMPASSION.
— DALAI LAMA

PATH TO SPIRITUAL AWAKENING

Only when we tap into our spiritual consciousness, do we experience all-consciousness, love, peace, unity, bliss and freedom from fear, writes SANT RAJINDER SINGH



There is another ocean, far greater than the physical waters of this earth. An ocean that is far more permanent than the seas. It is an ocean that offers not only refreshing waters to bathe the body, but also refreshing waters to nourish the soul. It is the ocean of spiritual consciousness, of God, waiting to be tapped within each of us. It lies within, waiting to be discovered. It is there for everyone who seeks it.

WHAT IS SPIRITUAL CONSCIOUSNESS?

Spiritual consciousness is to be conscious of the soul and God within us. Most of us are aware of our body, of the thoughts passing through our mind, and the world around us. This is called body consciousness or physical consciousness. But we are much more than our body and mind. We are actually a soul, a conscious entity which inhabits the body.

The soul is part of God and is the power that enlivens the body. This consciousness at the level of soul, independent of our body and mind, is what is termed spiritual consciousness. When we tap into our spiritual consciousness, we experience the qualities of spiritual consciousness — all-consciousness, love, peace, unity, bliss and freedom from fear. Let us look at each of these.

QUALITIES OF SPIRITUAL CONSCIOUSNESS

Love: Anyone who has experienced

spiritual consciousness has spoken of divine love. The love we think of as love is but a reflection of a much higher love. It is an all-embracing, fulfilling, satisfying love that pulls close to its heart all that exists. It embraces each of us equally, and is an unconditional love — one that does not see our outer differences. We may lose the love of everyone in the world, but we are sustained by a much higher and more permanent love—the divine love of God embracing us from within.

When we tap into our spiritual consciousness, we not only experience love ourselves, but we expand in our own capacity to love others.

All-Consciousness: Another aspect of spiritual consciousness is that of all-consciousness or wisdom. God is all-knowing, all-aware. If we want to get a small glimpse of how this is possible, we need only look to our technology as it exists today. If we look at the Internet, we find that all information is available to us by logging onto different sites. The server that hosts all the sites is a storehouse of all the information on all the sites. By logging on we access all the information we want. God is like a giant server that hosts all our individual souls or websites. Thus, all knowledge about us is known to God. God is also able to simultaneously know what is happening to each of us at every second at the same time. When we tap into that spiritual consciousness, we too attain access to all-consciousness.

WE CAN ATTAIN SPIRITUAL CONSCIOUSNESS BY FOCUSING OUR ATTENTION WITHIN THROUGH A PROCESS CALLED MEDITATION. THROUGH MEDITATION, WE CAN ATTAIN A SENSE OF UNITY, AND WITH ALL THE LOVE, WE CAN EXPERIENCE PEACE AND BLISS

Freedom from Fear: What is it that most of us fear the most? Most people fear death. They think of death as the end of their existence. Little do people realise that death is just a transition from this physical world to another realm of existence. It is only by raising our consciousness to a spiritual level that we discover that we exist at the level of the soul even without the physical body. This body is but a covering over the soul. If we can raise our consciousness, we can discover our true identity. By attaining spiritual consciousness, we can become fearless.

Peace: In this world, we are faced with much turmoil, conflict, pain, disease, and suffering. Few live out life without passing through moments of stress and pain. But in the spiritual realms within, all is peace.

The reason we lack peace in this world is due to our ego and desires. The world offers countless temptations, distractions, and attractions. Our soul is overshadowed by our mind, which is attracted to the outer world. When it begins to desire things of this world that are temporary, it is headed for disappointment. Nothing material in this world is lasting. It is all transitory. Only the soul and God are eternal. The moment we pin our hopes on something perishable, we have set ourselves up for disappointment and pain when we lose it.

The only true peace is available when we rise to a level of spiritual consciousness. Then we enter a realm that

knows no death, no suffering, and no pain. We find an eternal region of all joy and bliss. If we wish to experience true peace in our life, we need to look within. Peace begins within us.

Unity: At physical level, all we see is physical differences. When we develop a spiritual consciousness, we experience that the same Light of God is within each person. We are all united at the level of soul. When we reach that level of awareness, we start to see all living beings as one big family of the Creator. We no longer differentiate between people based on form and custom. We recognise that there is beauty in diversity. We start treating all people with love and respect, because we know at their very core is the same essence of which we are made.

Bliss: Bliss is a state of pure ecstasy and joy. Any happiness we experience in this world is only a fraction of the joy we experience when we merge in the ocean of spiritual consciousness. There are no adequate words to describe the bliss. We can only imagine at our level what it is like to multiply our greatest bliss by a million-fold.

Total bliss is ours when we enter into a state of spiritual consciousness. We also bring that bliss when our attention returns to physical consciousness. Thus, it is possible to pass through times of trials and tribulations at the physical level, while the soul is experiencing bliss within. It is like a potter who shapes clay. From the outside, the clay pot may be beaten and shaped by the potter, but the potter supports the pot with his or her hand from within. Similarly, the bliss we experience from merging with the ocean of spiritual consciousness stays with us to withstand the stormy seas of life.

HOW TO ATTAIN SPIRITUAL CONSCIOUSNESS?

We can attain spiritual consciousness by focusing our attention within through a process called meditation. We contact our true nature, our soul, and discover that it is one with God, the source of divine love. Only then can we find all the treasures of divinity available to us. We gain all-consciousness and find ourselves free from fear. Through meditation, we can attain a sense of unity and with all the love, we can experience peace and bliss.

Just as the ocean has been there for people of all ages, so is the spiritual ocean of love within us. Meditation is the first step. This technique is available to all those who wish to learn it. It is a free gift of God like air and sunlight. It can be practiced as a science — in which we can experiment in the laboratory of our own body.

The writer is a spiritual leader



HIDDENSOULS
PRAMOD PATHAK

Happiness: A Vedantic view



The word *Vedanta* means the “end of the Vedas”. In the literal sense this denotes the final knowledge or the ultimate *Vidya*. The *Vedas* are our oldest scriptural texts that have been claimed as the most ancient of the books of knowledge. These are compiled into four volumes, each having two parts. The first part of each *Veda* deals with the mundane subjects of means and ends or worldly gains. The second part, called *Upanishads*, are directed towards spiritual knowledge and address the serious seeker who is looking for self-knowledge that leads to realisation of the ultimate reality and thus leaves nothing to be desired or achieved. It is the knowledge that helps in acquiring self-actualisation. The basic purpose of *Vedanta* or the *Upanishads* is to help man search for the eternal that is the source of truth and joy. Happiness, thus, is the product of realisation of truth. Happiness, according to the Vedantic view, does not lie outside a person but is within that person. It is the very nature of man. But it is ignorance of that essentially happy nature which is the cause of all dissatisfaction and unease. The *Vedanta* thus helps a man lift that veil of ignorance and reveals the source of all happiness to him. Happiness is essentially embedded in human nature and is the *vedantic* goal of life. *Vedanta* shows how happiness lies within and the study of *Vedanta* is a journey towards reaching a deep understanding of one’s own true nature. It teaches how without going anywhere or seeking anything from the outside one can attain total fulfillment. *Vedanta* gives the knowledge of *Brahman* or the ultimate reality. The very name *Brahman* suggests that the questing spirit in man is due to the activity of God and the aspiration to realise God is in fact derived from God. The knowledge of self is what leads to the knowledge of God and this knowledge is the road to the eternal happiness or bliss. These are times when happiness is being sold as a commodity and people are actually paying a price to buy happiness, which is but a mythical concept. Real happiness cannot be found externally, it has to be realised within. The mystic Indian poet saint Kabir Das has explained this very appropriately in his famous couplet which can be paraphrased in one sentence as follows — Just as the fragrance of a flower lies within so also is the essence of human happiness inside the man, yet he acts like the musk deer searching for the musk in the grass where the aroma from the musk within it has spread. This ignorance is the root cause of the futile search for happiness outside. Happiness cannot be found. It has to be realised. It is a state of mind. The *Vedantic* view tries to emphasise this approach to happiness by suggesting that linking happiness to external objects would always be a failed exercise. This truth can also be understood by the simple marginal utility theory of economics. The wisdom of *Vedanta* lies in this eternal truth that linking happiness to outside is a prescription for unhappiness. Indian civilisation and culture has survived the ravages of time because it is based on the solid foundation of the wisdom stored in the *Vedanta*. The search for happiness outside is *trishna* or intense craving for something. It will never lead to contentment. Real happiness can only come from within.

Pathak is a professor of management, writer, and an acclaimed public speaker. He can be reached at ppathak.ism@gmail.com

Celebrating Jesus Christ

Jesus stands for the truth and truth is omnipresent. He is present here, and right now, in the hearts of those who love him, says ACHARYA PRASHANT TRIPATHI



Jesus is not a mere mortal. Jesus is the source of light; the root of all flowers and beauty. In one form, he disappears. In another, he arises, again. Jesus or Truth is omnipresent. Prophets don’t come and go; they live forever. Going back into the past to look for them is the tragedy of the living. A lot gets missed out on what is available right now because of the mind’s tendency to think that it must be similar to how it once appeared in time. Jesus will keep sending his message. He is present here and right now, in the hearts of those who love him.

THE BIBLE & JESUS

The Bible looks at man as he is, and not as he ought to be or as he imagines himself to be. It look at man as he exists in flesh and blood, in anger and angst, in regret and rage, in desire and death; and to this man the Bible says: ‘See and acknowledge that you are living a life of incompleteness.’

A PATIENT MUST KNOW THAT HE IS SICK

The one who is lost in limitations must know and accept (and continuously remember) that he is lost. If he continues to be ignorant and keeps imagining himself as a complete one, then his limitations will continue to exist. That’s why Bible continuously reminds the man that he is sick.

There is no point talking of completeness as an abstraction, or even as a concept, and believing in it, because in actuality, it is not the case. Every sense, every feeling, every thought that mankind points towards incompleteness. Man continuously seeks more, and wants to get rid of the stuff that he does not want. Bible describes both. It says that man is limited, he is guilty, he is a sinner, he is ignorant; and secondly, that if he follows Jesus, he can be led to the Father.

RESPOND TO HIS CALL

You come to Jesus only when the Jesus within you calls. Jesus will never tell you

what to do. He will never be a provider or instructor of action. Instead, he will be the illuminator. He will help remove the obstacles that come in the way of light, so you can see better. And when you see better, then you know for yourself what path to follow.

THE PATH AHEAD

Your path cannot be the same as somebody else’s path. There is no formula or a general method. What applies to the others may not be suitable for you. You are what you are because you are programmed, brought up and conditioned in your own way. The right action, must necessarily, be different for different people.

Jesus says: “What is right for you, depends on, what you take yourself to be. Your way towards home, depends on, how badly you have lost yourself — depends on, where you think you are. There can be no, one general way or one general right action”.

REMEMBER THE CRUCIFIXION AND REPENT

Live by his word. Remember his crucifixion; because if you forget the crucifixion, you will also forget your immediate reality. The immediate reality is important.

Christianity asks man to repent. The word repent is quite subtle with meaning. It means ‘to go back, to return to home’.

Man is born a wanderer, a homeless recluse — somebody who has a continuous thirst to return to the home, but the thirst finds expression in a million ways except a direct one; and that is why repentance is very useful as a tool. It helps man remember that he is indeed incomplete as he is.

Godliness within oneself must be unabashed in its love towards Jesus; but that which is not godly within a man, also must look at Jesus and repent. It must stay rooted, and true to the facts.

The writer is a spiritual leader and founder, Advait Foundation

The quest for real *sukha*

Sukha is often confused with material gains. Real *sukha* must have *shanti* (peace) as its integral part, says AJIT KUMAR BISHNOI

In Hindi, the word *sukha* is used very loosely, whereas in Sanskrit it has a special meaning. *Sukha-suvridha* in Hindi indicates comforts, facilities, and so on. The word *ananda* is lot closer to what *sukha* really is. This word comes from *sat-chit-ananda* — a Sanskrit description of a soul. Real *sukha* must have *shanti* (peace) as its integral part. Without *shanti* where is *sukha*, asks Lord Krishna. (*Bhagavad Geeta* 2.66) Subsequently, wherever this word has been used in *the Geeta*, it means this *sukha*, not *sukha-suvridha* used in Hindi.

In English, the word happiness is used for *sukha*, and the word happiness is defined as a feeling or showing pleasure; pleased. Here the emphasis is on pleasure like sense enjoyment. There is no reference to a peaceful state.

Happiness index, calculated for different countries has housing, income, work, education, safety, etc. However, happiness is person specific. These factors are conducive for becoming peaceful but individuals have to still make personal efforts to be happy. This is where spirituality comes in, when we identify ourselves as souls, and act accordingly. A soul being part of God must connect with God and that is where peace comes from. The word peace is defined as a state of being calm. This is close but the real peace comes from a good connection with God, as explained in the same verse quoted above. Peace comes from faith in God and God consciousness as a result of it.

Without this knowledge, people get bemused and do not seek real *sukha*. It is no wonder that they do not get satisfaction and keep on looking for more of the same pleasures. This is because such pleasures are like insatiable fire; more one tries to satisfy the self more intense they become. There is another



big problem with the false sense of *sukha*; people make big mistakes when enjoying that. Personally speaking, all my big mistakes were made when I was relatively *sukhi* in the conventional sense, when I felt that I could do no wrong, and could enjoy unlimitedly.

Lord Krishna has spoken about the real *sukha* in many verses of the *Geeta*. Happiness is a boon. In the state of peaceful enjoyment, all sufferings end soon, because the intelligence of such a person is firmly established. In a state of having real spiritually intelligence, one transcends the feeling of material suffering. (2.65)

The Lord speaks in great details about who can be happy. A self-controlled person, who is not too attached with the fruits of his karma lives happily. (5.13) A person, having consciousness unattached to external sense objects, enjoys that happiness within, which is extraordinary. He having consciousness linked to the *Brahman*, experiences eternal bliss. (5.21) Here the Lord has clarified that such *sukha* is

unlimited and does not repel after some time. One, who is capable of tolerating the urge caused by lust and anger prior to leaving the body, he is a true *yogi*; he is a happy person. (5.23) Beyond the senses, there is unlimited bliss, which can be experienced through the intelligence. (6.21)

God also clarifies about who cannot be happy. Bereft of real knowledge, a doubter who has no faith perishes. For the doubter, there is neither happiness in this world nor beyond. (4.40) Then, there is happiness in different modes, but they all bind. In the mode of goodness, this binds with knowledge and attachment for such happiness. In the mode of passion, one is bound to acts, that is, gets attached with them. In the mode of darkness, one is bound to carelessness, laziness and sleep.

Therefore, it will be wise to seek the real *sukha*, and not chase after illusory *sukha* or happiness; one will have a high quality of life.

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Brexit: The final journey under Johnson

Boris Johnson has romped home in the parliamentary election with 365 seats in the 650-member House against the Labour Party's 203 seats. The Labour Party, under James Corbyn, lost its heartlands, and the Liberal Democrats' surge failed to materialise. This helped Johnson-led Conservative Party to clinch a historic victory, only seen last in the 1980s during the era of Margaret Thatcher. For the Labour, this was its worst defeat since the 1930s. Whereas the Scottish Nationalist Party (SNP) won 48 and the Liberal Democrats got 11 seats. When Johnson took over the mantle of the party, the Conservatives were about to be crushed in between the Brexit imbroglio and the Liberal Democrats, leaving behind a terribly chaotic Labour Party under Corbyn. But then, with the election result, he pulled off an extraordinary political manoeuvre of sort. On the other hand, as the Conservatives crushed the Labour's red wall in the North and in the Midlands, the traditional party bastions, it could safely be concluded that the British voters have categorically rejected the leadership of Corbyn and his ultra-left agenda. The man and his party credentials were viewed even by their hardcore supporters as unpatriotic and profligate. Therefore, it is time now for Corbyn and his party to decide whether to continue moving on the left-wing path to annihilation or reclaim the centre to occupy the power corridors once again.

Now what lies ahead for Corbyn and his Labour Party? After the shocking election debacle, his party has claimed it won the argument and dismissed those who voted against it as morally inferior. Now, the Labour MPs and their supporters are likely to fight for an alternative brand of leadership as he has already signaled that he is not going to be the party face in future elections.



Pro-Brexit demonstrators hold banners outside Parliament in London on December 20, 2019

Johnson, a leader known for failing to redeem his promises, has eventually won the trust of millions of ordinary voters who would have never extended such mandate to a Tory establishment. So it is really intriguing how Johnson would respond to the changing political understanding of his countrymen. Today he encounters troubles from many fronts, but for the Conservative grassroots, he is the only hero and stalwart they have been looking for.

Britain's national discourse and narratives in the post-Johnson victory are worrying signals. First of all, Britain will be out of the EU by the end of January. However the reality is that either the UK can main-

tain the close economic relations with the EU on which Britain's prosperity relies on or the Britons can opt for a low-cost regulation that Johnson's financiers look for. But unfortunately the Britons can't go for both. Second, the Scottish nationalists have indicated that they are in full control of their turfs. Since they are pro-independence and pro-EU, their revitalisation may soon drag Britain to a future referendum for Scotland's separation from the UK. Third, as the post-Brexit analysts have already predicted recession in the country, it would be a Herculean task for Johnson's big promise on public spending. Fourth, Johnson has to

navigate a deeply divided party. During his campaign, he projected a no-deal exit from the EU as a potential threat to gain support from the future negotiations. While doing this, he intentionally pushed aside many pro-Europeans within his party, many of whom either will resign from the Government or will be replaced. Fifth, another puzzle for the international community is to see whether Johnson would be able to deliver to those traditional Labour supporters who offered their support to him. Sixth, the National Health Service is on its knees with more than 100,000 vacancies. The Prime Minister has promised 50,000 more nurses,

6,000 more doctors, etc. But once the immigration system is tightened, it would deter foreign workers to fill these vacancies. Again as the PM has vowed not to raise income tax, national insurance or VAT, he is simply narrowing all possible means to gather funds for the Treasury and the NHS. Seventh, gimmicks, half-truths and tall promises showered by Johnson would not be able to rescue the criminal justice system of Britain. As per the Conservative manifesto, 20,000 police officers are due on the roads. But sadly this figure is 1000 less than the 21,000 made redundant since the year 2010. In fact, a strong and effective police force is the demand of

the day to tackle the new knife-crime epidemic in some major cities of the country. Eighth, he has to seriously focus on climate emergency as green campaigners urge that the Johnson Government could introduce the ban on diesel and petrol cars by 2030, instead of 2040. Also his administration must deliver on the de-carbonising the homes and other buildings soon. These all could be crucial to alleviate harmful emissions that are fast engulfing Britain. Ninth, another issue that could bother the new Tory establishment is the winning of more nationalist MPs in Northern Ireland. They want a United Ireland while the Unionists want Northern Ireland to remain as a part of the UK territory. This could open a Pandora's Box for Johnson. Finally, a new trade deal with the US might be a tough task for London as Donald Trump is unpredictable, and he may switch sides at any time as per his convenience.

Johnson's election slogan, "Get Brexit done" means much more to his voters and other Britons. It simply indicates that the UK leaves the EU in a smooth manner but Johnson said that "It is fair to say that you are getting Brexit done because you are coming out of the EU and you are coming out of the legal order of the EU." All that what has been promised by Johnson is a cumbersome process. Even some naysayers say, "In sum, the political culture of Britain, as we have known for generations, is earmarked for demolition. Anyone who has tried, however ineffectually, to scrutinise Johnson's plans or hold him to account will reap the coming authoritarian whirlwind. Trump will no doubt represent himself as this revolution's enabler and he will be right. But Johnson may well outdo even his mentor: Britain, after all, lacks the protection of a written Constitution. A resilient human spirit that

hopes for the best and adapts to circumstances looks sadly inadequate for what is now in prospect (Witney 2019). If this is what is evinced by the Johnson administration, then Britain will witness doom in the post-Brexit period. Barring all these negative vibes, he must not forget the fact that this mandate is given to him and his grand old Conservatives to rescue the country from the Brexit gloom and a radical labour regime led by Corbyn. Many of the strong labour bases offer support to Johnson not to see an uncertain and unruly establishment at 10-Downing Street, but just to come out of the confusion and chaos that the country has been undergoing since the referendum of June 2016.

Truly, Brexit is a rare point of unity and convergence for the rest of the 27 members of the EU, but this could expose the faultlines among them as well. It's not at all clear how unitedly they could fight the challenges left behind by the departure of Britain from the group. Also, while negotiating new trade deals with Britain, the members of the EU will face difficult trade-offs as they want close economic ties with the country, but with conflicting interests of varying degrees.

What lies ahead is a daunting task not only for Johnson but also for his Conservative Party. It's a historic mandate for the party and its leadership. Britain needs a clear strategy and pathway to deal with a post-Brexit scenario. However self-destructive convulsions of British politics fomented by the Conservatives, the socialists and the ultra-nationalists around exiting the EU would no way retain the monumental reputation that the country has built over centuries. It's a testing time for Johnson. Moment has come for him to demonstrate not just leadership but statesmanship.

(The writer is an expert on international affairs)

It's a testing time for Johnson. Moment has come for him to demonstrate not just leadership but statesmanship



MAKHAN SAINI

PERSPECTIVE

Management of land can stop farmers' suicide

There is no institution to take care of long-term sustainable management of land resources and to take measures to rejuvenate the land to increase its productivity on a sustainable basis. Land use boards in the States are non starter



BKP SINHA

Land is the precious resource for any country, more so for India because India is a tropical country with largely monsoon dependent agricultural economy where over 70 per cent of the people depend on agriculture for their livelihood.

Land is a finite resource while natural resources can vary according to uses or mis-uses over a period. Hence, whenever and wherever there is unsound management of land, it is reflected in decline in production of all the natural resources and allied functioning of ecosystems like riparian ecosystem, grassland ecosystem, forest and soil ecosystem. Hence, the management of land in India requires careful husbandry, but unfortunately over the years, the land management has never received the attention it deserves.

A land resource department under the Rural Ministry exists, but land being the State subject, technical policies regulating the land use are being dealt at the level of States, which are mostly engaged with short-term measures to address the pressing needs like law & order, land distribution, consolidation, digitisation of land record mapping.

Sustainability is not a part of 5-year cycle of the electoral need. Land-related institutions are distributed at the Central and State Government's levels but these are fragmented and scattered. This results into short-term measures to address the pressing needs like law & order, land distribution, consolidation, digitisation of land record mapping.

There is no denial that these things are most important in the short run, but strategies for sustainable management of

land are not in place. There is no institution to take care of long-term sustainable management of land resources and to take measures to rejuvenate the land to increase its productivity on a sustainable basis. Land use boards in the States are non starter.

Most of the suicides have occurred in areas of cash crops like cotton and sugarcane, which is high input, high output gambling, not based on principle of sustained and resilient high yield.

Manifestation of these is reflected into many of our woes and maladies. Gradual decline of productivity of land has largely led to farmers' suicide. Besides host of other factors, the main factor being attributed to a large number of such suicides is sickness of our soil, steep decline in groundwater table, deteriorating discharge of rivers and flooding due to mismanagement of land in the catchment and riparian areas.

These are pointers to poor land husbandry. In the nutshell, by and large Indian soil is sick and requires revamping of policy, institutions, and policy instruments. Besides, the absence of integration and harmonisation of the land use policy with other sectors of economy leads to counterproductive measures like cultivation of potato on the slopes of Himalayas, encroachment in the flood plain areas. These lands are suitable only for specific tree species but we hardly find any landscape with trees in these areas.

Farmers' suicide has become a matter of serious concern for the Supreme Court of India. The court observed, "It is not possible for the court to grant compensation every

time a farmer commits suicide." The court also frowned upon the lack of seriousness on the part of Governments to address the core issues.

The use to land is determined by its owners, farmers, Government, institutions and other user agencies according to their own perception of needs, understanding and available information. This in turn leads to environmental pollution and neglect resulting into poverty and related problems. Application of input like nitrogen (N), phosphorus (P) and potassium (K) cannot substitute for natural trace elements that can give us a wholesome perfect nutrition in their crops.

Besides, indebtedness, decline in water table, failure of conservation measures, drought, flood and pest infestation are a few reasons for the spate of farmers' suicide. Increasing quantity of inputs with continuously decreasing uncertain output and risk due to climate change in the rainfed areas makes agriculture less resilient and more risk prone. The factors that matter most in soil management is regular supply of humus and maintenance of soil fertility which is fundamental basis of human, plants and animal health.

The action of compost is not due to supply of plant nutrient, but its biological reaction, which has the effect of modifying soil microflora. Role of microbes around root zone of plants in soil in maintaining fertility of the soil is seldom appreciated; widespread application of herbicide and pesticide kill the microbes.

Dr Terosse Wiesner, Science Counsellor to US President John F Kennedy, had said, "Use of pesticides is more

dangerous than atomic fallout."

We are rightly appalled by the genetic effects of radiation. How microorganism in the soil is truly engines of life? How microbes control ecological balance of nature, how humans and technology is disrupting. It is very often not a part of our education. Life on earth is much more than plants and animals. The overwhelming majority of life on earth is microbial. Association of trees with soil environment is seldom a part of our biology education in schools, much less at primary level to widen our understanding of environment and change in attitude and aptitude of our young inquisitive minds.

How then we could be indifferent to the same effects of farm chemicals used freely in the environment. The toxic farm chemicals are radiomimetic in that they ape the character of radiation. No doubt how the incidence of cancer is rising in India particularly in States like Punjab, where pesticide is used indiscriminately. It has been rightly said by Alan N Edison that modern technology owes ecology an apology.

Agroforestry-agrohorticulture, Silvopastoral system for sustainable resilient agriculture is an answer to efficient land management

Further, the issue of conservation, management and development of land resources assumes significance in a situation where as much as about 174 million hectare or approximately 53 per cent of geographical area of the country is estimated to be affected by various problems of soil erosion and land degradation. Out of the total problem area, about 83

per cent suffers from water and wind erosion and rest suffers from problems like water logging, alkalinity, salinity, shifting cultivation.

An estimate shows that about 6,000 million tonnes of top soil is lost annually from original site. If present trend is allowed to continue, about one third of arable land of our country will be lost within 20 years.

From various studies, it is established beyond doubt that much glorified agricultural development results in high production growth. Massive food production, several times increase in yield and increase in per capita food availability have not made farming attractive to potential farmers. The ratio of agriculture population to general population is going down. The National Commission on Agriculture, 1976, also called for an integrated development approach for building a forward looking, dynamic diversified agriculture with livestock, fisheries and forestry.

The commission has warned against indiscriminate interference with ecological balance in the quest of increasing food production.

In this context, it is emphasised that trees which are the only natural means of sustainability of the land is missing in most of the landscapes that are required to be restored on an urgent bases. Hence, there is a dire need to push the programme of agro and farm forestry with utmost seriousness to check the fast deterioration of soil and water resources.

It is reiterated that there is no other natural means other than the trees or the perennial vegetation that can restore

the nutrient, carbon and nitrogen recycle. Century back someone observed that the relationship between agriculture and forest is like husband and wife: dark, stern and strong but protecting and cherishing; agriculture, bland, benignant and bountiful, may be described as wife.

The trees protect the agriculture in absence of which agriculture pines and languishes and becomes barren and unfruitful. But unfortunately land use patterns are an expression of deep political, economic and cultural structure; they do not change when an ecologist or a forester sounds the alarm that a country is losing its resource base.

Agroforestry programme in shape of wind and shelter belts can restore or even improve soil fertility. The problem is that scientific data on actual changes taking place in soil fertility is scarce.

Again there is no good substitute for local scientific research. The main question to be resolved is the rate at which the soil loss is taking place.

Decline in soil fertility reduces the gross value of the crop and livestock activities but the farm land is taken out of production even when the net value of farm output becomes negative.

The Ministry of Agriculture had constituted a committee of experts to prepare the draft outline of National Land Use Policy to fulfill the socio-economic objective of the country. The committee recommended that all existing legislations in the primary production sector as well as non-agricultural sector dealing with land resources should be reviewed to deter-

mine that no conflicting provisions exist.

Efforts should be made to bring out a single legislation to ensure protection, optimum management and continued productivity of available land resources while meeting increasing demands from various sectors. Land is a subject of State list of schedule-7 of the Constitution of India and the importance of such a comprehensive, single legislation was emphasised at several occasions by the Ministry of Agriculture, Government of India.

It has become imperative that we should have an effective land use policy and institution to watch the health of our land. A few important recommendations of this policy could be:

1) A committee of experts should be constituted to prepare a draft outline of national land use policy in order to bring out a single legislation to ensure protection, optimum management and continued productivity of available land resources.

2) Efforts should be made to ensure a healthy debate through people's participation in implementation of the soil and water conservation Act.

3) Land Acquisition Act should be given a relook and non-scientific exploitation of groundwater be stopped.

4) Land requirement norms for different development schemes should be evolved.

5) Steep slopes, flood plain and fragile water-shed should be reserved for trees, grass and perennial vegetation.

(The author is former Indian Forest Service officer)



EVERYTHING HAS ITS WONDERS, EVEN DARKNESS AND SILENCE, AND I LEARN, WHATEVER STATE I MAY BE IN, THEREIN TO BE CONTENT — HELEN KELLER

YOUR WEEK AHEAD



MADHU KOTIYA



ARIES March 21-April 19

Health remains good but you still need to be vigilant. Maintain a positive mind-set and things will come easily to you. In professional life, your talent will help you distance yourself from difficulties and you will feel more optimistic than usual. Work wise, you will obtain the confidence you have always dreamt of. New opportunities in terms of a new venture or projects are indicated. For a few of the Arians, you will decide to leave a job that is no longer working for your betterment. It is a great time for socialising because of your increased popularity and charisma. You are likely to have an open and honest communication with your partner. The discussions you have now will be of a serious nature.

Lucky number 21
Lucky colour Peach
Lucky day Tuesday



LEO July 23-Aug 22

Health remains good this week. Those of you with a persisting health issue, share your health concerns with others. You may find some solution to your problem. It is a very positive new beginning, especially, on the work front. If you have had a difficult time in the recent past, then know that things are likely to get better very soon. The new possibilities in this week will escalate your chance of making new discoveries and attracting new admirers. Some of you may expect a good news of promotion. In the field of romance, you will probably want to nurture and protect your partner. Most of all you will want to give them kindness, love and affection. Someone will call you out of the blue or you will plan a reunion with a lover or an admirer.

Lucky number 31
Lucky colour Red
Lucky day Wednesday



SAGITTARIUS Nov 22-Dec 19

Your health will show improvement. This week you will find yourself in a more psychic and intuitive phase, so it is important that you trust your instincts. At work, your mind is likely to be very active. Make sure to communicate your thoughts to the others. Fine tune your goals and make clear plans and strategies to attain your objectives. This is a good time to discuss your plans with the others, because you will get good feedback and support. There is a possibility that you may become a victim of confusion. This might lead to insecurity. Just keep in mind that the bad time shall pass. Expect a slight delay in your travel plans. Romance is blossoming. You are likely to take your relationship to the next level. Those who are single may have to wait for some more time.

Lucky number 20
Lucky colour Sky Blue
Lucky day Friday



TAURUS April 20-May 20

This week your health will be at its best. Despite your busy schedule, you will take time out to relax and rejuvenate. If suffering from health problems, then it is likely that you will find a way to your recovery. The cards indicate that the people around you will appreciate you and your efforts, and notice the quality of your work. Keep doing what you are doing as you are on the right track. You will have a lot of luck in investments. Property dealings are likely to be resolved. This week will bring peace and harmony to your life. This is a great time to relax with loved ones or party with friends. Your loving mood will make you more attractive than usual. Studies and exams should go well, especially in technical areas like the sciences, computers and mathematics.

Lucky number 10
Lucky colour Camel brown
Lucky day Sunday



VIRGO Aug 23-Sep 22

After a bad health phase, this week brings you a big relief in terms of positive health. You will be able to revive the inner child like energy and will be active the entire week. On the professional front, you will be able to fulfill your long term ambition this week. Whatever you put your mind to should lead to a lasting results. People around would look up to you for a sound advice. You need to have a profound vision and a vigilant analysis of all the plans and strategies which will enable you to move towards success. Socialising and your love life will benefit from extra charisma and intellectual attractiveness. You may find yourself taking care of family matters such as insurances and wills. You can be confident about making commitments.

Lucky number 13
Lucky colour Turquoise
Lucky day Friday



CAPRICORN Dec 22-Jan 19

This week brings quick thinking, decisiveness and a influential communication style. It is an apt time for debates, asking for favours and public speaking. You can expect positive reactions and valuable assistance to your propositions. The forceful nature of your communication makes it a perfect time to defend yourself and your loved ones. Those in academics, this is a good time for studying and appearing for exams. Good concentration and attention to detail means you will not make mistakes. This is also a good time to make important decisions, conduct negotiations and business dealings. Your romance appears to be a little disturbed this week. Try to keep a two-way communication with your partner to avoid any misunderstandings.

Lucky number 30
Lucky colour Green
Lucky day Thursday



GEMINI May 21-June 20

Things will get better for those who are facing ailments. On the work front, your innovative spirit will help you expand your horizons and attain new goals. Later this week, you can expect an exciting news. Stimulating conversations will lead to a business deal. Some of you may face competition at work. Keep a watchful eye as someone will try to frame you at work for something serious. This is a good time to be with your partner, friends and family. You will have an enjoyable time going to parties, places of relaxation, entertainment and amusement. New friendships would be formed or a significant new romance may begin. Your new charm will fetch you popularity, and win over dates for you. Romance is in the air.

Lucky number 12
Lucky colour White
Lucky day Monday



LIBRA Sep 23-Oct 22

This week your health will be good. Try not to get into ego conflicts and retreat to a safe place where you can develop your creative, spiritual and generous nature. You will be smart and optimistic at work and accomplish all your incomplete tasks. You can expect some exciting opportunities coming your way later this week. Wait for some news on domestic front will make you feel frustrated. Love life looks satisfying. You will maintain harmony in your relationships and will have a greater ability to express your love and affection towards your partner. Travelling to far off destination to meet someone is on the cards. Those who are considering investments, must think and discuss with those close to you before taking any action.

Lucky number 11
Lucky colour Pink
Lucky day Monday



AQUARIUS Jan 20-Feb 18

You will enjoy a good health. Continue with your meditation and yoga routine, as it will keep you connected to your soul. Those dealing with health issues, need to get a bit serious and take proper treatment. Your ability of quick thinking and determination will make this week an apt time to prepare long term plan on work front. Networking with some promising contacts will allow you to make a change. You will have a better mental energy and concentration, and this will help you succeed in studies or researches. Do not worry about taking risks, as this week, luck is in your favour. You can expect some exciting news in your love life. You are likely postpone your travel plans to another day.

Lucky number 14
Lucky colour Brown
Lucky day Wednesday



CANCER June 21-July 22

Be careful while exercising as you might suffer an injury or sprain. At work, you will be professional and follow the company policies. Travel due to business commitments is on the cards. On this trip, you are likely to make new friends and admirers. You will have a lot of work on your plate. Dedication towards task is important, but over stressing yourself may prove counterproductive. Do not hesitate to ask for help, if needed. On your personal front, the week indicates love, harmony and friendship. This is a good time to relax and have fun with loved ones. Your loving and friendly mood will make you popular. This is an excellent time for dating because your charm and beauty will attract genuine, honest love.

Lucky number 22
Lucky colour Grey
Lucky day Friday



SCORPIO Oct 23-Nov 21

Continue with your daily exercise or yoga routine. If you have not yet started, then start fresh now. You will feel driven to succeed at something with your strong sense of purpose and initiative. With the immense amount of courage and fighting spirit, you face all the challenges without any frown. This week you are able to finish a lot of work in a short period of time. It is a favourable time for business matters and negotiations. Financial situations are not good, so avoid spending lavishly. You may find yourself to be more emotional and sensitive than usual. This is a great time to talk about relationship issues because you will be in touch with your true feelings. You will know how people are feeling and will be more sympathetic and nurturing than normal.

Lucky number 10
Lucky colour Silver
Lucky day Saturday



PISCES Feb 19-March 20

Your emotional well-being will decide the state of your health. It is important that you assess your feelings. Channelise your energy in the right track and you will find yourself in the pink of health. In your professional life, you are clear about your goals and what you have to do to achieve those goals. A stimulating time, filled with opportunities, puts your determination and ambition a notch higher. Business dealings and negotiations are favoured, especially for long-term investments and real estate. This is the right time to make long term strategies. The cards indicate a sharp focus on your relationship. Be sensitive and passionate towards your partner. A short trip will prove beneficial because you will meet a new admirer, who shares the same mind-set.

Lucky number 28
Lucky colour Orange
Lucky day Tuesday

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ASTROTURF
BHARAT BHUSHAN PADMADEO

No shortcuts to fixing problems

A couple of months back someone called me to check on longevity prospects of one of his friends he had brought seeking astrological advice. "Why?" I questioned. "His kidney is malfunctioning and has to undergo dialysis twice a week." He answered.

I immediately recalled that the man in question had come to me a couple of years back with two straight questions: "Sir, I am a lawyer by profession. Many astrologers said that I am a genius. Yet, every now and then, my career goes for a toss. I have heard a lot about you. Kindly perform a puja that saves me from such an ordeal and ensures success. Also, some astrologers have warned me that I may face serious health issues close to 45 years of age. Please do conduct puja that would help me build my immunity level and save it from failing ever. Don't worry about the cost."

Well, I agree that you are extraordinarily intelligent, with very good communicative skills. But that alone would not suffice. You need to look within, figure out inherent habits and attitudes that stand in way of your positives from blooming out in full. Acknowledge and address them without further loss of

time. I am afraid, no puja mediated by a pundit can penetrate your inner mind space to let you rise above your limitations. Remember, there is no quick fix solution to problems of mind genesis, as habits die hard. But you can help yourself by exercising freewill option, which enjoins upon you with the capacity to guide your actions by choice and discrimination. Instead of expecting external intervention, better take charge of yourself, and put in conscious efforts to make necessary amends. In terms of your health, better consult a doctor and have regular health check-up. Regulate your food. Do necessary physical exercise. Here again, it is difficult to digest that trying to appease some hypothetical God existent in the higher realms of cosmos, could help change your physiological conditions.

I could make out that with his hardened attitude and delusional mind, he won't easily digest my advisory. Later, I was given to understand that he went after so called sorcerers and got tantric pujas conducted. He also engaged pundits and got many pujas done. But to what effect? Let us now look at his astrological pointers.



Towards the positive, wisdom-oriented Jupiter conjunct intellectually ordained Uranus, extends beneficial aspect to intelligence signifying Mercury. This planetary alignment is indicative of his extraordinary talent. He may have clarity in vision and thought over such subjects he pays attention, which he could present with exactitude because of his excellent communicative ability.

All this gets compromised because of many negative inherent traits. The first marker is his lagna sign Aries. That points to his aggressive, impulsive, irritable, hot headed, abrasive, intolerant, and impatient nature. He wishes to live in a demanding mode, often to his whims and fancies. He may jump into action without applying proper forethought, and with obvious consequences. Lagna lord Mars in the 8th house identified with difficulties, read together with lagna sub-lord Venus occupying the 12th house, makes him vulnerable to self-undoing acts. So, he remains susceptible to become a victim of his own making. Lagna lord Mars, identity-signifying the Sun, and mind-signifying Moon, all placed in fixed signs accounts for his hardened attitude. Lagna lord Mars conjunct Neptune and also square to both the Sun and Moon makes him temperamental.

Both the luminaries the Sun and Moon locked in adverse formation to mischievous Neptune have him stuck in his self-delusional beliefs and perceptions, and not open to listening or counsel. The Sun placed adverse to Venus makes him emotionally too much sensitive and touchy. He may get over exercised even on trivial issues, over which he may keep unnecessarily mulling for long. Venus ill-placed to Neptune tempts him to get rich quick even if it means getting into murky deals, which may often tell upon his reputation.

In terms of health, the 6th sub-lord Saturn in the 12th occupying the nakshatra owned by Mercury the 6th lord makes him vulnerable to long drawn serious health issues, calling for medical intervention. The Sun distanced from Venus by 45 degrees made him vulnerable to kidney related issues around that age, and so it happened with him. But because of his delusional perception, he failed to take pre-emptive measures. The result is there to see.

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