

MONEY 6
PETROL, DIESEL PRICE HIKED
FOR SECOND DAY IN A ROW
WORLD 7
PAK COURT JAILS 2 MORE
AIDES OF 26/11 BRAINS
SPORT 8
HAMSTRING IS FEELING
ABSOLUTELY FINE: ROHIT
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USUAL SUSPECTS
SWAPAN DASGUPTA

Fair distribution of Covid shots must

Last Thursday, India became the second country after the United States to reach the 9 million Covid-19 mark. This is not an achievement, although policy makers may take solace in the fact that it took 22 days for the deadly infection to travel from 8 million to 9 million. The earlier travel time for a million had at one time touched 11, 12 and 13 days.

It is hardly worth reiterating that we have by no means crossed the danger mark. As the experience of Europe clearly demonstrated, it merely takes the people a small relaxation of vigil for the pandemic to resume its rampage. This was also the case with Delhi, India's national capital, where the pre-Dussehra festivities led to all the gains of the monsoon season being wiped out. It is unknown if the foul air of the city resulting from the burning of stubble in neighbouring States played a part in the Covid-19 spike, but certainly the air people inhaled didn't help.

However, it is difficult to make generalisations about mass gatherings — usually religious festivals — acting as super-spreaders. The Onam festival in Kerala certainly pushed up the numbers of the infected in a State that once claimed to lead the way in pandemic management. Yet, curiously, the secular festival of democracy in Bihar which experienced mass political rallies and zero social distancing, didn't have any visible impact on the spread of the coronavirus.

In West Bengal, the great fear was that the week-long festivities centred on Durga Puja would create a health crisis. The fear was legitimate since the ruling party in the State often conveyed the impression that celebrations took precedence over all other considerations. However, the High Court stepped in with draconian restrictions that the people — with the exception of a small group of the reckless — by and large adhered to. This week the High Court once again stepped in by imposing restrictions on the Chhathi Puja, popular among the large Bihari community in the State.

The intrusive role of the judiciary has often attracted criticism on the grounds that the judges are encroaching on the business of the executive. This is not the place to assess judicial activism, even at a time of pandemic. What is more important is that, despite the widespread fear of Covid-19, there is a growing mood of exasperation in people at the restrictions that have been in place since March this year.

Part of this impatience stems from boredom, especially among the young. However, more of it can be attributed to the growing belief that Covid-19 is not guaranteed to be a killer disease. No doubt the aged and those with respiratory ailments are most at risk but others seem to get away reasonably lightly.

Then there is the concern with the serious economic consequences of the disruption of normal life. Apart from the slowdown and job losses, there is a legitimate belief that the greater the delay in getting back to normal life, the more will be the economic sufferings. In such situations, there is inevitably a temptation to bank disproportionate on Government handouts. But there are limits on how much a Government can mitigate sufferings of every individual. However, to be fair, as the Bihar election demonstrated, the exacting demands on the Government haven't become overwhelming. Yet, sooner or later the economic devastation will have political consequences.

No wonder all eyes, all over the world, are on the pharmaceutical companies engaged in finding a vaccine that will ward off the virus. Almost every progress, whether in Oxford or somewhere in Russia, is being closely monitored. So far the results of the tests have been very encouraging and there is an expectation that people will start receiving the miracle jabs by January 2021.

Although Indian companies have negotiated agreements with multinational pharmaceutical giants for the supply of the vaccine, it is still uncertain when adequate supplies will be available in the country. It is certain that the relief over the availability of the vaccine will be coupled with fissures over who gets to the top of the queue. This is an important matter since non-availability of a vaccine that is bound to be in short supply — at least temporarily — will create political complications for any Government, not to mention rampant allegations of nepotism and even profiteering. Having braved the pandemic for nearly a year, the last problem the country must overcome is the fair distribution of a cure whose demand is certain to far exceed supply.

Stop backing terror, India tells Pakistan

Delhi summons Pak envoy to register protest

PNS ■ NEW DELHI

A day after Prime Minister Narendra Modi lauded security forces for neutralising four Jaish-e-Mohammed (JeM) terrorists in Nagrota, India on Saturday summoned Pakistani envoy here to register its protest over Islamabad's continued backing of terror activities emanating from its soil.

Reiterating its demand that Pakistan must fulfil its international obligations not to allow any territory under its control to be used by terrorists, Pakistan's Charge d'Affaires Aftab Hasan Khan was told that the huge cache of arms, ammunition and explosive material indicated a detailed planning for a major attack to destabilise the peace and security in Jammu & Kashmir to derail the polls to Local District Development Councils.

Registering its protest, the Ministry of External Affairs (MEA) said the attack was prevented due to the alertness



of the Indian security forces.

"India reiterated its longstanding demand that Pakistan fulfil its international obligations and bilateral commitments not to allow any territory under its control to be used for terrorism against India in any manner. It was demanded that Pakistan desists from its policy of supporting terrorists and terror groups operating from its territory and discontinue the terror infrastructure operated by terrorist outfits to launch attacks in other countries," the MEA further said.

It also added that the Indian Government was "firmly and resolutely committed" to take all necessary measures to

safeguard its national security in the fight against terrorism.

The MEA said the JeM is proscribed by the United Nations and several countries. The Government of India expressed its serious concerns at continued terror attacks by JeM against India. The JeM has been part of several attacks in India in the past, including the Pulwama attack in February 2019.

The four suspected Jaish-e-Mohammed terrorists, who were hiding in a truck, were killed in a three-hour encounter with security forces on the Jammu-Srinagar NH near Nagrota early Thursday.

Covid-19 IN INDIA

TOTAL

CASES: 90,92,177

DEATHS: 1,33,218

RECOVERED: 85,16,511

ACTIVE: 4,40,399

STATES	TOTAL CASES	DEATHS	RECOVERED
Maharashtra	17,74,455	46,573	16,47,004
Karnataka	8,71,342	11,641	8,34,968
Andhra Pradesh	8,61,092	6,927	8,39,395
Tamil Nadu	7,68,340	11,586	7,43,838
Kerala	5,57,442	2,023	4,88,437
Uttar Pradesh	5,24,223	7,524	4,93,228
Delhi	5,23,117	8,270	4,75,106
West Bengal	4,52,770	7,976	4,19,403
Odisha	3,13,323	1,678	3,03,897
Telangana	2,62,653	1,426	2,49,157
Rajasthan	2,40,676	2,146	2,16,579
Bihar	2,30,247	1,216	2,23,615
Chhattisgarh	2,19,404	2,691	1,96,896
Haryana	2,15,021	2,163	1,92,533
Assam	2,11,427	973	2,07,219
Gujarat	1,95,917	3,846	1,78,886

57 trainee officers test Covid +ve at Mussoorie centre

New Delhi: As many as 57 out of 428 trainee civil service officers have tested Covid positive at the Lal Bahadur Shastri National Academy of Administration (LBSNAA) at Mussoorie in the last 24 hours, prompting authorities to close "all non-essential departments" there.

The co-curricular activities have been suspended till further order. Officers found infected have been quarantined and 162 people have been examined while the remaining staff were also investigated. Sanjeev Chopra, director of LBSNAA, said, "A total of 33 OTs (Officer Trainees) tested Covid-19 positive on Friday."

However, the Ministry of Personnel Public Grievances & Pensions said that 57 officer trainees have tested COVID positive at LBSNAA since November 20, 2020.

Covid reinfection unlikely for six months: Study

London: A new UK study on Saturday suggests that individuals who have previously had Covid-19 are highly unlikely to contract the illness again for at least six months following their first infection.

The study, done as part of a major collaboration between the University of Oxford and Oxford University Hospitals (OUH) NHS Foundation Trust, suggests that most people are unlikely to get Covid-19 again if they have already had it in the previous six months.

"This is really good news because we can be confident that, at least in the short term, most people who get Covid-19 won't get it again," said Professor David Eyre of the University of Oxford's Nuffield Department of Population Health, one of the authors of the paper.

AIADMK, BJP to fight Assembly elections together

ADMK leaders announce decision

PTI ■ CHENNAI

The ruling AIADMK in Tamil Nadu on Saturday said its alliance with the BJP will continue for the 2021 Assembly elections and exuded confidence it will win a historic poll next year.

AIADMK top leaders O Panneerselvam and K Palaniswami made the announcement at a Government event here, attended by Union Home Minister and BJP veteran Amit Shah. Chief Minister Palaniswami is the AIADMK Co-Coordinator while Coordinator Panneerselvam is his deputy.

"I would like to inform through this meeting that in the coming election (2021), the victorious alliance of AIADMK and BJP will continue," Panneerselvam said.

Palaniswami, who said Prime Minister Modi and Shah were working towards making the country a superpower,

asserted that "the alliance formed for the Lok Sabha polls will continue."

"Our alliance will win maximum seats and AIADMK will retain power," he said.

The AIADMK and the BJP aligned for the 2019 Lok Sabha polls, along with others, including PMK, but the combine could win only the lone Thenni seat out of the 39 segments in Tamil Nadu, with the ruling party clinching it.

The top leaders' assertion comes against the backdrop of the Government's denial of permission to the BJP's Vel Thiruvudai Arasu (Vela) group, aimed at exposing the DMK for "lending support" to an atheist group accused of denigrating Tamil hymn 'Kanda Sasthi Kavacham', sung in praise of Lord Muruga, citing the Covid-19 pandemic.

The AIADMK had recently lashed out at its saviour ally on the matter and accused it of attempting votebank politics.

BJP State president L. Murugan has been courting arrest in different towns after trying to take out the procession despite denial of permission.

Ayurveda PG doctors can now do ENT, dental, eye surgeries

Govt allows formal training in such procedures part of their curriculum

PNS ■ NEW DELHI

In a move aimed to meet the shortage of doctors across the country, the Government has allowed the Postgraduate (PG) students of Ayurveda to perform a range of general surgery, including orthopaedic, ophthalmology, ENT and dental.

The Centre has issued a gazette notification in this regard allowing Ayurvedic PG passouts to receive formal training for such procedures. The training modules for surgical procedures will be added to the curriculum of Ayurvedic studies.

The amendments in the Indian Medicine Central Council Regulations, 2016 has been carried out to introduce formal training in these procedures as part of the curriculum for postgraduate students of shalya (general surgery) and shalya tantra (diseases of ear, nose, throat, ENT, eye, hand, oro-dentistry) specialisations.



Union Ayush Secretary Rajesh Kotecha explained the Ministry has specified the procedures that an Ayurveda doctor can conduct while handling a patient.

The gazette notification issued on November 19 stated that during the period of study, the PG scholar of Shalya and Shalakyata shall be practically trained to acquire with as well as independently performing specified activities so that after completion of his/her PG degree, he/she is able to perform the procedures independently.

As per the legislation, Ayurveda practitioners are legally perform common procedures such as skin grafting,

cataract surgery, and root canal treatment.

As per the amendments, the complete list of procedures that will be taught in MS (Ayurved) Shalya tantra will include perianal abscess, breast abscess, axillary abscess, cellulitis, all types of skin grafting, ear lobe repair, excision of the simple cyst and benign tumours (lipoma, fibroma, schwannoma, etc) of non-vital organs, excision/amputation of gangrene.

They will also be allowed to take up traumatic wound management — all types of suturing, haemostatic ligatures, ligation and repair of tendon and muscles, removal of metallic and non-metallic foreign bodies from non-vital organs among many other areas.

Under MS (Ayurved) Shalakyata, the Ayurveda doctor can practice in medical areas pertaining to diseases of eyelids such as Glaucoma and trained to carry out various surgery, including cataract surgery.

The practitioners will also be eligible to conduct local Anesthesia in the eye, and varied surgeries related to nose, ear, and dental-related medical issues.

CAPSULE

COMEDIAN BHARTI SINGH HELD IN DRUG CASE

Mumbai: The Narcotics Control Bureau (NCB) on Saturday arrested comedian Bharti Singh following seizure of ganja (cannabis) from her house in suburban Andheri, an official said.

AIM TO REDUCE CARBON FOOTPRINT BY 30-35%: PM

Gandhinagar: Prime Minister Narendra Modi on Saturday said the country was moving forward with the goal of reducing its carbon footprint by 30 to 35 per cent. He also said that efforts were on to increase the use of natural gas by four times in this decade and to double the oil refining capacity in the next five years. The Prime Minister said this while addressing the eighth convocation of Pandit Deendayal Petroleum University (PDPU) here via video conference.

SHIVAKUMAR GETS CBI SUMMONS IN DA CASE

Bengaluru: Congress Karnataka unit president DK Shivakumar on Saturday said he has received summons from the CBI in connection with a disproportionate assets case, and he will be appearing before the investigating agency on November 25.

Protesting Punjab farmers agree to lift rail blockade

Decision comes after meeting with Amarinder

RAJESH KUMAR ■ NEW DELHI

After 57 days of standoff, protesting Punjab farmers' unions have agreed to lift rail blockade and decided to allow passage of all trains in the State from Monday evening for a fortnight. The decision by the members of a conglomerate of 30 farmer unions came after a one and a half hour meeting with Chief Minister Captain Amarinder Singh.

Railways are estimated have suffered a loss of over ₹22,200 crore, while industries in Punjab suffered a loss to over

₹30,000 crore due to farmers' protests. Now, farmers' unions will be concentrating their protests outside residences of BJP leaders and businesses owned by corporates, while preparing for their protest in Delhi on November 26-27.

Amarinder welcomed the farmers' decision and urged the State to resume rail services to Punjab forthwith. "Had a fruitful meeting with kisan (farmers) unions. Happy to share that starting November 23 night, kisan unions have decided to end rail blockade for 15 days. I welcome this step since it will restore normalcy to our economy," Amarinder said.

He urged the Central Government to resume rail services to Punjab forthwith," he added. The Chief Minister

is now likely to meet Union Home Minister Amit Shah and Prime Minister Narendra Modi next week to push for resumption of rail services in his State.

The decision to lift the rail blockade was announced by Bharti Kissan Union (Rajwala) president Balbir Singh Rajwala at a meeting of representatives of the Kisan Unions with the Chief Minister here to resolve the imbroglio over the rail blockade imposed by the farmers in protest against the Centre's laws. Rajwala, however, warned of resumption of blockade if the Central Government fails to hold talks with the farmers' representatives in the next 15 days to address their concerns on the agricultural laws.

Delhi-NCR's air quality improves but still poor

STAFF REPORTER ■ NEW DELHI

Delhi's air quality recorded a marginal improvement on Saturday morning due to favourable wind speed but remained in the "poor" category. Similar situation was witnessed in NCR cities of Noida, Greater Noida, Ghaziabad, Gurgaon and Faridabad.

Government agencies said the air quality index (AQI) was likely to improve to the "moderate" category later in the day. Delhi's AQI was 263 at 9 am. The 24-hour average AQI was 296 on Friday. It was 283 on Thursday and 211 on Wednesday.

Similarly, the average 24-hour AQI at 4 pm on Saturday was 256 in Gurgaon, 246 in Faridabad, 238 in Ghaziabad,



231 in Noida and 228 in Greater Noida, according to CPCB's Sameer app.

An AQI between zero and 50 is considered "good", 51 and 100 "satisfactory", 101 and 200 "moderate", 201 and 300 "poor", 301 and 400 "very poor", and 401 and 500 "severe".

Calm winds and low tem-

peratures trap pollutants close to the ground, while favourable wind speed helps in their dispersion. Delhi's ventilation index — a product of mixing depth and average wind speed — was around 1,500 square metre per second on Saturday and is likely to be 6,000 square metre per second on Sunday.

HOME THEATRE

Predictable & boring



MISMATCHED

Netflix
*Ing: Prajakta Koli, Rohit Saraf, Muskan Jafari, Devyani Shetty, Tanurk Raina, Vilasini Samal, Ranvijay Singh, Sahasini Mulay, Vidya Malwade
Rated: 5/10

This film is based on Sandhya Menon's book *When Dimple Met Rishi* and the series has been written by Gazal Dhalwal and directed by Akash Khurana and Nipun Dharmadhikari. On the face of it, *Mismatched* is a light rom-com and at the heart of it are diverse students. This is something that the younger viewers are going to identify with. But then given the theme and the story of the teenagers — those between the ages of 16 to 19 — young, angry, rebelling, want to have fun, experimenting and just being themselves away from the prying eyes of their parents.

Then there is the lead pair. A girl who only has one thing in mind — to excel and have a career — unlike her mother who only wants to see her daughter married. The boy, a romantic and a

Bollywood movie fan is looking for a wife. Yes, at 18. Sounds bizarre. But it is funny to see how he goes about winning his girl.

But this is make-believe and there has to be drama and nothing comes easy in real life or real. There are bound to be twists and turns and there are several here.

But if you are the kind of person who likes to watch shows that have a clear-cut ending, this one be avoided since it is season one and given by how things end here, season 2 is definitely on the cards. When? Time will tell. Also, those who are always looking for meaningful art, this is predictable and somewhat boring, at least it will be for the adults. The teenagers are sure to find a connection and see themselves in at least one of the several characters.

While it is interesting to see diverse characters, since the focus is on the lead all the time, the back stories of the others have not been explored even when each has one. This means that there isn't much depth to the characters, at least for now.

Overall, one can binge watch these six episodes. — Shalini Saxena

A fun Christmas watch

THE PRINCESS SWITCH: SWITCHED AGAIN
Netflix
*Ing: Vanessa Hudgens, Sam Palladio, Mark Fleischmann, Mia Lloyd, Nick Sagar, Suanne Braun, Lachlan Nieboer
Rated: 6/10

Those who saw the original, this sequel will only be a takeoff where things left off. However, one does have to see the first one to enjoy this rather cute but preposterous love story. Preposterous because not only are there three Vanessa Hudgens but they switch again just so one from the original pair is able to spend time with her ex and they need closure while everyone around them is hell bent on getting them together

because they look sweet together.

Preposterous because one of the three Hudgens is a villain and wants the crown for herself, steals all the jewels and disappear to a non-extradition country! Her own millions have sadly disappeared and her minions are not below stealing or kidnapping from the royalty even though she is one.

But it is a Christmas movie and all everything has to be sweet and cute with plenty of love thrown in for good measure.

Also, one can't have a Christmas movie where the halls and the entire facade doesn't scream Christmas in bold letters. With everything warm and fuzzy around you, all you have to do is sit back with a mug of hot chocolate and enjoy this one.

— Shalini Saxena

Sets the Christmas mood

HOLIDAY HOME MAKEOVER WITH MR CHRISTMAS
Netflix
*Ing: Benjamin Bradley
Rated: 6/10

Even though Christmas is more than a month away, people will tell you that there isn't enough time to ensure things are in place if you want to get into the spirit of this festival. *Holiday Home Makeover with Mr Christmas* with Benjamin Bradley who is known in the industry and his clients as a designer of incredibly detailed, atmospheric and beautiful interiors is a series just right for you if you want to know how things are done.

If you don't know how to do it right, then also, the show is interesting to

watch. So much so that one actually wants to go out there but all the decorations there are so make one home welcoming and full of the festive spirit with family and friends and good food to eat.

One can always tweak it to Indian tastes and we do love a festival and love to celebrate it with all its trimmings — tree, food and OTT decorations. And even if you don't have to go all overboard, Bradley gives little gems of advice on how one can still celebrate without being ostentatious and staying away from the commercial aspect of this festival.

But it is difficult to stay grounded when he goes around doing the absolutely beautiful home transformation. All one wants is to enjoy the brilliance of the reveal.

— Shalini Saxena

A SIMPLE MURDER
SonyLiv, 7 Episodes
*Ing: Mohd Zeeshan Ayyub, Priya Anand and others
Rated: 5/10

A lot of content is being generated on the OTT platform and in a hurry at this. Reason is simple, once the cinemas open and start getting populated the relegation of alternate

NOT SO SIMPLE AFTER ALL

entertainment avenues will become a natural process. Of course, committed OTT viewers will stay and carry on with their series but the vertical surge of viewership will recede — equally vertically once life returns to normal.

Sensing this as no rocket science,

the producers are dishing out jiffies and also getting lapped up by home bound viewers. A *Simple Murder*, in that sense is not so much of a drag, but calling it run-of-the-mill small budget series would not be an exaggeration.

This story of poverty, corruption and all that a rural society is beset with unfolds in the

the story revolving around a proposed *supari* killing but on actual show is the degeneration of society at large. Be it marital relationship, adultery, sexual harassment at office, political criminal nexus, contract killing or, for that matter, even honour killing and inter religion marriages, there is a peep into

all aspects of what urban jungles are all about.

Showcasing such wholesome negativity comes with obvious baggage and that's what a *Simple Murder* carries with a lot of uncase.

The characterisation and the actors chosen for it complement each other with excellence but for a story to carry on through the seven episodes and then into a second season, there needs to be something more.

TELLY TALE

FUN FILLED DIWALI WITH ABHIGYA

While the pandemic might have posed its own challenges for all of us this year, Diwali brought with it a ray of hope. To delight its viewers, Zee TV had a special Diwali surprise in store for audiences with a three-hour special



episode of *Kumkum Bhagya*, *Jashn Milan Ka*. Fans of the show had been waiting with bated breath for Pragna to return to Abhi's house. With the festival marking a new beginning for the audience's favourite on-screen jodi, viewers got a chance to witness Pragna receiving a *bahu*-like welcome from Dadi, followed by Abhi Pragna performing the Diwali rituals together with hope in their hearts.

The fun and entertainment quotient of the show doubled up as Abhi calls for a Diwali celebration at his house and joining him were all the popular Zee TV faces like Karan-Preeta (Dheera) Dhooar and Shraddha Arya), Ranbir-Prachi (Krishna Kaul and Mugdha Chapekar), Agasty-Chhoti Gaddan (Savi Thakur and Kanika Mann) and Rishabh-Shrishi (Manit Joura and Anjum Fakih) along with TV stars like Krystle D'Souza, Surbhi Jyoti, Avinash Mishra, Vrushika Mehta and Deepika Singh.

During the shoot of *Jashn Milan Ka*, Sriti Jha and Shabir Ahluwalia's passionate act left everyone mesmerised. The *Kumkum Bhagya* stars swayed to romantic songs like *We Maahi* and *Tu Hi Yaar Mera* and we have to say that their chemistry was out of this world. But what was surprising was that our favourite Abhi and Pragna pulled off this flawless act without any prior rehearsals. Their steps, their co-ordination and their expressions were all on point as these seasoned actors danced in sync and complemented each other extremely well. Talking about their *Jashn Milan Ka* act, Shabir Ahluwalia revealed: "It was absolutely fun performing with Sriti once again. We've done several acts together, but this one was special. However, we

didn't get any time at all to rehearse. First of all, we were shooting for *Kumkum Bhagya* back-to-back and after that, we wanted to avoid contact with a lot of people as much as possible during the pandemic. Hence, we came directly to the set on the day of the shoot, we went over the steps with our choreographers and then went for the take. It all went smoothly, and it was really fun."

Sriti Jha also added: "It was a beautiful act, and we had some really amazing songs, and the choreography was simple and sweet. So, it was easy to get into the groove of things without much effort. It is always great dancing with Shabir and we had lots of fun while shooting for *Jashn Milan Ka*."

While Sriti Shabir have reunited, Alia (Reynna Pandey) is planning a new twist. What will happen next in AbhiGya's life?

INDIAN IDOLS MEET KAPIL

With *Indian Idol Season 12* on the anvil, this week, *The Kapil Sharma Show* will extend a warm welcome to the judges Himesh Reshammiya and Vishal Dadlani along with the charming host of the show, Aditya Narayan. Apart from all the fun and banter, there is a little surprise in store for the viewers. The winners will be the privy to some of the *Indian Idol* aspirants of this season — Mohd Danish, Shanmukha Priya, Sireesha Bhagavatula, Ashish Kulkarni and Anjali Gaikwad. These talented singers had the



entire cast of *TKSS* in awe with their unique *jugalbandi*!

If this is a teaser, then we can't keep calm for the upcoming *Indian Idol S12* which is all set to premiere on November 28 and will air every Sat-Sun from 8 pm onwards.

RAJU SRIVASTAV IS A FAN OF HAPPU

Known for his incredible comic timing and excellent mass appeal, ace comedian, Raju Srivastav recently disclosed how much he loves and enjoys watching ZeeTV's *Happu Ki Ultan Paltan* (AECI) is soon to commence their upcoming Season 3 of the league.

Formed in 2019, AECI has been a mega success with eight and 16 teams participating in the respective seasons. Eminent and renowned personalities including Sapna Choudhary, Hussain Kuwajerwala, Milind Gaba, Shibani Kashyap, Ashok Mastie, Tarun Dutt and DJ Sumit Sethi were present along with the founder/MD of AECI Ashish Mathur to officially announce the launch.

The matches will be played with a tennis ball with 12 overs for each side during the league stage and 15 overs for each side during the knockout stages.



shows mein ek apnapan hai aur dhansu Kanpuria junte hai joti Sabhi ko hasate hain. We have till date never missed a single episode. I especially love Happu Singh and his family, their constant *nok-jhoks* and typical Kanpuria one-liners — *Nyocochavar Kar Do, Arrey Dada, Gurde Chhehel Denge, Gulaivan Ke Khet Mein, Kantappa, Abhi Michod Denge, Bhaukar, Chirand, are my favourites. Sabhi kirdaron ka chikni karne ka andaaz nirala hain. Mein toh Kehta Hoon, agar aap UP ya Delhi ke nivasi hain toh you are very lucky as now both these shows are now available in all the pay packs of Dab Dab Dab. Don't miss ke raye episodes dekh kar aap sabhi haste-haste lotpot ho jayein!*

Replying to Raju ji, Daroga Happu Singh (Yogesh Tripathi) from ZeeTV's *Happu Ki Ultan Paltan* says: "Thank you, Raju ji, for your immense love and encouragement. We are quite humbled and feel elated to be admired by our own Kanpuria, aur bharat ke tina bade aur mashqoor haasy abhineta. Ab iss Khushi ke saath, hum ek aur khushi bhi jod dete hain. Toh khooob haste rahiye aur ZeeTV ke shows ko apne poore parivaar se saath roz maza se dekhite rahiye."

AECI SEASON 3 IS HERE

After the successful completion of IPL 2020, the fun is yet to continue for the cricket lovers. As the fans are eager to watch their favourite celebrities and artists, battling it out on the ground with bat and ball. Artist Event Cricket League (AECI) is soon to commence their upcoming Season 3 of the league.

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The matches will be played with a tennis ball with 12 overs for each side during the league stage and 15 overs for each side during the knockout stages.

'You should be able to convince audience'

RATI PANDEY, who plays Adi Parashakti on Dangal TV's *Devi Adi Parashakti*, speaks with SHALINI SAKSENA about her fear of getting back to shoot, why she chose to do reality shows and her Bollywood plans

■ How tough was it to come back to shoot after lockdown opened?

As much as I was excited to be back on set but there was also a sense of fear. Actors don't have the luxury to always wear a mask so that was something I was scared of. But I was sure that our producers took all the precautions and sanitised the sets frequently. The sets were also spaced out and only the people required were allowed on the sets. So yes, it was fun yet different.

■ How's your equation with the co-stars? Is there a bit of awkwardness due to social distancing that needs to be maintained?

The equation was nice as I knew Kanan and Arun and are good friends. Before the lockdown we had a really good time but after the lockdown we had to shoot separately to follow social distancing. We hardly met. We miss each other while shooting.

■ Is the costume heavy to walk around in? How much time does it take to be ready?

Definitely the costume is heavy. It used to take two hours to get ready. We have assumed our Gods and Goddesses wearing heavy jewellery so I had to follow that according to the genre of the show. After the lockdown I had to do my own make-up and it used to take time as we had to sanitise our rooms and maintain hygiene. It has already been four months and I have now started getting used to this.

■ You have been part of many reality shows as well. What was the attraction?

I have not been a part of many reality shows apart from two or three probably. It's a really different experience altogether. Working for daily soaps is a bit stressful, you are always sleep deprived and it's kind of monotonous. So, it was a really good break from that genre. The good thing about reality shows is that you get to be yourself and as an individual you get to show your own talent. I love dance shows but I don't think I'll be a part of any conversational show.

■ Did you have apprehensions in taking up *Shadi Mahal*?

I was a little apprehensive about the character as it was an elderly one. When I watched the show, I came to know that it was a central character and there will be a love angle and it's an interesting concept. The lead of the show is a wedding planner so we get to do a lot of new things daily as we interact with different characters and it's a mixture of lot of emotions and



The costume is heavy. It used to take two hours to get ready. We have assumed our Gods and Goddesses wearing heavy jewellery so I had to follow that. Also, after the lockdown I had to do my own make-up and it took time as we had to follow proper hygiene as well

relationships. It's a different show.

■ How easy is it to play *Preeti* [Inda]?

I don't consider any character as easy as I am still a learner in this industry. Even today I am nervous on the first day of shoots. It takes time for me to get into the skin of the character. But yes, now I am at ease. The main concern with *Preeti* [Inda] was that it was a replacement and I have never replaced anyone before. It was a challenge as the audience has seen the character as someone other person. I am sure I will leave a mark but let's hope the audience accepts me.

■ It is okay to draw comparisons when actors are replaced?

Everybody has their own individuality and personality and pattern of performing. Comparing is like an expectation for the actor to be a mimicry artist. The most important aspect is to get into the skin of the character and then add in your element. You should be able to convince the audience by your performance and that is what matters.

■ You have hosted shows as well. How has the experience been?

I have hosted a couple of shows and I love doing it. I would love to get such opportunities. It is very different from acting. I feel actors should not be bound to acting. They must explore all fields of this fraternity. So, I would love to do it again.

■ Every actor dreams to be in Bollywood. So yes, still looking forward. Let's see what's there.

Land records in 19,743 of 20,000 C'garh villages digitized: CM

STAFF REPORTER ■ RAIPUR

Maps and land records have been digitized in 19,743 of the 20,000 villages of Chhattisgarh, Chief Minister Bhupesh Baghel said on Saturday.

Revenue courts play a key role in resolving land related conflicts and keeping the state's land records in organized manner, he said.

Baghel was speaking at a public dedication ceremony of the new office of the Revenue Board at Bilaspur virtually from his residence-cum-office at Raipur, said an official communication.

He said that in Chhattisgarh, 44 percent of land is covered by forest and 76 percent population lives in rural areas. Steps have been taken by the government to further strengthen the revenue



administration to help the common man.

The Chief Minister said the processes have been made simple so that cases are resolved in a time-bound manner.

With help from the National Remote Sensing

Centre, Hyderabad, through aerial survey, new revenue records have been prepared in 10 civil bodies. The digitization of the Nazul and diversified records have been done, Baghel said.

The process of Geo-referenced map is being prepared,

he added.

Revenue Minister Jaisingh Agrawal said that modernization of the revenue court hearings has been made. E-courts have been set up. This will bring changes in resolution, transparency and speed in disposing the cases.

Revenue Board Chairman C.K. Khetan said in his welcome address that the new office has been constructed at a cost of ₹6.11 crore having three court rooms, a modern record room, a conference hall, a bar room, a library and other facilities.

BJP-Cong spat over paddy loss in rains

STAFF REPORTER ■ RAIPUR

The rains in many areas have drenched the stored paddy, which in a few days will germinate

The Chhattisgarh BJP on Saturday blamed the Congress government after rains drenching the paddy stored in the open by farmers after harvest. The BJP demanded that responsibility should be fixed and the farmers must be compensated.

The Congress hit back that during its 15 years rule, the BJP did not make adequate arrangements for storing the paddy. More paddy had been damaged and decayed during BJP's tenure, it said.

The BJP state President Vishnudeo Sai said in a statement that farmers have been left in lurch due to delay in paddy procurement. They are facing lack of space for storage and have kept their paddy in the

open.

The rains in many areas have drenched the stored paddy, which in a few days will germinate. It had inflicted heavy losses to the farmers, he said.

The BJP has been demanding early procurement of paddy but the government has said it will start it only from December 1.

The government should immediately commence procurement of the drenched paddy to save

farmers from heavy loss and damage, he said.

Reacting, Chhattisgarh Pradesh Congress Committee Chairman Shailesh Nitin Trivedi said BJP leaders should not shed crocodile tears.

In the last 15 years of their rule, no adequate arrangements were made for storage of paddy. It is the Congress government which is making platforms in each paddy procurement centre for better storage, he said.

Out of the 83.94 lakh tonnes procured in last fiscal year (2019-20), 94.3 percent of paddy has been resolved. The remaining 5.14 lakh tonnes paddy will be resolved by December 15. The loss to the paddy is minimum, he said.

Connect Ambikapur to Banaras by air: CAIT

STAFF REPORTER ■ RAIPUR

Deo, MLA from Ambikapur.

The Confederation of All India Traders (CAIT) Raipur chapter wants Ambikapur in Chhattisgarh connected to Banaras by air.

The CAIT handed over a memorandum to Chhattisgarh Health Minister T.S. Singh Deo which was addressed to Union Minister for Aviation Hardeep Singh Puri on Friday, a press release said.

They demanded direct flight services from Raipur to Banaras in Uttar Pradesh via Ambikapur.

A delegation of CAIT headed by state President Amar Parwani met Singh

Parwani told the Minister that the traders of Ambikapur and Raipur enjoyed historical relations with the traders of Banaras (Varanasi) but are facing difficulty in expanding the commercial activities due to absence of quick transport from Ambikapur.

Traders commute to Banaras either by road or rail. The journey takes a long time and is tedious and so it affects the commercial activities, CAIT said.

Parwani said the Minister promised to help resolve their problems and bring the issue to the knowledge of the Union Minister.

Public negligence escalating Covid-19 cases: Government

STAFF REPORTER ■ RAIPUR

The Chhattisgarh government has again blamed public irresponsibility for growing Covid cases.

The Health Department said quoting the death audit reports that delay in reaching hospitals has resulted in maximum number of Covid fatalities.

The department reviews death audit reports every week, a press release said.

A Covid-infected 47-year-old woman of Mahasamund district intentionally hid the fact from a survey team that



she was having Covid symptoms since October 25, the department said. She approached the hospital on November 10 only when her health deteriorated. The woman, suffering from ulcer and cardiac problems, could not be saved.

Such situation could be averted if Covid protocol is followed strictly, the department said.

To save lives, the Chhattisgarh government has intensified door-to-door surveys and taken other steps, it added.

In Kanker block of Kanker district, on the instructions of District Collector Chandan Kumar, a joint team of Health, Revenue and Police departments collected samples from all the houses where Covid positives are living in home isolation.

The patients and their family members were instructed to strictly follow the Covid protocol. They were cautioned not to leave the house before completion of home isolation period, the press release said.

The team is also warned that violation of Covid protocol may attract prosecution under the Epidemic Control Act.

Submit affidavit of domicile during admission: DME

STAFF REPORTER ■ RAIPUR

Amid chaos over National Eligibility-cum-Entrance Test (NEET) students of other states taking admission in the medical colleges of Chhattisgarh, the Directorate of Medical Education (DME) on Saturday sought affidavits related to domicile from all students.

The decision was taken during a meeting with delegations of the Indian Medical Association (IMA) and parents of NEET qualified students of the state here.

On Friday, a delegation of NEET qualified students of the state led by IMA met Chief Minister Bhupesh Baghel seeking action against admission of NEET qualified students of other states having fake domicile.

The Chief Minister assured necessary action and said none of the local students will be harmed during



admission in medical colleges of the state.

On Saturday, a meeting was held at DME in which it was made mandatory for all NEET qualified students seeking admission in the medical colleges to submit an affidavit to prove their domicile.

It was warned that action will be taken if the submitted documents are found to be fake. The order was also issued to all the medical colleges.



Devotees offer prayers on Saturday to the rising Sun as part of Chhath puja at the banks of Kharun river at Mahadev Ghat in Raipur, the Chhattisgarh capital.

Fish farming be given similar facilities like agriculture: CM

STAFF REPORTER ■ RAIPUR

In line with agriculture, fish farming must be given interest free loan from cooperative banks as well as rebate in electricity tariff, Chhattisgarh Chief Minister Bhupesh Baghel said on Saturday.

He was addressing the Fishermen Convention organized by the Chhattisgarh Machuwara Samaj at his official residence to mark the World Fisheries Day 2020.

Chhattisgarh State Fishermen Welfare Board Chairman M.R. Nishad and other dignitaries were present.



motorcycle-cum-ice box to 15 fishermen and auto-cum-ice box to two fishermen and 10 fishermen were given the first instalment of ₹40,000 cheque under the Fishermen Housing Scheme, said an official communication.

Government schemes should bring positive changes in the lives of the people. Even

after being covered under various schemes and aids, the economic status of fishermen had not recorded any change, he said.

Therefore, the need of the hour is that fishermen communities should adopt scientific modes of fish farming and ensure better marketing management.

The state government can initiate ensuring interest free loan and rebate in power tariff like the farmers, said the Chief Minister.

On demand for reservation for the community, Baghel said it is a long process. The government would take an initiative but this is the phase of privatization as all public sector units are being handed over to private hands, he said, calling it a loss to the nation.

Agriculture and Water Resources Minister Ravindra Choudhary said each year 1,000 youths of the community will be given ice boxes with motorcycles as aid. In line with Tendu leaves collectors, the government will try to provide a dividend of the profit.

Hardcore Naxalite among 2 arrested

STAFF REPORTER ■ BIJAPUR

Two Naxalites, including a senior cadre carrying a reward of ₹5 lakh on his head, were arrested from different places in Chhattisgarh's Bijapur district, police said on Saturday.

Korsa Dasru (45), a member of Madded Area Committee of the Maoists, was caught from his place Savnar in the Gangoor police station area on Friday while Satyam Kattam (31) was nabbed from Galgam village in the Usoor police station limits on Saturday, Inspector General of Police (Bastar) Sundarra P said.

Joint teams of the Central Reserve Police Force (CRPF) and District Force were involved in the actions.

At least 24 cases related to murder, attempt to murder,

At least 24 cases related to murder, loot are registered

loot, torching vehicles, damaging public property and the Arms Act are registered in different police stations against Dasru, who was active in the outlawed CPI-Maoist since 2006, an official said.

As many as 17 warrants were pending against Dasru, an Area Committee Member who carried a reward of ₹5 lakh on his head, the official said, terming his arrest as "crucial" for the police.

Kattam was a lower-rung cadre allegedly involved in the looting of ration and other materials in September in Galgam, the official added.

MMR vaccine could protect against Covid-19: Study

■ IANS

In a fight against the novel Coronavirus, scientists have now claimed that MMR vaccine which protects against measles, mumps and rubella, may also protect some people against severe Covid-19 symptoms.

The study, published in the journal mBio, found a statistically significant inverse correlation between mumps titer levels and Covid-19 severity in people under age 42 who have had MMR II vaccinations.

"This adds to other associations demonstrating that the MMR vaccine may be protective against Covid-19. It also may explain why children have a much lower Covid-19 case rate than adults, as well as a much lower death rate," said study author Jeffrey E. Gold from the University of Georgia in



The majority of children get their first MMR vaccination around 12 to 15 months of age and a second one from 4 to 6 years of age,"

Gold added.

In the new study, the researchers divided 80 participants into 2 groups. The MMR II group consisted of 50 US-born participants who would primarily have MMR antibodies from the MMR II vaccine.

A comparison group of 30 participants had no record of MMR II vaccinations, and would primarily have MMR antibodies from other sources, including prior measles, mumps, and/or rubella illnesses.

The researchers found a significant inverse correlation between mumps titers and Covid-19 severity within the MMR II group.

There were no significant correlations between mumps titers and disease severity in the comparison group, between mumps titers and age in the MMR II group, or between severity and measles

or rubella titers in either group.

This is the first immunological study to evaluate the relationship between the MMR II vaccine and COVID-19.

The statistically significant inverse correlation between mumps titers and Covid-19 indicates that there is a relationship involved that warrants further investigation," said study co-author David J. Hurley.

The MMR II vaccine is considered a safe vaccine with very few side effects.

"If it has the ultimate benefit of preventing infection from Covid-19, preventing the spread of Covid-19, reducing the severity of it, or a combination of any or all of those, it is a very high reward, low-risk ratio intervention," the authors wrote.

COVID-19

AAP holds awareness campaign

STAFF REPORTER ■ NEW DELHI

With the national Capital witnessing fresh surge in coronavirus cases, Aam Aadmi Party leaders led by Deputy Chief Minister Manish Sisodia organised an awareness campaign on social distancing and distributed free masks in various Assembly constituencies.

In this regard, a mask distribution and social distancing awareness campaign was organised at Shanti Marg, West Vinod Nagar and Narwana Road in Patparganj focusing on the local citizens, fruit sellers and shopkeepers.

Sisodia said we are respectfully appealing to people to wear masks and follow the social distancing norms. But there are few folks who are not following the rules and hence, it is important to take strict action against them. He said wearing masks is the safest way to prevent one as well as others from getting infected with coronavirus.

The Delhi Government has taken every possible step to handle the Covid situation with proper home isolation mea-



Manish Sisodia said we are respectfully appealing to people to wear masks and follow the social distancing norms. But there are few folks who are not following the rules and hence, it is important to take strict action against them. He said wearing masks is the safest way to prevent one as well as others from getting infected with coronavirus

residents and shop owners to keep a set of masks and further distribute to those who are not wearing them.

Atishi began her awareness drive in Ward 91 of Kalkaji and walked all the way up to Nehru camp, urging people along the way to wear a mask and follow social distancing. She also emphasised that just by following these two simple rules, the possibility of contracting the virus can be reduced. The fight against Covid-19 is still on and it is our collective responsibility to protect each other, she said.

sure and enough Covid beds in hospitals. But, it is important to not let the spread of the disease increase much. Hence, it's important to follow the social distancing norms and wear masks until there is a reliable vaccine for Covid-19," he said.

Ward councillor Geeta Rawat along with large numbers of volunteers and local citizens joined the awareness

drive. Post the drive, Sisodia had rounds of conversation with citizens and volunteers at his camp office in Patparganj. Meanwhile, party MLA from Kalkaji Assembly constituency Atishi distributed protective face masks in Govindpuri to enforce Delhi CM Arvind Kejriwal's urgent plea to follow Covid-19 safety protocols. She encouraged the

2 held for robbing taxi in Govindpuri

STAFF REPORTER ■ NEW DELHI

The Delhi Police has arrested two men for allegedly robbing a taxi in southeast Delhi's Govindpuri area.

The accused have been identified as Akshay (20) and Shantanu Kumar Pandey (29). Police said that the duo along with their associate Vineet Singh, who is still absconding, were planning to sell the robbed vehicle but failed to do so.

"Singh works in a steel factory in Uttar Pradesh's Muzaffarnagar," said police.

According to RP Meena, the Deputy Commissioner of Police (DCP), Southeast district, the incident took place on the intervening night of November 17 and 18 when the driver picked up a woman passenger from Tughlakabad Extension.

"On the way, when he stopped the car near a traffic signal, the accused, who also came in a taxi, forcibly entered the car. They evicted the driver and the woman passenger and fled with the vehicle," said the DCP.



Devotees offer prayers to the rising sun on the occasion of Chhath Puja in New Delhi on Saturday. Ranjan Dimri | Pioneer

Doctor commits suicide over wife's affair

Gurgaon: A doctor, who worked in a prominent hospital in Gurgaon, allegedly committed suicide by injecting himself with a poisonous substance at his flat on Saturday. It is suspected that he was mentally disturbed over his wife's alleged extramarital affair, the police said.

Police said, they have received a complaint against the deceased's wife given by the victim's father Vinod Sodhi at Sector 50 police station in Gurgaon.

According to the police the deceased has been identified as Manoj Sodhi (47), a native of Bhiwadi in Rajasthan.

The victim was a doctor in a hospital in Gurgaon and he was posted at the ICU ward.

Sodhi was living with his wife Manish in a bungalow in his Gurgaon flat located in Orchid Petals Society at Sector 49. The couple had a love marriage around 22 years ago, the police said.

12 people injured after UP roadways bus collides with tree on Mathura Road

STAFF REPORTER ■ NEW DELHI

At least 12 people were injured after an Uttar Pradesh roadways bus collided with a tree on Mathura Road in national Capital on the early hours of Saturday. Police said the driver fled after the accident and efforts are underway to nab him.

According to RP Meena, the Deputy Commissioner of Police (DCP), Southeast district, a police control room (PCR) call regarding the accident was received around 3:22 am following which Emergency Response Vehicle (ERV) was dispatched for the spot.

"When police team reached the spot they found that 12 passengers sustained minor injuries who were then shifted to the AIIMS Trauma Centre, while 10 more were given first aid at the spot by CATS ambulance staff," the DCP said.

"During initial investigation it was revealed that the crash took place in front of the Central Road Research Institute near a CNG pump.



The bus was coming from Bah in Agra and was headed for ISBT Sarai Kale Khan," the DCP said.

"A case of accident has been registered and an investigation is in progress. Police have informed Agra depot officials regarding the accident," the DCP added.

AAP to hold series of Press conferences to expose rampant 'corruption' in corporations

STAFF REPORTER ■ NEW DELHI

Assanata Party (BPP)-ruled municipal corporations, being involved in 'corruption', the Aam Aadmi Party (AAP) chief spokesperson Saurabh Bhardwaj on Saturday said the party will hold a series of 181 Press conferences to expose the rampant 'corruption' in the corporations.

Presenting the 'Municipal Corporation of Delhi' (MCDs) audit report, Bhardwaj said that corporations in Delhi are poor even after the property rates are higher compared to other States. "The councillors are rich here because of the rampant corruption in property tax collection in the MCD by the BJP leaders," he said.

The AAP leader said when the AAP Government was formed in 2015, the Delhi Government had an income of Rs 30,000 crore, which got increased to Rs 60,000 crore in a span of four years without increasing taxes, but the MCDs taxpayers decreased in a year.

As per the report, in 2015-16, the MCD collected taxes from 3,95,219 people, the next year, they collected taxes from 4,41,879 people. The taxpayers decreased in 2017-18, and the MCD collected taxes from only 4,05,774 people, he said.

Bhardwaj also said as per the MCD audit report, the tax from the Parsvanath Developers never reached the MCD treasury despite sending a tax notice of Rs 7 crore, which means it went into the pockets of BJP leaders, or officials or both.

The AAP spokesperson

added, "The main source of revenue of the municipal corporations across India is property tax. And the surprising fact is that in Delhi, which is the capital of India and where the property tax is one of the highest in the country due to high property rates, the MCDs are lacking funds.

The MCD here is poor but the councillors are rich. How is it possible?

Bhardwaj said, "The lower the taxes the higher the compliance. The lower the taxes, the more and more people will pay the taxes and the treasury of the government will have a much higher collection. But, a reverse trajectory has been noticed in MCD, where the taxes are higher and the compliance and collection are lower, and the corruption is more.

Bhardwaj also said the property tax collection in 2015-16 was Rs 336 crores, it was Rs 614 crores in 2016-17, and it was again decreased to Rs 553 crores in 2017-18.

"Another instance which has been mentioned in their audit report, the property tax in United at Magazine Road in the Civil Lines area in the name of Parsvanath Developers.

This property was vacant land till 2015-16, which is why their taxes were Rs 65,43,000. After that, the property was redeveloped, and 23 towers of 10 stories each were constructed. You can imagine the amount of tax that the MCD was collecting from this single property. The tax which was collected owing to the land being vacant was seized, and the MCD did an assessment and gave a tax notice of Rs 7,72,00,000," he said.

NMC to provide 4 PPE kits to those who carry body to perform last rites at Nigam Bodhi Ghat

STAFF REPORTER ■ NEW DELHI

North Delhi Municipal Corporation (NMC) will provide four Personal Protective Equipment (PPE) Kits to those who carry the body to perform last rites at Nigam Bodhi Ghat.

A senior NMC official said the corporation has earmarked 52 wooden pyres and three 'Compressed natural gas' (CNG) furnaces for last rites of Covid deaths.

"We have made adequate arrangements for cremation of bodies. The total number of bodies of Covid patients received is not more than 22 in a day for the last ten days. Twenty bodies of Covid patients came for last rites on Saturday, North Corporation also appeals to the citizens to come in less numbers with bodies for last rites as it will help in maintaining social distance. More rush may lead to spread of virus," he added.

The Municipal Health Officer of North DMCC has also asked his counterparts in other both corporations to ensure to route bodies to attached cremation grounds to the hospital as per the order issued earlier.

The medical superintendents of Covid hospitals have also been asked to release bodies at intervals so that there is no rush at cremation ground at one point of time, he said.

Moreover, three new CNG furnaces are likely to start on Monday so six furnaces would be available for last rites, he said.



A person performing last rites at Nigam Bodhi Ghat.

STUBBLE FOR VILLAGER A BUSINESS OPPORTUNITY

Rajesh Dhanda, a villager from Haryana, Budhana village in Hisar district has turned farm stubble into a business opportunity by collecting agro-waste from farmers and selling it to various districts in Rajasthan

SHEKHAR SINGH ■ HISAR

Rajesh Dhanda, a villager from Haryana, Budhana village in Hisar district has turned farm stubble into a business opportunity by collecting agro-waste from farmers and selling it to various districts in Rajasthan.

Several reports came up this year about stubble residue being burned blatantly in the region of Haryana, Punjab and Uttar Pradesh. The national Capital was also gripped in pollution, after a major contribution being the smoke and ash coming in the fields of Punjab and Haryana where farmers burn paddy stubble as they prepare the farm for the rabi crop.

During the season, Dhanda provides a super seeder machine, which is used for sowing seeds to farmers, in exchange for paddy stubble. "I encourage farmers in my village not to burn paralli (stubble) and give it to me. In exchange I provide them with super seeder to sow their next crop," said Dhanda.

"I collect these paddy stubbles in my fields and various traders from Rajasthan's Churu, Rajgarh, Bikaner and Jaipur come here with their truck to buy this stubble residue," said Dhanda. "Traders pay around Rs 7,000 to Rs 9,000 for paddy stubble per acre and it is sometimes also sold for Rs 250 per quintal. This year in my village I had taken stubble residue from around 450 acres of land," said Dhanda.

"This practice and awareness regarding different use of stubble residue rather than burning was initiated by me in my village five years ago and this year I had earned around 10 lakhs rupees from the stubble residue I collected from the farms of my village," said Dhanda.



Rajesh Dhanda, a villager from Haryana, Budhana village in Hisar district has turned farm stubble into a business opportunity by collecting agro-waste from farmers and selling it to various districts in Rajasthan.

generate 30 million tonnes of paddy straw every year, of which only a small fraction is used for such trading, as per experts. "In order to boost farmers for not burning stubble, the Haryana Government this year initiated a scheme and those farmers who were not burning stubble were given Rs 100 per acre or Rs 50 per quintal as an incentive," said Surendra Saini, the District Public Relation Officer (DPRO), Hisar.

"For storage of paddy straw, a field or a community centre was also designated in every village to store paddy straw. The buyers had also visited these places to buy stubble residue. The farmers were also allowed to buy paddy straw and sell it further," said Saini.

"The Government's process of incentive for stubble residue takes time as we have to register first on website and then initiate the process but giving directly to Rajesh has benefited us as in exchange he provides us super seeder machine which saves us a lot of money as compared to what government is giving us," said Harish, a resident of Budhana village.

"Collection of stubble residue also provides wages to around 10 to 15 people. I wish to extend this stubble residue collection to other villages next year," Dhanda added.

Punjab and Haryana alone

Film on scientific aspects of cows to be released today

PNS ■ NEW TEHR

Believed to be an economically and culturally important aspect of India, the cow and the scientific aspects related to bovines will now be depicted on the large screen. The movie titled Ma will be released by Yoga guru Swami Ramdev and Acharya Balkrishna on Sunday. According to the makers of the movie, the film presents various aspects of the economy based on the cow in a manner that is not only interesting but will also enable the farmers to become prosperous.

About a decade ago, Swami Vishuddhanand had arrived in Uttarakhand on a spiritual quest. While visiting pilgrimage centres and temples, he was disturbed by the sight of stray cattle in dire circumstances on the roads. Deciding to tend to such cows, he made a cave near Koteswar temple the centre of his efforts. He tended to more than 400 cows at the shelter he facilitated for stray cattle. About six years ago, he thought of making a movie on the scientific aspects related to the cow. For this, he contacted scientists conducting research on Indian varieties of cows in America, France and Germany. He collected the various research conducted on the cow and began the task of making the movie. He took the services of DS Kasana for directing the film. Vishuddhanand breathed his last about two years ago due to which the movie couldn't be released earlier. Manoj Joshi plays the lead in the movie with noted singer Sadhana Sargam having sung four songs in the movie.



Haryana CMOs asked to ramp up testing in NCR: DG Health

MANOJ KUMAR ■ CHANDIGARH

Expressing concern over rising up Covid-19 cases in NCR districts, Haryana Director General of Health Services Dr Suraj Bhan Kamboj on Saturday said chief medical officers have been asked to ramp up Covid-19 testing in the worst-affected NCR districts. NCR districts including Gurgaon, Faridabad, Rewari and Sonapat are having Covid-positive rate higher than the state's average of 6.82 per cent.

Talking to The Pioneer over the phone, Dr Kamboj said owing to festive season, covid-19 cases increased in the State. In addition to this, Government and private schools reopened and now it has been reported that since November 10, the State has reported over 20,000 new cases of infections while over 50 patients have died.

Taking serious note of it, the State Government has now decided to conduct at least 1,000 tests daily per district in these districts, while its aim is to ramp up daily testing across the State to 30,000 tests at least. Till date, Haryana's total count of Covid-19 patients had crossed 2,12,355 out of which 1,90,067 patients had recovered while 2,138 lost their lives. There were still over 20,150 active Covid-19 patients in the

State that included 416 patients in a critical condition.

The health DG said, "Around 28,000 tests were being conducted in Haryana and it will keep increasing in the ongoing winter season. Necessary instructions have been issued to all the chief medical officers of all 22 districts of Haryana to ensure that minimum 10-15 contacts of each positive patient must be identified within 24 to 72 hours and isolated as per the Covid-19 guidelines.

The health officials have also been instructed to visit bus stands, railway stations and other crowded places in their respective jurisdictions to check for all the SoPs to be followed with adequate testing facilities have been available."

Dr Kamboj added the Chief Medical Officers have been asked to conduct outreach testing camps in open areas adhering to the Covid appropriate behaviour. They were also asked to ensure regular monitoring of all home isolated patients by the health care providers.

The State Government has already notified guidelines for home isolation for patients with mild symptoms with the positive cases. So far, the patients in home isolation are regularly monitored through phone calls and home visits by the health officials for follow-ups. Patients who developed

moderate or severe symptoms are being shifted to hospitals.

The health DG said, "We already set up call centres in all the districts for digital tracking of patients in home isolation and monitoring their health through phone calls. The health officials were directed to strictly follow the ICMR protocol before recommending a Covid-19 patient for home isolation" Dr Kamboj added.

The DG Health further said that the home isolation concept is useful as the major chunk of patients departed are those who are critically ill. "A rapid response team is available round the clock for patients under home isolation. If a patient develops breathlessness or any other complication, an ambulance is dispatched to his/her residence and the patient is referred to Government Hospital," he added.

A post-Covid-care research centre has also been set up in Rohtak's PGIMS to address the problems faced by patients recovering from the infection," he added.

2,666 NEW CASES, 25 MORE DEATHS IN HARYANA

Haryana on Saturday reported 2666 fresh Covid-19 cases, bringing the infection tally to 215,021, while the death toll from the disease

rose to 2163 in the state with 25 more fatalities, according to a medical bulletin. Of the new fatalities, five were from Faridabad, four from Gurgaon, three each from Gurgaon, Hisar, two each from Rohtak, Jhajjar, Fatehabad, Charkhi Dadri and one each from Jind and Sirsa districts, according to the state health departments daily bulletin.

Among the districts which reported a spike in Covid-19 cases included Gurgaon (939), Faridabad (630) and Hisar (179), Sonapat (110), Rohtak (101). The State has active case count of 20,325 while the rate of recovery from the infection is 89.54 per cent.

PENALTY FOR NOT WEARING MASK WILL BE ₹500 ONLY: CM

Appealing people to follow covid-19 protocol, Haryana Chief Minister Manohar Lal Khattar on Saturday said that the penalty for not wearing a mask will be ₹500 only. Talking to reporters in Chandigarh, the Chief Minister said that it is necessary for every person to wear a mask and maintain social distancing.

Khattar refused to increase the amount of the imposed on those who do not wear masks. The penalty for not wearing a mask will be ₹500 only.

PARL PANEL ASSESSMENT

Exorbitant hospital charges caused more Covid deaths



PNS ■ NEW DELHI

Inadequate beds in Government hospitals and absence of specific guidelines for Covid treatment resulted in private hospitals charging exorbitant fees, a Parliamentary panel on Saturday said as it pulled up the Government and asserted that a sustainable pricing model could have averted many deaths.

The first report by any parliamentary committee on the government's handling of the Covid-19 pandemic was submitted by Chairperson of the parliamentary standing committee on health Ram Gopal Yadav to Rajya Sabha Chairman M Venkaiah Naidu. Underlining that healthcare spending in the country with a population of 1.3 billion is "abysmally low", the panel said the fragility of Indian health ecosystem posed a big hurdle in generating an effective response against the pandemic.

"The committee, therefore, strongly recommends the Government to increase its investments in the public healthcare system and make consistent efforts to achieve the National Health Policy targets of expenditure up to 2.5 per cent of GDP within two years as the set time frame of year 2025 is far away and the public health cannot be jeopardised till that time schedule," the report stated.

The National Health Policy 2017 has set a target of government expenditure on healthcare up to 2.5 per cent of GDP by 2025 from just 1.15 per cent in 2017.

Stating that the public had to undergo trauma and distress due to absence of a dedicated healthcare system, the committee observed that the number of government hospital beds in the country were not adequate to handle the increasing number of COVID and non-COVID patients.

... Cost of health service

delivery increased due to absence of specific guidelines for COVID treatment in private hospitals as a result of which patients were charged exorbitant fees," the committee noted in the report.

Stressing on the need for better partnership between the government and private hospitals in wake of the pandemic and shortage of state-run healthcare facilities, the report said, "The Committee is of the view that arriving at a sustainable pricing model to treat COVID patients could have averted many deaths."

The committee believes healthcare should never be limited to only those who can afford to pay but should move towards the noble vision of universal health coverage. For this to happen, the Government needs to be considered and support the private health care sector, the report said.

The committee was all praise for healthcare workers and doctors for being on the frontline in handling the deadly virus and said they should have defined working hours, predictably functioning relievers and scheduled off-duty days.

The doctors, who have laid down their lives in fight against the pandemic, must be acknowledged as martyrs and their families be adequately compensated, it suggested in the report.

ED raids seven locations in Srinagar, Anantnag in J&K Bank money laundering case



PNS ■ NEW DELHI

The Enforcement Directorate (ED) on Saturday conducted searches at seven places in Jammu and Kashmir under the provisions of Prevention of Money Laundering Act in a case relating to suspicious transactions in J&K Bank.

Among these seven locations, six are in Srinagar and one in Anantnag district.

The ED initiated investigation under PMLA after CID, Srinagar registered an FIR against officials of J & K Bank, unidentified public servants and private persons and others for suspicious transactions in various bank accounts.

It has been alleged in the FIR that the bank accounts were used for routing money of public servants as well as some private parties. Further, bank officials, in connivance with these public servants, deliberately omitted to raise the alerts as required under Anti-Money

Laundering (AML) norms, officials said.

Investigations conducted under PMLA so far have revealed that the transactions in many of these bank accounts maintained with J & K Bank were not genuine and these accounts were utilized for the purpose of laundering, the ED said in a statement.

On the basis of specific information, searches at seven places belonging to accused Mohammad Ibrahim Dar, Murtaza Enterprises, Azad Agro Traders, M & M Cottage Industries and Mohd. Sultan Teli were conducted, which resulted in recovery of evidence of money laundering as the bank accounts have been found to be used for routing suspicious transactions, the agency said.

The individuals and entities covered under searches are involved in hospitality and agro based industries, civil construction and real estate, it said.

India's Covid tally breaches 90.5L mark with 46,232 new infections

PNS ■ NEW DELHI

India's coronavirus tally crossed the 90.5 lakh mark on Saturday with 46,232 new infections reported in the last 24 hours, even as the total number of tests conducted across the States has crossed the 13 crore mark with the last one crore done in just 10 days. The total cases in the country now stand at 90,50,597 including 4,39,747 active cases and 84,78,124 recoveries. With 564 new deaths, the count mounted to 1,32,736.

The number of active cases remained below five lakh for the eleventh consecutive day. The total recoveries have surged to 84,78,124 pushing the national recovery rate to 93.67 per cent, while the COVID-19 case fatality rate stands at 1.47 per cent.

According to ICMR, the total number of tests conducted in India for the detection of COVID-19 infection has crossed the 13-crore mark with the last one crore done in just 10

days, while the cumulative positivity rate remained low and continues a downward trajectory, the Union Health Ministry said on Saturday.

On Friday 10,66,022 were tested. The cumulative national COVID-19 positivity rate has declined and stood at 6.93 per cent as on date while the daily positivity rate on Friday was just 4.34 per cent.

Higher volumes of testing eventually lead to low positivity rate, the ministry said. "An average of more than 10 lakh tests conducted daily has ensured that the cumulative positivity rate is sustained at low levels and is presently following a downward trajectory," the ministry underlined.

Twenty-four states and Union Territories have conducted more tests per million population than India as a whole. Twelve states have lower tests per million population than the national average and they have been advised to substantially ramp up the levels of testing, the ministry under-

scored. "In view of the increase in coronavirus cases of some of the north Indian states, the Centre has advised all states and Union Territories to ramp up testing," the ministry said.

Around 78.19 per cent of the new recovered cases was contributed by 10 states and UTs.

Delhi saw 8,775 people recovering from COVID, while Maharashtra and Kerala reported 6,945 and 6,398 new recoveries, respectively. Besides, ten states and UTs have contributed 77.69 per cent of the new cases of coronavirus infections. Delhi reported 6,608 cases in a day. Kerala recorded 6,028 new cases while Maharashtra reported 5,640 cases on Friday.

Of the 564 new fatalities, 82.62 per cent have been reported from 10 states and UTs. With 155 deaths, Maharashtra reported 27.48 per cent of the new fatalities, Delhi accounted for 20.92 per cent and the daily toll with 118 deaths.

Country to increase natural gas use by 4-fold in decade: Modi

PNS/PTI ■ NEW DELHI/GANDHINAGAR

Moving forward with the goal of reducing its carbon footprint by 30 to 35 per cent, Prime Minister Narendra Modi on Saturday said that efforts are on to increase the use of natural gas by four times in this decade and to double the oil refining capacity in the next five years.

He said this while addressing the eighth convocation of Pandit Rendraay Petroleum University (PDPU) via video conference.

"Today, the country is moving forward with the goal of reducing its carbon footprint by 30 to 35 per cent. When I told this to the world, it was not sure the oil refining capacity in the coming five years," he added.

He also expressed confidence that the country will achieve its renewable energy generation target "before time". "Today, per unit cost (of solar power) has come down to less than ₹2 from ₹12-13 earlier. Today, solar power has become the country's priority. We have made a commitment to generate 175 gigawatt renewable energy by 2024, a big aim, will be achieved before time...I am confident of it," he said.

Modi said that the oil and gas sector will see an investment of crores of rupees in this decade, which will create opportunities for the graduating students of the university in the fields of research, manufacturing and others.



He also said that work is underway to strengthen the start-ups ecosystem related to the energy security sector, and a special fund has been allocated for the purpose.

"If you have any idea, product or any concept which you want to incubate, then this fund will be a good opportunity for you, and a gift from the government," he said.

The PM said that despite the hardships caused by the coronavirus pandemic, the graduating students should remember that their strength and capacities are much bigger than the challenges, and asked them not to lose confidence.

He asked the students to recall the period of the country's Independence movement and how people sacrificed their lives for it. He asked them to similarly become a soldier for "Atmanirbhar Bharat".

"There is a lot to do for the country, but youth is the strength, your aim should not be fragmented. You see that only they become successful in life who do something with a sense of responsibility...Failures are those who live with a sense of burden. The youth of the 21st century should go ahead with

a clean slate. The concept that "nothing will change" will have to be cleaned...," he said.

The PM asked the students to take sustained efforts as it will bring about positive results.

The PM said the "Clean India" programme was an example of this, and said small efforts of crores of people turned it into a movement.

During his address, he also recalled how his decision to segregate domestic and agricultural feeders made it possible for the households to get 24-hour electricity in Gujarat.

Modi inaugurated five state-of-the-art facilities to mark the eighth convocation of the PDPU.

The facilities he unveiled at the university are a 45-MW production of monocrystalline solar photovoltaic panel, a tech business incubator, a sports complex, and a Translational Centre at the PDPU, as well as an Indo-EU bilateral project under Horizon 2020 "India-h2o" for industrial waste and desalination.

Modi also suggested the state government to change the name of the Petroleum University to Energy University.

Malabar maritime drill concludes on a high, friendly note

PNS ■ NEW DELHI

The Malabar maritime exercise hosted by the Indian Navy in two phases concluded on Friday in the Arabian Sea. The Quad countries including India, the US, Australia and Japan took part in the prestigious drill. Australia participated for the first time after India invited it for the event despite Chinese protests.

Giving details of the exercise, navy officials said here on Saturday the 24th edition of the annual Malabar was conducted in two phases. Phase 1 of the exercise involving participation by Indian Navy (IN), United States Navy (USN), Japan Maritime Self Defense Force (JMSDF) and Royal Australian Navy (RAN), was conducted off Visakhapatnam in Bay of Bengal from 3-6 November. The second phase was conducted in the Arabian Sea from 17-20 November.

The first phase witnessed participation of Indian Navy units with United States Navy (USN) John S McCain, Her Majesty's Australian Ship (HMAS) Ballarat with integral MH-60 helicopter, and Japan Maritime Self Defense Ship



(JMSDF) Onami, with integral SH-60 helicopter. Indian Navy's participation in this phase was led by Rear Admiral Sanjay Vatsyan, Flag Officer Commanding Eastern Fleet and included destroyer Ranvijay, indigenous frigate Shivalik, Offshore Patrol Vessel Sukanya, Fleet Support Ship Shakti, submarine Sindhuraj, P8I and Dornier maritime reconnaissance aircraft and Advanced Jet Trainer Hawk.

During Phase 2 of the Exercise, the four navies par-

ticipated in joint operations centered on the Vikramaditya Carrier Battle Group of the Indian Navy and Nimitz Carrier Strike Group of the US Navy. The two aircraft carriers, along with other ships, submarine and aircraft of the participating navies, engaged in high intensity naval operations including cross-deck flying operations and advanced air defence exercises by MIG 29K fighters of Vikramaditya and F/A-18 fighters and E2C Hawkeye from Nimitz.

The US Navy's Strike Carrier Nimitz was accompanied by cruiser Princeton and destroyer Stettin in addition to P8A maritime reconnaissance aircraft.

The Royal Australian Navy and JMSDF were represented by frigate Ballarat and destroyer Murasame respectively, along with their integral helicopters.

Indian Navy's participation in Phase 2 was led by Rear Admiral Krishna Swaminathan, Flag Officer Commanding Western Fleet and included aircraft carrier

Vikramaditya, indigenous destroyers Kolkata and Chennai, stealth frigate Talwar, Fleet Support Ship Deepak and the integral helicopters of these warships, indigenous built submarine Khanderi and P8I and IL-38 maritime reconnaissance aircraft.

In addition to 'Dual Carrier operations, advanced surface and anti-submarine warfare exercises, seamanship evolutions and weapon firings were also undertaken during both phases of the exercise demonstrating the synergy, coordination and inter-operability between the four friendly navies.

The Malabar series of exercises, which began as an annual bilateral naval exercise between India and the US in 1992, has been an increasing scope and complexity over the years.

The 24th edition of MALABAR, conducted in a "non-contact at sea only" format in the backdrop of COVID-19 pandemic, was reflective of the commitment of the participating countries to support a free, open, inclusive Indo-Pacific as well as a rules-based international order.

Depression over Southwest Bay of Bengal during next 48 hrs: IMD

PNS ■ NEW DELHI

The India Meteorological Department (IMD) has predicted depression over Southwest Bay of Bengal during the next 48 hours. A low pressure area, formed over equatorial Indian ocean and adjoining central parts of south Bay of Bengal on Saturday, may hit Tamil Nadu-Puducherry coast as a cyclone of lower intensity on November 25.

Predicting the possibility of cyclone, the IMD on Saturday said the depression is likely to intensify further during the subsequent 48 hours. This would be expected to revive the North-East monsoon yet again over the Tamil Nadu coast from Monday itself.

Under the influence of the 'low pressure' area, formed on Saturday, the rainfall activity is likely to increase over extreme south peninsula India from November 23 onwards with fairly widespread to widespread rainfall/thunderstorm activity over Tamil Nadu, Puducherry & Karaiikal and Kerala & Mahe during November 24-26, and over south coastal Andhra Pradesh and Rayalaseema during November 25-27.

PM Modi to virtually inaugurate multi-storey flats for MPs on Nov 23



PNS ■ NEW DELHI

The wait of a number of first-time Lok Sabha MPs for an official accommodation in Delhi will end soon. Prime Minister Narendra Modi will inaugurate multi-storey flats, three towers known as Ganga, Yamuna and Saraswati, which have come in place of old bungalows at Dr B.D. Marg in the national capital, for members of Parliament on November 23 via video-conferencing. Lok Sabha Speaker Om Birla will also be present during the inauguration.

A PMO statement on Saturday said that three towers having 76 flats were constructed on land housing eight old bungalows, which were more than 80 years old. The construction of these flats has been completed with savings of about 14 per cent from the sanctioned cost and without time overrun despite the impact of Covid-19, it added.

The construction of these flats has been completed with savings of about 14 per cent from the sanctioned cost

The new flats have four bedrooms, office for the MP and his or her secretary and parking spaces and are centrally air-conditioned. In addition, the flats have elevators that connect the basement parking, the ground floor office and living spaces and the first floor bedrooms.

The PMO statement said several green building initiatives have been incorporated in the construction, including bricks made from fly ash and construction and demolition waste, double glazed windows for thermal insulation and energy efficiency, energy efficient LED light fittings, occupancy based sensors for light control, air conditioners with VRF system for low power consumption, low flow fixtures for conservation of water, rainwater harvesting system and rooftop solar plant.

President to launch all-India Speakers' conference in Kevadia on November 25

PNS ■ NEW DELHI

President Ram Nath Kovind will inaugurate the two day long all India Speakers' conference in Kevadia on November 25 and Prime Minister Narendra Modi will address the valedictory function on November 26.

Addressing the media on Saturday, Lok Sabha Speaker Om Birla said that the theme of the two-day meeting will be "harmonious coordination between legislature, executive and judiciary". Vice President Venkaiah Naidu will also address the presiding officers.

This is the 80th meeting of presiding officers. Birla said that the All India Presiding Officers' Conference (AIPO) was launched in the year 1921 and since then, this Conference has been ceaselessly striving to strengthen the democratic way of life and promoting a sense of unity and oneness in the Indian Legislatures. This Conference provides a platform to share new ideas, views, and experiences with all the Presiding Officers in India. He said that the collective wisdom of our venerable legislators has helped the Legislatures to keep pace with the changing times. Many of the significant

Addressing the media on Saturday, Lok Sabha Speaker Om Birla said that the theme of the two-day meeting will be 'harmonious coordination between legislature, executive and judiciary'

innovations in parliamentary democracy trace their roots to the deliberations that took place during the Sessions of these Conferences.

Birla said that During this Conference, the Presiding Officers of the Legislatures shall discuss the need for better cooperation and coordination between the three pillars of democracy. "This is in line with our Constitutional obligations that spell out the jurisdictions of the Legislature, Executive and Judiciary and the balance amongst them. It is our collective efforts to maintain the constitutional sanctity, which is very important for mutual coexistence between the three organs of governance and the sustenance of democracy in the nation," he said.

SC judge inaugurates 'North East Delhi Riots Claims Commission'



PTI ■ NEW DELHI

Supreme Court Judge Justice Surya Kant on Saturday inaugurated the North East Delhi Riots Claims Commission (NEDRCC) for providing compensation to victims of the communal violence that took place in February.

Justice Kant inaugurated the commission online and said in

a statement that justice to victims of the riot was the need of the hour.

"Justice to the riot victim is the need of the hour. Riot victims must be compensated with promptitude. To achieve this objective, I wish this commission (NEDRCC) all the very best," Justice Kant said in the statement.

Communal clashes had broken out in north-east Delhi on February 24 after violence between citizenship law supporters and protesters spiralled out of control leaving at least 53 people dead and around 200 injured.

There are about 750 cases registered in north east Delhi and around 1,200 persons have been arrested in matters related to the riot.

Court asks if there is chance of settlement between Akbar, Ramani in defamation case

PTI ■ NEW DELHI

A Delhi court on Saturday asked if there was a chance of settlement between M J Akbar and journalist Priya Ramani in their defamation case. The court said that there was a chance of settlement between them in a criminal defamation complaint filed by him against her. Akbar had filed the complaint against Ramani, allegedly defaming him by accusing him of sexual misconduct around 20 years ago when he was a journalist.

Ramani had said the allegations against Akbar, made in the wake of #MeToo movement in 2018, were her truth and were made in public good. Additional Chief Metropolitan Magistrate (ACMM) Ravindra Kumar Pandey passed the query on Saturday as he started hearing the final arguments in the case since the previous judge hearing the matter was transferred to another court on Wednesday.

Authorized Officer
INDIABULLS HOUSING FINANCE LIMITED

L. Governor, J&K State e-tenders are invited from
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 the website up to due date and time will be opened on
 any date convenient to the department in the office of
 D. Srivastava, P. Education Engineer

DATE :- 19/NOV/2020	Authorised Officer
PLACE :- NEW DELHI	HDFC Bank Ltd

Hamstring is feeling absolutely fine: Rohit

PTI ■ NEW DELHI

The hullabaloo over his hamstring was confusing as well as amusing for Rohit Sharma, who says he always knew that the injury was not that serious and he would be battle-ready for the tour of Australia.

India's white-ball vice-captain, in a detailed conversation with PTI, opened about the left hamstring injury during the IPL, which became a matter of intense speculation after he returned to action within days of being left out of the Australia tour earlier this month. He was subsequently added to the Test squad.

"I don't know what was going on, to be honest and what all were people talking about. But let me put this on record, I was constantly communicating with BCCI and Mumbai Indians," Rohit said.

He hit a match-winning knock of 68 off 50 balls in the IPL final against Delhi Capitals, playing through pain. Rohit is currently doing strength and conditioning work at the National Cricket Academy in Bengaluru before heading to Australia.



Indian opener Rohit Sharma

"I told them (Mumbai Indians) that I can take the field since it is the shortest format and I will be able to manage the situation quite nicely. Once I made my mind clear, it was all about focussing on what I needed to do," he said.

"Hamstring is feeling absolutely fine. Just started the process of getting it nice and strong. Before I play the longer format, I absolutely needed to be clear in mind that there is no stone that is left unturned, that's probably the reason, I'm at the NCA," Rohit added.

For Rohit, the chatter on the media regarding his injury and his subsequent participation in the IPL play-offs, didn't matter much.

"So for me, it was not a concern what x, y or z was talking about like whether he said 'I need to go to Australia,' he said."

"Once the injury happened, the next two days all I did was to figure out what I can do in the next 10 days — whether I will be able to play or not."

Unless one goes to the ground, one won't know how the body is shaping up, feels the five-time IPL champion cap-

tain.

"But every day, hamstring (degree of injury) was changing. The way it was responding was changing, so I was feeling quite confident that I could play and that is the communication that I had with MI at that point."

"I told them that I think I will be okay to play just before play-offs. If there is any discomfort, I won't be playing the play-offs."

All Rohit needed was three and half weeks to get ready for Tests and he fails to understand what the fuss was all about given that the series starts December 17.

"Of course, there is still some work that needs to be done on my hamstring. That's why I didn't go to Australia for the white-ball leg as there are back-to-back games. Around 6 games in 11 days," he said about the limited overs leg beginning November 27.

"So I thought if I get to work on my body for 25 days, I can probably go and play the Test matches. So it was an easy decision for me and I don't know why it became so complicated for others," he wondered aloud.

IPL performance has taken pressure off this Oz tour: Shami

PTI ■ SYDNEY

India's craftiest pacer Mohammed Shami is in the "right zone" after his impressive performance in the IPL, allowing him to prepare for the big Test series against Australia "without any pressure".

Shami had his best IPL season as his 20 wickets for Kings XI Punjab, including a spectacular defence of five runs in double Super Over game against Mumbai Indians, was one of the highlights of the tournament.

"My performances for KXIP in IPL has given me a lot of confidence and put me in the right zone," Shami told BCCI TV on Saturday.

An artist with the red ball, Shami feels that a good IPL has taken off the burden from him.

"The biggest advantage is that I can now prepare for the upcoming series without any pressure. There is no burden on me. I am very comfortable at the moment."

"I had worked hard on my bowling and my fitness in the lockdown. I knew that IPL would take place sooner or later and I was preparing myself for it."

Shami made no bones that Test matches are a priority for him on this tour as he is trying to get into the groove during the training session over last one week.

"We are going to have a long tour starting with the white ball followed by pink and red ball Tests. My focus area has been the red ball and I am working on my lengths and seam movement."

"I have always felt that Test matches are a priority for him on this tour as he is trying to get into the groove during the training session over last one week."



once you start pitching the ball at the lengths you desire, you can succeed in different formats."

He feels that post IPL, his white ball bowling is in control and that's why he required more preparation with red ball.

"What you need is control. I have done well with the white-ball and now spending much time bowling with red ball. You don't bowl in the same area since both formats are different but your basics don't change much."

With Steve Smith and David Warner, who were missing during India's notorious campaign in 2018-19, back in the mix, things will get tougher for the Indian pace quartet.

But the senior bowler is hardly perturbed by their presence.

India have quality batsmen and we bowl at them in the nets. We don't look at

names, we focus on our skills. You can be a world-class batsman, but one good ball will still get you out," Shami said.

The veteran pacer said that the diverse skill sets makes for a very potent attack like the one India has with him, Umesh Yadav, Ishant Sharma and the menacing Jasprit Bumrah.

"Our fast bowling group can bowl at 140 kph plus and the spinners can bowl at 140 kph plus. That kind of pace in Australia. Even our reserves are quick, you don't get to see that kind of an attack."

Shami reminded that the pacers have done well in all overseas conditions and have taken 20 wickets in a lot of away Test matches as well as in spin-friendly conditions at home.

"There is a healthy competition but there is no rivalry within the group. If you look at the numbers, we have managed to pick 20 wickets almost on all our away tours."

Motivation has never been a problem for Kohli: Stoinis

PTI ■ SYDNEY

Virat Kohli is more than hundred percent charged up every time he takes the field and the Australian team is preparing in equal measure to counter the threat posed by the Indian captain, said all-rounder Marcus Stoinis.

Kohli, who is heading family home in January, will be returning after playing the six white ball games and the opening day/night Test scheduled in Adelaide.

"Don't worry about Virat. He is up for every single game that he's playing. Yeah, maybe there will be extra motivation, but I don't think there's any extra motivation than 110 percent," Stoinis was quoted as saying by ESPNcricinfo.

"So let's see. I am sure he (Kohli) will be ready to go. He is getting home for the birth of his kid, which is the right decision in my opinion. So I am sure he will be extra motivated."

Stoinis said that coach Justin Langer and his men will have foolproof strategy to counter the India skipper, who is in a league of his own when it comes to white-ball cricket.

"We've definitely got our strategies, we've had things that have worked in the past, and at the same time the same plans haven't worked and he's made some runs."

"Obviously, he (Kohli) is a great player, and to all these good players, you do what you want to do, you have your goals, and on the day, you get extra competitive and you hope it all falls in your side of the court."

On the personal front, Stoinis scored 352 runs and took 13 wickets for Delhi Capitals in the IPL and wants to replicate that performance in the limited overs games against India, starting Friday.

Asked what changed for him this season, Stoinis said: "I will hopefully continue to bring that form into the summer, but there's nothing really too different (that I have been doing)."

"The break was great — it was nice to come back quite fresh into all these competitions. I feel like I was going well in England before leading in as well, so hopefully the results keep coming my way," he said.

Bereaved Siraj declines BCCI offer to fly back home

PTI ■ KOLKATA

BCCI secretary Jay Shah on Saturday said that pacer Mohammed Siraj, who has lost his father, was given the option of flying back home to be with his grieving family but he decided to stay back in Australia for "national duty".

Ghouse, who was suffering from a lung ailment, died on Friday. He was 53.

The Board of Control for Cricket in India (BCCI) had a discussion with Siraj and he was offered the option of flying back and be with his family in this hour of grief," Shah said in a BCCI media release.

The fast bowler has decided to stay with the Indian contingent and continue performing his national duties. The BCCI shares his grief and will be supportive of Siraj in this extremely challenging phase," Shah added.

Board president Sourav Ganguly took to Twitter to laud the Hyderabad pacer for his resilience and mental fortitude in this hour of tragedy.

"May Mohammed siraj

have a lot of strength to overcome this loss. Lots of good wishes for his success in this trip. Tremendous character," Ganguly tweeted.

If Siraj had chosen to fly back to India, he would have had to do another 14-day quarantine here in Australian under the local government rules on his arrival.

After nearly a decade of hosting

home Test matches at a rival team's base in 2009, Pakistan says it's ready to welcome major cricketing nations like South Africa, New Zealand, England and West Indies in 2021.

"We're working hugely in terms of building relationships, nurturing those relationships with (other) cricket boards," Wasim Khan, chief executive of the Pakistan Cricket Board, said.

South Africa is due to visit Pakistan in January to play a two-Test series which is part of world Test championship, followed by three Twenty20s.

New Zealand is pencilled in for three ODIs and five Twenty20s in September, followed by two Twenty20s against England at Karachi. It will be England's first tour to Pakistan since 2005.

The PCB has also plans a home series against West Indies in December.

"We have a check-a-block eight to 10 months coming up for us on the road playing at home," Khan said.

"We're also in discussions with Cricket Australia. They're due to be touring during the 2022 season. We're looking at them coming for an extended period of time."

When Sri Lanka's team bus came under a terrorist attack in March 2009, the doors of international cricket remained shut on

Pakistan until Zimbabwe became the first playing nation to play limited-overs series at Lahore in 2015.

Test cricket only returned to Pakistan late last year when Sri Lanka played two five-day games at Rawalpindi and Karachi.

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Malik, Hafeez, Riaz, Amir to receive A category match fees

KARACHI: Senior cricketers Shoaib Malik, Mohammad Hafeez, Wahab Riaz and Mohammad Amir have received a pay boost after being denied central contracts by the Pakistan Cricket Board.

The quartet has been informed that since they don't have central contracts they will now receive match fees in the 'A' category which were previously being paid in the 'C' category.

"The four had voiced their reservations to the board's CEO, Wasim Khan that they are being treated unfairly that despite not being given central contracts they

are not being paid match fees in the highest category reserved for seniors," a well-informed source said.

"Previously after the central contracts were announced and they were not named in the list, they were paid fees for playing for the national team in the 'C' category which was roughly around 200,000 rupees for an ODI and lesser for a T20 international."

The source said that the four will now get match fees in the 'A' category which will be around 460,000 for ODIs and 330,000 for T20s approximately per match.

the board, however, didn't entertain another request from the players as they also be given some compensation for missing out on foreign T20 league contracts because of national duty.

"The board has said that it cannot give any compensation for this and the players have to give priority to national duty," he added.

Hafeez recently suffered a loss of around 10 million rupees for having to pull out of the Sri Lankan premier league after he was named in the touring squad for New Zealand.

PTI

World record holders Kosgei, Yeshaneh add to field for ADHM



PNS ■ NEW DELHI

The Airtel Delhi Half Marathon on Saturday announced the entries of world record holders Brigid Kosgei and Ababel Yeshaneh for the upcoming event, adding lustre to an already star-studded field.

The event is part of the countdown to the World Athletics Gold Label Race.

At the Chicago Marathon in October 2019, Kenya's Kosgei stunned the world when she broke the long-standing women's world marathon record by more than a minute, clock-

ing 2:14:04. Yeshaneh was a distant second on that occasion but still ran a superb personal best of 2:20:51.

However, the tables were turned at the Ras Al Khaimah Half Marathon in February this year when a contest between the pair in the final stages of the race saw Ethiopia's Yeshaneh prevail in a world record 64:31 with Kosgei second in 64:49.

In their most recent outings last month, the 26-year-old Kosgei won the rescheduled London Marathon in 2:18:58 while the 29-year-old Yeshaneh had to contend with misfortune and fell at the World Athletics Half Marathon Championships in Poland, with just over three kilometres remaining, which took her out of medal contention although she recovered quickly to finish fifth.

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Thiem downs Djokovic in instant classic

PTI ■ LONDON

Dominic Thiem became the first player in four years to reach back-to-back championship matches at the Nitto ATP Finals on Saturday, as he earned a milestone 7-5, 6-7(10), 7-6(5) victory against World No. 1 Novak Djokovic.

The 2019 runner-up failed to convert four match points in a dramatic second-set tie-break, but held his nerve to rally in a final-set tie-break against Djokovic at the O2 for the second straight year.

Thiem's victory was his 300th at tour-level and his fifth against a World No. 1. The last player to reach consecutive finals at the season finale was Djokovic (2012-16).

Each set came down to just a few points and it was Thiem who claimed the biggest points in the decider. Thiem increased his aggression to win six consecutive points from 0/4 down in the final-set tie-break and converted his sixth match point with a powerful forehand approach shot. Thiem is only



the second player in 2020 to win a tie-break against the World No. 1. Djokovic entered the third-set tie-break with a 15-1 tie-break record this season.

Thiem has now won five of his seven most recent ATP Head2Head matches against Djokovic, which includes two wins at this event. The Austrian also earned a final-set tie-break victory against Djokovic in the round-robin stage last year.

With his fifth win against Djokovic (5-7), Thiem joins

Andy Murray as the only players to beat each member of the Big Three on five or more occasions. Thiem also owns six wins against Rafael Nadal (6-9) and has triumphed five times against Roger Federer (5-2). Thiem has excelled in match points, having won 10 of 11 in the start of the 2019 ATP Tour season (9-3).

In a tight first set, neither player was able to earn a break point in their opening five return games. As Djokovic attempted to serve short points by coming to the net, Thiem made the crucial move at 5-5. The World No. 3 consistently fired backhands down the line to Djokovic's forehand volley and extracted errors to serve for the set. Thiem converted his first set point with an ace down the T.

Thiem was put under pressure on serve in the second set, but he found his serves to save break point at 3-4 and two set points at 5-6, 15/40. In the tie-break, Thiem held four match

points but he could not convert as errors began to creep into his game. Djokovic served with power and fired a forehand on the line to escape danger on two match points and levelled the match when Thiem drove a backhand into the net.

There were no signs of disappointment from Thiem in the decider. The 27-year-old continued to serve at a high level to stay ahead in the score and reach a tie-break. Thiem committed errors early in the final set tie-break but he charged back from 0/4 with consistent aggression to win six of the final seven points.

Last year, Thiem recovered from 1/4 to beat Djokovic in another final-set tie-break.

Djokovic was attempting to reach his eighth championship match at the season finale and move one win away from matching Federer's record haul of six Nitto ATP Finals crowns. The six-time year-end World No. 1 ends the year with a 41-5 record and four titles.

Women's football camp from Dec 1

PTI ■ NEW DELHI

The Indian women's senior team will undergo its first national camp since the coronavirus-forced lockdown, in Goa from December 1, kick-starting its preparations for the 2022 AFC Asian Cup with a host of health and safety measures.

As many as 30 players have been summoned by head coach Maymol Rocky for the camp. The 2022 edition of the continental event will be hosted in India.

A detailed Standard Operating Procedure (SOP) has been prepared for the resumption of the team training, which lays down numerous Covid-19 protocols and guidelines in an exhaustive manner.

National teams director Abhishek Yadav said the team is eager to return to the field as soon as possible.

"The team is eager to get back on the pitch as soon as possible. The last few months have been unprecedented but we are taking cautious steps to take Indian football forward together."

"The AFC Women's Asian Cup is in sight and we have to

be at the top of our preparations by the time the tournament kicks off."

He stressed that the safety of the team is of paramount importance.

"We have formulated the safety protocols from the protocols laid down by the Ministry of Health and Family Welfare, Government of India; Sports Authority of India (SAI), our medical team and other stakeholders."

The SOP, as prescribed by Indian team doctor Shervin Sheriff, mandates that incoming players and support staff must get a COVID test (RT-PCR) done from an ICMR accredited laboratory prior to their departure from their home towns.

If the RT-PCR test results come negative, they can proceed to travel with necessary precautions.

After reaching Goa, a Rapid Antigen Test (RAT) has to be done and if the result is negative, they can proceed to their respective rooms for seven days of quarantine. They will be tested again on Day 8, before joining training.

the pioneer agenda

In this world,
everyone wants to
know everything
about you, and I
think that's funny
Leighton Meester



FROM THE INSIDE

Accounting for Karma

The law of karma provides a system of justice in which one is rewarded for good karma and punished for bad ones

2



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Know what you are worth

You can't simply blame time or destiny indications for your failure. Better look into your own fault lines

As we learn to live with Covid-19 around, things have been particularly harsh for children who are finding themselves trapped and are struggling to get back to normal, writes KAARTIK GUPTA, as he suggests measures to ensure that our children remain healthy and emerge stronger from this crisis

THE NEW CRISIS POINT CHILDREN'S MENTAL HEALTH

Till now, the year 2020 has been a difficult one to say the least. The Covid-19 pandemic has changed everything around us. How we meet and greet others, type of clothes we wear, how we stand and even sit in public places, how often we go out; basically everything has changed. Months of uncertainty, lockdown, reports of chaos caused due to the pandemic all over media, restricted movements and forced isolations have taken a toll on the mental and emotional health of a large number of people.

As per recent reports, there has been a significant rise in people seeking psychological help over the past few months. Anxiety, Depression, increased incidents of domestic violence, substance abuse, stress due to loss of livelihood and financial crisis, escalation in the number of suicides were some of the grave issues for which people sought psychological help. People of all ages have been deeply impacted due to the changed world order.

As the nation is in a gradual phase of unlock at present, most of the workforce and economy has opened up. People have resumed work with varied work days and shifts. However, children are still stuck at homes. They are unable to go to their respective schools and colleges as Covid cases continue to rise and thus as a safety measure, educational institutions have not yet been given the nod to operate completely. Students, at different educational levels, are forced to continue with online classes. Some have even appeared for online exams, while few others wait for the technical glitches to be sorted. These have been challenging times especially for children as not just they had to adapt to a very different method of learning, they have also been deprived of the fun times they share with their friends in school and college. Those belonging to the lower socio-economic strata have found it even more difficult to keep up with the teaching due to lack of resources like smartphones, laptops and slower internet speed.

Problems faced by children due to the pandemic include:

- **Online learning:** Technological advancements made it possible for students to continue with their studies even from the space and safety of their own homes. Online classes, e-lectures, webinars replaced regular classrooms and lecture halls. However, it came with the side-effects of reduced attention span, virtual absenteeism as students would login for class but would be watching or playing something else rather than listening to their teachers, lack of writing skills as all the assignments or projects had to be virtually completed and submitted. Poor internet connectivity, concurrent online classes of sibling, lack of smartphone also affected the children's ability to attend e-schools/colleges. In addition to this, time-bound assignment submissions and exams heightened the child's anxiety if in case he/she is unable to upload the document for a reason beyond his/her control. Back-to-back classes also affected the children's ability to pay attention to what is being taught.
- **Restricted outdoor activity:** Childhood is a period where an individual grows not just by learning things at school, but also by engaging in play activities with his/her peers. It is a treasured time of the day and almost all children look forward to going out and playing with their friends. But the pandemic forced them to stay indoors and thus restricted their ability to play with friends and siblings. This has been one of the most important factors for children having more psychological and behavioural issues during the past few months. Regular exercise and playing activities ensure adequate production and secretion of endorphins and

growth hormones which are vital for a child's overall health and well-being.

- **Lack of privacy:** With everyone being at home for most part of the day, one's personal space has also been compromised to a certain extent. This is especially true for adolescents as more family time, less time with friends has been tough on some teenagers. Although, many have utilised this time well to bond with their family members, some found it difficult which often led to an increase in arguments and conflicts at home.

- **Increased screen time:** Ask any parent of a teenager or even a child and they will tell you how fed up they are due to their child's excessive phone/laptop usage. Social media, OTT platforms, messaging apps, online games; this cocktail is any parents' worst enemy and ironically their child's go to thing. Excessive screen time has been an issue for a very long time now, but due to the pandemic when even studies started happening online things just went from bad to worse for children and adolescents. As per a recent pre-Covid times study, an adolescent on an average spends around 6-7 hours watching or using phone/laptop screen; much higher than the healthy usage. Children and adolescents are completely hooked onto the screen which has adverse effects on their psychological well-being.

- **Restricted socialisation:** Due to the pandemic, our social interactions and gatherings have been severely affected. Humans are social animals and we need to socialise for us to feel safe and secure. Adolescents and young adults, especially the ones in their last school or college year, are apprehensive if they would be able to meet their friends and teachers properly one final time before they pass out from the educational institutions. Children have reported feeling isolated and lonely during the past few months as they have not been able to go and meet their friends in person.

- **Increased risk of child abuse:** The pandemic has increased the prevalence of many common sources of family stress, placing children at risk of abuse and neglect. As per recent reports, the incidents of domestic violence and abuse had significantly gone up during the lockdown period placing children at a greater risk and adversely affecting their impressionable minds. A child who has been a victim or even a witness to abuse at home can experience a variety of psychological and emotional issues both as a child and even later on as an adult. Providing a safe and nurturing home environment for a child to grow in is each one's responsibility and we need to take adequate steps to ensure the same. Any incident of abuse needs to be reported to the police and Child Welfare Committee so that the child can be immediately secured and the perpetrators be punished.

As the number of new cases has lessened over the past few weeks and we all learn to live with Covid-19 around, things are slowly getting back to normal; a new normal. As a child/adolescent going through any of the above mentioned issues, you can take the following measures to ensure that you remain healthy and emerge stronger from this crisis:

- **Communication:** Talk to your parents, siblings or friends about how you are feeling about the current scenario. Confide in the one you trust. Share whatever you are feeling or thinking about, no matter how trivial you might think it may sound to them. As a parent, be patient and a good listener to your child/adolescent. Hear them out and try to understand what he/she is going through. Encourage them to talk about their feelings, their thoughts, any apprehensions or anything they are worried about. Listen to understand, rather than to reply. Provide a caring, supportive and non-judgmental environment at home for him/her to feel safe and secure at home. Do not

AS PER RECENT REPORTS, THERE HAS BEEN A SIGNIFICANT RISE IN PEOPLE SEEKING PSYCHOLOGICAL HELP OVER THE PAST FEW MONTHS. ANXIETY, DEPRESSION, INCREASED INCIDENTS OF DOMESTIC VIOLENCE, SUBSTANCE ABUSE, STRESS DUE TO LOSS OF LIVELIHOOD AND FINANCIAL CRISIS, ESCALATION IN THE NUMBER OF SUICIDES WERE SOME OF THE GRAVE ISSUES FOR WHICH PEOPLE SOUGHT PSYCHOLOGICAL HELP. PEOPLE OF ALL AGES HAVE BEEN DEEPLY IMPACTED DUE TO THE CHANGED WORLD ORDER

dismiss their fears or thoughts as illogical, even if they seem so to you.

- **Get involved at home:**

Use the current situation to your benefit and try to get involved with some tasks at home. Learn new skills, take up responsibilities and help out at home in whatever way you can.

- **Limit screen time:** It might be difficult with online classes but reduce your screen time as much as possible. Attend classes sincerely rather than trying to multi-task or fool your teacher as you are the only one who'll suffer because of it. Take short breaks between classes. Always sit on a chair or floor and do your work; use your bed only for sleeping. Be mindful of your posture, as long usage of phone/laptop can lead to problems like cervical spondylitis.

- **Read books:** Do not limit your learning only through phone/laptop. Put in the extra effort and prepare through books as well; reading thoroughly helps in concept clarity and thus can be better recalled during exams.

- **Maintain a routine:** Having a structured day will lessen the anxiety or boredom you may feel. Go to bed and wake up at the same time everyday, do some physical exercise for half an hour at least, eat healthy home cooked food. Fix a time for your studies and engage in your hobbies regularly.

- **Socialise but responsibly:** Gradual unlocking of the country has begun and thus it has become easier to meet your friends. Once in a while you can go out and meet your friends for lunch or dinner provided you are following the safety guidelines laid down by the government for prevention of spread of Covid-19. It will be a good change for you and you can catch up with your friends in person after many months. If not

this, you always have the option of being in touch with them over video calls or normal phone calls. The important thing is to be in touch with your loved ones and not be withdrawn or isolated.

- **Avoid substance use:** Teenage is a time when the individual wants to explore and experiment different things in life. The new found sense of independence and an emotional roller-coaster driven by the hormonal changes can tempt one to seek thrill even at the expense of their well-being. Substance or drug use, which can rapidly develop into an abuse, is a major issue which plagues our children and adolescents. With the glorification of such activities in popular songs and movies, it poses a major threat as engaging in such things is wrongly considered to be cool and youngsters give into it just to be a part of a group. Please be advised to stay away from such stuff and use your intelligence and smartness wisely.

- **Seek Professional Help:** If you notice a significant change in your child's behaviour which is affecting his/her personal, social, academic/occupational functioning please be advised to consult your nearest Mental Health Professional like Clinical Psychologist, Child Psychologist, Psychiatrist, Psychiatric Social Worker or Counsellor.

When the going gets tough, the tough get going! Let us all do our bit to ensure that we all emerge stronger and wiser from this pandemic.

The author is a Consultant Clinical Psychologist at AKGSOVIHAMS Medical Centres at Pitampura and Satya Niketan. He provides psychotherapy, counselling, psychological assessment, and de-addiction counselling to people of all age groups



ACCOUNTING FOR KARMA

The law of karma provides a system of justice in which one is rewarded for good karma and punished for bad ones, writes **SANT RAJINDER SINGH**

Karma is like opening a bank account. We have choices on how much money we want to put in to add to our balance or how much we wish to withdraw. We can choose to put different investments that result in interest to increase what we have available in our account. We can also choose to use credit card in which we pay interest on what we spend. The choice is ours to make. Similarly, we have a karmic account. Each day we can choose whether we want to engage in thoughts, words, and deeds that are going to result in good that comes back to us. We can also engage in thoughts, words, and deeds, for which we must pay the consequences. Beyond creating good and bad karmic accounts, we can also choose to do things that create a balance of zero so that we do not have to return to this world to either reap the benefits or pay the consequences.

CAN WE REDUCE OUR KARMA? WHAT ARE NEH-KARMAS?

We can reduce our karmas by living mindfully of the karmic law. That means doing things that do not incur good or bad karma. However, if we are still not living life in a *neh-karma* or karma-less way, it is better to have good karma than bad karma. There are many examples of people who can directly see the rewards that came back to them from a deed of good karma. Many times, we cannot read the correlation between what we have done what we received in return. Sometimes the effects span several lifetimes. At other times, what happens to us is a result of something we set in motion years ago.

Everything we do is recorded in the karmic accounts. There is a strict accounting of our every thought, word and deed. It is wise to make sure that we do not commit any actions, thoughts or words that can rebound to us with consequence. Instead, we must live our thoughts, words, and deeds that are good so that good can come back to us.

CAN WE MAKE BETTER CHOICES TO SPEED UP OUR JOURNEY BACK TO GOD?

However, if we are on the spiritual path, we do not want to return to this world to reap the rewards of what we do. There is a better plan. We can do good but do so without having to come back to reap the rewards. The solution is to do good in the Name of God, without wanting any reward for ourselves. This means we are doing good in the



world, but the credit is being passed on to God. We do not want material gains for what we do. We only want to accumulate spiritual benefits and the love and pleasure of God. These are termed acts that are *neh-karma* or karma-free.

How can this be done? We can have good thoughts, words, and deeds in life but we pass on the credit to God. We do good things because it is the right thing to do, not to make name for ourselves or earn money. We say good things to others because it is the kind and loving thing to do, just out of goodness of our heart, without expecting anything in return. We think good things about others as an expression of the spiritual love we are developing in which we recognise all people as members of the same family of God.

We still do good, but our deeds are selfless without us wanting any material rewards. We do get benefits, but they are of the spirit. These benefits come in the form of spiritual progress, the love of God, earning the pleasure of God, and the burning of our karmas without creating new ones.

Another activity in which we can spend our time without creating more karma is Meditation. When we sit with a still mind we are not creating more karma. Sitting in meditation but think-

THE REALITIES OF THE KARMIC LAW SHOULD SINK INTO US SO THAT WE MAKE BETTER CHOICES IN OUR THOUGHTS, WORDS, AND DEEDS. IF WE WANT TO MAKE SPIRITUAL PROGRESS, THE ROADMAP IS LAID OUT FOR US AND IS OUR CHOICE AS TO WHETHER WE PUT OUR CAR INTO DRIVE AND MOVE FORWARDS, STAY IN NEUTRAL AND REMAIN IDLE, OR DRIVE IN REVERSE

ing critical and hurtful thoughts of others is not karma-less meditation. It is sitting and thinking thoughts that create more karma. That is why *simran* or repetition of the name of God is an important helping factor in preventing karma in meditation.

If we repeat the name of God, our mind is focused and does not have a chance to create karma by thinking negative thoughts against anyone. *Simran* helps us forget the past hurt or future worries, helps us to focus on being in the present moment in which we are meditating to progress on the spiritual journey back to God. The analogy is like keeping our car in neutral at a red light. We are not using up our gas, but we also not moving in any direction.

LAW OF KARMA AND JOURNEY OF OUR SOUL

The soul undergoes a long journey through various forms of creation from the moment it is separated from God until it returns to God. This journey involves transmigration of the soul in which it accumulates karma, a record of all its thoughts, words, and deeds. Karmas accumulated can be good or bad, good thoughts, words, and deeds, or bad thoughts, words, and

deeds. The law of karma, or the law of action and reaction, provides a system of justice in which one is rewarded for good karmas and punished for bad karmas. A soul must pay off all karma to get back to God.

The realities of the karmic law should sink into us so that we make better choices in our thoughts, words, and deeds. If we want to make spiritual progress, the roadmap is laid out for us and is our choice as to whether we put our car into drive and move forwards, stay in neutral and remain idle, or drive in reverse. Our free will means the choice is ours to make.

Let us remember that whatever we do will come back to us, whether good or bad. Let us also realise that others, especially our children, are watching us and will model their behaviour upon ours. Let's be aware of the effect of our thoughts, words, and deeds and ensure that we do not do anything that will come back to us as karmic debt in the future. It is better if we do everything good in the Name of God without wanting any material rewards. In this way, we will not be creating karma and we will find that we will wind up our karmas, reunite with God, and enjoy eternal peace and happiness.

The writer is a spiritual leader



HIDDEN SOULS
PRAMOD PATHAK

Rama's lessons to remember



The legend goes that Diwali is celebrated to mark Lord Rama's return to Ayodhya after slaying Ravana. We have been celebrating Diwali for ages. But it is important to remember that more than Rama's victory, it is the values he stood for that needs to be recapitulated and imbibed. Lord Rama lives not only as an incarnation of God born to end evil prevailing in the world during those times. Lord Rama lives as *Maryada Purushottam*, the noblest among human beings who stood for certain values and principles, rather epitomised them. Let this Diwali remind us of those values and, may be, give us the will and the ability to practise those. Rama and *Ramayana* need to be the source of strength and sustenance for us to practise righteousness. Thinking of those principles that Rama stood for may then be a timely reminder to help us reinvent ourselves. The sum and substance of Rama's character lie in this one story that has been narrated and recounted time and again. The story goes that when Rama returned to Ayodhya after killing the mighty demon king, who was the most powerful of the kings on the globe in those days, people were dismayed. So the citizens of Ayodhya asked out of disbelief how Rama could kill someone as invincible as Ravana. The reply that the Lord gave is worth pondering over. Lord Rama very humbly said that I did not kill Ravana. It is the 'I' that killed Ravana. I, the bloated ego doused in arrogance. It was the ego of Ravana that proved his undoing. In fact, one big difference between Rama and Ravana was humility. Rama was humility incarnate whereas Ravana was all pride and haughtiness. In the present times, what we are seeing all around us is that humility as a value has become almost extinct, and arrogance and pride are driving human behaviour. Even the corona impact has not done much to dampen the human ego, though it did show man his place. Rama's principles were driven by ethics. This, however, was also shown by all his kinsmen, but Rama still stood apart. He not only chose to keep his father's promise even though he could have avoided it, given the ground swell of opinion that was in his favour. Look how people conduct themselves to retain power today. What happened in the US Presidential election is a pointer. Prudence and ethical wisdom are two entirely different things. Prudence is about knowing which side of the bread is buttered while ethical wisdom is knowing when to say no to the buttered side. Even when Rama was in exile, his brother, Bharat, and people of Ayodhya pleaded to him to reconsider his decision. But that did not deter him from his principled resolve. Rama's commitment to carry out his father's promise even after the latter's demise is a lesson in values. Rama's pursuit of *dharma* was above everything. And the entire *Ramayana* reflects this. Rama knew the essence of *dharma* and he also had the will to uphold it. He was an ideal representation of man who combined values, virtues and vision. Rama's victory over Ravana is certainly to be rejoiced. But his principled conduct offers more valuable lessons. Pathak is a professor of management, writer, and an acclaimed public speaker. He can be reached at ppathak1sm@gmail.com

Find your peace post a fight

If we handle our disagreements in the right way, we can help our own selves to bounce back and emerge with a stronger bond, says **DR ANJU SHARMA**

Disagreements can arise in any relationships. The consequence of such disagreements sometimes leads to arguments, that are the worst moments to come across. But if we handle such situations in the right way, we can help us to bounce back with a stronger bond. Here are some tips to deal with anxiety after arguments with loved ones:

GIVE SOME TIME AND SPACE

After an argument, you should give some time and space to each other. This is important to resolve the conflict. To avoid further heated arguments, give a breathing room by stepping away for a glass of water or a breathing exercise. This will give time to calm down the emotionally charged up individuals.

FIGURE OUT THE ROOT CAUSE OF ANXIETY

When you are away from your loved one giving time to cool down, try to understand the reason behind the other person's behaviour. If they are being anxious, then understand what triggered their anxiety level and what you can do to calm down the situation.

COMMUNICATE, DO NOT ARGUE

When the time is right, extend the olive branch. Talk to each other calmly and discuss each other's point of view. Talking and apologising to each other means that you acknowledge that both of you have been hurt and want to heal the relationship.

BE A GOOD LISTENER

During the fight, both the individuals are trying hard to get their respective point across and this makes the situation worse. To resolve the argument, try to listen to your loved ones' perspective. If you still disagree with the other person's perspective, then you can acknowledge their emotional hurt and



pacify with statements like 'I am sorry (topic) made you feel bad'. Most importantly, do not get into defensive mode when the other person is speaking about your role in the argument.

HUG AND MAKEUP

One of the most important steps is before or while communicating, hug the

person and rub the spinal cord. Massaging the spine will help in the flow of hormones and calms down the cells of the body. It relaxes the stressed muscles and the person will settle for better communication.

The writer is a renowned Psychic reformer, Sound & Energy Master, Wellness-Holistic Coach and the founder of Musical Healing Band, Sound of Infinity

Ten questions to ask self

For good life, we need God's blessings. There is no other way to exist well, writes **AJIT KUMAR BISHNOI** as he encourages us to look within

There are some questions that each one of us must answer for our own well being. The first question being: "Do you accept that you are small?" If you don't, you are far removed from reality. For example, if you consider yourself very big or important and you come down with a contagious disease. Just watch the reaction of all near and dear ones. They will try to help surely but only after making sure that they are safe. The wise persons take shelter of the omnipotent God. I do so because I have realised that without a good connection with God, I am helpless.

The next question is: "Are you part of the creation or an independent entity?" Lord Krishna states in the *Bhagavad Gita* that we all are parts of God (15:7). He knows because He is the creator. When you accept this fact, then, others become equally important to you. You need to cooperate with them. Only then, you will get their help. The third question is: "If you don't, then, can you exist on your own?" My experience tells me that I cannot. It has been estimated that human beings need help from upwards of twenty persons to exist well on a daily basis. The fourth question is: "Do you know everything you need to know?" Only a silly person would answer in the affirmative, because there is so much knowledge. Therefore, wise persons take shelter of the omniscient God, who provides the required information through intuitions, etc. or arranges through some other sources like human beings, media, etc.

The fifth question is: "Can you do whatever you desire?" My answer is a firm no. I am very limited in what I can accomplish on my own. Therefore, I have chosen to take shelter of God, and



I seek His help very frequently. God guides and helps as only He can. Suppose I need some favour from some person and he is not keen to oblige. God can and does change that person's mind if God feels that it is for general good, not just for my selfish reasons. The sixth question is: "Can you control results?" Unfortunately, the answer will be in negative mostly than positive, such is the nature of this changing world. Therefore, Lord Krishna has instructed us to not try to predetermine result. (2:47) But one thing is certain and that is one can cross all impediments by God's grace, which can be attained by developing God consciousness. (18:58) There are many ways the same can be achieved.

The seventh question is: "What does taking shelter mean to you?" To me it means turning to God and praying for His guidance and help for whatever is troubling me. God is very merciful. He guides and helps. The eighth question is: "What do you really want

in life?" One seeks the benevolence of God so one's family should remain healthy, peaceful and happy. The ninth question: "What does the word protection mean to you?" We need to be safe from whatever could threaten us, on which we have no control. For example, we need assurance that no one should physically harm us. That brings us to the last question: "Can you gain at will whatever you need by way of resources to exist well?" The answer has to be a firm no, because we need so many types of resources throughout our lives. However, God has promised in the Gita that for His advanced devotees. (9:22)

What did you learn by answering these questions? My experience tells me that for a high quality of life, I need God's shelter. I have found no other way to exist well. God must guide and help me at all times. For me, this is an absolute necessity.

Bishnoi is a spiritual writer and can be reached at spiritual@ajitbishnoi.com

Women in a just society in New India

"The awkward fit of theory to actuality is most vivid for poor women in poor economies. These women may depend on others, but lack the supposed securities of dependence. They are powerless, but are often providers. They are powerless, yet others who are yet more vulnerable depend on them for protection. Their vulnerability reflects heavy demands as much as slender resources."

— Philosopher Onora O'Neill

Concerns about inequality and injustice women face in various societies don't require a league consisting only of economists and policy-analysts. Both historically and contemporarily, philosophers and literary figures world over have reaffirmed their interest through their characters in these overwhelming problems. I will like to initiate this article by bringing into picture two characters. Sissy Jupe from Charles Dickens's novel *Hard Times* and Vasilisa Arsenyeva from Salman Rushdie's novel *The Golden House*. One may wonder what these novelists writing in different centuries have to do with women and a just society. Both Dickens and Rushdie in their own way handled hard facts of life with an unfailing appeal to their readers.

Mr M'Choakumchild was exploring Sissy's knowledge about national prosperity. "Now, this schoolroom is a Nation. And in this nation, there are fifty millions of money. Isn't this prosperous nation, and ain't you in a thriving state?" Sissy pleaded ignorance but nevertheless explained her ignorance. She said she could not answer the question unless she knew, "Who had got the money, and whether any of it was mine." Obviously Sissy Jupe, not happy with sad affairs of distributive justice chose to lament it.

Rushdie, in *V Arsenyeva*, finds a different version of a woman. Rushdie captured her emotions while she delivered a monologue on poverty, love and need. Let me quote from her monologue. "Please, I require no sympathy regarding the poverty of my origin... Poverty is a disgusting condition and to fail to emerge from it is also disgusting. Fortunately I excelled at all things both physical and mental and so I have been able to come to America... I know my presence here is the result of my labour... The past is a broken cardboard suitcase full of photographs of things I no longer wish to see. I am the general of myself and my body is the foot soldier that obeys what the general commands."

The two characters share some commonalities. First both are women: one a young school-going girl and the second *V Arsenyeva*, a relatively older Russian girl with origin in Siberia, and living in America. Next both concern themselves with resources: their distribution and empowerment. Both characters, through their outpourings, set the ball rolling: an emotive story of real agony and anguish of a little girl who would be a woman a few years later and a young woman who was a little girl a few years earlier. Sissy for her age was quite wise; poverty taught her wisdom from very early stage of childhood; it gave her far-sightedness early in life. She could distinguish between finer nuances of micro and macroeconomics and had no qualms in believing macro influence did not so much convert itself into micro affluence and socio-economic comfort. The monologue of *V Arsenyeva* is a reflection on overcoming paucity of resources and ignorance by dint of 'great self-discipline' and the acquired ability to 'build a house' so that 'one can live in it (this being an example)'. Sissy lamented lack of empowerment. *Arsenyeva* believed in self-determination and relentless pursuit of her dreams.

Both these women used their experiences to remind the world it fell short of being completely just. History bears us out the world has always fallen short of being completely just particularly when it comes to women. The exclusion of women outside the realm of opportunity to partner in building prosperous societies and economies is denial of a just society to them and others too.

Much work both in theory and practice has been done for exploring the methods to improve the lot of the weak, the exploited and the marginalised. Looking at the recent history of empowerment, the world has taken place at World Institute for Development Economics Research in Helsinki in 1988 to deliberate upon issues like what is meant by 'quality of life', and the requirements in terms of socio-economic policy for improving and ultimately achieving it there-



by empowering the deprived ones, started a lively discussion on way ahead. Helsinki conference unequivocally stressed on the need to assess a number of distinct areas of human life in determining how well people are doing rather than measuring quality of life by hinging on single index of per capita national income.

From Helsinki conference the world travelled through Millennium Development Goals and reached in 2015 more comprehensive and inclusive Sustainable Development Goals (SDGs). Goal 5 of Sustainable Development Goals 2015 aims to eliminate all forms of discrimination and violence against women in the public and private spheres and to undertake reforms to give women equal rights to economic resources and access to ownership of property. Descent work, equal access to education, and representation in political and economic decision making processes are the rights women must enjoy. Investment in the empowerment of women results not only in making progress on Goal 5 of the Sustainable Development Goals but also in fuelling sustainable economic development. Let us have a look at Indian scenario.

On August 14, 1947, Jawaharlal Nehru reminded the nation about the task ahead i.e. "...the ending of poverty and ignorance and disease and inequality of opportunity." But unfortunately for close to six decades (which indeed is a long period) the tasks identified by Nehru remained largely unaccomplished with not much success. Many countries like Cuba, South Korea, Taiwan, Thailand, Costa Rica, etc, following different growth strategies could achieve huge reduction in human deprivation and inequality. In these countries much stress was laid particularly on expansion of basic education and health care. India's performance was certainly not worth bragging about and not very enthusiastic in the field of opportunities for women and their empowerment. When it comes to women, where does the problem lie particularly in traditional societies like ours?

Julia Annas, Professor of Philosophy, Columbia University, in an essay titled 'Women and the Quality of Life: Two Norms or One?' tries to answer above question by analysing the existence of 'two actual norms for human life'. She gives examples from traditional societies where certain practices have withheld benefits accruing to women. For example, unfortunately it is still believed that resources should not be 'wasted' on educating daughters. The reason adduced for

this as cited by Annas is "...the women in the traditional society, with their domestic futures, don't desire education." Annas further gives similar examples like, to quote Annas, "...women may justly be kept from participation in public life because they are more self-centered and less capable of impartial thought than men." This example shows how such reasons adduced result in various assertions of differences between men's and women's natures. Annas ridicules this reasoning and asserts that 'superficial desires' as compared to 'informed desires' where all positive aspects of education are known to women must recede and thus women will show desire for education. What the learned philosopher means is, "...injustice results from the existence of two norms", and harps on mitigating superficial desires "resting on an unreflective view of their circumstances."

Even now it has been a known practice in many households that the woman who cooks food is the last to eat it and that too whatever meagre is leftover. They are not expected to complain and they are ever ready to confess that their nutritional status and physical health are good even when they have physical ailments. Thus desires adjust to deprivation and division of functions. This sort of exclusionary neglect needs immediate attention and equipping women with adequate information not justifying 'superficial desires' is the first crucial step towards eliminating cases of exclusionary neglect. Annas rightly concludes in any society gender issues are not focused on women alone but the relationship between men and women.

Current efforts afoot in India under the visionary leadership of Prime Minister Narendra Modi reflect on concerns expressed by philosophers like Professors Julia Annas and Onora O'Neill. Narendra Modi has visualised through his vast experience as leader of Gujarat and afterwards the nation the use of comparative perspective by going beyond the limited.

For example, the need to understand the nexus between social conditions and economic opportunities has been properly appreciated. He has realised the crucial linkages between creating basic educational facilities and opening up of new economic opportunities and expanding the scope for better use of labour and skills. Most importantly, it has also been recognised that social opportunities are influenced by a host of factors like the state of health and educational services, the nature and availability of finance, the presence

of markets, including policies to promote and restrict these markets, presence of middlemen in markets and very importantly gender injustice. Therefore, the Prime Minister insists on unified approach to empowerment and this is reflected in various programmes launched by present Government.

The commitment of India to implement the Sustainable Development Goals was spelt out through the speech and commitment made by Prime Minister of India at the UN Summit for the adoption of post 2015 Development Agenda. In his speech the Prime Minister said, "Today, much of India's development agenda is mirrored in the Sustainable Development Goals." Further with reference to empowerment, he said, the attack on poverty includes not only expanded conventional schemes of development, but also a new era of inclusion and empowerment, turning distant dreams into immediate possibilities. He further spoke about new bank accounts for 180 million; direct transfer of benefits, micro enterprises and micro finance, drawing on the strength of digital and mobile applications with the focus on basics, housing, power, water and sanitation for all. These are important not just for welfare, but also human dignity. Development is intrinsically linked to empowerment of women and it begins with a massive programme on educating the girl child that has become every family's mission.

He clarified these are goals with a definite date, not just a mirage of hope. Thus the broad agenda towards empowerment with reference to SDGs in India is set.

The Prime Minister's constant emphasis on inclusion and inclusiveness is at the root of developmental efforts progressing in India. Sincere, honest and transparent efforts to achieve overall development for all with no exceptions are clearly visible. The Prime Minister's historic speech makes it amply clear that overall human development has much to do with making structural changes to conquer the inequities and exploitations that characterise society. This in turn constitutes an efficient and effective blend of meeting 'basic needs' and equipping people with 'capabilities'. Efforts aim at planning and intertwining capabilities created now with a bigger expansion of capabilities in the future. Possible conflicts between immediately enhancing capabilities i.e. meeting basic needs and long-term expansion of capabilities in the future i.e. economic prosperity cannot be ruled out and

need be addressed in time.

Though SDGs cover all human beings, for the purpose of this article and due to paucity of space, I will limit myself with some important schemes launched in recent past to enhance opportunities for women empowerment.

The Government of India has recognised, amid others, two important ways to empower women: Economic empowerment through participation in economic activities and opportunities and second through mitigation of educational deprivations. The schemes chalked out and implemented broadly address these requirements and thereby endeavour to ensure that women gain equal rights, opportunities and access to resources. The first and foremost thing is their safety, security and economic empowerment. Towards that end, schemes like Mahila Police Volunteers (MPV) envisaging engagement of Mahila Police Volunteers in States/UTs who act as a link between police and community and facilitate women in distress; Pradhan Mantri Ujjwala Yojana empowering women below poverty line and protecting their health by providing LPG cylinder free of cost.

Working Women Hostel (WWH) ensures the safety and security for working women by providing safe and conveniently located accommodation. Pradhan Mantri Sukanya Samridhi Yojana aims at economic empowerment of girls by opening their bank accounts and enabling their parents to save funds for their female child's education and marriage. Under this scheme the account can be opened at any post office or a branch of an authorised commercial bank in India between the birth of the girl child and till the age of ten by a parent or guardian. The account offers 8.6 per cent interest with the girl child able to operate the account once she is ten years old and the account allows for fifty per cent withdrawal at the age of eighteen for higher education. Pradhan Mantri Awas Yojana aims at prioritising housing for women. Launched in 2016, Mahila-E-Haas is a bilingual marketing platform intended to help aspiring women entrepreneurs, NGOs and self-help groups to showcase their services and products. Mahila Shakti Kendra was launched in 2017 to provide women with opportunities for skill development, employment, health, nutrition and digital literacy.

Each Mahila Shakti Kendra working at National, State, District and Block levels, provides an opportunity to women to approach the

Government for their entitlements through capacity building and training. Beti Bachao, Beti Padhao Yojana that came into being in January 2015, drives at generating awareness and improving the efficacy of welfare services for girl child. Most important components of the scheme include addressing the issue of declining child sex ratio, gender-based sex-selective eliminations and protecting survival, protection and education of the girl child.

These schemes resonate well with the sustainable targets on gender equality and are marked by inclusionary coherence. For example, the Government has identified ending violence against women and providing security and safety to women as a key national priority. Beti Bachao Beti Padhao scheme aims at equal opportunity and education for girls; Sukanya Samridhi Yojana aims at prosperity of girl child and Janani Suraksha Yojana provides safe motherhood intervention under National Health Mission with the objective of reducing maternal and neo-natal mortality among poor pregnant women.

The most novel feature of these schemes is generally these don't flow from a common perception that problems faced by women are cases of more general difficulties of the deprived and marginalised population. Each and every scheme with its distinct identity and full-fledged mission is intended for girls and women and aims at establishment of a just society for women without any discrimination.

The crux of recent efforts in India in the field of women empowerment is reduction of women inequality and injustice by providing them resources and opportunities and equipping them with decision-making power including political powers. Onora O'Neill suggests, "a serious account of justice cannot gloss over the predicaments of impoverished providers in marginalised and developing countries." That is an important lesson for policy makers who plan for creating a just society or making society less unjust. An emerging New India very well addresses the issue raised by Onora O'Neill. The concept of a just society is firmly embedded in the multi-peaked idea of a New India.

(The writer, a retired Additional Deputy CAG, is a poet, writer and columnist. His fourth book 'Soliloquy of a Small-Town Uncivil Servant', a semi-autobiographical account, published in 2019 by Rupa Publications, New Delhi, has been getting international acclaim.)

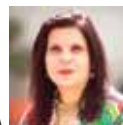
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KK SRIVASTAVA


**YOUR
WEEK
AHEAD**

MADHU KOTIYA

**ARIES** March 21-April 19

This week is all about right action at any given moment. You may feel you are the master of your destiny. You have a shining personality and are likely embark on a new path. By being in tune with the environment and with others, you never go wrong with the judgment. Professionally, there is a good chance of realising your potentials and opportunities. There is a need to be attentive and alert. For some of you, a feeling of stagnation, dissatisfaction is taking a toll on you. Your career is on the stake. There is a need to socialise, and to reconnect with the people. Connections and conversations sometimes prove rewarding. On the personal front, a new love interest is possible. The existing relations will bloom too.

Lucky number 12
Lucky colour Peach
Lucky day Tuesday

**LEO** July 23-Aug 22

This week health looks promising. This is a great time to try a new health care approach, especially preventative care. Exercise, eat well, and make sure that you get enough sleep. Don't hesitate to try a new healer or seek a second opinion, should the need arise. On the career front, additional duties and responsibilities may cause work pressure to increase. If you are in such a situation, don't hesitate to ask for help or delegate workloads. This way your efficiency will increase and the outcome will be decent. On the personal front, you will enjoy unconditional love and affection this week. There is purity in relationships. Those looking for love, soul mate in their life, this is the time to embrace the opportunity with open arms.

Lucky number 15
Lucky colour Sky Blue
Lucky day Thursday

**SAGITTARIUS** Nov 22-Dec 21

This week you will feel healthy, free and may experience a change of perspective. Negativity replaces optimism. New possibilities can be foreseen. This is also a time to utilise your creative energies. On the work front, you will find great success. Promotion or hike in status is very likely which will make you confident, secure and well-established. You are self-disciplined, energetic and would exert dynamic control over life. You are a motivator and an inspiration to your colleagues. This is the time when your intelligence, wisdom and experience will pay you rich dividends. On the personal front, your dynamic personality exudes charm. Love is in the air. Appreciate your spouse. Sweet words will rejuvenate your relationship.

Lucky number 18
Lucky colour Silver
Lucky day Wednesday

**TAURUS** April 20-May 20

This week your passion for creative pursuits will consume your time and energy. You spend your time fruitfully. You are inspired and productive in your pursuits. There is satisfaction and a positive environment surrounds you, helping you to enjoy the bliss of good health. On the career front, there is a wake-up call for you to change yourself for the better, to get the realisation, to get over the period of your job, but misunderstanding. Do not stress over things. Stop thinking too much and start letting things simply be. Wait for the good times. On the personal front, you have to be presentable, witty, enthusiastic and ready to win the heart of your loved one. There could be challenges, accusations and your spouse may be demanding.

Lucky number 14
Lucky colour Green
Lucky day Thursday

**VIRGO** Aug 23-Sep 22

You are healthy, smart and reflect a good personality this week. You prefer to stay active and are constantly attempting to make things happen. You know how to utilise your skills to create the world you want. Your skill of being able to talk your way through and adaptability to any situation is at its best. On the work front, you may feel stagnated. If you feel there is no chance of growth in the present organisation that you are working with, then consider switching your job. The time is right. You are a creative and logical person. You would be an asset to any company. Just realise your potential. On the relationship front, you will enjoy an entertaining and rewarding week. You will spend happy and quality time with your loved ones.

Lucky number 19
Lucky colour White
Lucky day Tuesday

**CAPRICORN** Dec 22-Jan 19

This week some water-borne diseases may trouble you. You are a sensitive person, therefore, keep yourself safe from any kind of infection. Alcohol, unsafe water, injuries should be avoided. If you feel physically low, take timely action. It is not advisable to ignore your health. On the work front, a recent period of confusion could be the reason for your current conflict. You feel indecisive, under-confident as a person. You need to come out of illusion and false intuitions. There may have been misdoings, but they will eventually be revealed. There are internal conflicts that need to be resolved soon. On the personal front, you will feel optimistic, upbeat, and hopeful about your relationships. Committed relationships may rise to new and better heights soon.

Lucky number 8
Lucky colour Magenta
Lucky day Friday

**GEMINI** May 21-June 20

This will be a very hectic week for you. Do not get physically violent, otherwise, you could hurt yourself. You are highly perceptive and intuitive too. You need to control your emotions and ambitions. Avoid aggression and any kind of arguments with the people around you. On the professional front, there may be serious problems at your workplace. This doesn't have to be the end of the world or the end of your job, but ignoring these problems will not make them go away. You have reached a point where you can now see what is best for you. Take some quiet time to decide your next move. On the personal front, this is a very good week for you. Warmth and affection of the near and dear ones will increase.

Lucky number 20
Lucky colour Mavue
Lucky day Monday

**LIBRA** Sep 23-Oct 22

This week you need to get a thorough check-up of your health. Stress may be overpowering you and be causing health problems. Be sure that you are paying adequate attention to diet, exercise, and sleep. Keep a positive attitude. You may need some time alone. You will find depth and wisdom in solitude. On the career front, you have excellent energy to accomplish work. Financially you will feel secure. The money will come from more than one source. You may consider investing in property at this point. A new project could be assigned to you, making you busier and financially richer. The week is not very good in terms of a relationship. Troubles may arise in existing relationships. You tend to find faults in your partner. Trust and faith are missing. Work on this aspect.

Lucky number 11
Lucky colour Beige
Lucky day Sunday

**AQUARIUS** Jan 20-Feb 18

This week you are sentimental, emotional and may get worried over small issues. Physically you remain healthy, but mental tension, anxiety could cause concern. You may even turn moody, temperamental, and unsocial. You wish to be left alone. Spiritualism, meditation and other yogic practices could help you gain your balance. On the work front, you have to put your best foot forward. Whether it is your energy, time or money investment, you have worked with full dedication and now waiting for the dividends. A good message which could enhance your career is foreseen. On the personal front, relationships are smooth and easy-going. People around you feel relaxed. Romance, love and a new excitement are in the air.

Lucky number 2
Lucky colour Pink
Lucky day Sunday

**CANCER** June 21-July 22

This week you will experience new energy, stamina with good health. You are a very positive and rounded person. Put your energy in creative pursuits. You never know what your creations during this time might come to. You will enjoy yourself and this task will deepen and enrich your life. On the career front, some old acquaintances may prove beneficial for your professional life. If you are looking for a job, old connections, associations will bring a smile on your face. Recommendation and favour will work well for you, giving you an upper hand. Open your eyes, be alert, and remember lost opportunities are never regained. On the personal front, relationships may be troubling, and you will feel frustrated. The unhealthy mind of your near and dear ones may hurt your feelings.

Lucky number 6
Lucky colour Purple
Lucky day Friday

**SCORPIO** Oct 23-Nov 21

This week your determination and strong will power would help you overcome health challenges, and put you in the right direction for a disciplined life. Alcohol, junk and spicy food should be avoided. Routine exercises, morning walk and planned diet would work wonders for you. Stick to it. Timely medical care will cure you of your existing ailments. Professionally, you will establish your strength. This is a rewarding week in terms of your profession and job. People will listen to you and respect your views. Those who are in a job may have the reason to feel pride after the accomplishment of an important project. On the personal front, you feel blessed, looked after and share cherishable moments with the loved ones.

Lucky number 13
Lucky colour Brown
Lucky day Saturday

**PISCES** Feb 19-March 20

This week your generosity, kindness, concern, and care for others would be appreciated. Health remains good for you, and you may devote good time in looking after your ailing parents, relative or a friend. You are likely to follow meditation, Yoga and Pranayam and other practices. You feel relaxed, calm, and in tune with your body, mind, and soul. On the career front, expect fairly a good period. New avenues for money earning could be opened for you. A new job opportunity with better prospects will excite you, and those who are unemployed will be getting an opening for themselves, too. Old connections and association will be helpful. On the personal front, prestige, glory, and status in the society shall enhance. Relatives will appreciate your endeavours.

Lucky number 7
Lucky colour Grey
Lucky day Saturday

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**ASTROTURF**

BHARAT BHUSHAN PADMADEO

Know what you are worth

A girl was vying for an Engineering course. She, however, could not get through her 12th examination in the first attempt. In her second attempt, she scored good marks but could not get through the Engineering entrance test. Frustrated, she came along with her father asking: "Sir, I wish to take up Engineering course. Please suggest a *puja* that may help me successfully get through entrance test next year."

"Instead of wasting one whole year, waiting for another chance to get into Engineering, why don't you look for another alternative options available?" I asked. "Sir, I am good at Mathematics and other Science subjects. So, I can do well in this discipline," the girl responded. "If I look at your track record, you failed your 12th examination, scoring poorly in Mathematics. Of course, you improved your score in your next attempt. But have you analysed why you failed in your first attempt?" I asked. "May be my time was bad," she replied.

Well, you can't simply blame time or destiny indications for your failure. Better look into your own fault line. A look at your chart reveals that the basic reason for your failure has been lack of

focus. Your monkey mind keeps flirting with varying ideas, which you keep breeding non-stop. Being so deeply engaged in those thoughts, mostly irrelevant, your mind doesn't allow the space necessary to be focused towards your studies. Consequently, you fail to absorb what you have studied, and with obvious consequences. This inherent habit tendency will chase you even in the future, not allowing you time and mind space necessary to do justice to your studies, unless otherwise consciously addressed.

It will not be out of place to mention here that consistency is the key to any discipline of science. One missing link in between, and you are lost. But there are subjects, which you can absorb well with just a short spell of attention. Better look for other options that you can cope with. The problem these days is that often children, and even their parents get drawn towards the ongoing trend. If Engineering followed by Management is the going thing, parents get tempted to push their children towards that course. Seldom do they care to identify child's indwelling potential. Often desire trend comes in conflict with inbuilt potential. Consequently, the child fails to put in



one's qualitative best, and when they fail to make it to their desired destination, they end up frustrated.

"Agreed Sir, I realise that I lack focus. But isn't there a *puja* that can help me overcome this weakness?" Asked the girl. Well, the problem is with your mind-trend. So, it can be corrected through a mental process only. And habit dies hard. So you need to continuously work upon your inherent infirmities. It is difficult to digest that a *pundit* can enter your mind space by conducting a *puja*, to make necessary amend. You can yourself do it better by following a method I am going to suggest.

Whatever discipline you take, focused attention will always help you. But at the same time, you should also check upon your own worth. "What does the chart suggest?" asked the girl's father.

Lagna lord Mars is in the *lagna* itself that makes out a very strong headed girl and stubborn also. Incidentally Mars happens to be the 3rd cusp sub-lord, identified with natural inclinations.

Mars occupies the constellation owned by Mercury, which is placed in the 7th house. Linkage of Mars to Mercury suggests that she would be inclined towards Engineering. But Mars being opposite

Mercury means that she is a restive character. She suffers from attention deficiency.

Mercury is placed adverse to mischievous Neptune as well, which accounts for her insensible reasoning and judgement. Mind signifying Moon is positioned in an airy sign Libra, and placed adverse to Rahu. So, she though has a fertile mind who would be continuously breeding thoughts, but shall be engaged in unnecessary brooding and contemplating over them. With this state of mind, you can't do justice to the callings of Engineering or any science discipline.

To figure out a course corresponding to her inherent worth, the 4th cusp coordinates will throw light. 4th lord Saturn is in a Venus owned sign Taurus. The constellation lord is Jupiter in a Mercury owned sign Gemini. The 4th sub-lord is again Venus. Saturn, Jupiter, Venus and Mercury seen in togetherness point to Commerce, Insurance, Psychology, philosophy, and office management.

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