

**WORLD 5**  
TYPHOON LEAVES 31  
DEAD IN PHILIPPINES

**MONEY 6**  
POWER MIN URGES STATES  
TO BE FINANCIALLY VIABLE

**SPORT 7**  
KL RAHUL TO BE VICE-  
CAPTAIN FOR SA TEST SERIES

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# sunday pioneer

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## Omicron cases doubling in 1.5 days, warns WHO

'Hospitals could be overwhelmed in some places'

PNS ■ NEW DELHI

Painting an alarming scenario, the World Health Organization (WHO) has said the hypermutated Omicron coronavirus strain cases are doubling in just 1.5 to 3 days in areas with community transmission. As cases soaring, it warned, hospitals could be overwhelmed in some places.

Omicron is spreading rapidly in countries with high levels of population immunity, but it is unclear if this is due to the virus's ability to evade immunity, its inherent increased transmissibility, or a combination of both, the WHO said in an update on Saturday. Omicron, designated as a variant of concern, has been identified in 89 countries across all six WHO regions as of December 16, the world's top health body said.

In India, a total of 11 States and Union Territories have registered 111 cases of Omicron in the past 15 days.

"There are still limited data on the clinical severity of Omicron," the WHO said. "More data are needed to



People gather to protest against Italy's Covid-19 Green Pass in Turin, Italy, Saturday. Nations across Europe are moving to reimpose tougher measures to stem a new wave of Covid-19 infections spurred by the highly transmissible Omicron variant

understand the severity profile and how severity is impacted by vaccination and pre-existing immunity."

It added, "There are still limited available data, and no peer-reviewed evidence, on vaccine efficacy or effectiveness to date for Omicron."

"Hospitalisations in the UK and South Africa continue to rise, and given rapidly increasing case counts, it is possible that many healthcare systems may become quickly overwhelmed," it said.

Continued on Page 2

Delhi logs 86 fresh Covid cases, highest in over 5 months

New Delhi: The national Capital on Saturday recorded 86 fresh Covid-19 cases in a day, the highest in over five months, and zero death as the positivity rate stood at 0.13 per cent, according to data shared by the city's health department. On July 8, Delhi had reported 93 coronavirus cases. The rise in cases is being recorded amid the Omicron scare in Delhi as the total number of patients infected with the latest variant of coronavirus jumped by 12 on Friday to reach 22.

## WHO issues emergency use listing of SII's Covovax

New Delhi: The World Health Organisation on Friday issued emergency use listing for anti-Covid vaccine Covovax produced by Serum Institute of India under licence from Novavax, expanding the basket of jobs validated by the global health body against the viral disease.

Adar Poonawalla, the CEO

of Serum Institute of India (SII), hailed WHO's decision as "yet another milestone" in the fight against Covid-19.

"WHO issued an emergency use listing for Covovax, expanding the basket of WHO-validated vaccines against Covid-19," the world health body said in a tweet on Friday.

## North India shivers, more in store; season's lowest in Delhi

PNS ■ NEW DELHI

The mercury further plummeted below freezing point in several parts of north and northwest India on Saturday amid a cold wave. Delhi recorded a minimum temperature of six degrees Celsius, the lowest this season so far, according to the India Meteorological Department (IMD).

The IMD on Saturday said cold wave to severe cold wave conditions are prevailing in some parts of north Rajasthan and Punjab and cold wave conditions in isolated pockets over Jammu & Kashmir, Ladakh, Gilgit, Baltistan & Muzaffarabad, Himachal Pradesh, Haryana, north Rajasthan, and north Madhya Pradesh.

In Delhi, the maximum temperature is likely to settle around 20 degrees Celsius and light fog is expected during the day. The minimum temperature was two notches below the season's average on Saturday, the IMD said.

Srinagar, Ganganagar, Narnaul, Pahalgam, Churu, Ranichauri, Drass and Amritsar witnessed severe cold wave conditions as mercury plummeted several degrees on Saturday. The IMD has issued a cold wave warning for many parts of Rajasthan and a yellow alert for cold waves has also been issued in Uttarakhand from December 18 to 21.



A homeless family rests on a pavement to brace the cold wave in New Delhi on Saturday

Dras saw an intensely cold night as the minimum temperature was at minus 19.1 degrees Celsius, followed by Pahalgam minus 8.3 degrees Celsius, Srinagar minus 6 degrees Celsius, Fatehpur minus 3.3 degrees Celsius, Ranichauri minus 2.7 degrees Celsius, Churu minus 1.1 degrees Celsius and Amritsar 0.1 degree Celsius.

A yellow alert for cold waves has also been issued in Uttarakhand from December 18 to 21. According to the IMD, the lowest temperature in the State on Friday was recorded in

Ranichauri (-2.7°C), Mukteshwar (0.2°C), Mussoorie (0.9°C), Pithoragarh (0.9°C), and New Tehri (1.4°C).

"In addition, dry north-westerly winds of about 10-15 kmph and markedly below normal maximum temperatures are prevailing over Punjab, Haryana and north Rajasthan since past 3 days enhancing the adverse impact of cold wave conditions which are likely to prevail during next 3 days and improve thereafter," the IMD said.

The drop in the night temperature by several notches

was recorded across Kashmir. The cold has left waterbodies in the upper reaches frozen. Ski resort of Gulmarg recorded minus 8.5 degrees while two days ago, the mercury plunged to minus 10 degrees Celsius — the coldest night of the winter at the resort this winter. The nights continued to record sub-zero temperatures in Kashmir for the 13th day. In the Union Territory of Ladakh, Dras recorded bone-chilling -19.1 degrees Celsius while it was -17°C in Leh during the night.

Continued on Page 2

## Agni Prime widens India's Nuke reach to over 2000 kms



The new generation nuclear capable ballistic missile 'Agni P' being successfully tested from Dr APJ Abdul Kalam island off the coast of Odisha on Saturday

PNS ■ NEW DELHI

With a view to ensure the operational readiness of its missile arsenal as a deterrent, India on Saturday successfully conducted test of nuclear capable Agni-Prime (P). It is a new variant of the Agni series of missiles and has the capability to hit a target at more than 2,000 kms. The weapon system gives the forces the advantage of covering any target in China and the Indo-Pacific region.

The validation test of the new generation of the indigenously-designed and manufactured Agni strategic missile was conducted by the Defence Research and Development Organisation (DRDO) at Dr APJ Abdul Kalam Island off the Odisha coast at 11.06 am.

It was the second successful test after the first test conducted earlier this year.

Giving details of the significance of the latest test, officials said here various telemetry, radar, electro-optical stations and down range ships positioned along the eastern coast tracked and monitored the missile trajectory and para-

meters. The missile followed textbook trajectory meeting all mission objectives with high level of accuracy.

The Agni 'P' is a two-stage canisterised solid propellant ballistic missile with dual redundant navigation and guidance system. This second flight-test has proven the reliable performance of all the advanced technologies integrated into the system.

Defence Minister Rajnath Singh congratulated the DRDO for the successful flight test and expressed his happiness for the excellent performance of the system. DRDO Chairman G Sathesh Reddy appreciated the efforts of the team to have done the second development flight trial with many additional features and congratulated for the consecutive success within the same calendar year. The first test took place on June 28.

The new missile is much lighter compared to Agni 3 and can be ferried by road or rail thereby giving the strategic forces the much needed flexibility to camouflage and attack the enemy from anywhere.

Continued on Page 2

## Yogi in UP is UPYOGI, Modi stresses the need for Adityanath's leadership

Ganga E-way to bring east, west UP closer: PM

PNS ■ SHAJAHANPUR

Emphasising on the importance of Chief Minister Yogi Adityanath in Uttar Pradesh, Prime Minister Narendra Modi on Saturday said when UP and Yogi combine together it is UPYOGI, which is the need of the State today.

After laying the foundation stone of the 594-kilometre Ganga Expressway and the 3.5 km airstrip, the PM highlighted the achievements of the double-engine Government of Uttar Pradesh in terms of infrastructural growth taking place in the State.

"Uttar Pradesh is big not only in terms of population, but also area with distance between one corner of the state to another measuring around 1000 kilometres. So, the State requires the strength of a double engine Government to make rapid strides on the part of development," the PM said.

Modi said the Ganga Expressway connecting eastern and western UP and passing through 12 districts namely, Meerut, Hapur, Bulandshahr,



Prime Minister Narendra Modi with UP CM Yogi Adityanath during the foundation stone laying of the 594 km Ganga Expressway project, in Shahjahanpur on Saturday

Amroha, Sambhal, Badaun, Shahjahanpur, Hardoi, Unnao, Rai Bareilly, Pratapgarh and Prayagraj will open new doors to development of the State.

Emphasising that high-speed connectivity is a prerequisite for development, the PM said, "This 600 kilometre Ganga Expressway to be constructed at an estimated cost of over ₹36,000 crore will prove to be a boon for UP in terms of

saving time of commuters, enhancing convenience, and ensuring optimum use of state's resources for its development."

According to the PM, the expressway will not only bring eastern and western UP closer to each other, but also shorten distance between Bihar and Delhi. He said it will benefit farmers, youths and labourers alike leading to setting up of a

number of industries, especially food processing units.

He said the network of expressways being built in UP along with multi-modal connectivity through roads, waterways, new metro routes and new airports will give momentum to UP's development and the day is not far away when the State will be one of the most developed States of India.

Continued on Page 2

## Plots worth ₹4,500 cr allotted to ineligible entities in Noida's Sports City: CAG audit report

'Scheme was launched without approvals'

PTI ■ NOIDA

Plots worth ₹4,500 crore for Noida's Sports City were allotted to entities who did not meet the technical eligibility criteria of stipulated net worth, turnover or past experience, a Comptroller and Auditor General (CAG) of India report revealed.

The CAG's performance audit report on "Land Acquisition and Allotment of Properties in New Okhla Industrial Development Authority (Noida)", Uttar Pradesh Government, which was tabled in the Assembly on Friday, also flagged that the Sports City scheme was launched without approvals.

New Okhla Industrial Development Authority (NOIDA), in deviation from its primary mandate of development of an industrial township, allotted four plots measuring 33.44 lakh sqm during 2011-16 for the integrated development of four sports cities to hold marquee sports events like National Games, Commonwealth Games and Asiad Games, it noted.

Three golf courses of nine holes each and one international cricket stadium were envisaged in the sports cities along with infrastructure for other games, the report stated.

At the time of the launch of the first sports city scheme in 2008, there was no category of sports city in the Master Plan-2021. It was included in Master Plan-2031 which was approved by the Uttar Pradesh government in 2011, the audit showed.

"The envisioned sports city infrastructure necessitated detailed specifications for the facilities with the involvement of serious developers for executing the projects. However, NOIDA failed to lay down any specifications or parameters for the level of intended sports infrastructure," the CAG noted.

"The technical eligibility criteria specified for the developers were based on real estate development rather than the development of sports infrastructure," it added.

Moreover, the technical eligibility criteria of the net worth of ₹80 crore to ₹125 crore was also not commensurate with the value of the sports city plots which ranged between ₹837 crore and ₹2,264 crore, it said.

## BSF shoots down Chinese-made drone on Pak border

PNS ■ NEW DELHI

The Border Security Force (BSF) has shot down a drone along the India-Pakistan border in Punjab's Ferozepur sector.

The Chinese-made drone was downed on Friday around 11:10 pm near the Wan border post in the Ferozepur sector.

The alert troops of Border Out Post (BOP) Wan of 103 Battalion, Amarkot detected and downed the drone at a distance of about 300 metres from International Boundary and 150 metres from the fence, the BSF said.

"Top officials of the BSF have already reached the spot and search operation is in

progress. The recovered drone was found to be made in China. Alert troops of BSF once again foiled the attempt of trans-border criminals," it said.

In States like Punjab and the Union Territory of Jammu & Kashmir, drones have been often used from across the border to drop drugs and arms.

As many as 67 drone sightings were made by the BSF till last month of which only two such flying birds were shot down. This is the third downing of a drone so far this year.

The BSF is also looking for solutions to detect smaller drones being sent by Pakistan in Punjab and Jammu & Kashmir. The security force has deployed anti-drone sys-



tems, paramilitary chief Pankaj Kumar Singh had said last month.

"Since there is no full-proof system to disable or shoot down drones, we have

optimised our anti-drone systems in areas where there are vital installations," he had said, adding homegrown solutions are also being scouted for detecting the tunnels that are

sought to be erected from across the borders.

The BSF is the lead intelligence agency and border guarding force for the frontiers with Pakistan and Bangladesh.

## CAPSULE

### JUSTICE NANAVATI PASSES AWAY

New Delhi: Former Supreme Court judge Justice Giris Thakral Nanavati, who investigated the 1984 anti-Sikh pogrom and the 2002 Godhra riots, passed away on Saturday. He was 86.

### KISAN LEADER CHADUNI FLOATS HIS PARTY

Chandigarh: Farmer leader Gurnam Singh Chaduni on Saturday floated his political party to contest the Punjab Assembly elections next year and battled for opium farming in the bordering State. The farmer leader told reporters in Chandigarh that their aim is to "purify" politics and bring good people forward.

# PM to transfer ₹1K cr to SHGs accounts to benefit 16L women

**PNS ■ LUCKNOW**

Prime Minister Narendra Modi will be offering three sops to the women of Uttar Pradesh at a function in Prayagraj on December 21.

The Prime Minister will transfer Rs 1,000 crore in the bank accounts of 1.60 lakh self-help groups (SHGs) benefiting 16 lakh women members, lay the foundation stone for 202 supplementary nutrition manufacturing units and transfer Rs 20.20 crore to 1.01 lakh beneficiaries under Mukhya Mantri Kanya Sumangala Scheme.

A total of 80,000 SHGs will be receiving community investment fund (CIF) at a rate of Rs 1.10 lakh per SHG and 60,000 SHGs will receive revolving fund at the rate of Rs 15,000 per SHG.

Modi will lay the foundation stone of 202 supplementary nutrition manufacturing units, each costing approximately Rs 1 crore (including civil works). These units are being funded by the SHGs and will directly employ 4,000 members and benefit 60,600 SHGs by paying against their equity contribution. These units will supply supplement-

# ED arrests Kudos Finance CEO in money laundering case

**PNS ■ NEW DELHI**

The Enforcement Directorate (ED) has arrested Pavitra Pradip Walvekar, promoter director and CEO of Kudos Finance and Investment Private Limited, linked to Chinese fintech companies, in a money laundering case.

Walvekar was arrested on Friday and produced before the PMLA Special Court Hyderabad and remanded to judicial custody for 15 days, the ED said in a statement.

The ED has been conducting money laundering investigations against a number of Indian NBFC companies which are in the business of instant personal loans via mobile applications.

"It is revealed that, various fintech companies backed by Chinese funds have made agreements with these NBFC companies for providing instant personal micro loans of term ranging from 7 days to 14 days," it said.

However, in reality they are allowing the Fintech companies to misuse the valuable NBFC license of Kudos. Kudos has a paltry Net Owned Fund (NOF), but it is taking huge amount as 'security deposits' and then opening separate Merchant ID (MID) with payment gateways for each fintech app and then depositing these security deposit in the MID of the respective fintech app.

Kudos has no mobile APP of its own. It is not involved in the lending business at all. It has minuscule staff and is blindly allowing fintech companies to operate at the back of MoU between self (NBFC) and Fintech mobile app companies.

# 8 more Omicron cases in Maha, tally reaches 48

**T N RAGHUNATHA ■ MUMBAI**

Eight more Omicron cases were recorded in Maharashtra on Saturday, taking the total number of the new Covid-19 variant cases in the state to 48.

A report released by the Pune-based National Institute of Virology (NIV) said that of the eight new cases, four cases were from Mumbai, while three cases were from Satara and one was from Pune Municipal Corporation (PMC).

Of the total 48 Omicron cases recorded so far, Mumbai accounted for 18, followed by Pimpri-Chinchwad where 10 cases have been found. There are in all six cases in Pune (rural), where there are three cases each Pune Municipal Corporation (PMC) from Satara. Kalyan-Dombivli and Osmanabad have recorded two cases each, while Latur, Buldhana, Nagpur and Vasai-Virar have registered one case each. Of the total cases, 28 patients have been discharged after a negative RT-PCR test.

"All four patients in Mumbai have been identified through airport screening. Out of these, one patient is from Mumbai. Out of the remaining 3 patients, one patient each is a resident of Chhattisgarh, Kerala and Jalgaon. Two of them had travelled to Africa, one to Tanzania and one to England. All four are fully vaccinated and asymptomatic. All are currently in isolation," a state public department bulletin said. "Three patients from Satara are members of the same family with a travel history to East Africa, all are without symptoms and in isolation. Except for an 8-year-old girl, the other two have been fully vaccinated," the bulletin said.

# Yogi... From page 1

Taking a dig at the previous Governments, Modi said they misused State's resources to fill their own coffers and that's why most of their projects remained confined to papers, never seeing the light of the day.

He also accused them of nurturing mafia and creating an environment of fear in society, which forced several people to flee the State.

Coming down heavily on the Opposition parties for neglecting heritage and the poor and the downtrodden for its vote bank politics, he said unlike them the present Government is committed to the uplift of the poor and conserving India's rich heritage.

"Thirty lakh pucca houses have been provided to the poor by our government. Over 50, 000 pucca houses have been provided to the poor people in Shahjahanpur district alone.

Besides, Modi and Yogi are committed to providing houses to all the poor people and a budget of Rs 2 lakh crore has already been approved for the purpose. Rs one lakh crore has also been approved for building rural infrastructure including cold storage facilities for farmers' benefit", he said.

"The Opposition questions forces. It questions even those scientists who developed two Covid vaccines in record time. The Opposition parties have problems with a temple in Ayodhya and Kashi because it does not suit their votebank politics," the PM said.

The PM lauded Yogi for taking on the mafia and gangsters and restoring rule of law in the State. Speaking on the occasion Yogi said before 2014, announcements of projects were confined to elections and those at the helm forgot about it soon after the elections were over.

# Gehlot completes three years as CM, launches 4-day exhibition

**Jaipur:** Rajasthan Chief Minister Ashok Gehlot in a series of programmes being organised on the successful completion of three years of the State Government on Saturday at Jawahar Kala Kendra said service is religion, service is work! Launched a four-day exhibition "Aapka Vishwas-Hamara Prayas" based on the achievements of the State Government for three years.

After inaugurating the exhibition, the Chief Minister visited 21 stalls of various departments and visited them. At the stalls of various departments, he inquired about the achievements, programs and schemes of the concerned department. He also released the joint issue of Sujas, a magazine of the Department of Information and Public Relations and literature related to various achievements along with the schemes, programs of the state government.

The Chief Minister inquired about organic agricultural products from the farmers at the stall of the Agriculture Department. Sitting in the simulator at the stall of the Transport Department, he learned about the process of driving test and e-challan. At the stall of Energy Department, Chauhan resident Santosh Kumar Saini and Taleda Bundi resident Omprakash Choudhary showed zero amount electricity bill to the Chief Minister after the subsidy received under "Mukhyamantri Kisan Mitra Urja Yojna". Shri Gehlot said that this scheme of the state government Thousands of farmers have got relief from this.

Shri Gehlot met women beneficiaries of old age pension and other social security schemes at the stall of Social Justice and Empowerment Department. He presented scooty keys, tricycles and wheelchairs to the differently-abled. At the stall of the Home Department, the Chief Minister met the village guard, police friend and police friend and encouraged them. He inspected the model of Nagaur lift project at the stall of Public Health and Engineering Department. At the stall of the Forest Department, the Chief Minister inquired about the distribution of medicinal plants being done under the 'Ghar-Ghar Aushadhi Yojana'.

At the stall of Information and Public Relations Department, the Chief Minister presented various schemes of the State Government.

> Watched digital presentation of flagship programs and achievements. Shri Gehlot has worked in Rural Development and Panchayati Raj, Medical and Health, Information and Technology, Public Works, Urban Development and Autonomous Government, Local Bodies, Housing Board, Education, Industry, Women and Child Development, Labor and Planning, Cooperative, Tourism, Dairying, and visited the stalls of Animal Husbandry Department and JDA. Members of the State Council of Ministers, MLAs, other public representatives, senior administrative officers including the Chief Secretary were also present on the occasion.



**North Eastern Railway**

**Tender Notice No. 12 of Year 2021-22**

Sealed open tenders are invited by Divisional Railway Manager (S&T), N.E. Railway, Izatnagar for and on behalf of the President of India for the following works:

**Description of Works :** 1. Miscellaneous Signalling Works for augmentation and carrying out remaining items in PBE-SZP Section of Izatnagar Div. Approx. Value: ₹ 54,92,097.08. Completion Period: 03 Months. **Description of Works :** 2. S&T Works involving Execution and Installation alongwith part supply of material for improving and Augmentation of reliability of signalling gear to meet the target of focus action plan issued by HQ over various section of IZN Div. Approx. Value: ₹ 1,98,67,858.91. Completion Period: 03 Months. **Date & Time of Closing of e-tender :** 10.01.2022 at 11:00 Hrs. • The tender can be viewed at website <http://www.ireps.gov.in>

• The tender/bidders must have Class-III Digital Signature Certificate & must have register on IREPS portal. • All relevant papers must be uploaded at the time of participating in e-tendering.

**Sr. Div. Signal & Telecom. Engineer, CPRO/Sig-57 N.E. Railway/Izatnagar**

About any Passenger Amenty complaint SMS on Mob. No. 09794845955

**Do not smoke Bid/Cigarette in train**

**LOST AND FOUND**

Loss of my flat's original allotment letter (No. 930463) While going to market. I have lost my document file somewhere which had the original allotment letter of my Flat 267, located at Avalon Tower, Mahagan Mascot, Crossing Republic Ghaziabad-201016. Finder May Please Contact #8512889911

**Agni Prime...**

**From page 1**

At present, India has an array of strategic deterrence missiles including Agni-V which has a range of over 5,000 km besides Prithvi short range ballistic missiles. Strategic and ballistic missiles are capable of carrying nuclear warheads.

Moreover, India has now completed the nuclear triad meaning it can launch nuclear missiles from air, land, sea and underwater from submarines.

The nuclear arsenal of the country is handled by the Strategic Forces Command. Besides the Agni missiles, the country is also indigenously manufacturing nuclear powered submarines Arihant. While the first submarine is already ready, the next two submarines will also be ready shortly. In all, four such nuclear submarines will add muscle to India's nuclear prowess.

**NOTICE**

Mr. Rahul Arora, an Indian national, son of Mr. Sanjay Arora, resident of H.No. 142, Sector-21 B, Faridabad, PIN:121001, Haryana, India and Ms. Naina Birpalla, an Indian national, daughter of Mr. Nitin Birpalla, resident of A-506, Indraprastha Villa, Plot-E8A, Sec 61, Noida, Gautam Budh Nagar, Pin:201301, Uttar Pradesh, India both presently residing in Dublin, Ireland have given notice of intended marriage between them under the Foreign Marriage Act, 1969. If anyone has any objection to the proposed marriage, he/she may file the same with the undersigned according to the procedure laid down under the Act/Rule within thirty days from the date of publication of this notice. Communication in this regard can be made by- Email: cons.dublin@mea.gov.in / letters/ telephone calls (00353-1-2060932, 00353-1-2830771)

**कार्यालय अधिशासी अभियन्ता प्रशासन खण्ड सिंचाई अनुसंधान संस्थान, रुड़की**

पत्रक - 04/05/प्रख०/नीलामी दिनांक- 16.12.2021

**नीलामी की सूचना**

महामहिम राज्यपाल महोदय उत्तराखण्ड शासन की ओर से अधिशासी अभियन्ता प्रशासन खण्ड सिंचाई अनुसंधान संस्थान, रुड़की द्वारा नीलामी सूचना संख्या 04, दिनांक 16.12.2021 के अन्तर्गत चार नम्बर निष्प्रेषण घोषित वाहनों एवं नीलामी सूचना संख्या 05, दिनांक 16.12.2021 के अन्तर्गत 26 नम्बर टी० एण्ड पी०/मशीनों की नीलामी हेतु बोलियाँ आमंत्रित की जाती है। निष्प्रेषण चार नम्बर वाहनों की नीलामी दिनांक 18.01.2022 (मंगलवार) तथा 26 नम्बर टी० एण्ड पी०/मशीनों की नीलामी दिनांक 20.01.2022 ( बुधस्वतिवार) को सिंचाई अनुसंधान संस्थान, रुड़की के आडोटेरियम में पूर्वाह्न 11.00 बजे जहाँ है, जैसा है, के आधार पर नीलाम किया जायेगा। इच्छुक बोलोदाता निर्धारित स्थान एवं समय पर बोली में प्रतिभाग हेतु आमंत्रित किये जाते हैं। नीलामी से सम्बन्धित विस्तृत जानकारी एवं आवश्यक नियम व शर्तें संस्थान की website [www.iriirooke.res.in](http://www.iriirooke.res.in) से डाउनलोड कर सकते हैं अथवा किसी भी कार्यदिवस में कार्यालय में प्रस्तुत होकर धनराशि रु० 200.00 मात्र जमा कराने के उपरान्त प्राप्त कर सकते हैं।

**अधिशासी अभियन्ता प्रशासन खण्ड**

**OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI MECH. G.W.D DIVISION JAMMU**

**Sub:** Deep Drilling of 125 mm dia Bore Holes by using ODEX method including installation, testing, commissioning of Mark-II Hand Pump and construction of platform at Village Bakhar and Slot (02 Nos) in Nowshera Constituency of District Rajouri under Deposit. Ref: - This office e-NIT No. GWD/149 of 2021-22 Dated:-02.12.2021

**EXTENSION NOTICE-II**

1. Due to no response, the above mentioned subject e-NIT on the website <http://ktenders.gov.in> is extended upto 20.12.2021 till 6 PM.

2. Similarly the opening of technical bid online is extended upto 22.12.2021 or any other working day convenient to tender opening authority.

**All other terms and conditions shall remain unchanged as uploaded/advertised earlier.**

**Sd/- Executive Engineer Jal Shakti (M) G. W. D Division Jammu**

No. DIP/J-10747/21 Dated: 18-12-2021

**Office of the Superintending Engineer 1st Circle, Public Works Department, Almora**

Phone/Fax: 05962-230295 Email: sepwdalm@rediffmail.com

**Letter No. : 8573/ Nivida-01/2021 Dated : 17/12/2021**

**NATIONAL COMPETITIVE BIDDING (E-Tendering) E-TENDER NOTICE**

The superintending Engineer, 1st Circle, Public Works Department, Almora invites tender through E-Tendering (Two Bid System) on behalf of Honourable Governor of Uttarakhand for following works. All other information will be available from dated 21/12/2021 & onwards on website <http://www.uktenders.gov.in>

Sl. No.	Name of Work	Cost of Tender Form	Earnest Money (Rupee in lakh)	Validity of Tender	Time of Completion	Contractor's Category of Registration for tendering
1	Construction Division PWD Almora Damrikanar & Improvement of Naini - Seraghat Motor Road in Constituency & District Almora (Length - 2.50 Km.)	Rs. 5000.00 + 18% GST	3.15 Lakh	120 Days	15 Months	Category "B" & above (Road Works)

**GOVERNMENT OF RAJASTHAN ELECTION DEPARTMENT NOTICE INVITING BIDS (NIB)**

Food Building, Secretariat, Jaipur (Rajasthan) - 302005  
Telephone- 0141-2227194, 2227638 Fax:- 0141-2227794 Email:- ceojpr-rj@nic.in  
NIB NO: 6672 Date:- 17/12/2021

Sealed Single Stage Two-envelopes unconditional online Bids through e-Proc website <http://eproc.rajasthan.gov.in> are invited on behalf of the Governor of Rajasthan / Election Department, for the short listing of Offset printers for paper printing of Voter Manual Kit\* for rate contract as per details of items given below up to 05:00 PM of 29.12.21

S. No of article	Specifications	Quantity and unit	Estimated Procurement Cost	Price of Bidding Document (Rs.)	RISL Processing Fee (Rs.)	Validity of bid	Place of Delivery
1.	Printing of Voter Manual Kit including envelope, Welcome letter and User manual	As mentioned in the bid/EIC/40 Lacs (Approx.)	2.25 crore (Approx.)	1000/-	1000/-	90days	FOR Destination: at the store of CEO (Chief Electoral Officer) Rajasthan Concerned

Details may be seen in the Bidding Document available on the websites of <http://sppp.rajasthan.gov.in> in and our website [www.ceorajasthan.nic.in](http://www.ceorajasthan.nic.in), <http://eproc.rajasthan.gov.in> and may be downloaded from these websites. While bidders submitting their Bids electronically shall follow the electronic Bid submission procedure as specified on the State e-Procurement Portal <http://eproc.rajasthan.gov.in>. RISL Processing fee Rs. 1000/- shall also be required to be paid.

UBN: ELE2122GLRC0002 Sd/- Additional Chief Electoral Officer DIPR-2021

**SYMBOLIC POSSESSION NOTICE**

**ICICI Bank** Branch Office: ICICI Bank Ltd, 3rd Floor, Plot No- 23, New Rohtak Road, Karol Bagh, Delhi- 110005

**Whereas** the undersigned being the Authorized Officer of ICICI Bank Limited under the Securitisation, Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 and in exercise of the powers conferred under section 13 (12) read with Rule 3 of the Security Interest (Enforcement) rules 2002, issued demand notices upon the borrowers mentioned below, to repay the amount mentioned in the notice within 60 days from the date of receipt of the said notice.

**As the borrower failed to repay the amount, notice is hereby given to the borrower and the public in general that the undersigned has taken Symbolic possession of the property described herein below in exercise of powers conferred on him/ her under Section 13(4) of the said Act read with Rule 8 of the said rules of the below-mentioned dates. The borrower in particular and the public in general is hereby cautioned not to deal with the property and any dealings with the property will be subject to the charge of ICICI Bank Limited.**

Sr. No.	Name of the Borrower/ Loan Account Number	Description of Property/ Date of Symbolic Possession	Date of Demand Notice/ Amount in Demand (Rs.)	Name of Branch
1.	Jai Prakash Chauhan/ Rohtash Chauhan/ Sutapa Chauhan/ Kambojs Hospitality Pvt Ltd/ LBGHZ00004963962	Plot No 3, Block CH Sector 116 Noida Gautam Buddha Nagar, Noida/ December 13, 2021	August 30, 2021 Rs. 13,15,898/-	Delhi/ NCR
2.	Vijay Sharma/ Sushila Sharma/ LBNO00003353092	Plot No-45, Block-A, Sector-53, Noida, Gautam Buddha Nagar Uttar Pradesh/ December 13, 2021	August 16, 2021 Rs. 1,48,18,741/-	Delhi/ NCR

The above-mentioned borrowers(s)/ guarantors(s) are hereby given a 30 day notice to repay the amount, else the mortgaged properties will be sold on the expiry of 30 days from the date of publication of this Notice, as per the provisions under the Rules 8 and 9 of Security Interest (Enforcement) Rules 2002.

**Date : December 18, 2021 Place: Delhi/ NCR** Authorized Officer ICICI Bank Limited

**North India...**

**From Page 1**

The Omicron variant of coronavirus is steadily rising in India. A total of 11 States and Union Territories have registered 111 cases of Omicron in the past 15 days. Karnataka was the first State in the country to detect the Omicron variant on December 2.

Since then, several States and national Capital have continued to see a gradual rise in the Omicron case tally. As per the Central Government's data, Maharashtra has reported 40 cases, Delhi (22), Rajasthan (17), Karnataka (8), Telangana (8), Gujarat (5), Kerala (7), Andhra Pradesh (1), Chandigarh (1), Tamil Nadu (1) and West Bengal (1). The Union Health Ministry said it is likely that Omicron spread will outpace Delta variant where community transmission occurs. The Delhi Government on Saturday converted four private hospitals, Sir Ganga Ram Hospital, Max Hospital in Saket, Fortis Hospital in Vasant Kunj and Batra Hospital in Tughlakabad, into dedicated centres to treat the Omicron variant of coronavirus which was detected last month in South Africa.

This is besides Lok Nayak Jai Prakash (LNJP) Hospital that has so far treated patients afflicted by the new strain of Covid-19 in the national Capital.

Ten new cases of the Omicron variant were registered in Delhi on Friday when the national Capital saw the largest spike in cases in nearly four months with 85 fresh infections. So far, most patients of the new variant have shown mild symptoms and have been discharged within a few days.

**POLICE TELECOM HEAD QUARTERS, MADHYA PRADESH**

Bhadbhada Road, Bhopal-462003  
Fax No. 0755-2443674, E-mail: [ssp\\_radio@mppolice.gov.in](mailto:ssp_radio@mppolice.gov.in); [sspradiomppol@gmail.com](mailto:sspradiomppol@gmail.com)  
NIT No.: F-1013/2021, Bhopal, Date: 13/12/2021

**:: Notice Inviting e-Tender ::**

e-Tender are invited by the Senior Superintendent of Police (Radio) MP Bhopal on behalf of DGP MP Bhopal for the following items :-

Sr. No	Name of Item	Required EMD	Tender Fees
1	Appointment of Agency for Comprehensive Annual operation and Maintenance for Safe City Monitorina & Response Centre Based at Bhopal & Integrated Ctv Surveillance System for Fifty cities of Madhya Pradesh	Rs. 40,00,000/- (Rupees Forty Lacs)	Rs. 50,000 /- (Rupees Fifty Thousand only)

1. Cost of tender documents (Tender fee) is Rs. 50,000/- (Rupees Fifty Thousand only) which is non refundable and cannot be exempted in any condition. **Must be paid online at the time of filling e-tender.**

2. Tender documents also available for reference convenience on the website of MP Police ([www.mppolice.gov.in](http://www.mppolice.gov.in))

3. EMD should be deposited online through the website or deposited in the form of BG issued by any Indian Nationalized/Scheduled/Scheduled Commercial Bank at this office before bid opening.

4. This is a Comprehensive AMC project.

5. **Schedule:**  
Documents download/Sale Start Date -13/12/2021 from 1800 Hrs.  
Bid Submission Start Date -13/12/2021 from 1830 Hrs.  
Bid Submission End Date -11/01/2022 up to 1700 Hrs.  
P.Q. Bid will be opened on -12/01/2022 at 1730 Hrs.

**Sr. Suptd. Of Police (Radio) M.P. Bhopal**

G-20352/21 दो गज की दूरी, मास्क है जरूरी।

# Traders brace for 3rd wave as Omicron cases rise in Capital

PTI ■ NEW DELHI

With the gradual spread of Omicron variant of coronavirus in the national Capital, the impact of dwindling number of shoppers is not lost on traders as they get ready to face an impending third wave of the pandemic. Twelve more people tested positive for the Omicron variant in Delhi on Friday, taking their number to 22, and officials said most of them are "fully vaccinated" and "asymptomatic".

Sanjay Bhargava, president, Chandni Chowk Vyapar Mandal said they are "waiting and watching" for now, even as they have requested authorities to increase the police presence in the area. "...we have verbally requested the authorities to increase the number of police personnel in the area who can enforce the Covid protocol among those taking it casually. Mostly hawkers and beggars do not follow any such norms," he told PTI.

While observing a "visible decrease in footfall", he said the market association will soon be sending circulars to shopkeepers in the area to enforce Covid protocol.

"We will soon be asking all our traders

to enforce Covid protocol in their shops. In the last 10 days, there is visible decrease in footfall in the market. The business is slowing down due to the increasing cases of Omicron in the city," Bhargava added.

Atul Bhargava, president, National Delhi Traders Association said even though the risk of a crowded and congested area is small in Connaught Place (CP), they have already sent out circulars to all traders.

"We have asked them to strictly adhere to Covid protocols in the shops like sanitising, insisting on wearing masks and taking temperature of people coming in. Since CP is a large and open area, it is not much of a problem. And with police presence, people usually follow Covid protocols," he said.

Delhi Health Minister Satyendar Jain had on Thursday said many international travellers were turning out Covid positive upon arrival at the Indira Gandhi International Airport here.

On Tuesday, he had said that the Omicron variant of the coronavirus had not spread in the community so far and the situation was under control.

# Night patrols set up to monitor compliance to pollution control norms, says Gopal Rai

New Delhi: Separate night patrols have been set up for each of the 11 districts of the national Capital to monitor compliance to pollution control norms for construction-related activities, Delhi Environment Minister Gopal Rai said on Saturday.

He also said his department has received applications from multiple agencies seeking resumption of construction and demolition activities in Delhi.

Applications have been received by the transport department also for plying of trucks, he said. "Only after approval by Commission for Air Quality Management (CAQM), phase-wise resumption of activities will be considered."

"Besides regular teams doing inspection, separate district-wise teams for night patrolling have been set up for all 11 districts to check compliance to pollution control norms in connection

with construction-related activities," Rai told reporters. Each team will have three-four members drawn from the Delhi Pollution Control Committee (DPCC), and action will be taken if violation is found, he said.

Rai had said on Friday the DPCC fined the National Buildings Construction Corporation Rs 1 crore for violating the ban imposed on construction activities to curb air pollution in the city.

The pollution body had also ordered the construction agency to stop work at its Netaji Subhash Nagar site immediately.

Pollution level after Diwali has increased, but there has been continuous improvement in air quality lately so as per the guidelines of the CAQM, schools for students in classes 6 and above have been opened, he said on Saturday.

PTI

# Four die as truck overturns on auto near IGI stadium

STAFF REPORTER ■ NEW DELHI

Four people were killed after a container-truck overturned and fell on their autorickshaw near the IGI stadium in central Delhi on Saturday morning.

The deceased have been identified as Surrender Kumar Yadav, a resident of Shastri Park, his nephew Jai Kishore, Komal Singh and Prakash.

The bodies have been retrieved from the mangled remains of the autorickshaw. The truck's driver and his helper fled the spot after the accident, which was reported by a police patrol team around 6:50 AM.

According to Shweta Chauhan,

the Deputy Commissioner of Police (DCP), Central district, the big truck overturned on the Ring Road in front of Gate-16 of the stadium.

"People were deployed to cut through the mangled remains of the autorickshaw to recover the bodies. These were sent to the LNJP hospital. During inquiry, the owner of the truck, Jitender, told police that the vehicle was loaded with rice and it was going from Haryana's Sonapat to the Tughlakabad depot, the DCP said, adding that it was over 35 tonnes.

Legal action is being taken and further investigation is underway, police said.

## ROHINI COURT EXPLOSION

# DRDO scientist held for planting explosives in tiffin box to kill neighbour

STAFF REPORTER ■ NEW DELHI

The Special Cell of Delhi Police has arrested a senior DRDO scientist for allegedly planting an improvised explosive device (IED) in a tiffin box with an intention to kill his neighbour in the Rohini district court here earlier this month.

The accused has been identified as Bharat Bhushan Kataria (47), a resident of Ashok Vihar Phase-1 area.

On December 9, the IED that triggered a low-intensity explosion in courtroom number 102 had left Naib Court head constable Rajeev injured.

According to Delhi Police Commissioner Rakesh Asthana, Kataria entered the court premises at 9:33 am on the day of the incident with two bags and left one of those behind inside courtroom number 102. The accused left the court premises at 10:35 AM.

Kataria had planted the IED in a tiffin box and left the bag containing the tiffin box inside the courtroom as he wanted to kill his neighbour, who is a lawyer, police said.

Teams from the Forensic Science Laboratory (FSL) and the

National Security Guard (NSG) had visited the site of the explosion and it was found that the materials used in making the IED were easily available in the market. The IED was not properly assembled due to which only the detonator exploded, police said.

"On December 9, around 10:25 AM, a low intensity blast occurred in Rohini court room 102, following which a case under section 307 (attempt to murder) of the Indian Penal Code and section 3, Explosive Substances Act, was registered," said Rajiv Ranjan Singh, the Deputy Commissioner of Police (DCP), Special Cell.

"The bag used to place the IED was tracked to a medical equipment making multinational company and its distributors were examined. The stationary shops were identified selling the kind of file cover found in the bag with the IED. The distributors of the automotive anti-theft mechanism used in the IED were identified and examined," said the DCP.

"During investigation, more than 1,000 vehicles that entered the court complex on the day of

the blast were verified. More than 100 CCTV cameras inside and outside the court complex were also checked. The CCTV footage of all such cameras running into thousands of hours was scanned repeatedly by multiple teams," said the DCP.

"Based on CCTV footage and eyewitness accounts, several persons present in the court complex were identified and the name of Kataria came up. His case was listed for hearing on the day of the blast. His opposite party, advocate Amit Vashistha, was seated in the row next to which the IED exploded. Vashistha also witnessed Kataria being present in court just before the blast," said the DCP.

"During CCTV analysis it was revealed that Kataria entered the court at 9:33 AM and was dressed in black coat and trousers to appear like an advocate. He was carrying a bag in his hand and a laptop bag on back. He was seen entering and leaving through multiple gates, trying to weave an evasive pattern," the DCP said.

"He is seen entering the court from gate number 7 and concealing the bags at a location

inside the court premises and leaving from the same gate. He then entered via gate number 8 and retrieved the two bags he had concealed. He is seen in various cameras inside the main court building. He left the court in a hurry at 10:35 AM from gate number 8 with a laptop bag on his back," said the DCP.

"During investigation, it also came to light that one Anil Kataria, co-brother-in-law of Kataria, is a director sales and marketing in the multinational medical equipment company, which had distributed identical bags in which the IED had been concealed. Anil had given some of these black bags to his relatives, including Kataria," said the DCP.

"Kataria was questioned on Friday and subsequently arrested on the same day. Several file covers, identical to those which were present in the IED bag, similar screws that were used as shrapnel in IED and remnants of the black adhesive tape used in fabricating the IED have been recovered from his house," said the DCP.

"From the investigation conducted so far, it has emerged that Kataria and Vashistha were living in the same building till around three years ago. They have a long-

standing dispute of over 10 years and have filed over a dozen civil and criminal cases against each other. Five civil cases were filed by Kataria against the lawyer, while the latter had filed seven civil cases against the accused," said the DCP.

"One such case against Kataria was listed on December 9 in court number 102 for arguments on charge. The accused reached the court, went inside room number 102 around 10:15 AM and searched for Vashistha. He saw Vashistha sitting on a chair in the back row. He placed the bag containing the IED behind Vashistha and triggered the IED from a safe distance with a remote. At 10:35 AM, he walked out of the court complex from the Ring Road side and went back home in his Ertiga Car," said the DCP.

"He planted the IED to eliminate Vashistha as he was highly frustrated due to the protracted legal battles which were causing problems in his career as well as prolonged mental harassment and monetary loss to him and his family," said the DCP adding that police teams are investigating for how long, he was planning to execute the plan.

# Robust healthcare system needed to fight Covid: Experts

STAFF REPORTER ■ NEW DELHI

Calling the Covid-19 pandemic a huge 'eye-opener' in helping the Government of India to realise the need for a robust digital healthcare framework system in place, healthcare experts opined that the country need to have a proper digital highway in place to address to the growing healthcare needs of its massive population.

The experts were speaking at 7th IHW Summit which also saw the participation Ramdas Athawale, Union Minister of State for Social Justice and Empowerment and Ashwini Kumar Choubey Minister of State for Consumer Affairs, Food and Public Distribution and Environment, Forest, and Climate Change as honorary guests.

"IHW Council's contributions in making an impact in India since 2014 have been outstanding. I have witnessed the steady evolution of the IHW Council, and I wish they would carry on their exemplary work with the same consistency," Athawale remarked.

Underscoring the challenges posed by the ongoing Covid-19 pandemic, Dr J A Jayalal, president, Indian Medical Association said "The Government of India needs to adopt to the new technology, so that, even if there is a third wave, will allow us to sail through. Obviously, there will be multi-thronged challenges as long as Covid-19 is around, but there is no need of a lockdown anymore. A stringent lockdown, once again, will do more harm than any good."



Ashok Gehlot  
Chief Minister, Rajasthan



# 'उड़ान' (UDAAN)

## CONFIDENCE TO A NEW FLIGHT EVERY WOMEN'S RIGHT

Menstruation is not a disease, neither it is a reason for shame or hesitation. The mentality of the society needs to change and we need to ensure good health of every women. The right step towards securing a women's dignity and privacy is "UDAAN".

Ashok Gehlot, Chief Minister, Rajasthan



I M Shakti





**200 Crore Rupees Scheme**

**INAUGURATION**

by

**Sh. Ashok Gehlot**  
Chief Minister, Rajasthan

On

**• Sunday 19 December, 2021**  
**• 11:30 a.m**

**For all the women and adolescent girls of Rajasthan**

**A Scheme of Free Distribution of Sanitary Napkins**

**IMPORTANCE OF SANITARY NAPKIN**

In the country, more than 2 crore 30 lakh girls dropout from schools due to menstruation.

According to a survey, more than 62% females in the country using cloth strips instead of sanitary napkins during menstruation which can lead to diseases like cancer for being unhygienic in nature.

Lack of knowledge leads to lower self confidence, physical and mental health issues along with lack of concentration towards studies in young girls which makes them feel low on their self esteem.

 <p>Lack of awareness about menstruation unveils the backwardness and mental stereotypes of the society. Educating girls and women about menstrual hygiene and most importantly, universal availability of sanitary pads is a commendable initiative.</p> <p><b>Dr. Sudhir Bhandari</b> Principal and Controller, Sawai Mansingh Medical College, Jaipur</p>	 <p>Menstruation isn't a taboo anymore; it is a gift of nature to bring a new life. For a healthier life, it is necessary for all women to use pads during menstruation. It is a natural process and not a matter of shame.</p> <p><b>Dr. M.L. Swarnkar</b> Chairperson Emeritus, Mahatma Gandhi University of Medical, Sciences and Technology</p>	 <p>The use of clothes or other things instead of sanitary napkins or pads leads to many serious diseases including infection. Educating young women about menstrual health should be a top focus.</p> <p><b>Dr. Asha Verma</b> Medical Superintendent, Women's Hospital, Jaipur</p>	 <p>Not using sanitary napkins or pads during periods can lead to urine infection, cervix infection / cervicitis infection in the fallopian tubes and ovaries causing infertility and even cervical cancer.</p> <p><b>Dr. Pushpa Nagar</b> Medical Superintendent, Janana Chikitsalaya, Jaipur</p>	 <p>The use of sanitary napkins or pads not only makes periods feel comfortable but is also necessary for feminine hygiene and get rid of odor and rashes.</p> <p><b>Dr. Manju Acharya</b> Acharya and Head of Department of Gynecology and Obstetrics, Sawai Mansingh Medical College, Jaipur</p>
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# UK may be forced into Omicron circuit breaker lockdown: Reports



Shoppers walk along Oxford Street, Europe's busiest shopping street, in London, on Saturday

PTI ■ LONDON

The UK Government is reportedly drawing up plans for a short two-week circuit breaker lockdown later this month, after Christmas, to try and keep pace with the rapidly spreading Omicron variant, media reports said on Saturday.

According to The Times, draft regulations are being prepared, which would ban different households meeting indoors except for work purposes and pubs and restaurants being limited to outdoor service only.

The Financial Times reported that British Prime Minister Boris Johnson has been presented with a number of options under a so-called Plan C, ranging from "mild guidance to nudge people, right through to lockdown".

Leaked minutes from the government's Scientific Advisory Group for Emergencies, accessed by the BBC, reveal scientists warning ministers that tougher mea-

asures need to be brought in "very soon" to try and keep hospitalisations within manageable levels for the National Health Service.

The reports of further lockdown restrictions come as the UK recorded another highest daily total of 93,045 Covid-19 infections on Friday, up 4,669 cases from the previous record of 88,376 set on Thursday.

While the Delta variant remains dominant in most parts of the country, Omicron has taken over in London and Scotland amid a massive surge.

The number of people in hospital with Covid-19 in London has climbed to 1,534, up 28.6 per cent compared to last week.

Meanwhile, half the adults in the UK have now had a Covid-19 booster dose after the programme was accelerated this week in the face of the Omicron variant, first detected in South Africa in November. This week, online bookings have opened to all adults alongside walk-in sites across the country.

## Europeans reimpose restrictions as Omicron sweeps continent

AP ■ LONDON

Nations across Europe are moving to reimpose tougher measures to stem a new wave of COVID-19 infections spurred by the highly transmissible omicron variant, triggering calls for protests from Paris to Barcelona.

As case numbers escalated, alarmed ministers in France, Cyprus and Austria tightened travel restrictions. Paris canceled its New Year's Eve fireworks. Denmark closed theaters, concert halls, amusement parks and museums. Ireland imposed an 8 p.m. curfew on pubs and bars and limited attendance at indoor and outdoor events.

London Mayor Sadiq Khan underscored the official concern about the climbing cases and their potential to

overwhelm the health care system by declaring a major incident Saturday, a move that allows local councils in Britain's capital to coordinate work more closely with emergency services.

Irish Prime Minister Micheál Martin captured the sense of the continent in an address to the nation, saying the new restrictions were needed to protect lives and livelihoods from the resurgent virus. "None of this is easy," Martin said Friday night. "We are all exhausted with COVID and the restrictions it requires. The twists and turns, the disappointments and the frustrations take a heavy toll on everyone. But it is the reality that we are dealing with."

The World Health Organization reported Saturday that the omicron



variant of the coronavirus has been detected in 89 countries, and COVID-19 cases involving the variant are doubling every 1.5 to 3 days in places with community transmission and not just infections acquired abroad.

Yet omicron's "substantial growth advantage" over the delta variant means it is likely to soon overtake delta as the dominant form of the virus in countries where the new variant is spreading locally, the UN health agency said.

Dutch government ministers were meeting Saturday to discuss advice from a panel of experts who are recommending a toughening of the partial lockdown that is already in place and has led to a recent decline in infections.

Dutch Health Minister Hugo de Jonge didn't say what measures the government might impose as he headed into the meeting.

"There are very serious concerns," he told reporters in The Hague. "That's why we're meeting on Saturday to see what we need to do."

## France urges vaccine uptake, bans NY's concerts

Paris: French authorities on Friday urged people to get vaccinated against the coronavirus ahead of the holiday festivities as infections surge and the government tries to avoid another lockdown.

"The fifth wave is here and it is here in full force," Prime Minister Jean Castex told a news conference, adding that the fast-spreading omicron variant is expected to dominate infections in France at the start of January.

To curb the spread of the virus during the holidays, the government banned public concerts and fireworks displays at New Year's celebrations and called on people to avoid large gatherings and limit the number of family members congregating at Christmas. AP

## VITAMIN D SUPPLEMENTS MAY REDUCE DURATION OF COMMON COLD

London: After a couple of years of mask-wearing, social distancing and hand sanitising, the common cold is back. And according to some people — back with a vengeance. Some are calling it a "super cold" — others, "the worst cold ever". Fortunately, there may be a way to reduce the duration of a cold: vitamin D supplements. We may suffer more common colds during the winter because we spend more time close to each other indoors. But vitamin D levels might also influence the risk of getting a cold. There are more colds during winter when vitamin D levels are lowest, and fewer colds during summer when vitamin D levels are highest. We get most of our vitamin D from the sun's rays (80-100 per cent) and only a small amount from our diet. For people living at latitudes above 30 degrees, such as in the UK, there is a higher risk of having low vitamin D levels (vitamin D insufficiency) in the winter. The Conversation

## Covid vaccine inequity allowed Omicron to emerge

Totonto: Covid-19 vaccination rate is 76 per cent 10 times higher than it is across the continent of Africa.

While people in the wealthy West have had preferred access to multiple rounds of vaccines, vast numbers of people, especially in Africa and on the Indian subcontinent, haven't received a single dose. This has permitted the virus to thrive and accelerated the process of mutation, adding months and perhaps years to

the pandemic. Wherever Covid-19 has the chance to linger, variants develop and travel. This entirely predictable pattern is destined to repeat itself unless countries with resources share vaccines with others that cannot afford them.

Wealthy countries have yet to meet their pledges to provide equitable global access to vaccines via COVAX (an international collaboration to procure and distribute Covid-19

vaccines) and other initiatives. The resulting lack of broad global vaccine coverage made the rise of another variant like Omicron inevitable.

Millions of pre-ordered vaccine doses

When the Covid-19 crisis started, major manufacturers pre-sold their vaccines to governments as they were being developed but before they were tested, as a way of funding their work, including clinical trials.

The rise of Omicron Watching the rise of Omicron is particularly frustrating. It has been apparent since the outset that the spread of Covid-19 needed to be slowed globally, precisely to prevent variants from emerging.

That message should have been clearer after the spread of the agile Alpha variant. It should have been clearer still from the swift attack of the Delta variant.

**उत्तराखण्ड पेयजल संसाधन विकास एवं निर्माण निगम**  
कार्यालय: असीम नगर, निर्माण मण्डल, देहरादून, उत्तराखण्ड, पिन-248001  
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HIGH OUTSTANDING DUES OF GENCOS

Power Min urges States to be financially viable

New Delhi: Union Minister R K Singh has urged States to be financially viable in view of the mounting outstanding dues of power generation companies.

This will help attract investments in the power sector and also benefit the consumers through reduced cost of electricity and improved consumer services, he said.

The suggestion came on Friday during a review meeting chaired by Singh with Additional Chief Secretaries and Principal

Secretaries of Power/Energy Departments of states and UTs and CMDs/MDs of power sector CPSUs here.

Minister of State for Power Krishan Pal Gurjar and Minister of State for New and Renewable Energy Bhagwant Khuba were also present in the meeting with senior officials from both the ministries.

Singh, in his inaugural address, underlined that the power sector has been brought forward a long way, by the current govern-

ment.

"The country has become power surplus; we have connected the whole country into one grid, and strengthened the distribution system. These steps have increased the power availability to 22 hours in rural areas and 23.5 hours in urban areas. The next step is to take it to 24x7 guaranteed power supply at affordable price," a power ministry statement quoted him as saying.

The matter of increasing overdues of power generation firms

(gencos) was also deliberated and it was advised that distribution companies (discoms) must immediately undertake loss reduction measures through proper metering, billing and energy accounting.

Proper accounting of subsidies being announced by respective state governments and payment to discoms also need to be ensured. It was reiterated that improved financial sustainability of the discoms will not only attract investments in the power sector as a whole but will also benefit the con-

sumers through reduced cost of electricity and improved consumer services, it stated.

Singh stated that the availability of power is fundamental to the Indian economy and objective is to provide world-class services and facilities for the citizens of this country.

The minister also emphasized upon energy transition towards more green energy to safeguard the environment for the coming generations while taking forward development of the sector. **PTI**

Goyal: Govt working on providing enabling environment, mkt access to jewellery industry

Mumbai: The Government is working on providing enabling environment and market access to the gems and jewellery sector, Union minister Piyush Goyal said on Saturday.

The commerce and industry minister was speaking at the foundation stone laying ceremony for a mega common facility centre (CFC) at Santacruz Electronic Export Processing Zone Special Economic Zone (SEEPZ SEZ) here.

"We need to make this industry not a USD 40 billion industry alone but have a much much bigger ambition. We on our part will do everything to reach those truly outstanding numbers that you had shown to raise as the potential of this trade," said Goyal -- Union Minister of Commerce and Industry, Consumer Affairs and Food and Public Distribution and Textiles.

"We are working with many countries to give the enabling environment and market access particularly for the gem and jewellery sector," he added. This project is expected to be inaugurated on May 1, 2023. "We aim to complete this project against the wind of Covid," the minister said.

Goyal further said the government is also working on decisions to revamp and reconstruct the SEEPZ. "Incidentally, we had made a lot of other decisions about the overall revamp and reconstruction of the entire SEEPZ zone... Ideally, we can use the same methodology that has been done for this project," he added.

The mega CFC will provide common manufacturing processes and related services to the jewellery industry.

"The new mega CFC will give a fillip to small manufacturers to scale up their quality of production and this, in turn, will further contribute substantially to the exports of the country. The mega CFC would not just be a facility for imparting training and skills, but a strong symbol of progression," SEEPZ Zonal Development Commissioner Shyam Jagannathan said.

This will help reduce the cost of production and lead to the transfer of know-how amongst these units, thereby providing a competitive advantage.

The mega CFC for gems and jewellery will be one of two such facilities (the other being at Surat) that will provide cutting edge technology for manufacturing and other allied processes in the gems and jewellery sector.

"There is a commitment of ₹200 crore for the rejuvenation and redevelopment of SEEPZ-SEZ, and the establishment of a mega CFC with a budget of ₹70 crore," Gem and Jewellery Export Promotion Council Chairman Colin Shah said. "This project aims to bring the gem and jewellery sector one step closer to the Atmanirbhar Bharat envisioned for the nation," Shah said.

Currently, the SEEPZ contributes around USD 3 billion to our total gem and jewellery exports annually, but with better infrastructure and technology, it has the potential to contribute to USD 7-10 billion annually, he added. **PTI**

Secondary players need to upgrade steel-making technologies: Minister

New Delhi: The steel ministry on Saturday exhorted the secondary players of the sector to upgrade their manufacturing technologies to help achieve the target of 300 MT steel output.

Secondary steel makers are those who make steel through electric arc furnace (EAF) route and induction furnace (IF) route. Minister of Steel Ram Chandra Prasad Singh along with Additional Steel Secretary Rasika Chaube and other senior officials on Saturday visited Mandi Gobindgarh steel cluster where he interacted with secondary players of the sector.

"Secondary steel sector is an important part of domestic steel sector. The 300 million tonne steel making target capacity cannot be achieved without active participation of secondary steel sector.

"To achieve this, the secondary steel sector needs to upgrade itself," a ministry statement quoted Singh as saying. The interaction in district Fatehgarh, Punjab was organised by the National Institute of Secondary Steel Technology (NISST). **PTI**

UN acknowledges NTPC's commitment towards clean energy

New Delhi: NTPC Ltd, India's largest integrated energy company received a letter of appreciation from Ms. Damilola Ogunbiyi, Special Representative of the Secretary-General for Sustainable Energy for All and UN-Energy Co-Chair, for its efforts and commitments towards the process of Energy Compact. In the letter UN-Energy has acknowledged the commitment of NTPC towards clean energy and welcomed NTPC to join the Energy Compact Action Network.

NTPC has submitted its plans towards the Energy Compact which outlines ambitious goals by 2030. NTPC's leadership will contribute significantly towards the achievement of SDG7. NTPC's entry into the Energy Compact Action Network makes it an important representative of the Energy Compact process. With its contribution, NTPC has become part of a vibrant Energy Compact community that strives to deliver transformative action. To provide this community with a platform for interaction, collaboration and knowledge sharing, an Energy Compact Action Network will be launched in early 2022. Supported by UN-Energy, this network will be an important tool for matchmaking, creating synergies, and mobilising additional commitments and action.

POWERGRID organises State Level Painting Competition

Gurugram: Power Grid Corporation of India Limited (POWERGRID) a Maharatna CPSU under Ministry of Power, Government of India organised State Level Painting Competitions on Energy Conservation for students in Assam, Chhattisgarh, Rajasthan, Gujarat, Goa, Tamil Nadu, Dadra and Nagar Haveli & Daman and Diu, at 54 centres as part of ongoing Azadi Ka Amrit Mahotsav celebrations.

More than 27,642 children from various schools across the country splashed colors on their canvas and showcased their creative skills on topics of Energy Efficient India and Cleaner Planet. The painting competition is part of the National Awareness Campaign launched by Minis- try of Power, to promote energy conservation in the country. The winners of the state level competition were awarded with prizes worth ₹50,000 for standing first, ₹30,000 for second, ₹20,000 for third and ₹7,500 each for ten consolation prizes for Group A and Group B categories.

State Bank of India marks centenary year with Namaste UK

London: The State Bank of India is celebrating its centenary year in the UK with the launch of a new 'Namaste UK' account, aimed at benefitting Indian students and professionals on long-term visas to be able to set up their banking services in Britain before they set off from India.

Backed up by a "robust" mobile application called YONO - You Only Need One, SBI UK chief expects further interest in the account in the New Year as more Indian students and professionals make their way to the UK.

Additional plans are aimed at New to Bank (NTB) customers, allowing them to use SBI UK remittance facilities without the need to open a bank account.

"Almost 500 accounts a month are being opened through YONO. Its big advantage is also for long-term UK visa holders, who can complete their banking requirements as soon as the visa is issued in India and before they arrive in Britain," Sharad Chandak, Regional Head of UK Operations for SBI, told PTI in an interview.

"This is dubbed the 'Namaste UK' account, which gives peace of mind to travellers. This service has been up and running for almost six months and Indian students and professionals coming to the UK will greatly benefit from this service," he

Name and Address of the Borrower/s	Loan Amount	Date of Demand Notice & Amount Outstanding	Description of the property/ Secured Asset
<b>CHOLAMANDALAM INVESTMENT AND FINANCE COMPANY LIMITED</b> Corporate Office: 1st Floor, 'Diana House', No.2, N.S.C. Bose Road, Chennai-600 001. Branch Office: 1st & 2nd Floor, Plot No.6, Main Pusa Road, Karol Bagh, New Delhi - 110 005			
<b>DEMAND NOTICE UNDER SECTION 13(2) OF THE SECURITISATION &amp; RECONSTRUCTION OF FINANCIAL ASSETS AND ENFORCEMENT OF SECURITY INTEREST ACT 2002</b>			
You, the under mentioned Borrower / Mortgagee is hereby informed that the company has initiated proceedings against you under the Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 and that the Notice under 13 (2) of the Act sent to you by Registered Post Ack. Due for Borrower/s has been returned undelivered. Hence, you are hereby called upon to take notice and pay the outstanding loan amount mentioned against the said account with interest accruing there from within 60 days from the date of this publication, failing which the company will proceed against you by exercising its right under Sub-sec (4) of Section 13 of the Act by enforcing the below mentioned security to realize its dues with interests and costs. It is needless to mention that this notice is addressed to you without prejudice to any other remedy available to the company.			
<b>LOAN ACCOUNT HE01AE00000000133.</b> <b>1. HARIOM CHAUHAN VITTHAL CHAUHAN</b> 245 Attala Chungi, Vrindavan Bangar, Mathura, Uttar Pradesh - 281121 <b>2. SHRI HARIDAS SHRINGERAR</b> H.No.741 & 742 old at Present No.72 Kharsa No. 550 situated at Atalvan Gopal Bagh, Vrindavan Tehsil & Distt. Mathura	<b>Rs. 2650000/-</b>	<b>29-11-2021</b> <b>Rs. 2765109/-</b> (Rupees Twenty Seven Lakh(s) Sixty Five Thousand One Hundred Nine Only)	<b>All that piece and parcel of Residential Property</b> H.no. 741 & 742 Old At Present No.72 Kharsa & Kharsa No. 550, Atalvan, Vrindavan, Tehsil & Distt. Mathura, U.p. (measuring Area 362.55 Sq.mtrs.) Which is bounded As Under:- East- Land, West-road 12ft Wide, North- Land & Kuaa Etc., South-land Of Rama Nand
<b>3. ROOPACHAUHAN</b> 245 GALLI NO. 2, ATTALA CHUNGI, MATHURA, UTTAR PRADESH - 281121 <b>4. VITTHALCHAUHAN</b> 245 GALLI NO. 2, ATTALA CHUNGI, MATHURA, UTTAR PRADESH - 281121 <b>5. GIRDHARICHAUHAN</b> 245 GALLI NO. 2, ATTALA CHUNGI, MATHURA, UTTAR PRADESH - 281121			
<b>LOAN ACCOUNT HE02DES00000002752</b> <b>1. JAGDISH BHARDWAJ SURAT SINGH BHARDWAJ</b> <b>2. KREETI</b> <b>3. YASHIKA BHARDWAJ</b> <b>4. RITU BHARDWAJ</b> All Above at : 252, Vidhya Vihar, Metro, North West Delhi, Delhi - 110034	<b>Rs. 815800/-</b>	<b>29-11-2021</b> <b>Rs. 843118/-</b> (Rupees Eight Lakh(s) Forty Three Thousand One Hundred Eighteen Only)	<b>All that piece and parcel of ALL THAT PIECE AND PARCEL</b> 252, VIDHYA VIHAR, METRO, NORTH WEST DELHI, DELHI - 110034
<b>LOAN ACCOUNT X0HEEDL00002195238, X0HEEDL00002215691 and HE02EDL00000004407</b> <b>1. KAPIL BHARDWAJ</b> <b>2. BHAWNA BHARDWAJ</b> <b>3. SHRADHA CARDS &amp; PRINTING</b> <b>4. SHRADHA CREATIONS</b> All Above At: GS-173, Malibu Towne, Sohna Road Tikri, Sec17, Ishampur, Gurgaon-122001	<b>Rs. 2,87,61,164/-</b>	<b>29-11-2021</b> <b>Rs. 2,93,45,524.2/-</b> (Rupees Two Crore Ninety Three Thousand Forty Five Hundred Twenty Four and Paise Two Only)	<b>Property 1</b> All that piece and parcel of the G.S. 173 Malibu Towne Sohna Road, Tikri Sector-47, Gurgaon - 122018, Haryana. <b>Property 2</b> : All that piece and parcel of the Shop No. 5, First Floor, Bhargava Palace, New Railway Road, Gurgaon, Gurgaon - 122001, Haryana <b>Property 3</b> All that piece and parcel of the Shop No. 6, First Floor, Bhargava Palace, New Railway Road, Gurgaon, Gurgaon - 122001, Haryana <b>Property 4</b> : All that piece and parcel of the Shop No. 8, First Floor, Bhargava Palace, New Railway Road, Gurgaon, Gurgaon - 122001, Haryana <b>Property 5</b> : All that piece and parcel of the Shop No. 4, First Floor, Bhargava Palace, New Railway Road, Gurgaon, Gurgaon - 122001, Haryana <b>Property 6</b> : All that piece and parcel of the Shop No. 7, First Floor, Bhargava Palace, New Railway Road, Gurgaon, Gurgaon - 122001, Haryana <b>Property 7</b> : All that piece and parcel of the Shop No. SF-15, Second Floor, Omaxe Celebration Mall, Sohna Road, Gurgaon, Gurgaon - 122018, Haryana <b>Property 8</b> : All that piece and parcel of the Shop No. 3, Lower Ground Floor, Bhargava Palace, New Railway Road, Gurgaon, Gurgaon - 122001, Haryana <b>Property 9</b> : All that piece and parcel of the Shop No. 13, Lower Ground Floor, Bhargava Palace, New Railway Road, Gurgaon, Gurgaon - 122001, Haryana <b>Property 10</b> : All that piece and parcel of the Shop No. 30, Lower Ground Floor, Bhargava Palace, New Railway Road, Gurgaon, Gurgaon - 122001, Haryana
<b>LOAN ACCOUNT X0HEEDL00003491552 &amp; X0HEEDL00003608490</b> <b>1. KIRTIKA KUMAR</b> H.NO 113-114 Upper Ground Floor, Pocket 15 Sector 24 Rohini, Newdelhi-110085 <b>2. SUBHAG R</b> H.No 113-114 Upper Ground Floor, Pocket 15 Sector 24 Rohini, Newdelhi - 110085 <b>3. KUMAR MANUFACTURES</b> 199 Kh No 15/35 Ground Floor, Pooth Kalan Sector - 21 Rohini, Newdelhi-110085	<b>Rs. 42,00,000/-</b>	<b>29-11-2021</b> <b>Rs. 4548679.69/-</b> (Rupees Forty Five Lakh(s) Forty Eight Thousand Six Hundred Seventy Nine And Paise Sixty Nine Only)	<b>ALL THAT PIECE AND PARCEL OF</b> Property Bearing No. 113 & 114, Land Area Measuring 64.5q Mtrs. In Pocket No.15, Sector No. 24, Situated In The Layout Plan Of Rohini Residential Scheme, RohiniNew Delhi-110085.
<b>LOAN ACCOUNT NO. X0HEEDL00002684816 &amp; X0HEEDL00002746139.</b> <b>1. MANINDERJOT SINGH</b> <b>2. KULJEET SINGH</b> 1 and 2 At: H No-6/12, Subhash Nagar, Tagore Garden West Delhi, Newdelhi - 110027 <b>3. PUNJABI KHANA</b> 33, Azad Market Delhi, Newdelhi-110006 <b>4. AMARJEET KAUR</b> <b>5. Inderjit Singh</b> 4 and 5 At: H No-6/12, Subhash Nagar, Tagore Garden West Delhi, Newdelhi - 110027 <b>6. Inder Food Industries</b> Kh No-894, G/f, Village Rithala, Near Petha Factory Wali Gali, Newdelhi-110085	<b>Rs. 9000000/-</b>	<b>29-11-2021</b> <b>Rs. 9354054.70/-</b> (Rupees Ninety Three Lakh(s) Fifty Four Thousand Five Hundred Ninety Four And Paise Seventy Only)	<b>ALL THAT PIECE AND PARCEL OF</b> ENTIRE SECOND & THIRD FLOOR PROPERTY I/E 6/12, SUBHASH NAGAR, NEW DELHI (LAND WITH BUILDING WITH ROOF RIGHTS) AREA ADMEASURING 100 SQ. YDS.
<b>LOAN ACCOUNT NO. X0HEEDL00003430851.</b> <b>1. MOHD YUSUF</b> <b>2. FARAH M @ FARAH</b> <b>3. M/S GOLDEN ZARI EMPORIUM</b> <b>4. SAYARA BI @ SAYARA</b> All Above At: H No-4929/P-5, Gali No-6, Sartaj Mohalla Krishna Nagar, New Delhi - 110031	<b>Rs. 26,00,000/-</b>	<b>29-11-2021</b> <b>Rs. 2828994.31/-</b> (Rupees Twenty Eight Lakh(s) Eight Lakh(s) Twenty Eight Thousand Nine Hundred Ninety Four And Paise Thirty One Only)	<b>All that piece and parcel of the</b> Property Bearing No. 4929-P/5A, Area 52 Sq. Yds., Out of Total Area 295 Sq. Yds., Out of Kharsa No. 689/442, Situated in the abadi of East Old Seelampur, Kanti Nagar Extn., Ilaqa Shahdara, Delhi which was bounded as under :-, East - Property of Other's, West - Gali 15ft wide, North - Property of Other's, South - Property of Other's
<b>LOAN ACCOUNT NO. X0HEEDL00002195017.</b> <b>1. MOHAMMAD SHAN</b> <b>2. RESHMA BEGUM</b> 1 and 2 At : 3/44-A/1 KALA MAHAL, AGRA-UP - 282003 <b>3. MOHAMMAD NASTAEEN</b> 31/47 ZEEN KHANA CHATTA BAZAR BELAJAN GANJ, AGRA-UP - 282004 <b>4. M/S ZEESHAN OIL TRADING COMPANY</b> 3/44A/1 KALA MAHAL, AGRA-UP-282003	<b>Rs. 5000000/-</b>	<b>29-11-2021</b> <b>Rs. 4710106.76/-</b> (Rupees Forty Seven Lakh(s) Ten Thousand One Hundred Six And Paise Seventy Six Only)	<b>All that piece and parcel of the</b> H.NO.684/1 NEW NO. 3/14A, MEASURING AREA 87.5 SQ.MTRS. SITUATED AT GALLI THANA CHHATTA, AGRA.
<b>LOAN ACCOUNT NO. X0HEEDL00001109477.</b> <b>1. SUSHMA MAINI</b> <b>2. VIKAS MAINI</b> <b>3. SOYAL MAINI</b> All Above At: B-32 Ground Floor Alpha-1st Greater Noida-201005	<b>Rs. 7900000/-</b>	<b>29-11-2021</b> <b>Rs. 4546221.18/-</b> (Rupees Forty Five Lakh(s) Forty Five Thousand Two Hundred Twenty One And Paise Eighteen Only)	<b>All that piece and parcel of the</b> property bearing House no. 372, Measuring 62.25 sq yds, with terrace right & rights of construction upto the last story, Out of kharsa No. 5/39/1 & 5/39/2 situated at Ram Nagar Extension No. 1, in the area of village khurji Khas Ilaqa Delhi-110051
<b>LOAN ACCOUNT NO. X0HEDEF00003173743, X0HEDEF00003352348 and HE02DE00000004128</b> <b>1. RAM AVTAR TYAGI</b> At: H NO. D-7 Ekata Enclave Buradi North Delhi New Delhi - 110084 <b>ALSO AT:</b> Shop No. 421 Main Market Sant Nagar Village Buradi Delhi - 110084 <b>2. NIRDESH TYAGI</b> <b>3. AMIT TYAGI</b> <b>4. M/S AMIT FOOTWEAR THROUGH ITS PROPRIETOR</b> 2 to 4 at : At: H NO. D-7 Ekata Enclave Buradi North Delhi New Delhi - 110084 <b>LOAN ACCOUNT NO. X0HEDES0000269806 and HE02DES0000001118</b> <b>1. SANJEEV KUMAR</b> At: 58, Rajendra Park Extn, Near Poonam Jewellers Nanngloi New Delhi-110041 <b>ALSO AT:</b> H No. C-79, Sec-P-7, Mitra Society, Greater Noida, Gautam Budd Nagar-201310 <b>2. VIKASH S</b> <b>3. M/S PACIFIC BRAND PROMOTIONS THROUGH ITS PROPRIETOR</b> <b>4. M/S NAAGAR ENTERPRISES THROUGH ITS PROPRIETOR</b> 2 to 4 at : At: 58, Rajendra Park Extn, Near Poonam Jewellers Nanngloi New Delhi - 110041 <b>LOAN ACCOUNT NO. X0HEEDL00001926828, X0HEEDL00001926830 and HE02EDL00000006435</b> <b>1. SATISH KUMAR SAINI</b> At: H. NO. 61, SAINI MOHALLA NANGLOI DELHI-41 <b>ALSO AT:</b> C-225, KHASRA NO. 62/25/2 Saini Vihar, Laxmi Park Nanngloi Delhi - 110041 <b>2. MANJU SAINI</b> <b>3. KHATU NARESH TENT HOUSE</b> <b>4. NARESH TENT HOUSE</b> 2 to 4 At: H. NO. 61, SAINI MOHALLA NANGLOI DELHI-41 <b>LOAN ACCOUNT NO. X0HEEDL00001356273</b> <b>1. PARVEEN KUMAR YADAV S/O KESRI</b> At: House No. 618-A/4/A, Shanker Gali, Vishwas Nagar, Shahdara Delhi-110032 <b>Also At:</b> Property No. 618 A/4A, First Floor, Shanker Gali, Vishwas Nagar, Delhi - 110032 <b>2. ANAND KUMAR YADAV S/O KESRI</b> At: House No. 618-A/4/A, Shanker Gali, Vishwas Nagar, Shahdara Delhi-110032 <b>3. NOOTAN LATA</b> At: HOUSE NO. 618-A/4/A, SHANKER GALLI, VISHWAS NAGAR, SHAHDARA DELHI - 110032 <b>LOAN ACCOUNT NO. HE02DES0000005081 &amp; X0HEDES00003397805 &amp; X0HEDES00003442629.</b> <b>1. RAJEEV KUMAR</b> <b>2. REKHA RANI</b> <b>3. DHEERAJ S</b> <b>4. PARUL PURI</b> 1 to 4 At: B-31 Police Colony Police Station Jagatpuri Krishna Nagar, Newdelhi - 110051 <b>5. SRD RENEWABLE</b> At: S.NO-4, HOUSE NO-1, MAIN ROAD KRISHAN KUNJ, LAXMI NAGAR, NEWDELHI - 110092 <b>LOAN ACCOUNT NO. X0HEDET00003498305 and HE02DET00000004264</b> <b>1. SHEELA DEVI</b> <b>2. KARAMEER K</b> <b>3. MAM CHAND</b> <b>4. ROOP KUMAR</b> <b>5. GUNJAN GENRAL AND BANGLE STORE</b> All above At: H. NO. 1768 JAWAHAR COLONY FARIDABAD HARYANA-121001 <b>LOAN ACCOUNT NO. X0HEEDL00001683751 and HE02DET00000002233</b> <b>1. VIKAS GOEL</b> <b>2. MR. MANGE RAM GOEL</b> <b>3. MRS. KUSUM GOEL</b> <b>4. MRS. NIYATI GOEL</b> <b>5. MR. HARSH GOEL</b> <b>6. M/S HARYANA TRADING CO.</b> <b>7. M/S GOEL TRADERS</b> All Above at : B-45, GALLI NO. 2, CHANDU NAGAR, BHARI PUR DELHI - 110094 <b>LOAN ACCOUNT NO. X0HEEDL00001967857 and X0HEEDL00003492501, HE02ELD00000004143</b> <b>1. VIPIN KHURANA</b> <b>2. SHALININ KHURANA</b> <b>3. NEENA KHURANA</b> All Above At: 52-87, RAM JAS ROAD KAROL BAGH NEW DELHI- 110005 <b>4. A.N ENTERPRISES</b> 52-87, RAM JAS ROAD KAROL BAGH NEW DELHI- 110005 <b>Also at :-</b> Shop No.3, 29/1 East Patel Nagar, New Delhi -110018 <b>LOAN ACCOUNT NO. X0HEEDL00002414973 and X0HEEDL00002358605 and HE02ELD00000004074</b> <b>1. VIRENDER KUMAR GUPTA</b> S-505, 3rd Floor, Flat No-2 School Block, Shakarpur, Delhi, New Delhi - 110092 <b>ALSO AT:</b> Property No. 3121 Old & 6469 New, Katra Barian, Khari Baoli, New Delhi - 110006 <b>2. NARINDER KUMAR GUPTA</b> <b>3. M/S D. P. PAINTS PRIVATE LIMITED THROUGH ITS DIRECTOR</b> <b>4. KAMLESH KUMARI GUPTA</b> <b>5. REKHA GUPTA</b> <b>6. SANDEEP GUPTA</b> <b>7. ABHISHEK GUPTA</b> All Above At: 5-505, 3rd Floor, Flat No-2 School Block, Shakarpur, Delhi, New Delhi - 110092	<b>Rs. 1,76,08,800/-</b> <b>29-11-2021</b> <b>Rs. 1,83,40,446.90/-</b> (Rupees One Crore Eighty Three Lakh Forty Thousand Four Hundred and Forty Six and Paise Ninety Only ) <b>Rs. 71,68,841/-</b> <b>29-11-2021</b> <b>Rs. 75,25,900.51/-</b> (Rupees Seventy Five Lakh Twenty Five Thousand Nine Hundred and Fifty One Only) <b>Rs. 29,17,448/-</b> <b>29-11-2021</b> <b>Rs. 26,43,700.39/-</b> (Rupees Twenty Six Lakh(s) Thirty Three Thousand Seven Hundred and Paise Thirty Nine Only) <b>Rs. 28,49,922/-</b> <b>29-11-2021</b> <b>Rs. 2099565.57/-</b> (Rupees Twenty Lakh(s) Ninety Nine Thousand Five Hundred Sixty Five And Paise Fifty Seven Only) <b>Rs. 44,36,000/-</b> <b>29-11-2021</b> <b>Rs. 44,84,425.97/-</b> (Rupees Forty Four Lakh(s) Eighty Four Thousand Four Hundred Twenty Five And Paise Ninety Seven Only) <b>Rs. 22,79,900/-</b> <b>29-11-2021</b> <b>Rs. 24,42,295.29/-</b> (Rupees Twenty Four Lakh(s) Forty Two Thousand Two Hundred Ninety Five and Paise Twenty Nine Only) <b>Rs. 1,18,25300/-</b> <b>29-11-2021</b> <b>Rs. 1,21,77,033.80/-</b> (Rupees One Crore Twenty One Lakh Seventy Seven Thousand and Thirty Three and Paise Eighty Only) <b>Rs. 2,44,21,000/-</b> <b>29-11-2021</b> <b>Rs. 1,94,84,791.10/-</b> (Rupees One Crore Ninety Four Lac Eighty Four Thousand Seven Hundred and Ninety One and Paise Ten Only) <b>Rs. 1,92,80,000/-</b> <b>29-11-2021</b> <b>Rs. 2,11,77,091.70/-</b> (Rupees Two Crore Eleven Lakh Seventy Seven Thousand Ninety One and Paise Seventy Only) <b>Rs. 26,00,000/-</b> <b>29-11-2021</b> <b>Rs. 28,289,94.31/-</b> (Rupees Twenty Eight Lakh(s) Eight Lakh(s) Twenty Eight Thousand Nine Hundred Ninety Four And Paise Thirty One Only) <b>Rs. 79,00,000/-</b> <b>29-11-2021</b> <b>Rs. 45,462,21.18/-</b> (Rupees Forty Five Lakh(s) Forty Five Thousand Two Hundred Twenty One And Paise Eighteen Only)	<b>All that piece and parcel of the Property No. 421, Area Measuring 190 Sq. Yds., Part of Kharsa No. 123/25/1, Situated in the area of Village Burari, Abadi Known as Sant Nagar, Delhi - 110084; hereinafter referred to as "the said property", which is bounded as under: East: Others Property, West: Others Property, North: Road, South: Road 25 Ft. Main Mkt.</b> <b>All that piece and parcel of the Property Bearing Plot No. C-79, Sector - P-7, Mitra Sahkari Awas Samiti Ltd., Situated at Plot No. 04, Greater Noida, UP</b> <b>All that piece and parcel of the freehold build-up Property Bearing No. C-225, Area Measuring 320 Sq. Yds., Out of Kharsa No. 62/25/2, Situated in the area of village Nanngloi, Colony Known as Saini Vihar, Laxmi Park, New Delhi, Which is bounded as Under:- East: Road 12 Ft. wide, West: Other's Property, North: Other's Property, South: Road 25 Ft. wide</b> <b>All that piece and parcel of the First Floor without roof/terrace rights and second floor without roof/terrace rights of property bearing no. 618-A/4/A, measuring 55 sq. yds., Out of Kharsa No. 753/3, Situated in the area of Village-Chandrawali, alias Shahdara, in the abadi of Shanker Gali, Vishwas Nagar, Shahdara, Delhi which is bounded as under :- East - Property of Other's, West - Road 15ft wide, North - Property of Other's, South - Property of Other's</b> <b>All that piece and parcel of ground floor and first floor (said portion) part of property bearing 42 area measuring 133 sq.yds, built on plot no.48A, Out of rect no. 39 kila No.14/1 84/4/2 situated at abadi of Sarojani Naidu Park, Shastri nagar in the area of village khurji khas Ilaqa shahdara .</b> <b>All that piece and parcel of the Residential House Bearing MCF No. 1980/1768, Plot No. 20, Admeasuring 118.50 Sq. Yds., Situated at Jawahar Colony, NIT Faridabad, Haryana</b> <b>All that piece and parcel of the Property Bearing Old No. B-40, New No. B-45, Area 105+55=160 Sq. Yds., Out of Kharsa No. 40, Situated at Village Meerapur Turk, in the abadi of Gali No. 2, Chandu Nagar, Karawal Nagar, Shahdara, Delhi which is bounded as under, East - Gali, West - Road 20ft wide, North - Plot Of Others South - Plot of Others</b> <b>All that piece and parcel of the House No.602, Block C, Colony Sushant Lok, Phase 1, Village Sarhau, Chakkarpur, Silokhra, Kanhai, Sukhrail, Tehsil and District Gurgaon, Haryana (area measuring 215 Sq.yds) which is bounded as under :- East - Plot No.C-655, West - Road, North - Plot No.C-603, South - Plot No.C-601</b> <b>All that piece and parcel of the Property Bearing No. 3121 (Old) and 6469 (New), Land admeasuring 80 sq. yds., Situated at Katra Barian, Khari Baoli, Delhi which is bounded as under :-, East - Gali, West - Property of Custodian, North - Masjid, South - Road</b> <b>All that piece and parcel of the property bearing House no. 372, Measuring 62.25 sq yds, with terrace right &amp; rights of construction upto the last story, Out of kharsa No. 5/39/1 &amp; 5/39/2 situated at Ram Nagar Extension No. 1, in the area of village khurji Khas Ilaqa Delhi-110051</b>	

# KL Rahul to be India vice-captain for SA Test series: BCCI secretary Shah

PTI ■ NEW DELHI

Opener KL Rahul has been named as the Indian team's vice captain for the upcoming three-Test series against South Africa, starting December 26, BCCI secretary Jay Shah said on Saturday.

Earlier, Rohit Sharma was made deputy to Virat Kohli for the series but he was ruled out due to a recurring left-hamstring injury.

The 29-year-old Rahul has played 40 Tests so far and has scored 2321 runs at an average of 35.16, with six centuries under his belt.

Importantly, he is being looked at as a long-term potential leader.

The All-India Senior selection committee has named KL Rahul as vice-captain for the upcoming 3-match Test series against South Africa. KL Rahul replaces Rohit Sharma as vice-captain, who was ruled out of the Test series owing to a hamstring injury," Shah said in a statement. The PTI had reported on December 13 that Rahul is the frontrunner for the vice-captaincy.

Rohit, who had replaced Ajinkya Rahane as the vice-captain for the Test series, suffered a left hamstring injury during the net session in Mumbai, which ruled him out for at least three to four



weeks.

For the selectors, it was difficult to go back to Rahane who is no longer a certainty in the Test XI, and possibly, it is too early for Rishabh Pant to be elevated as vice captain of the national team.

Rahul, currently, is seen as one of the few all-format specialist batters.

Rahul has the right age and experi-

ence to be groomed for future when Kohli relinquishes Test leadership. He can take over the mantle for a longer duration.

It is also expected that Rahul will be the white-ball deputy to Rohit in the coming days. His name is also doing the rounds for captaining the new IPL Lucknow franchise.

The All-India Senior selection committee has named KL Rahul as vice-captain for the upcoming 3-match Test series against South Africa. KL Rahul replaces Rohit Sharma as vice-captain, who was ruled out of the Test series owing to a hamstring injury

# Vidarbha, Karnataka, MP teams to beat in Hazare pre-quarters



PTI ■ JAIPUR

Karnataka, Vidarbha and Madhya Pradesh would have a slight edge over their respective opponents in the three pre-quarterfinals of the Vijay Hazare Trophy to be played here on Sunday.

While the Faiz Fazal-led Vidarbha should go as favourites against minnows Tripura, it will be a clash of equals when Karnataka take on an equally upbeat Rajasthan at the KL Saini stadium. The third quarter-final between two neighboring states — Madhya Pradesh and Uttar Pradesh — also promises to be an exciting affair in which the former would be banking on the performance of Venkatesh

Iyer, who shone in his debut T20 series against New Zealand and that could eventually be the difference between the two sides.

Coming to Vidarbha, they would rely on the performance of skipper Fazal, who has always delivered on the big stage and come Sunday, he would be eyeing for another big knock.

He, however, would need support from the likes of Athara Taide, Ganesh Satish, Yash Rathod and Akshay Wadkar to tame Tripura's attack.

On the bowling front, young pacer Yash Thakur is among the wickets and is the second highest wicket-taker from the league stage with 14 scalps.

The role of his co-pacer Darshan Nalkande and seasoned off-spinner Akshay Wakhare and left-arm spinner Aditya Sarwate would be key for their chances of making the last eight.

Tripura, who had won all their five matches in the Plate Group, would need to dish out a clinical show, to spring a surprise.

In the MP VS UP game, focus would be on the lanky southpaw Iyer, who has sizzled with the bat in the league stage. The left-handed opener, a revelation after last IPL season, can take any good attack to the cleaners and UP's would not be an exception.

Iyer has so far amassed 349 runs from five matches. For MP, another important cog in the wheel is batsman Shubham Sharma, who has so far scored 335 runs in the league stage.

But the other batters would also need to play their parts to perfection against a quality UP attack, which boasts of seamers like Yash Dayal and Shivam Mavi.

For UP, who were the runners-up of the last season, they would be eager to go one step ahead. And for that to happen, opener Madhav Kaushik and wicket-keeper batter Aryan Juyal would need to come good and tame the MP attack led by Avesh Khan.

UP's middle order also needs to come good. The Rajasthan versus Karnataka clash could be touted as a battle of equals but Karnataka having had more experience of playing in the knock-outs could have an advantage.

It will be a battle between Karnataka batters — Ravikumar Samarth, Rohan Kadam, Manish Pandey, Karun Nair, up against the likes of Khaleel Ahmed, Aniket Choudhary, Kamlesh Nagarkoti, Ravi Bishnoi and Shubham Sharma.

But if Rajasthan have to make the last 8, their batters would have to deliver, else Karnataka can romp home easily.

# Gautam Gambhir back in IPL as Lucknow franchise's powerful 'Team Mentor'

PTI ■ NEW DELHI

Former India opener Gautam Gambhir was on Saturday appointed mentor of the new Lucknow franchise ahead of IPL 2022.

The southpaw, who is also a member of parliament, had captained KKR to two IPL titles during his playing days.

"Thanks a lot to Dr Goenka and the RPSG Group for presenting me this wonderful opportunity in their setup.

"The fire to win a contest still burns bright inside me, the desire to leave a winner's legacy still kicks me 24x7. I will not be contesting for a dressing room but for the spirit and soul of Uttar



Pradesh," Gambhir said in a statement.

Owner of the yet to be named franchise, Sanjiv Goenka welcomed Gambhir into the RPSG fami-

ly. "Gautam has an impeccable career record. I respect his cricketing mind and look forward to working with him," he said.

The 40-year-old played 58 Tests, 147 ODIs and 37 T20Is for India.

Gambhir, who has also captained Delhi Capitals (erstwhile Daredevils), has been in talks with Goenka for sometime and it is expected that he will play a massive role at the auctions.

Andy Flower has been primarily roped in because he has already worked with the Lucknow franchise's captain-in-waiting KL Rahul, who is expected to be picked at the draft where the new teams will get three choices -- two Indians and one

foreign player.

Gambhir was considered one of the finest among IPL captains during his time at the KKR, who won the silverware in 2012 and 2014.

However, once KKR released him and he returned to Delhi where he had started in 2008, things didn't pan out as he would have thought and midway into the league, had to relinquish captaincy to Shreyas Iyer and also dropped himself from the team due to shoddy batting form.

But no one can deny Gambhir's shrewd tactical brain and it is widely believed that even before the deal was inked, he had been giving valuable inputs to Goenka's core recruitment team on squad composition.

# Starc in control along with Australia in 2nd Ashes test

AP ■ ADELAIDE

Mitchell Starc's milestone in day-night test matches has left Australia in command of the second Ashes test, with the home side taking a 282-run lead to stumps on day three with nine wickets in hand.

England capitulated from 150-2 to be all out for 236 in reply to Australia's first-innings total of 473-9 declared.

Australia captain Steve Smith decided against enforcing the follow-on before the home side went to stumps Saturday at 45-1 with David Warner the man run out after a mid-wicket mix-up.

Under-pressure opener Marcus Harris



survived both that and a crucial 17-over period under lights to finish unbeaten on 21 along with night-watchman Michael Neser (2). Australia remains unbeaten in the eight

pink-ball tests it has played, partly because of game management and partly because of skill.

A large chunk of that day-night expertise can be attributed to Starc.

No bowler enjoys using the pink ball as much as the left-hander, who claimed 4-37 in the first innings at Adelaide Oval. His record now stands at 50 wickets — 18 ahead of next-best Josh Hazlewood — at an average of 18.10 in day-night tests.

Cameron Green was also influential for Australia on Saturday with 2-24, claiming the key wicket of Joe Root and ending a 138-run stand between the England skipper and Dawid Malan.

Green beat Root twice in the over in the lead-up to catching his edge on 62 before Starc had Malan caught in the slips six overs later for 80.

After claiming Rory Burns' wicket under lights on Friday night, Starc also had Jos Buttler out for a duck as part of an 18-over period of 4-19 for England.

It continued a poor game for wicketkeeper Buttler, who dropped century-maker Marnus Labuschagne twice, including on 21 before he went on to post 103.

Australia's Nathan Lyon also had a big influence, taking 3-58 on a pitch where England opted against playing a specialist spinner.

# Srihari Nataraj registers Best Indian performance in swimming World C'ships

PTI ■ ABU DHABI

ACE Indian swimmer Srihari Nataraj set 'Best Indian time' at the FINA short course World Championship but that was not enough to take him to the semi-finals of the 50m backstroke event here on Saturday.

The 20-year-old clocked 24.40s in the men's 50m backstroke event to finish 26th in the overall heats.

However, Nataraj, who competed at the Tokyo Games after becoming the second Indian swimmer

after Sajan Prakash to breach the 'A' qualifying time for the Olympics, was unable to progress to the semi-finals where the top 16 swimmers compete.

This is Nataraj's second 'Best Indian time' at the meet, the Bengaluru swimmer had bettered his own record in the 100m backstroke event on the opening day.

The timings clocked and records in this meet, which is being contested in a 25m swimming pool, are different from the more traditional long course ones.

# All-round Mumbai City FC start favourites against Kerala Blasters

PTI ■ MARGAO

Reigning champions Mumbai City FC will look to extend their four-game winning run when they take on Kerala Blasters FC in an Indian Super League match here on Sunday.

Mumbai are enjoying a stellar run, steamrolling teams more often than not by comprehensive margins. In their last outing, Des Buckingham's side was put to test by a defensively solid Chennaiyin FC but they got the goal in the 86th minute.

Sitting pretty at the top of the heap with 15 points already from six matches, Mumbai will aim to virtually secure a playoff spot as early as they can and in that bid they will look to keep winning all the games.

At the heart of Mumbai's success has been Ahmed Jahouh.

The Moroccan midfielder provided another assist in the last match taking his tally to five for the season. He has provided assists in five of six Mumbai City FC matches, and if he continues to do the same he will



break his own and the league's record.

Mumbai have also been sharp from set-pieces, converting nine which is the most by any team so far this season.

The Islanders' most effective set-

piece weapon has been free-kicks with five of their nine goals coming from that source. Jahouh's dead-ball skills and work done on the training pitch has shown so far with the side benefiting from that a lot.

"I am happy where the players are. We were the last to start pre-season. But I am happy with the work we have done and adapted to as a unit," Buckingham said on the eve of the game.

"We have had a good start to the season but that's what it is.

It's a 20 game season. We need to get better in every game. We need to have answers to different challenges," he added.

Meanwhile, Kerala Blasters are eighth in the table with just one win in their kitty. They drew their last game 1-1 with wooden-spooners SC East Bengal and will look to get back to winning ways against Mumbai City FC but for that, they will have to put their best foot forward.

"Everyone's trying to stay positive and be consistent. We want to fight for every game and every point," Kerala Blasters head coach Ivan Vukomanovic said.

"This is the type of game you want to play and look forward to," he said about taking on Mumbai.

# Asian Cup will galvanise, spread awareness about women's football in India: Kushal Das



PTI ■ NEW DELHI

ALL India Football Federation (AIFF) general secretary Kushal Das on Saturday said the upcoming AFC Asian Cup 2022, scheduled to be held across three venues in Maharashtra, will galvanise and spread awareness about the women's game in the country.

Preparing for the marquee tournament, the Indian senior women's football team will be donning a new jersey in the new year.

The Blue Tigresses, as the team is referred to, will be wearing the new stripes in the Asian Cup,

which the country will host from January 20 to February 6 next year.

"We are confident that the AFC Women's Asian Cup India 2022 will galvanise the masses, spread awareness about the women's game in India and inspire young girls in the country to take up the sport, and pursue their dreams," Das said.

"For far too long not only in India but also globally the Women's game has lived under the shadows of men's football, and we need to collectively change it step by step."

The Indian team recently returned after participating in a four-nation tournament in Brazil.

Das added, "Every single girl in our country who has taken up the sport across levels is a true tigress in the manner they have overcome socio-cultural barriers. So it is fitting that we honour our Blue Tigresses with an individual identity, and an own independent kit.

"Looking ahead forward together, there is no better opportunity to do so than prior to the Flagship tournament for International Women's Football in Asia. Good luck girls."

The new kit has stylized tiger stripes design element emblazoned on it.

Ambar Aneja, co-founder Six5Six, stated: "We've all witnessed the progress that our women's team has made in the last few months.

"It's been an honour for our entire team to be able to create something as special as this for them as they embark on their quest for the AFC Women's Cup India 2022."

# Semifinal spot assured, India to clash with Japan in ACT hockey

PTI ■ DHAKA

Assured of a place in the semifinals, defending champions India would look to continue their winning run when they clash with Japan in their final round robin match of the Asian Champions Trophy men's hockey tournament, here on Sunday.

After a slow start to the tournament, Olympic bronze-medallist India roared back into the five-team tournament with two consecutive wins.

Playing their first tournament after a historic Olympic campaign, India were held to a 2-2 draw by Korea in their opener. However the

players lifted their games by leaps and bounds to trounce hosts Bangladesh 9-0 and then got the better of arch-rivals Pakistan 3-1 on Friday.

India are currently leading the standings with seven points from three games ahead of Korea (5), Japan (2) and Pakistan (1).

Hosts Bangladesh are yet to register their presence in the scoresheet having lost both their games so far.

Coming into the tournament as clear favourites, the Indians were by far the better side among all other teams, simply on the basis of form and world standings.

Having said that, India were slow to get off the blocks as they squan-



dered a two-goal advantage to be held by Korea.

The match against Korea was a sort of wake-up call for the Indians.

They looked completely different against Bangladesh, dominating the entire 70 minute contest with their superior display.

The match against neighbours Pakistan was expected to be a close match and it turned out to be so, albeit in the final two quarters.

India were in complete control of the proceedings in the first two quarters as took the lead as early as in the eighth minute before doubling their lead in the 42nd minute.

India's dominance can be gauged

from the fact that Pakistan failed to secure a single shot on the goal in the first two quarters, leave aside earning penalty corners.

The encounter spiced up after the change of ends as Pakistan came out with more purpose and gave India a run for their money in the final 15 minutes.

But the Indians did not allow the Pakistanis any inroads as a superior defensive and attacking display helped them to come out on top.

The Indian forward-line has been in impressive form with the likes of Lalit Upadhaya, Akashdeep Singh and Dilpreet Singh on song.

The midfield has been held

together by skipper Manpreet Singh while the responsibility of the backline rests on the shoulders of vice-captain Harmanpreet Singh.

In fact, young India custodian Suraj Karkera produced a superb display under the goalpost and denied Pakistan on multiple occasions to keep his head on Friday.

Going by the outcome of recent meetings, India have an edge over Japan having defeated them 5-3 in their last meeting at the Tokyo Olympics.

But records and rankings hardly matter in international hockey as a bad day in office can always spoil all the past hardwork.

**THEATRE**

# Must watch for Spidey fans

**SPIDER-MAN: NO WAY HOME**  
**\*ing: Tom Holland, Benedict Cumberbatch, Zendaya, Jacob Batalon, Jon Favreau, Marisa Tomei, Andrew Garfield, Tobey Maguire**  
**Rated: 7.5/10**



For those who don't know much about Spider-Man movies and are curious, this latest movie has been co-produced by Columbia Pictures and Marvel Studios. It has been distributed by Sony Pictures Releasing. It is the sequel to Spider-Man: Homecoming (2017) and Spider-Man: Far From Home (2019). A bit more of trivia; it is the 27th film in the Marvel Cinematic Universe.

So, what happens when the world comes to know who is the face behind the Spidey mask? Chaos is bound to unfold and the people close to Spider-Man have to pay a price. And what does any 17-year-old do when confronted with a problem and has been part of the Avengers team? He goes to Dr Strange. What happens when you use magic? Disaster ensues. Where there is disaster, there is action, where there is action there is bound to be some mind-blowing and amazing CGI that will make your jaw drop. Cars falling off the bridge, buildings being blown up and Spidey senses tingling all the time, there is little time to take a breather as Spider-Man: No Way Home takes you on a journey that is definitely wowing the die-hard fans. The uninitiated will want

to know the reason for the craze around this one.

But there are plenty of reasons for the fans to clap and cheer. With four villains on the loose — Electro, The Lizard, Sandman and Green Goblin — there is bound to be never a dull moment. More so, when our Spidey has taken on the responsibility of reforming them. Why? Because with great power comes great responsibility, a popular proverb by Spider-Man. Therefore, he must do the right thing even if it breaks his heart and he loses everything and everyone dear to him. In some way, it is the coming of age of Spider-Man and becoming mature and taking on the world as any superhero would.

The fun and wild and the witty dialogues keep the viewers engaged.

Holland, Zendaya and Balaton characterisation has been kept as real as possible. As kids, what they do, even if it put the world at peril, is believable. The nostalgia that this movie brings makes it a must see for all the Spider-Man fans.

Of course, Tobey Maguire fans would not agree that Tom Holland makes a good Spidey but the truth is that as the film progresses and unfold, Holland as Spidey grows on you and in the end he definitely and has been the Spider-Man since Spider-Man: Homecoming. However, Maguire fans need not be disappointed that they won't see their favourite Spider-Man. There is a twist here and fans will love it.

PS: Wait till the very end; there are not one but two, yes two post-scripts!

Shalini Saksena

# This is an engaging courtroom drama

**420 IPC Zee5**  
**\*ing: Vinay Pathak, Ranvir Shorey, Gul Panag, Rohan Vinod Mehra, Arif Zakaria**  
**Rated: 5.5/10**

There are very few movies which despite being slow manage to keep you engrossed and engaged till the very end. More so if there is a huge scam involved and thousands of crores have been usurped and partial amounts has been counted for.

There are several pluses here. First, the

script is tight and doesn't deviate even for a second. Second, while there are two incidents that are seemingly disjointed to begin with, the way they are woven and come together is brilliant. Three, the actors have been chosen well. Rohan Vinod Mehra, late Vinod Mehra's son, makes a debut here. As a defense lawyer, he is really good. He essays the role with confidence and doesn't give them the impression that he is making a debut. Gul Panag does a good job.

A special mention for

both Ranvir Shorey and Vinay Pathak. Shorey as a prosecution lawyer is great. His stance, his walk and accent, that of a Parsi, has been done to perfection. Pathak, as the man accused of fraud and theft, is absolutely amazing. He under plays his character to perfection. The way he keeps a tight rein is fantastic. To only do an about turn with just a few body movements is perfect.

Overall, a good courtroom drama that makes for a great watch.

— Shalini Saksena



# ROCK TO RABINDRA SANGEET

Singer and composer ANURAG HALDER, who rose to fame after releasing Kashtiya is all set to launch his new Rabindra Sangeet

Hailing from a small town, music composer and singer gained fame after the release of *Kashtiya*. After releasing a few hit albums, Halder is all set to rock with his upcoming Rabindra Sangeet.

When composing for an independent project, the music director believes there should be ample freedom to make the track without any sort of interruptions so that the efforts are not gone in vain and hard work pays off. In recent times, he has collaborated with the MTV Hustle Grand Finalist, EPR Iyer in a project, and connected Hip Hop with Indie Pop music which received great response from the audience. The singer has a long list of projects releasing in the next few months, per sources.

Rabindra Sangeet is known as one of the best genres of music in India and across the world. It was originally composed and written by the great Rabindranath Tagore who was best known as a poet and the first non-European writer to be awarded the Nobel Prize for literature. Tagore composed and wrote the national anthems for both India and Bangladesh. He reshaped Bengali literature and music as well as Indian art. The Bengali people have emotions attached to this type of *sangeet*.

Halder has always learnt Hindustani classical music since childhood. Having been brought up in West Bengal, he loves Rabindra Sangeet and has practiced immensely along the way. In the city of Kolkata, which is known for its culture, art, and love for music, at least one member in every house is associated with some form of art. Be it music, painting, dancing etc.

Rabindra Sangeet is considered to be a big chapter of music and it comes with a huge responsibility for a singer in India. Since Halder used to practice it at school, the musical director believes it is essential to understand this form of *sangeet* in order to connect well with the audience.

Vinit Jain, the founder of Voila! Digi (One of the music labels in India) connected with Halder recently and offered a contract of around twenty Rabindra Sangeet songs which was accepted by the singer. After signing the contract, five songs have been sung and released already. Two of which are *Ekla*



*cholo re* and *Anondoloke*. Reportedly, a few more songs are on the way, and it has been a success for the singer and Voila! Digi so far as the audiences have appreciated the work.

Some other Bengali projects Halder has worked in — *Cholo Jaai, Icche Kore, Tui Elna, Ghum Pahara, Aloron, Pari Debo Na, Tumio Mano Na, Chole Geleo* and many more which has separate Bengali fan following.

# TELLY TALE

## 'THE BUZZ OF VIDROHI IS GOOD'



been particular about the projects he associates himself with and follows the same outlook while choosing music videos.

"The very first thing is that I have to feel things aesthetically. I love music, listen to different kinds of music all the time. So, when somebody sends me the audio track I hear it for the first time and while listening to it I decide whether I want to do it or not. I kind of get the vibe, I feel I have a strong sixth sense that really came in handy when I decided to be a part of *Bepanah Pyaar, Bepanah Ishq, Halo Re Halo and Door Ho Gaya*. All these songs have done extremely well, some with numbers and some really struck a chord in people's hearts, says the actor. He is presently playing the leading role in *Vidrohi*.

## RECREATING LATA MANGESHKAR'S 80S HIT



Zee TV recently launched a romantic drama — *Aggar Tum Na Hote*, that encapsulates the love story of Niyati Mishra (essayed by Simaran Kaur), who is a young, hard-working nurse, and Abhimanyu Pandey (essayed by Himanshu Soni), who is a charming, rich yet seemingly normal young man dealing with mental instability.

While the show seems to have already won the viewers' hearts, it's the soulful title track of *Aggar Tum Na Hote* sung by Palak Muchhal that has grabbed everybody's attention recently. Palak Muchhal has lent her beautiful voice to the recreated version of Lata Mangeshkar's 80s hit track *Aggar Tum Na Hote* and looks like she has given it a touch of her own. Muchhal reveals that she always wanted to pay a tribute to the original creation and this was a dream come true moment for her.

Muchhal revealed, "*Aggar Tum Na Hote* is an iconic melody, originally sung by Lata ji, and composed by the great RD Burman. For me, to have actually recreated this song, was such an honour. I have worked with Lalit ji before, but

when he told me that we had to work on *Aggar Tum Na Hote*'s title track, I was very excited yet nervous. It is a known fact that whenever you recreate something, you put yourself to some level of comparison; but for me, it was more like a tribute to the original creation."

While Palak's melodious track for has already left everyone mesmerised, some new twists and turns are all set to turn Abhimanyu and Niyati's life upside down.

## IT'S A FILM WRAP

It's a wrap on Applause Entertainment and Ellipsis Entertainment's recently announced untitled romantic comedy-drama. The film concluded principal photography with a wonderful winter spell in Ooty, with powerhouse stars Vidya Balan and Pratik Gandhi. Sources say that the cast got on like a house on fire all through production, and the excitement is palpable in this radiant picture of Vidya and Pratik celebrating the wrap. Ileana D'Cruz and Sushmita Mukherjee who're also part of this fantastic quartet, completed their shoot in Mumbai last month.

Directed by ad genius Shirsha Guha Thakurta, the



film, a progressive, uninhibited take on modern relationships, also marks Applause's foray into the big screen experience. This collaboration with Ellipsis has created quite the buzz and is keenly awaited for its spectacular dream cast.

## SPECIAL SURPRISE FOR NEWLY WEDS

Sonu Nigam who was recently in Ujjain for a personal visit, gave a newly wed couple the biggest wedding gift they could've wished for. Sonu not only visited the event but also spent time interacting with the bride and groom and their families. As it turned out, the hotel Sonu was residing in Ujjain had a wedding in the banquet hall, elaborates a source, "Sonu was visiting the Mahakal and the Kalbhairav temples in the city. There was



a wedding taking place in the hotel and Sonu took the guests by surprise and walked up to congratulate the couple. It was a completely impulsive and heartfelt gesture from Sonu's end," he says.

## TUMSA KOI PYAARA CROSSES 15 MILLION VIEWS

Tandoor co-producer Chitra Vakil Sharma is thrilled that her latest song, *Tumsa Koi Pyaara* has crossed 15 million views.

"I am elated beyond imagination. For Vandana Khandelwal and me as well as the whole team this is a dream come true. Crossing 15 million views, trending no.1 in India within seven days for the first-ever music production venture under the banner Under The Sun Studio, who could have asked for more. I believe the foresight I had along with Vandana and our creative team right from the time we got this



song, the cast, the location everything just fell in place and it checked all the boxes to reach where we are today. Blessed is what I feel and charged up for my next big hit. Just wait and watch," she said.

# 'In this role my character is larger than life'

MAULI GANGULY, who plays Mahasati Anusuya in &TV's Baal Shiv, speaks with SUPRIYA RAMESH about her role, her experience of doing a mythological show and challenges

■ **What is the show Baal Shiv about?**  
*Baal Shiv* is about lord Shiva when he meets Mahasati Anusuya in a child's form.

■ **What is your role?**  
 I am playing Mahasati Anusuya in this show. My character has a lot of childhood adventures with lord Shiva. Anusuya is a Mahasati and being a human she had immense powers. She was a Shiv *bhakt* and has a bonding with lord Shiva like a mother.

■ **Why did you choose this project?**  
 The project chose me. I have not done many mythological projects. The language should be spot on and it's a completely different ball game than a show/film. When I got the call and when I heard about the role, I decided that I will give my best and do something new. I'm a huge lord Shiva devotee myself and I'm trying to give my best.

■ **How does this role stands out from other roles you have done before?**  
 In this role my character is larger than life. When you play a role, you kind of get merged into in a way because I'm shooting with a four-year-old child. So, it cannot be like I'm coming and saying "you say the lines then I'll say the lines". There is a bonding on stage and if the co-star isn't there I start missing him. Usually I'm very professional but if this kid is not there for two days, I call him up and talk to him. Otherwise, I'm also experiencing the journey of a mother and son while playing the role. The project is so beautifully written.

■ **Do you anyway relate to the role in real life?**  
 I understand the values. We all mean to say and do things. But to Anusuya's level, definitely I don't have her powers. But I admire her a lot. Sometimes you have to believe in a character to understand the character. I do understand her. That's the connectivity and I love children. She is too perfect in a lot of ways. She is a Mahasati and I don't think there is any similarity. I can feel 10-20 per cent of her qualities in me.



WE DID SO MANY MOCK SHOTS AND THEN SCRIPT READING. ALL THIS REALLY HELPED THE LANGUAGE BECAUSE IT IS KEY IN A MYTHOLOGICAL PROJECT. I WON'T SAY CHALLENGING, BUT IT WAS A NICE JOURNEY IN GETTING TO KNOW ANUSUYA MORE AND MORE

■ **How challenging has this role been?**  
 I had a fantastic creative team of Anirudh Pathak ji, Animesh Sharma ji the director, they are fantastic and have been a very big help. Because on the set he is there, we did so many mock shoots and then script reading, lot of questions and answers for my doubts. All this really helped the language because language is key in a mythological project. I won't say challenging, but it was a nice journey in getting to know Anusuya more and more.

■ **This is your second mythological show. What was your first and how different was it?**  
 My first mythological project was Suryaputra Karan where I played a human character. When you play a human character which has a lot of responsibilities like Anusuya in Ashram of Chitrakoot. People who know Anusuya, they know that there is a lot of responsibility of a character that you are playing. It's not a human character, she was a Mahasati. How you play, enact, talk and conduct yourself needs to be perfect. The responsibility is more here otherwise human characters are more forgiving.

■ **You were an assistant director. How did acting happen?**  
 I was an assistant and I just tried very few months when I was in 11th grade. This was mostly for pocket money because one of my friends was doing it. The director asked me to play this role. I won't call myself an assistant director. I still need to learn a lot in direction if I need to ever make something. I need to start from scratch but yes, I did try that along with a lot of things.

# the pioneer agenda



I'm looking for the truth. The audience doesn't come to see you, they come to see themselves  
— Julianne Moore



FROM THE INSIDE

## Tryst with consciousness

The only way to understand consciousness is through the reference of others' experiences & to experience it yourself

2



4

## Dhyana helps develop focus

Dhyana means paying attention to what lies within. That includes negative thought seeds, knowing which you could make necessary correction

## PARENTING

# WHEN THE GOING GETS TOUGH...



As schools are set to reopen, children will go through the stress of once again changing their routines. Parents can play a very important role in easing the anxiety, fear and disruption that children face, writes RAMG VALLATH

**T**here is no doubt that Covid 19 is one of the most disruptive events that has happened in our lifetime. Adults have had to deal with all kinds of stresses — working from home, blurring of work-life boundaries, loss of earning for some, going to work with the threat of infection ever present for some, handling children at home through the day, every day for two years, and so on. The impact on children has been different, but no less in its severity. At an age when they would be playing outdoor and enhancing their physical and mental abilities, they have been forced indoor for months on end. At an age when they would have otherwise mingled with dozens of classmates and enhanced their social skills, they have been forced into isolation. Worse, they have been forced to learn their academic lessons online, which is an incredibly boring and non-engaging way to learn and this has led to sub-optimal learning and learning loss. With schools reopening, children will go through the stress of once again changing their routines, the anxiety of going back to school and the stress of the accelerated learning required to make-up for the sub-optimal online learning. They will need to deal with all kinds of rules and protocols that the school would have laid out to prevent an outbreak of the infection and at the same time, deal with the anxiety of possible infection. All this, while constantly being reminded that schools might close again with minimal warning. Parents can play a very important role in reducing the stress and easing the anxiety, fear and disruption that children face. UNICEF has given a set of guidelines that parents can use to ensure this. Given below are these guidelines and how parents can implement these using the principles of Active Parenting.

### SEPARATION ANXIETY

According to UNICEF, many children — even the older ones — are likely to face separation anxiety and other forms of anxiety in going back to school after two years. It is important for parents to recognise the symptoms. The symptoms could be clinginess and physical manifestations such as upset stomach, headache and so on.

### LISTEN WITH COMPASSION

It is imperative that parents listen closely to what children are saying and encourage them to open up about their anxieties. Do not ridicule or belittle what they are feeling. Don't say, "This nothing. When I was small, I had to go through worse and I never felt anxious" or words to that effect. Remember every individual is different. What your child needs is acknowledgement of their feelings with compassion. Respect their feelings, accept them, and address them. Be empathetic at all times.

### HELP VERBALISE FEARS

Parents need to engage with the concerns that children have and talk about what is causing this concern. Let them verbalise exactly what they are feeling. Verbalising the negative emotions itself will bring down their intensity. This will also act as an outlet to the children. The last thing that parents should do is to shush the children, dismissing their fears as irrelevant.

### KEEP CALM

To a large extent, children will reflect the emotions that their parents display. If parents are calm and composed and rational in dealing with the crisis, there is a much higher chance that their children will also face the situation in a calm and composed manner. I appreciate that all parents will not be equally composed when faced with difficult situations, but it is important that parents do not fan the anxiety of children by themselves displaying stress and anxiety. To help keep calm, it would help if they do some research from credible online sources such as WHO. They will realise that Covid 19 infection is far milder on children than on adults and almost all children who catch the infection have an asymptomatic or mild case. They can also reassure themselves by understanding the protocols that the schools are implementing to contain any spread.

### EXPLAIN CALMLY AND REASSURINGLY

According to a paper published in the March 31, 2020 issue of Lancet by Dalton et al., it is important for parents to give children honest information in a reassuring manner. This can include the fact that parents themselves have had their lives impacted by the pandemic. Parents can help children by explaining the science behind the pandemic at an age appropriate level, why children are less susceptible to serious disease, what all the school is doing to ensure that there is no spread of the infection etc. The tone to use should be one of calm reassurance. The message "Yes, things aren't business as usual. The world is grappling with a difficult situation. Children are least susceptible. If they follow protocol, there is nothing to worry."

### SET EXPECTATIONS

It is important that parents set expectations in advance for the strict protocols that the school will be following when reopening. Make sure you explain that masking, hand hygiene, cough and sneeze hygiene and physical distancing will be followed in the school. Explain the rationale of each of these and encourage your child to follow these procedures to the T. Also, encourage them to find creative methods to bond with their friends while strictly adhering to the protocols.

### REPORT SYMPTOMS

While explaining the science of the infection, parents can also share the list of symptoms that is associated with Covid 19 — sore throat, cough, fever, loss of taste, loss of smell, breathing difficulty, body ache, upset stomach etc. Ask the children to immediately inform if they feel any of the symptoms coming on.

### WATCH OUT FOR BULLYING

Many children will be going back to school after nearly two years. They and their classmates would have all grown up quite a bit in these two years. Social equations will be reset and they might find that there are other children who indulge in bullying. Some children might share this with their parents. But the more introverted ones may not. Parents need to keep a close watch to see if children are showing symptoms of getting bullied. Do they look withdrawn and preoccupied? Are they showing reluctance to go to school? Are they having physical ailments such as headache, upset stomach, lack of appetite etc.? These are what parents need to watch out for.

### PROACTIVE CHECKING IN

Each child is different in the way they react to stress and the way they communicate this. This is why parents need to proactively keep checking with the children if everything is going well. The best way to do this is by having conversations with them on what has transpired at school each day. Communicate to the children that it is OK to feel overwhelmed and encourage them to share their worries. Reassure them if there are worries.

### PARENTAL STRESS IMPACTS CHILD'S MENTAL WELLNESS

In a research published in the Frontiers in Psychology dated July 3rd 2020 by Spinelli et al., the authors have shown the impact of parental stress during the pandemic on the mental wellness of children of all ages. The difficulty that parents found in dealing with the mental stress that the pandemic imposed is found to be significantly associated with not only their own stress, but also with the children's behavioural and emotional problems through the mediating role of parent's stress. This is why it is imperative for parents to learn to control their emotions and keep them in check. This doesn't mean parents need to be devoid of emotions when dealing with the vagaries of the pandemic. In fact, if they do not show their own emotions, this could lead to increased anxiety in children, since children will be left wondering what adults around them are feeling. Hence parents need to take great pains to explain the situation to children, including revealing the impact of the pandemic

on themselves. However, these communications need to be done in a calm and reassuring manner.

### ACTIVE PARENTING TO THE RESCUE

The protracted stresses and uncertainties of the pandemic on parents and children could leave lasting impacts in children's psyche, unless handled thoughtfully and carefully by parents. A few approaches suggested in Active Parenting could come to the rescue in such a situation.

### FAMILY TIME IS ESSENTIAL

When the world outside is turbulent and uncertain, it is the rock-steadiness and dependability of the home that will provide a safe haven for children. Reassuring presence of emotionally strong parents can substantially counter the negative impacts of an uncertain surrounding and situation. This is why it is very important for parents to spend quality time with children every day during these uncertain times. During this family time, parents need to ensure that they share entertaining — for parents and children alike — experiences with their children in which the whole family participates. Nothing can be better de-stressors than this and nothing can improve the family bonding more than this. Parents might need to take a conscious call to reprioritise their work and personal life and spend more time with children. After all, one can always pick up on one's career aspirations once conditions come back to a more normal state. But the impact on children could be life-long. May not be equally severe on all children. It may vary from mild impact to severe impact based on the child's nature and the family environment. But impact there will surely be.

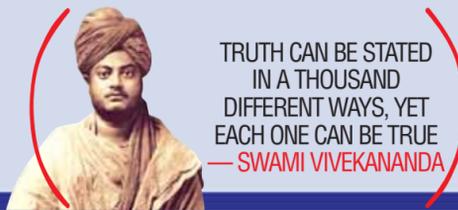
### NEVER WASTE A CRISIS

It was Winston Churchill who famously said, "Never waste a good crisis". It would be insensitive and foolish of me to call this a 'good' crisis. But the point remains that Active Parents, who handle this crisis appropriately can convert this into a great opportunity. An opportunity to inculcate qualities such as resilience, compassion, happiness and so on that will set the children up for lifelong success. For this, parents need to befriend their children as never before, have transparent, heart-to-heart chats with them, tell them stories that inspire them, listen to their concerns without judging, and provide them with a rock-solid safe haven of a home where they know they will get unconditional support and love.

The writer is an IITian, a tech company co-founder, a motivational speaker, an international parenting coach & the author of Active Parenting: How to raise children with boundless potential, published by HarperCollins India

“THE DIFFICULTY THAT PARENTS FOUND IN DEALING WITH THE MENTAL STRESS THAT THE PANDEMIC IMPOSED IS FOUND TO BE SIGNIFICANTLY ASSOCIATED WITH NOT ONLY THEIR OWN STRESS, BUT ALSO WITH THE CHILDREN'S BEHAVIOURAL AND EMOTIONAL PROBLEMS THROUGH THE MEDIATING ROLE OF PARENT'S STRESS”





## Dynamics of pandemic

While we have been talking so much about the economic effects of the pandemic there has been less focus on the damage the continued impact of the epidemic had on human behaviour. Though there has been little research on this crucial aspect of the society in India, the *Time* magazine came up with an interesting story on how undesirable behavioural changes influenced human conduct in the US. Lawyers were crowded by clients seeking legal remedies for the suffering they underwent due to unruly behaviour of their customers. Restaurants, airlines noted a significant rise in rude behaviour of their customers. The estimated amount of fines imposed on the people for such behaviour was to the tune of ₹7 crore and 45 lakh this year. The crime rate also increased. The assumption that the easing of Corona related restrictions will reduce the impact the pandemic had on human behaviour and lead to greater camaraderie and cordiality in social intercourse proved wrong. Psychologists suggest that the long duration of confinement due to lockdown down led to poor social interaction and impaired interpersonal skills. Interpersonal skills are developed through and polished by continuous interaction that make humans cultured and humane. Sociologists attribute this to the process of socialisation that help humans acquire social skills. These are learnt attributes that are picked up with constant social stimulation. Since these are learnt they can be unlearned, too due to disuse. The many restrictions, some necessary and some meaningless, added to the already growing frustration of the people who developed edginess, irritability and impatience. But this story of *Time* magazine cannot be a solely American phenomenon. It is a human phenomenon. The same behavioural changes were seen in other countries, too. The phenomenon was observed by the social scientists in Australia which was explained as an impact of sudden disruption of lifestyle that gave little time to adjust and adapt to new demands of social living, we now fashionably call the new normal. This can also be true of India. Those engaged in customer service may bear testimony to this kind of change in behaviour. Even though these behavioural changes will not be permanent, yet, they will take considerable time to be restored as the unlearning and relearning process is slow. Most painful has been the case of toddlers who completely missed the opportunity to get the all important social stimulation of the peer group at a very critical formative period of their lives and this may have a significant impact. Though the pandemic has been the most important factor in bringing about these behavioural changes, yet, according to many psychological researchers, the over assertive governance and huge online dependent lifestyle also played a vital role. From national to the organisational, the leadership at all levels did not empathise with the people reeling under the impact of pandemic. A more humane and reassuring approach was needed. As far as the Indian scenario is concerned we have rather neglected the issue of mental health. According to World Health Organisation, some eight percent of our population suffer from mental health issues. We need to take a more comprehensive and systemic approach towards psychological health in the post Covid era. Pathak is a professor of management, writer, and an acclaimed public speaker. He can be reached at ppathak.ism@gmail.com

# TRYST WITH CONSCIOUSNESS

The only way to understand consciousness is through the reference of others' experiences & to experience it yourself, shares HINGORI

What is the concept of consciousness and what is all the fuss about? How do I feel the consciousness... can anyone describe it to me? The mind of the novice spiritualist often dwells upon this — particularly fueled by the academic proliferation of inputs from almost every culture in every part of the world as we know it. Is it possible to view how animate and inanimate things interact with the world that itself is the same thing as those you are aiming to view? Confusing? Yes of course it is. Consciousness is difficult to understand because there is no way of comprehending it directly. The only way is to attempt to understand it through the reference of someone else's experiences and to ultimately experience it yourself.

I too, was intrigued and realised the true meaning of this only when I saw my Guru leave his body for one of his many journeys as an astral tourist. On some of these, he took along a few of us where we discovered the remarkable concept of 'gati' and experiencing the spirit without the body. Miles were covered in a fraction of a second and subsequently, when my logical mind wanted to validate the experience, exactly what was seen on the astral journey is what was experienced when I visited the same places as an embodied tourist.

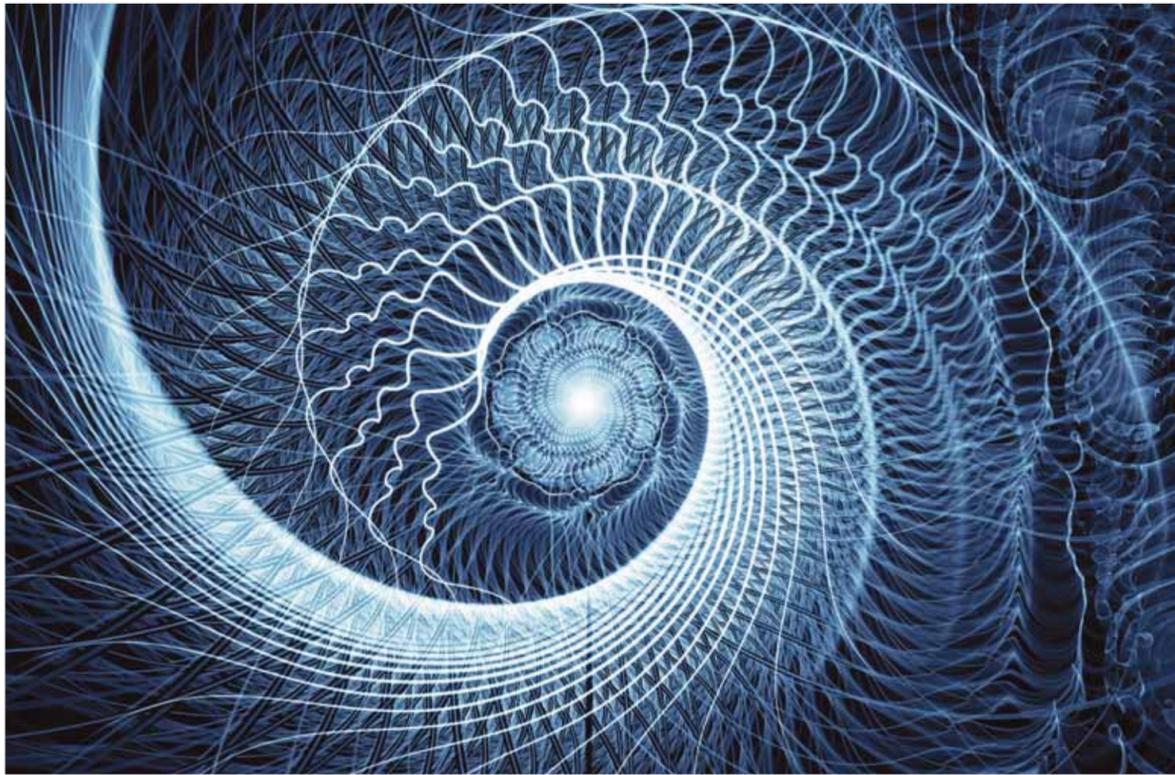
The past, present and the future are the creation of man to comprehend particular aspects of divinity. In his simplicity, man has defined these as linear which is not the case. In one of such cases the lines blurred and I was taken to a realm where I saw a queue of my Guru's disciples just waiting to be born so that they could continue the journey with him.

The consciousness experiences beyond the senses as it is all experiencing. However, there are times when there is convergence between the body, senses and consciousness to create, for us, experiences that are truly fascinating. Why or when they happen is not something that is predictable — but happen they do.

Let me share with you some of these experiences, as narrated by a few of those who I have taken the responsibility of mentoring, to help them along their discovery of 'the self'. Perhaps you will gain a better understanding of the consciousness from these and also may be able to relate better to some of your own experiences.

### THE FLIGHT OF CONSCIOUSNESS

Anupam witnessed himself in an astral race across the world, or perhaps different worlds. While running his consciousness first through the form of a dog, he described himself as a scraggly grey and white large canine



who was running across terrains with different flora and, then when the terrain changed significantly Anupam transformed into a bird, subsequently a leopard, a few other beings, and eventually a tiger... constantly in a race with an unclear single competitor, and with the ability of leaping over huge distances. Upon hearing this, I told him that the experience was the "Baseline of Brahma". While I will explain in greater detail as to what this means in another article, it would suffice to say that his consciousness took him on a journey to help him understand the essence of creation and form based upon the manifestation of the thoughts of the creator.

### THE CONSCIOUSNESS HAS A VISITOR

In another case, Gayatri from Mumbai, was sitting deep in meditation and suddenly felt everything come to a complete stop — all thoughts, the breeze, her breath, her body everything. The senses inexplicably still worked, and she had this feeling of everything being just perfect. The temperature in the room, the stillness and the calm — everything was exactly the way it should be. A being, about 20 ft tall and projecting a beau-

## THE PAST, PRESENT AND THE FUTURE ARE THE CREATION OF MAN TO COMPREHEND PARTICULAR ASPECTS OF DIVINITY

tiful blue luminescence appeared to walk across to her, they both smiled, as if to acknowledge the presence of each other; and then the being continued walking past her, as things resumed to the normal state. Once fully in control of her senses (actually the truth is that reality is the exact opposite of this perceived control) she was a little stunned. Her rational mind could not justify the experience irrespective of how much she tried. In truth, it was her consciousness that played a little game with her and let her visit a part of her true nature. The body was passive, the senses still functional and the consciousness was interacting with the being.

### THE MERGING OF CONSCIOUSNESS

Another time Anuj from Delhi, told me that he knew exactly how a blade of grass felt like. He knew this because while in meditation his consciousness has become one with the grass. I looked at him, knowing what he was feeling, but awaiting him to discover it for himself as it was another of these inexplicable experiences which some people witness. I asked him to describe it and he said, "there is no past no future, and everything just is. There is the breeze and there

is movement with the breeze but there is no worry about being trampled upon. It is truly being in the moment and living it. There is no fear of death, nor realisation of existence — it just is". His experience then took him to being a tree stump and a large round stone with a fine brown crevice like line. Such are the ways of the expression of the consciousness when it decides to reveal itself.

These are just a few of the many stories and in each of them the consciousness behaves a little differently — perhaps to communicate a message or perhaps to connect. Such experiences are often responsible for fundamentally changing the way these people view life and what is referred to 'world-appearance' in Yoga Vasishtha.

If I were to leave you with a few thoughts to contemplate upon, I would say — expect nothing will happen, accept everything that does and focus on *seva*, *mantra vidya* and your *guna* mix. Like the others I have mentioned above — you too have divinity within and if at any time you question it, your consciousness may decide to take you for a walk to show you who you truly are

The writer is the author of Hingori Sutras series of spiritual books

# Colour connection

Colours often create patterns around us, evoking various emotions, feelings, and behaviours, writes AARRTI ZAVERI

Colours can uplift our mood anytime and anywhere. Every person has favourite colours; the ones that they like to wear, the ones they prefer to surround themselves with, and the ones that remind them of happy memories. The impact of color on us is far greater than that of words.

As a result, it shouldn't be a surprise that colours often create patterns around us, evoking various emotions, feelings, and behaviours. Because we associate colours with certain things, colours have a special meaning for us. Blue represents calm, like the sky or the sea, green represents the growth of nature, and orange signifies the heat of a fire. Through the colours in our environment, we can find balance, pleasure, and calm in our lives. Here is a short guide to how colours affect us.

● **Purple:** We feel connected to the cosmos through purple's hue. When you are focused on petty details and petty gripes, or when you want to feel more connected to a goal, consider introducing more purple into your environment.

● **Dark Blue:** Bring dark blues into your sleeping area if you are feeling fragile or flighty, or if you are having difficulty sleeping.

● **Light Blue:** Look up at the clear blue sky on a sunny day



and imagine the peaceful joy that comes to your heart. You can create a sense of serenity in your home or office using this hue. It can be used in many ways. Utilise this colour to enhance your sense of serenity and to build a closer relationship with the universe.

● **Pink:** Kindness, care, and affection are all reflected in this hue. Consider incorporating more pinks into your surroundings if you are lacking in grace or empathy.

● **Green:** A green environment can also improve mental health

and happiness, allowing you to access optimism more easily. Keep it away from areas where you need to be calm and relaxed to avoid overwhelming people. This hue is ideal for locations where you need to feel creative and active.

● **Yellow:** When you are feeling stuck or depressed, yellow, like the sun, can lift your spirits. If you are looking for ways to add more joy to your life, or if you want a change of pace, consider incorporating more yellow throughout your house.

● **Red:** This hue has a lot of

scientific research behind it. The brain interprets it as hazardous, triggering our flight-or-fight response, which in turn boosts our energy, strength, confidence, and power. It also helps us get more in touch with our actual environment, so our connection to reality is strengthened. Red gives us strength and power when we need them, but the heightened level of energy can also impair our ability to make decisions. If you need to maintain your ground or trust yourself, then use it, but avoid it if an issue requires thorough study.

The writer is a visual artist

# The big achievement

There are unimaginable benefits if one manages to become a *nimitta* of God, writes AJIT KUMAR BISHNOI

What is it for a human being in the present life? There will be many answers. All the enormous wealth one tries very hard to gather gives no extra protection; one is just like an ordinary person. Then, the question arises: Is there a way to get extra protection? Yes, there is a way to avoid a bad end.

Lord Krishna states, "Out of thousands of men hardly anyone strives for perfection. Out of those striving yogis also, hardly anyone knows me in essence." (7.3) "And by knowing about the best knowledge one will try for perfection successfully." (14.1) Let us be honest. How many amongst us even desire to gain liberation? Lord Krishna has given that knowledge in the *Bhagavad Gita*, which if learnt seriously gives rise to such a desire. Then, gradually one becomes a *yogi*. This may span several lives. After that a *yogi* properly striving becomes free from sins achieves perfection due to the practice of many births, i.e. gains liberation. (6.45)

So, we can forget about targeting liberation. Let us try for the next best achievement. That is what Arjuna managed; he became a *nimitta* (instrument) of God. (11.33) What does a *nimitta* do? He aligns himself with God's plan. God — the creator has a plan like a big businessman will have for his empire, whereas God's plan encompasses all. We have many desires but what is the most overpowering desire? This will motivate our actions. A *nimitta* follows God's instructions (18.73), out of which taking God's shelter is the main one. (18.62)

There are unimaginable benefits if one manages to become a *nimitta* of God, who empowers him to do extra-



ordinary feats. Many highly successful persons, coming from diverse fields, have publically admitted that what they achieved was beyond their abilities; God had a big role to play in that. One will lead a very useful life; one will be highly satisfied by what one achieves. God will respond to him: one cannot treat such signals as coincidences for long. It makes sense also. How can a small soul go on the *tapasya* path without encouragement, and that too quite noticeable.

God takes all the major decisions for his *nimittas*, even against their wishes, as He famously did for Arjuna. (11.34), who was not prepared to fight initially. (2.9) God mostly gives instructions during sleep, especially in the early hours, when we are about to get up. Not only that, God keeps on pursuing till we accept what He wants from us; God even uses many mediums till we fall in line. God actually takes the role of the

doer, as He did for Arjuna as stated by Lord Krishna in the eleventh chapter of the *Gita*. And God never fails; isn't He the omnipotent? Surprising as it may seem, we may not even choose to be His *nimittas*; He bestows this favour, if God sees our potential. This is somewhat like talent hunting. Didn't Lord Krishna choose Arjuna over his four brothers, even though Arjuna was not the eldest; he was the third brother. God's *nimittas* make mistakes like we all do but there is an important difference; they don't do so willingly. And God bails them out. (18.58) One is no longer on his own; he enjoys God's shelter, which means a whole lot. Lastly, God is easily pleased by acts of His *nimittas*, and rewards them by giving big benefits for undertaking even small responsibilities. God's munificence has no limits for His chosen ones.

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

# Right to abort in America: A foetal responsibility

Abortion rights have always been a richly and acrimoniously contested theme in the domestic political milieu in the United States' socio-political firmament. Since the days of the Roe vs Wade Supreme Court case in near totality, the American citizens were deprived of the right to opt for abortion of the foetus in the light of the civil liberties enshrined in the American Constitution. The conservative lobby led by the Republican Party has largely espoused the theme of not issuing the right to abortion in the larger American context while the antagonists of the order of the Democrats have been staidly liberal and have tom-tommed the cause and the attendant rationale of abortions and cessation of unwanted pregnancies. This theme along with the deliberations on the gun rights and the attendant allegations of violence have been the sophomoric pet peeve in the domestic American polity and larger society.

The Republicans contend that bohemianism and the larger spirit of the sixties and seventies flower children movements imbued with the libertarian strain ought not to be the order of the day. Thus a liberal society values ought not to be tantamount to the theme of libertarianism and anarchical societal order and nom de plumes. The Republicans argue that conservative norms are what the societal and health doctor ordered for the day. In the Roe case, Justice Harry Blackmun in 1973 precipitously contended in his judgment that, "a set of Texas statutes criminalising abortion in most instances violated a woman's constitutional right of privacy, which it found to be implicit in the liberty guarantee of the due process clause of the Fourteenth Amendment which propounds categorically that 'nor shall any state deprive any person of life, liberty, or property, without due process of law'".

Thus, the ideals espoused by quintessential tenets of

American liberty and women's rights are well reflected in the judgment as advanced by Justice Harry Blackmun in the historical, iconic and hallmark case of Roe VS Wade in the momentous year of 1973.

The jurisprudence of abortion rights in the American homeland have been advanced by both the yes and nay sayers in the context of the American society and polity. The literature on the US Supreme Court informs us that another recent and seminal case law on Planned Parenthood Vs Casey was too loaded in a grandiose and crystal clear rebuttal of the conservatives where in the judgment reiterated and stressed upon the idiom of the law of the province of Pennsylvania, where-in, the provincial and state law required any one of the parents to be agreeing on the ending of a minor's pregnancy and along with that the husband's acquiescence in the context of an adult and married pregnancy was considered by the court as a prerequisite.

These two legitimate contexts of prim and proper legalese were the "pioneering first of fortitude" which were posited by the US Court's judgment. The Oyez portal informs us indelibly and diligently that the judgment delivered by the three judges of the order of, O'Connor, Kennedy and Souter, goes on to portend that, "the new standard asks whether a state abortion regulation has the purpose or effect of imposing an 'undue burden', which is defined as a substantial obstacle in the path of a woman seeking an abortion before the foetus attains viability".

Under this standard, the only provision to fail the undue-burden test was the husband notification requirement. The central poser which needed to be answered by the judges in the court was of the order of, as per the Oyez.com release that "can a state require women who want an abortion to obtain informed consent, wait 24 hours, if married, notify their husbands, and, if minors, obtain parental con-



sent, without violating their right to abortion as guaranteed by Roe v. Wade?" The objection that the private clinics and doctors had with the restrictive clauses of planned parenthood and Casey happened to be the steady requirement and conditionality of male permission leading to legal abortion, as, militating against the women's rights and the right of the pregnant lady to abort.

The bone of contention now happens to be that Mississippi is demanding that the seminal judgment of Roe vs Wade be repudiated unquestionably. There is a question of federalism too involved over here which more than insinuates that all the states in the homeland are absolved of the legal shackles of the US Supreme Court and can always craft their own legalese on abortion rights and the atten-

dant legal paraphernalia, which might actually result in a skilful re-writing of the US law on abortion and related women's rights. The Democrat's position on abortion might be prevented from getting standardised if President Joe Biden's political outfit does not do well in the 2022 mid-term elections and if with a larger "IF" he doesn't return as the second term chaperon at the White House in 2024. The Whole Women's Health vs Hellerstedt in 2016 too has expressed that access to abortion rights is constitutionally protected in the United States of America.

In a manner, Roe, Casey and Whole Women's Health script a pragmatic and realistic content of the American constitutional values and juridical sentiment, a factoid which is of critical significance to the American womenfolk of the

day. The women's abortion rights clearly delineate the Constitutional principles of equality, egalitarianism liberty, dignity and the attendant bodily integrity.

It can be categorically stated without any obfuscation that the Constitution in the US bequeaths the right to the lady folk but it goes further than the legal provision and attendant jurisprudence as it insists upon due protection of law to safeguard the women's abortion right as a segment of the larger American myth and lore of rights. The undue burden clause once again comes into play, where-in the 108th US Congress in Public Law number 105 raised the theme of partial abortion rights in order to safeguard the rights of the pregnant lady. Still, medical professionals rule out the partial abortion procedures as it

causes long-term damage to the pregnant mother's health and finally their valuable lives as an American citizen. Another interesting figment of jurisdiction happens to be that instead of the Fourth Amendment, the Ninth Amendment can provide legal protection of pregnant ladies where-in, the court can take convenient recourse to natural law principles in order to uphold the much debated and palaver prone abortion debate in the United States of America.

The Supreme Court, all in all, recognises the right of privacy of citizens affected and thus raises the bar of the Constitutional protection. Also, as an attendant fact, it can be safely surmised that the US citizens are open to enjoyment and the implement ability of the larger interpretation of the

Constitution which might not be explicitly enumerated in the sacrosanct rule book. Though it might be duly noted that the artifice of the Ninth Amendment has been quoted only a meagre twenty times, it renders the functionality of the amendment quite delimited as is evident in the US Supreme Court case law, Griswold vs Connecticut. As an American touchstone, President Biden too has contended that there ought to be a gender focussed policy vis-a-vis abortion rights which includes a conglomerated striving by all concerned Government agencies to respond to the scenario in the American nation.

*(The writer teaches at International Relations and International Organisations, IIPA, New Delhi)*

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MANAN DWIVEDI

## PERSPECTIVE

# Inclusive and empowering workspaces: Time for reflection

We were struck by the news when the National Family Health Survey (NFHS) for Round 5 (2019-2021) was published in late November. The survey showed important progress in several areas such as declining fertility rates and more women operating their own bank accounts. The evidence on violence against women drew our attention.

In Telangana and Karnataka, for example, more than 80 per cent of men and women justified a husband hitting or beating his wife for a "reason" (National Family Health Survey Round 5 (2019-2021), the Ministry of Health and Family Welfare, Government of India).

Disaggregated data throws worrying insights. Almost 80 per cent of women and 76 per cent of men in both States justify violence. According to the survey result, in as many as 18 States, violence in the marital relationship is justified under one pretext or the other.

While the Ministry of Women and Child Development (MWCD) launched the She-Box (MWCD has the centralised complaints portal She-Box for sexual harassment complaints and they have linked it to all the Central Ministries, Departments and 653 districts across 33 States/Union Territories; <http://www.shebox.nic.in/>), the online portal for complaints of sexual harassment of women at workplaces, there is still inadequate data available about cases of harassment of women at workplaces.

The NFHS 5 findings on safety of women at home raise important questions for women outside the home. What happens to women who go out to work in formal and informal settings? Are unsafe workplaces and public spaces holding back women from full participation? These are questions to consider as



the world unites this year to commemorate 16 days of Activism against Gender Based Violence.

The economic and social benefits of an equal workplace are too high to ignore. It is estimated that equal participation of women in the workforce could increase India's GDP by 27 per cent. Thus, the low participation of women in the labour force speaks of unrealised potential. More than 90 per cent of women in India are engaged in the informal sector where protective guarantees against harassment and exploitation are weak, or almost non-existent. Workspaces are diverse and so are the privileges and risks.

How can workplaces be made more equal and safe for women? Instituting a zero-tolerance policy

against sexual harassment and exploitation is the first step. Matching this policy with intent and action is the second step. Investing in dialogues that encourage staff — men and women in all their diversities — to safely examine their own attitudes and biases is crucial. These steps will remain only a good intention if workplaces do not invest clear budgets for preventing and responding to violence against women at work and changing prevailing norms that hold women back.

One important element in changing social norms at work is having more women in visible positions of decision making within an organisation. These women leaders bring greater diversity and are more likely to advocate changes to the

workplace that keep women safe. Greater diversity in the workforce has other benefits too — more equality in the workforce is equated to more innovation, and improved productivity. The representation of women in decision making bodies can inspire an entire generation of young girls to dream big and realise their full potential.

An important point of intervention can be helping women transition from the informal to the formal sector, where there are more legislative protections against sexual harassment. UNDP through its Plastic Waste Management Programme in 33 cities in 22 States is helping reduce risks of women employed in waste management. It works with the cadre of Safai Sathis

providing them with better livelihood opportunities, financial stability, and access to social security schemes.

The Swachchhta Kendra (material recovery facilities) operate with fixed timings where sanitation, menstrual hygiene management and creche facilities are integrated. It is graduating towards women-led self-help groups managing operations at the Kendra. It has given women identity, dignity and respect within their families and communities.

UN Women's Second Chance Education Programme enables women to re-enter formal education, learn vocational and entrepreneurial skills and connects them to formal employment and business opportunities. Since 2018, the pro-

gramme has worked in 12 districts and four States. More than 15,000 women from some of the poorest and most vulnerable areas after having finished school have been trained and they have found jobs. Importantly, bringing these skilling opportunities to the women has allowed them safe access since they don't have to negotiate unsafe transport to skilling centres.

Infrastructure is an important element for keeping women and girls safe in public spaces on their way to and from work. The women-only carriages on the Delhi Metro are a good example of this. But what happens once women and girls disembark from these trains and then walk the last miles home, sometimes in the dark? Investing in street lighting and last-mile public transport connectivity will greatly improve women's mobility to workplaces.

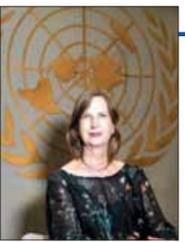
Similarly, well designed, safe, clean and adequate toilets in public spaces and workplaces for women — or gender responsive infrastructure — can be transformational for it enables women and girls to participate equally in education and jobs.

In order to achieve Sustainable Development Goal 5 on gender equality, we need to make all spheres of our daily life safe: home, public space, work and the online environment. This requires an integrated approach - from legislatures, the government, private sector, communities, and homes.

The global campaign on 16 days of activism against gender-based violence is an opportune time for all of us to reiterate our commitment to address violence against women and girls. What is the first step you will take today? The time to act is now!

*(Susan Ferguson is Country Representative, UN Women Office for India; and Shoko Noda is Resident Representative, UNDP India)*

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SUSAN FERGUSON



SHOKO NODA



OUR OWN SELF-  
REALISATION IS THE  
GREATEST SERVICE WE  
CAN RENDER THE WORLD  
— RAMANA MAHARSHI

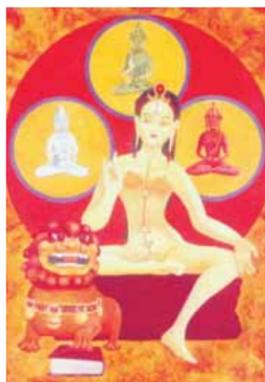


**YOUR WEEK AHEAD**

MADHU KOTIYA



**ARIES** March 21-April 19  
This week anxiety and stress could upset you and cause slight problems in your health. You may experience sleeplessness and over analyse situations. It is advised to adopt a healthy lifestyle, which would give you enough time to look after the needs of your body, mind, and soul. Professionally you are doing well. You will enjoy positive energy throughout the week. In business, certain financial gains are indicated. This is the time when you least expect and achieve more. You are likely to get in touch with someone you love or admire. Relationships will be redefined with your efforts. You could likely be caught up in the excitement, committing more than you can deliver.  
**Lucky number 6**  
**Lucky colour Purple**  
**Lucky day Friday**



**LEO** July 23-Aug 22  
This week people around you appreciate you and your efforts and notice the quality of your work. Keep doing what you're doing as you are on the right track. You don't need to scrap something and start again. Your health is likely to show a positive rise, but this is not a result of a miracle, it is your dedication, commitment and disciplined approach to life. On the work front, you set good examples for others to follow. It is a good time to resolve business problems in which you can show pride. In the matters of heart, it is an excellent time for love. Your partner feels very protective of you. No wonder he/she would go all out to take on those who would try to mistreat you or create differences between you.  
**Lucky number 13**  
**Lucky colour Brown**  
**Lucky day Saturday**



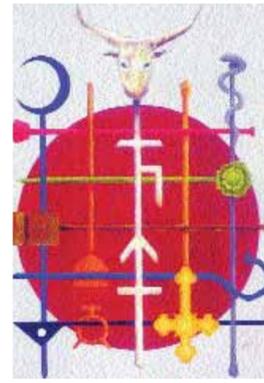
**SAGITTARIUS** Nov 22-Dec 21  
This week you enjoy good health, food and entertainment. Prosperity, progress and happiness are indicated. You are likely to have several clear flashes of important spiritual insights during this time. It is your determination and a disciplined approach to life that makes you a stronger and healthier person. You establish yourself wherever you are, whether in business or job. This is the time when your teamwork is being appreciated and acknowledged. Your leadership qualities are being watched and so are your potentials. You are likely to make something commendable in the relationship area this week. After the investment of time, energy and money, things go well for the person that you have your heart set on.  
**Lucky number 17**  
**Lucky colour Green**  
**Lucky day Saturday**



**TAURUS** April 20-May 20  
You spread vibrant energy this week amidst a little chaos. Your health and well-being will be on a high. This is a great time to take some time off and just enjoy life. If you look back, you will find that your attitude has been more positive of late. This will directly affect how well your body works for you. You may face set back or financial losses in business. Things may not be as productive as you thought them to be. You may experience problems at work that may cause concerns regarding your financial security. You may want to switch jobs due to stagnation in growth. Personal relationships may not be enriching. You need to check your attitude and know you've reached the point where things will begin to look up.  
**Lucky number 15**  
**Lucky colour Sky Blue**  
**Lucky day Thursday**



**VIRGO** Aug 23-Sep 22  
This week follow the rule of 'Live in the moment and seize the day'. You will be radiating very good energy and good attitude. You must share this good attitude with the people around you, especially those who are down or who need this positive energy. A genetic illness that runs in your family is well under your control and stressing about it won't change a thing. Your finances are likely to be on the upswing, largely due to your efforts and wise investments. This is not a time to speculate wildly. You can take calculated risks, but don't get carried away. You need to spice up your personal life. Check your appearance, your attitude and your lifestyle. Bring some excitement or changes to your lifestyle.  
**Lucky number 11**  
**Lucky colour Beige**  
**Lucky day Sunday**



**CAPRICORN** Dec 22-Jan 19  
Bring a balance between work & family, body & mind. You are very imaginative and spend a lot of time thinking, dreaming and weaving stories. The desires and passions could increase this week, making you a weak person. Your efficiency may go down. On the work front, things will move as per your desires, giving you much scope and hopes for the future. Be prepared for a surprise. An important project may be assigned to you; a great responsibility makes you popular with your friends. You may work for the cause and attain immense satisfaction. This week does not predict well in terms of matters of the heart. You may feel emotionally hurt and broken. Love relationships could be disheartening to the extent that you decide to stay alone.  
**Lucky number 12**  
**Lucky colour Peach**  
**Lucky day Tuesday**



**GEMINI** May 21-June 20  
Since you are fun-loving and filled with child-like energy, don't let your desire for enjoyment make you overlook the real things in life. You may be accident-prone. Be aware and don't take silly chances. Though your overall health is on the upswing, prevention is advised. At work, you are kind, considerate and willing to take responsibility for your actions but in a sensitive, generous manner. This is time to enjoy the quiet power associated with providing loving energy to others. On the personal front, there may be rift at home, or family members have their assumptions and accusations, which probably you are not able to solve. Those who are jealous of you won't be able to malign you despite their best efforts.  
**Lucky number 19**  
**Lucky colour White**  
**Lucky day Tuesday**



**LIBRA** Sep 23-Oct 22  
For your health to truly improve you may need to create time and space to focus on yourself first. If you are constantly putting everyone before you and your needs, as a consequence, your health may suffer. Balance in all things is important. You are equally important as anyone else. This week is good for imagination and creative ideas and it will further be fuelled by friends who you are likely to meet soon. Some old associate or college mate brings concurrent opportunity, to invest time, talent or treasure in something you always wanted to do. You are feeling blessed. Your soft romantic emotions and desires are fulfilled. If you have been in a long-term committed relationship, you are likely to find it rising to deepen and intensify.  
**Lucky number 20**  
**Lucky colour Mauve**  
**Lucky day Monday**



**AQUARIUS** Jan 20-Feb 18  
This week should be a fabulous time, health-wise. If you are waiting on test results of some kind they are likely to be very good. You'll be calm, relieved and inspired. Take good care of yourself. The others need your light of wisdom and your happiness. Give it a chance to shine. You may find things going much better at work, almost out of the blue. A powerful person is likely to support you. This is a good time to ask for a raise. On the whole, your work/career front is looking up. This is a good week for career advancement. You can expect major career progress followed by financial gains now. This week is also good for your personal life as well. You will enjoy good health, charm and personality. Joy and celebrations are on the cards.  
**Lucky number 3**  
**Lucky colour Pink**  
**Lucky day Sunday**



**CANCER** June 21-July 22  
Health remains good and you feel energetic. Your mental energies are amplified and you respond with ethical behaviour, encouragement or mindfulness. Your situation is covered with the spirit of learning, discovery and mental activities of all kinds. At such times, use your mind and enjoy the fruits of the intellect. At work, you may have more options than you think possible. If you're looking for work, know that you have the resources and the skill set to find it. On the personal front, you may be struggling with a relationship problem and be finding ways to do the right thing. As you are unsure about what is right for you to do, know that the answers are within you. This is not the time to be unconventional anymore.  
**Lucky number 8**  
**Lucky colour Magenta**  
**Lucky day Friday**



**SCORPIO** Oct 23-Nov 21  
This week pay attention to your health. Take a second or third opinion if suffering from a serious ailment. If you're having symptoms that are not specific, educate yourself as much as possible before you take any decision. You can deepen your spiritual awareness and practice by actively seeking out new sources of information and insight. On the work front, your expectations are higher and have more weightage than your worth. Stay grounded and be practical. Balance in relations is a must at this time. You may have several romantic choices at hand. Be clear and specific about what you want in a relationship, evaluate your choices thoughtfully. You have to bring sometimes desirable changes in you for long term relations.  
**Lucky number 18**  
**Lucky colour Silver**  
**Lucky day Wednesday**



**PISCES** Feb 19-March 20  
The theme of balance particularly holds in terms of health. Energy work aimed at balancing your chakras or your body/mind/spirit is particularly is effective and helpful health-wise. Your health is in better shape than you fear. On the work front, the week is mixed with positive and negative energies. You are quick mentally and physically. Your versatile and sharpen skills would motivate you to perform exceptionally good. This could be a time of sudden personal growth if you use your energies for something meaningful and do not involve yourself in petty discussions. It may be a hard time in a relationship. It can be that your beloved is undergoing a rough time that has nothing to do with your relationship but needs your support.  
**Lucky number 14**  
**Lucky colour Green**  
**Lucky day Thursday**

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# Dhyana helps develop focus

**ASTROTURF**  
BHARAT BHUSHAN PADMADEO

Focus is key to success. Otherwise, you will not be able to put in your best towards the task in hand. Be it to absorb a subject matter under study. Visualise the challenges confronting us in the right perspective due, in order to negotiate them with prudence and patience. Or intelligently articulate your actions while pursuing even your aspirational urges to its desired destination. That calls for being on the alert to keep your indwelling discriminatory abilities in active mode. The irony, however, is that a great majority do not remain conscious about this truth, and so, they are not able to remain focused.

There are five different levels of mind. First, an ignorant/darkening mind. For lack of awareness, such characters keep moving directionless. They are not able to set their priority preferences right and keep wandering unmindfully. Their inherent sense of inertia also plays spoil sport with them. Second comes the scattering type. Their attention keeps drifting hither and thither, randomly flirting around with myriad unwanted and unsolicited thoughts playing in mind. They are tempted to take up so many things at one go, and leave them half way. Majority

belong to the above two categories. Third is the gathering up type. Those who somehow realise that they are not able to perform for want of focus, try to gather up their mind. They train their mind to remain disengaged from all inconsequential thoughts, so as to remain riveted to their priority preferences. Their attention may still keep drifting back and forth. They consciously pull back their attention again and again towards desired destination. Consequently, they start doing relatively better. Continued practice helps reach the fourth state — One-pointedness. This is a stage when you will be able to remain focused little longer on the subject of interest, and therefore, proves rewarding. Finally, you graduate to the fifth stage — concentrated mind — when you are able to effortlessly remain focused for long, and at will.

The question now is: How to improve one's focus. Answer lies in the eight fold dhyana process as laid down in the Patanjali Yoga Sutra. Here, the word dhyana means paying attention. To what? Your own mind-self to figure out what lies within. That includes the negative thought seeds, which keep distracting your attention, knowing which you could



make necessary correction. Also, the workable positive imprints, which you could hone and make them worth use in contemporary terms. Finally, figure out the immense potential lying dormant out of ignorance, which unfolded in full will know no limits.

The first four steps are preparatory. Dhyana process as such begins at the fifth stage with Pratyahara. It calls for shifting your attention away from the callings of the seeming world and turn it inward to explore full landscape of mind. Experience, however, suggests that exploration of human mind is something like a sea voyage — the other end of the shore not in sight. Even the path to be traversed is unclear and cluttered. Yet the ship must sail through. Here comes the role of a trained navigator, who first invokes and sharpens one's inner tools. He then trains his mind on cosmic bodies, seeking guidance from its intelligence pointers to safely cruise through the shortest possible path. It needs to be appreciated that ordinarily a human being attends to nothing less than 60 to 70 thousand thoughts every day during their waking and dream state. Imagine the huge stockpile of thought imprints gathered over the year,

one would be confronted with while looking within. They keep you so much engaged that you do not get the mind space necessary to explore full landscape of mind. Not to say anything on how to navigate the mind intelligently. Thus comes into play the role of a trained Guru.

The Guru first teaches you how to settle the mind. You are asked to let the thoughts flow in and out unhindered by remaining focused to the breath cycle. Over a period of time the inconsequential thoughts go out of reckoning, allowing your mind space for further exploration. It is something like a flowing water stream. If somebody passes through its bed, the mud at the bed gets agitated, which makes the water dirty. If you leave the water flow unhindered for a while, the muck will settle down and clean water will become available. Mind too works on similar lines. Here, unwanted thoughts serve as muck. If you refrain from paying attention to these thoughts, they will settle down.

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