

WORLD 7
PROTESTS ACROSS RUSSIA
DEMAND NAVALNY'S RELEASE

MONEY 8
PETROL, DIESEL PRICES
TOUCH ALL-TIME HIGHS

SPORT 10
POMS RECOVER
AFTER EARLY JOLTS

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India becoming what Netaji envisioned: Modi

PM says Bose would have been hugely pleased with Centre's Atmanirbhar drive

SAUGAR SENGUPTA ■ KOLKATA

With Bengal elections round the corner Prime Minister Narendra Modi on Saturday made a successful use of a Government programme organised to celebrate the 125th birth anniversary of Netaji Subhas Chandra Bose even as he linked India's soaring military prowess and Atmanirbhar to Netaji's Azaadi dreams.

Referring to "one of the greatest sons of the country" as the "first Prime Minister of undivided India", Modi said Bose would have been hugely pleased with the current day's self reliance drive made by his Government. "Steady eradication of poverty, hunger, illiteracy, adoption of scientific techniques and strong borders was the crux of Netaji's concept of Azaadi (freedom)", Modi said.

The greatest freedom fighter would have been "highly pleased to see how India's strength was flourishing from LAC to LoC and how it possesses and manufactures state of the art aircraft like Rafale and Tejas," said Modi, adding Atmanirbhar (self reliance) drive made by his Government was what Netaji wanted.

"The way we handled the biggest pandemic of the century and the way we are manufacturing and exporting vac-

ines to other countries too would have made Netaji proud," he said adding how his Government was pursuing the policies that was once envisioned by Netaji. "Today we have a national education policy in place and are coming up with IITs, IIMs and other such institutions and legislations to take India from strength to strength... would not Netaji be proud of the developments that we are making today... he certainly would have," Modi said.

"Today India is retaliating in equal measures whenever its sovereignty is being challenged on the borders," said Modi adding how the concept of "Sonar Bangla" (golden Bengal) — a political coinage of the BJP taken out of Tagore's works — was inspired by Netaji.

"The concept of Sonar Bangla fits with Netaji's vision of India and Bengal and it is in this regard that the policy of self reliance should be applied both in the State and the entire country," Modi said.

In what local analysts said a clever ploy to use Netaji ahead of the elections, Modi said "though every drop of our blood is indebted to Netaji and though we cannot pay back his debt a time has come to remember his contributions to Indian freedom struggle through various programmes".

One such initiative the Prime Minister said was the renaming of Howrah Kalka Mail as Netaji Subhas Express.

Modi's "finely decorated and well-packaged" statements was aimed at not only the Congress which is often regarded as the mastermind behind the disregard and abandonment Netaji suffered in the

pages of history but also support the BJP's cause in election bound Bengal, experts said.

"On the 125th birth anniversary of the leader, I bow to him on behalf of the grateful nation. Today, I also salute this virtuous land of Bengal, which made the child Subhash Netaji," Modi said.

Addressing the Prakram

Diwas celebrations in the city, Modi said, "On this day, that brave son was born in the lap of Mother Bharati, who gave a new direction to the dream of independent India."

"On this very day, there was that consciousness in the darkness of slavery, who stood in front of the biggest power of the world and said, I will not

ask you for freedom, I will take it away," Modi said in his tribute to Bose.

Earlier in the day, Modi paid floral tributes at Netaji Bose's statue at the National Library in the city. Modi went around seeing paintings by around 100 artists on a 40-metre long canvas on the sprawling lawns of Belvedere House at the

National Library compound. He was accompanied by West Bengal Governor Jagdeep Dhankhar. "His bravery and ideals inspire every Indian. His contribution to India is indelible. India bows to the great Netaji Subhas Chandra Bose.

PM@narendramodi began his Kolkata visit and #ParakramDivas programmes by paying homage to Netaji Bose at Netaji Bhawan," Prime Minister's Office said in a tweet after PM Modi reached Kolkata.

Turn to Page 4



Prime Minister Narendra Modi with West Bengal Chief Minister Mamata Banerjee releases a book during 125th birth anniversary of Netaji Subhash Chandra Bose at Victoria Memorial in Kolkata on Saturday PTI

Peeved by Jai Shri Ram slogans, Didi walks off stage without speech

SAUGAR SENGUPTA ■ KOLKATA

Irked by Jai Shri Ram slogans raised by a section of the audience, Bengal Chief Minister Mamata Banerjee on Saturday walked off the podium refusing to deliver a speech at an event — attended by Prime Minister Narendra Modi — to celebrate the 125th birth anniversary of Netaji Subhas Chandra Bose.

The Central Government programme was organised at the iconic Victoria Memorial. Alleged saffron supporters raised the slogans moments before Mamata was to deliver her speech.

Walking up to the podi-

um, the Chief Minister said, "I am grateful to the Central Government and Prime Minister Narendra Modi for organising this programme in Kolkata and calling me to be part of the celebrations... but it must be remembered that this is not a political but a Government programme and its dignity must be preserved..."

"I must also remind that no one has the right to insult someone after inviting that person... so on protest, I desist from delivering a speech."

Then she walked off in a huff leaving back a befuddled silence.

Turn to Page 4

Delhi Police OK's farmers' tractor parade on R-Day

STAFF REPORTER ■ NEW DELHI

The Delhi Police on Saturday gave permission to protesting farmers' unions to hold their tractor rally on January 26 in the city. Meanwhile, Anil Mittal, the Additional Public Relations Officer (APRO) of Delhi Police, claimed that the police and farmers' unions are in final stage of talks for the routes regarding tractor rally.

After attending the meeting with the Delhi Police, its counterparts Haryana and Uttar Pradesh Police, farmers' union member Abhimanyu Kohar said the tractor parades will start from Ghazipur, Singhu and Tikri border points of Delhi, but details will be finalised on Saturday night.

Kohar claimed that the Delhi Police has given its nod to the farmers' tractor parade on Republic Day in the national Capital.

Another farmer leader Gurnam Singh Chaduni said as thousands of farmers will participate in the parade, there will



Farmers march towards Delhi to join their agitation against the Centre's farm reform laws in Amritsar on Saturday PTI

be no single route. Farmer leader Darshan Pal said barricades set up at Delhi border points will be removed on January 26 and farmers will take out tractor rallies after entering the national Capital.

Thousands of farmers,

Kisan unions, cops agree on routes for march from Singhu, Ghazipur, Tikri

in Punjab to mobilise people for the demonstration on Republic Day.

The farmers are vehemently opposing the Farmers (Empowerment and Protection) Agreement of Price Assurance and Farm Services Act, 2020; the Farmers Produce Trade and Commerce (Promotion and Facilitation) Act, 2020; and the Essential Commodities (Amendment) Act 2020.

Enacted in September last year, the three laws have been projected by the Centre as major reforms in the agriculture sector that will remove middlemen and allow farmers to sell their produce anywhere in the country.

However, the protesting farmers have expressed their apprehension that the new laws would pave the way for eliminating the safety cushion of MSP (minimum support price) and do away with the "mandi" (wholesale market) system, leaving them at the mercy of big corporates.

MOHIT KANDHARI ■ JAMMU

Jawans of the Border Security Force (BSF) on Saturday detected another 150-metre long and 30-feet deep cross-border tunnel, fourth in the last six months, in the Pansar area of Kathua district.

The tunnel was detected between border pillar number 14 and 15. A similar tunnel was detected barely 10 days ago in the Bobiya area of Samba sector on January 13.

Ground reports suggested the starting point of the tunnel was located closer to two Pakistani border outposts Abhiyal Dogra and Kingred-Kothe located in Shakargarh area. On the Indian side, the local BSF commanders passed necessary instructions to their foot soldiers to remain in a state of high alert in the run up to the Republic Day celebrations as Pakistani rangers may try to push heavily armed infiltrators inside the Indian territory to launch terror attacks on vital security installations.

Another Pak tunnel found along border, 4th in 6 mths

receiving intelligence inputs about the presence of another tunnel an extensive drive was carried out in the forward area which resulted in detection of this tunnel.

Briefing media persons, IG BSF also claimed the tunnel was designed on the same pattern as all previous tunnels. "Without the active connivance of Pakistani establishment and their consent it is not possible to come closer to the zero line," he said.

Till the time of filing the report the BSF authorities were trying to ascertain whether the same tunnel was recently put to use by the Pakistan-based handlers to push a group of terrorists inside the Indian territory. After supervising the tunnel on ground zero, Inspector General of BSF, Jammu Frontier NS Jamwal told reporters, "The tunnel was detected by the BSF troops during an ongoing anti-tunneling drive launched in the area on Saturday". He said after

receiving intelligence inputs about the presence of another tunnel an extensive drive was carried out in the forward area which resulted in detection of this tunnel.

Turn to Page 4



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Turn to Page 4

CAPSULE

50 SHANTIES GUTTED IN EAST DELHI FIRE

New Delhi: Over 50 shanties were gutted in a massive fire that broke out in east Delhi's Ghazipur Dairy Farm area on Saturday, officials said. Fire officials received information about the blaze at 1.41 pm, following which 17 fire tenders were rushed to the spot.

GEN (RETD) AUSTIN US FIRST BLACK DEF SECY

Washington: The United States Senate has confirmed the nomination of General (retired) Lloyd Austin to serve as secretary of the defence department, making him the first ever African American to occupy the top Pentagon position.

GOVT TEACHER DIES OF COVID IN LUDHIANA

Ludhiana: A 48-year-old Government schoolteacher, who had tested positive for Covid-19, died at a private hospital here on Saturday, following which her 12 colleagues and three students also returned positive results, an official said.

India, China's 9th round of LAC parleys today to end face off

PNS ■ NEW DELHI

India and China will hold the ninth round of military level talks on Sunday to find ways to defuse stand-offs now on for the last nine months at the Line of Actual Control (LAC) in Ladakh. The latest talks take place after a gap of nearly two months and chances of a major breakthrough are unlikely.

The logjam is persisting as China wants India to first withdraw its troops from the heights of southern and northern banks of the Pangong Tas (lake). In August, the Indian Army secured these heights overlooking all the crucial Chinese deployments thereby putting them at a disadvantage.

Both the sides have so far not managed to reach a mutually agreed plan for disengagement and de-escalation.

Turn to Page 4

Lalu shifted to Delhi AIIMS after his health deteriorates

PNS ■ RANCHI

Rashtriya Janata Dal (RJD) leader Lalu Prasad — convicted in fodder scam cases — on Saturday was shifted to AIIMS, Delhi after his health condition deteriorated while undergoing treatment at a hospital at the Rajendra Institute of Medical Science (RIMS) in Ranchi for multiple ailments.

Earlier, the Inspector General of the jail said Lalu will be flown to Delhi and should be back in Ranchi within a month, said.

"Lalu is having trouble breathing for the last two days. On Friday, he was found to be having pneumonia. Considering his age, we have decided to shift him to AIIMS-Delhi on the advice of doctors for better treatment," RIMS Director Dr Kameshwar Prasad told news agency PTI.

Turn to Page 4

15.4L get Covid jabs in 8 days

Govt says 6 deaths after jab have no link with shots, experts ask ICMR to probe cause

PNS ■ NEW DELHI

In the past eight days since the launch of the mega anti-Covid-19 drive on January 16, 15.37 lakh persons have been vaccinated till Saturday. Six have died after taking the shots, but the Government has maintained that their demise has no link with the vaccination.

Around 500 cases of AEFI have been reported. Health experts have, however, urged the Union Health Ministry and ICMR to investigate these deaths even if these were not directly linked to the vaccine against the coronavirus.

On Saturday, a 56-year-old woman who was a resident of Gurugram, succumbed after taking the jab.

"The post-mortem confirms



A medic administers the first dose of Covishield vaccine to frontline worker Pawan Saraswat at a city dispensary in Bikaner on Saturday PTI

that cardio-pulmonary disease was the reason for her death and it was not related to vaccination. None of these deaths have been causally linked with Covid-19 vaccination," said an official from the Union Health Ministry here on Saturday.

"Is anybody investigating deaths after vaccination so as to come out with do's and don'ts about vaccination. This is the science we need to contribute

to so that future can be safeguarded," said Dr Rahul Bhargava, Director-Bone Marrow Transplant Programme, Fortis Memorial Research Institute, Gurugram.

Turn to Page 4

US Senate to start Trump impeachment on February 8

PTI ■ WASHINGTON

The United States Senate would begin the impeachment trial of former President Donald Trump on February 8, Senate Majority Leader Chuck Schumer said.

"The January 6th insurrection at the Capitol, incited by Donald J Trump was a day none of us will ever forget. We all want to put this awful chapter in our nation's history behind us. But healing and unity will only come if there is truth and accountability. And that is what this trial will provide," Schumer said on the senate floor.

Both the Republican and the Democratic Party now have 50 seats each in the 100 member Senate. Schumer said the house managers will come to read the article of impeachment at 7 pm on Monday.

Somnath Bharti gets 2-yr jail for assaulting AIIMS staff; AAP cries injustice

STAFF REPORTER/PTI ■ NEW DELHI

Delhi's Saket court on Saturday sentenced Aam Aadmi Party (AAP) MLA Somnath Bharti, a former Delhi Law Minister, to two years in jail for assaulting AIIMS security staff in a case registered in 2016. Bharti, however, was granted bail to enable him to file an appeal before the High Court against his conviction in the case and jail term.

The AAP on Saturday said that "injustice" has been meted out to Bharti. "We respect the judiciary and have full faith in the judiciary. However, we feel injustice has happened to Bharti in this case," the party said in a statement.

Additional Chief Metropolitan Magistrate Ravindra Kumar Pandey also imposed a fine of ₹ one lakh on the AAP leader.

According to the prosecu-

tion, on September 9, 2016, Bharti, along with nearly 300 others, brought down the fence of a boundary wall at AIIMS here with a JCB operator.

"The court is of the considered view that the prosecution has duly proved its case beyond all reasonable doubt against accused Bharti," the magistrate said.

The court convicted Bharti for various offences under the Indian Penal Code (IPC), including under sections 323 (voluntarily causing hurt), 353 (assault or use of criminal force to deter public servant from discharge of his duty) and 147 (rioting).

Turn to Page 4

HOME THEATRE

Adarsh Gourav roars



THE WHITE TIGER
Netflix
*ing: Adarsh Gourav, Priyanka Chopra, Rajkummar Rao, Mahesh Manjrekar
Rated: 6/10

There is something about a subject on class friction that is intriguing and fascinating especially for those who are far removed from the actual reality. *The White Tiger* based on Aravind Adiga's book by the same name is a movie that makes for a must watch for several reasons.

First, Ramin Bahrani, the director, takes us on a journey that is filled with a satirical commentary on the class divide that exists even today and the constant struggle between the upper class and lower. With the upper class wanting to dominate the other by keeping them under their thumb by forcing them to remain in poverty.

Second, the portrayal of this scenario is extremely realistic. People who have been under the thumb of zamindars, and they still continue to be so, don't have a choice. The entire village

is a slave to one master and strangely despite the subjugation, they continue to serve the master as if it is an honour to be serving him so closely.

Third, despite the film starting off on a dark note and continues to be on a dark note till the very end, the story resonates with everyone—even those outside of India. The struggle by a poor man wanting to make it big in life is what almost all of us aspire.

Four, and the most important is the absolutely brilliant and awesome performance by Adarsh Gourav. This actor-singer as Balram Halwai, a slave to his master, who dreams of becoming something in life plays the part to a T. From a driver to the owner of a company, each part of his journey has been done to perfection. His fascination with things that he sees for the first time, is so natural. It is difficult to imagine anyone playing this role but Gourav. Watching him go from an unassuming personality as a driver to an entrepreneur who is comfortable in his skin is amazing to watch.

Definitely, Gourav is the white tiger here who roars brilliantly.

— Shalini Sakseena

TELLY TALE

'IPML WAS WAJID'S DREAM'
Zee TV has been a front-runner in revolutionising television content over the past three decades and it is all set to change the face of music reality shows once again with its latest non-fiction property, the *Indian Pro Music League* (IPML). In what will be a clutter-breaking format innovation, Zee TV is all set to present audiences with the world's first ever music league in early 2021. While the world of sports has seen several league



competitions, this unique music league will have six teams representing different regions of India, battling it out against each other in a musical championship. Each of these six teams supported by leading Bollywood and sports celebrities will have top playback singers as their captains, one reality show star and one fresh voice. The likes of Mika Singh, Kailash Kher, Sajid Khan, Shaan, Ankit Tiwari, Javed Ali, Asees Kaur, Bhoomi Trivedi, Akriti Kakar, Payal Dev, Neha Bhasin, Shilpa Rao have been signed on to captain the six zonal teams.

For such a mammoth music reality show, the channel recently launched a vibrant anthem that showcased each of its 12 team captains coming together for the very first time. Composed by Sajid - Wajid, this musical masterpiece is amongst the last few compositions of the duo before Wajid Khan's tragic demise. In fact, Wajid was one of the first people on board for the show and Indian Pro Music League was his dream as per Sajid Khan. He was so passionate about it that the late musician worked on it ever since the idea was born. After Wajid passing away, Sajid is fulfilling and living his brother's dream.

As the captain of Delhi Dhurrandhars and the composer of the Indian Pro Music League anthem, Sajid Khan, revealed: "I have been associated with this show since its start, in fact, the owners and Wajid had dreamt about this show together and they

were all working towards it. He had told me that I needed to be a part of the show and hence, I came on board for it. So, the Indian Pro Music League was Wajid's dream and here I am putting my 500 per cent into it."

TIMNANA PLANS TO TRAP PICHKU
After Bhayrani Timnasa's (Pavitra Punia) comeback in Sony SAB's *Baalveer Returns*, havoc has redefined itself. The upcoming episodes will witness Timnasa getting even fiercer than before. After poisoning Baalveer (Dev Joshi) with a spider and leaving him paralyzed, she has set her eyes on someone who can be the ultimate catalyst for destruction.

With her newly acquired powers, Timnasa creates a magical spider which secretly bites Baalveer, leaving him partly paralyzed. Unable to heal Baalveer, the fairies and Shaurya decide to get a baby ghost — Pichku out his box who easily heals Baalveer. Pichku a mischievous but an immensely powerful baby ghost has been residing in Veer Lok where he couldn't be manipulated and misused by any evil.

While Pichku heals Baalveer, Timnasa, through a magical portal, witnesses the entire act and decides to get her hands on Pichku who can aid her to create the ultimate havoc on earth. On the other hand, as Vivaan (Vansh Sayani) goes back on earth from Veer Lok, Pichku secretly reaches Vivaan's house on earth. Pichku reveals that he has not been able to go back to his planet and to return, he is required to do one good deed.

Will Pichku be able to perform a good deed before Timnasa captures him? How will Vivaan help Pichku reach his home?

Vansh Sayani, essaying the role of Vivaan said, "When I learnt about this baby ghost story, it was thrilled and I am sure everyone will love mischievous and cute Pichku. The upcoming episode will witness Timnasa's deadly trap for Pichku and it will be upon both the Baalveers to ensure Pichku accomplishes his good task in order to reach his planet but it will not be that easy. With Timnasa's return, the challenges ahead of Vivaan and Debu are dangerous and it will be exciting to watch how Vivaan helps Pichku. On the other hand, it has been exciting to have Pavitra di back on the sets and shooting with her again was a wonderful experience."

Plan Your Day

Heritage of India Exhibition

Venue: Good Earth City Centre Mall, Sector 50, Gurugram, Haryana
When: Till January 26, 2021
Time: 12 noon to 8 pm

Extending the holidays season, Good Earth City Centre mall presents a rejuvenating Indian Artisans' Exhibition-cum-festival, curated by One World Foundation — an NGO with the objective to promote artisans extending the right platform to showcase their art & craft. The event named 'Heritage of India' is set to treat you till January 26, 2021.

The extravaganza will comprise all the key artisans from different regions from all over India. Almost 40 artisans' categories including the Madhubani Paintings from Bihar, Pottery from Kharjura, Tamil Nadu's Waagai Wood, Brass Artwork from Delhi and many more are going to take the spotlight over a fortnight, only at Good Earth City Centre Mall.



Wall of Hope

This year, The Body Shop is urging each one of you to come together and act on our collective power to care and transform the world into a fairer and more beautiful world. To make the Christmas magic real for every beautiful body, The Body Shop unveiled its Christmas Wall of Hope in collaboration with Delhi Street Art, showcased at Select Citywalk in Saket, New Delhi.

The Body Shop continues to shine a light on India's female wastepickers who are rarely acknowledged as frontline warriors in the Covid crisis. India has 1.5 million waste pickers — mostly women — who collect and sort over 6,000 tonnes of plastic every day that would otherwise pollute rivers and oceans. To give back to this community of green crusaders, The Body Shop launched Project NARI (Nutrition | Ability | Retraining | Inclusion) in association with Plastics for Change India Foundation in October, 2020. With the ambition of raising up to ₹5 million till March 2021, the project benefits female wastepickers in Karnataka with PPE kits, direct financial support, daily meals, nutrition supplements, healthcare awareness and training towards becoming plastic quality engineers. Every purchase with The Body Shop, including the new Christmas collection, will help support the safety and security for female wastepickers who are most affected by the crisis of Covid-19. So go and grab your favourite product.



Story of young dreams

GRACY BITIN GOSWAMI and KANIKA MAHESHWARI tell MUSBA HASHMI what SET's *Kyun Utthe Dil Chod Aaye*, all set to go on air from Monday, is about, their roles and how challenging it is to be a part of period drama

It is rare that one gets to see stories with deep meaning that immediately catches one's attention, on TV. A case in point is SET's *Kyun Utthe Dil Chod Aaye*. Set in 1947, Lahore, pre-partition India, the show narrates the story of three young girls — Amrit, Vashma and Radha. This story brings forth their dreams, hope, aspirations and new found love — all this at the brink of Independence. Knowing that tomorrow will be different, the three girls will set out to conquer love and will stand the test of time across borders.

Gracy Bitin Goswami, who plays Amrit tells you that it is the simplicity of the character that attracted her to play Amrit.

"It's a pre-partition era story about a girl who loves her family so much. She has many dreams, but is ready to sacrifice them for the sake of her family. This is why she decides to publish her poems with another identity so that her father, who is not a fan of such pieces, doesn't get hurt by her actions.

She goes through different stories and has many emotions. She is the reason behind everybody's smile. She is the most beautiful girl of Lahore, not only because of her appearance, but because how she is as a person.

This was the reason I was attracted to play Amrit. Also, she is so poised and has the ability to deal with any situation. I have been wanting to play such a character. This is the first time I am not playing a teenager, whereas in my real life I am, so I will be seen emoting romance scenes. This is a big deal and break for me. So, there was no reason to turn down the project," she tells you.

It was hard, she says, to get into the skin of the character. "The character is living in 1947. She is shy and lives with a lot of restrictions and today we are in 2021, so confident of whatever we do and having the ability to speak up for ourselves. So, I had to take care of that and be poised. Also, it was difficult to bring in

body language and the punjabi accent," she tells you.

It took Goswami a lot of research and hard work to get into the skin of such a different character than hers. "I had to watch a lot of 1970's films and shows and see how the actors carried themselves and how they dealt with situations. I listened to the kind of songs we had back then. I read a lot of thick Sanskrit, Urdu and Punjabi. I took tuitions to get the diction right. I had to do a lot of research to be able to play Amrit," she explains.

Goswami is not the only jewel of the show, there is *Diya Aur Baati Hum*'s fame Kanika Maheshwari too, in a negative role. She is back on TV after three years and is excited to play the role.

"I play Mogar, a widow. She is very harmful and a dangerous lady. She aims to create unhappiness in the family and is never happy with anything in life. She

thinks that it was because of her brothers that she ended up as a widow. She blames them for marrying her off at a young age in a small house. She has this bitterness and hence, wants to see others unhappy too," Maheshwari tells you.

She tells you that she had no apprehensions before taking up the role. "This is a tailor-made role for me. I have been waiting to play such a role for a long time. There is so much to do in this show. Playing an antagonist gives you a lot of space to enhance your acting skills. I am learning every day and getting better at my craft," Maheshwari, who will be sporting no makeup, tells you.

One thing that Maheshwari likes about role is that though the character has no colours (dressed up in white clothes), it is yet so colourful.

"The thing that I disliked is that I am not getting to put any makeup. As an actor, I like to do makeup, but the role demands me to look simple," she says.

Just like Goswami, Maheshwari too had to get her punjabi accent right.

As appealing and unique the trailer of the show looks, the audience can hope they are in for an entertainment ride with this new offering with so many good actors.

'Playing Mahi is not easy'

MUSBA HASHMI speaks with AMANDEEP SIDHU, who plays Mahi in Zee TV's latest offering *Teri Meri Ikk Jindri*, about the challenges associated with the role and her day on the sets as the lead



■ This is your first show as a lead, how was the experience? Did you have some kind of pressure?

Yes definitely. There was a lot of pressure. It was fun, but challenging. Mahi is an independent girl, motivated multitasker, who is *betaab* to contribute to her family by making a mark of her own. She is the first woman cab driver of Amritsar and juggles between household work and her career at ease. However, on the other hand, Amandeep is not so expressive. So it was challenging for me to do justice to my character. Also, being the lead came with a lot of responsibility.

■ Were there any apprehensions before taking up the role?

Yes, a lot. The creatives kept on telling me that I have to carry the show on my shoulders. They said: "Aman yeh show tera hai, tujhey

hi sambhalna hai." This made a nervous. I thought whether or not I will be able to take this responsibility. Also, the character was not so easy. But at the end of the day, I was convinced I can do it.

■ What all preparations did you have to do?

First, I am a fitness freak and I spent the lockdown keeping fit. But then I

was told that I am too slim for the role. I was given 25 days to gain some weight. I gained about six kgs. That was a challenge. Second, the role demanded me to drive a car. I was well-versed with automatic cars, but here I have to learn driving from the scratch in 15 days. I was made to drive on the *galis* of Amritsar that too while delivering dialogues on the go. I told them that I can only do the dialogue delivery when the car is on a halt because it was difficult to do the two things at the same time. This was not all. I was also asked to learn to drive a heavy bike. I found it extremely dangerous, because I can drive a scooter but bullet is way too heavy. But then I learnt it as well.

■ How was the day one on the sets?

Initially, I was excited for the shoot to begin. But once I reached the sets and was made to shoot, I got blank. First, there were so many cameras and I had to perform in front of so many people with so much of responsibility. Second, I had to perform opposite Advik Mahajan who is an experienced actor. It made me even more nervous. For a few minutes, I went blank and couldn't do anything. Then the director told me that he has faith in me and that I have performed so good during the mock shoot. It took me a couple of days to get into the skin of Mahi.

■ How did Yeh Pyaar Nahi To Kya Hai happened to you?

After completing my Class XII, I told my parents that I want to do modeling. I was pursuing my BA and also modeling. I went for a few shoots. One day, my friend told me that the auditions are happening for *Yeh Pyaar...* and that had given my profile for it. I was shortlisted and was called for the auditions. They liked it and called me for re-auditioning.

Back then, I thought you have to audition only once and if you are selected you begin shooting. But reality hit me and went for re-auditioning.

They liked my performance but said that I was too young to play the lead. I was only 17 and the character was of a 28-year-old girl. But they liked my audition and asked me if I would play the character of the lead's sister. I said yes.

■ Wha kinds of roles would you like to experiment with?

My tummy is full with having got a chance to play Mahi. It is all I could have ever asked for. There is a lot to play in the character. But, if given a chance, I would like to play a cop some time.

MAHI IS ALL I COULD HAVE ASKED FOR. BUT, IF GIVEN A CHANCE, I WOULD LIKE TO PLAY A COP SOME TIME



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Farmers allege plot to kill 4 union leaders

SHEKHAR SINGH ■ NEW DELHI/SONIPAT

The 21-year-old boy caught by farmers at Singhu border, one of the major protest sites, on Friday took a U-turn and said he was first beaten and then forced to read a script by the protesters. However, after nabbing him, the farmers had alleged that a conspiracy was hatched to kill four of them and create disturbance during their proposed tractor parade in Delhi on January 26.

Haryana Police said the boy, Yogesh, who is native of Uttrakhand but living in Haryana's Sonapat for the last 20 years, used to work in a private factory before lockdown. Police said that Yogesh's parents claimed that he had gone missing since December 20.

Addressing the Press conference, Jashandeep Singh Randhawa, the Superintendent of Police (SP), Sonapat said that after the police team questioned Yogesh it was revealed that he had arguments with farmer volunteers over allegations of eve-teasing.

"He was taken to a camp where he was beaten up. He has

said he made statements under fear and claimed that he was kept there in the camp for two days," said the SP.

"During enquiry, the police team also found that on December 20 he had left his home after lying to his parents that he was going for work. A medical examination of Yogesh was conducted at the hospital and there are injury marks on his body," said the SP.

"On Friday, Yogesh alleged that he was tasked by one inspector Pradeep, Station House Officer (SHO) of Rai Police Station. Police team's preliminary investigation shows that there is no inspector named Pradeep in the district or at Rai Police Station. He was also not present at Haryana Chief Minister's rally in Karnal on January 10 as alleged by the farmers," said the SP.

"Police has written a letter to Deputy Commissioner, Sonapat to conduct a fair enquiry through Sub-Divisional Magistrate (SDM) level officer," said the SP.

At the Singhu border Press conference late on Friday night, the farmer leaders presented the man who claimed that his

accomplices were asked to pose as policemen and baton-charge the crowd during the proposed tractor parade in the national capital on Republic Day.

The farmer leaders claimed that they caught the man from the protest site at the Singhu border. He was subsequently handed over to the Haryana police. Farmer leader Kulwant Singh Sandhu alleged that attempts are being made to disrupt the ongoing agitation against three farm laws.

The man, who had his face covered with a scarf, claimed at the press conference that a plan was hatched to shoot four farmer leaders, who are known faces in the media, at the stage on Saturday.

"On January 26, there was a plan to create disturbance during the tractor parade by opening fire on Delhi Police personnel, which would prompt them to retaliate against the protesting farmers in a strong manner," he said.

Thousands of farmers, mostly from Punjab, Haryana and western Uttar Pradesh, have been camping at several border points of Delhi since November 28 last year.

125TH BIRTH ANNIV OF NETAJI SUBHAS CHANDRA BOSE Dy CM focuses on job creation

STAFF REPORTER ■ NEW DELHI

The Covid-19 pandemic has led to massive unemployment across the globe and universities will play the lead role in generating employment, Deputy Chief Minister Manish Sisodia said on Saturday.

Sisodia was speaking on the 125th birth anniversary of Netaji Subhas Chandra Bose. He inaugurated Dr APJ Abdul Kalam lecture hall complex at Netaji Subhas University of Technology. A 50 meter high national flag was also established at the university campus.

"The role of the universities will be crucial in this fight against unemployment. Delhi Government's goal is to inculcate an entrepreneurial mindset in the students, and it has taken several steps in this direction," he said.

Sisodia said that the biggest tribute to Netaji would be to keep aside differences and work towards creating a strong future of the nation through better education. Netaji's dreams would be fulfilled when the children of the country would be skilled enough to contribute to its growth and development.



Netaji's dreams would be fulfilled when children of our country would be skilled enough to contribute to its growth: Manish Sisodia

The Deputy Chief Minister lauded the university students saying that it is due to their per-

formance that the university's name is taken all over the country with a sense of pride. This

"Students of Delhi Government schools are making the country proud with their exceptional performance in international Olympiads. This is the result of concerted and honest efforts by the stu-

dents, teachers and officials of the Delhi Government. This has also been recognised by the NITI Aayog which ranked Delhi Government schools at the top in its recently released report. It is the dream of the Delhi Government to make Delhi's higher education the best performing in India and the world," he added.

Chadha had alleged last month that a group of protesters belonging to the BJP, led by the state unit chief Aadesh Gupta, barged into the civic agency's headquarters in Jhandewalan and vandalised his office.

Chadha moves magistrates court over vandalism in DJB office

STAFF REPORTER ■ NEW DELHI

The Delhi Jal Board (DJB) Vice-Chairperson Raghav Chadha has approached the Magistrate's Court for monitoring of investigation by filing an application under Section 156(3) against leaders of the Delhi Bharatiya Janata Party (BJP) in connection with alleged vandalism in Delhi Jal Board office.

In the face of "brazen" acts of lawlessness executed by vandalising the DJB headquarters at Varunalaya, Jhandewala in the presence of Delhi Police officials, followed by the astonishing inaction for conducting an effective investigation, the vice-chairperson of DJB has moved an application under Section 156(3) of CrPc praying for court's kind intervention and monitoring of investigation carried out by the police officials.

Chadha had alleged last month that a group of protesters belonging to the BJP, led by the state unit chief Aadesh Gupta, barged into the civic agency's headquarters in Jhandewalan and vandalised his office.

It's injustice, says AAP after Bharti sentenced to two years in jail

STAFF REPORTER ■ NEW DELHI

The Aam Aadmi Party (AAP) on Saturday said that "injustice" has been meted out to party MLA Somnath Bharti after he was sentenced to two years imprisonment on the charge of assaulting the All India Institute of Medical Sciences (AIIMS) security staff in 2016.

"We respect the judiciary and have full faith in the judiciary. However, we feel injustice has happened to Somnath Bharti in this case," the party said in a statement.

According to the prosecution, on September 9, 2016, Bharti, along with nearly 300 others, brought down the fence of a boundary wall at the All India Institute of Medical Sciences (AIIMS) here with a JCB operator.

"Somnath is filing an appeal. We are confident that justice will be done to him at the appellate level," the AAP said.

The court convicted Bharti for various offences under the Indian Penal Code (IPC), including under sections 323

According to the prosecution, on September 9, 2016, Bharti, along with nearly 300 others, brought down the fence of a boundary wall at the All India Institute of Medical Sciences here with a JCB operator

(voluntarily causing hurt), 353 (assault or use of criminal force to deter a public servant from discharge of his duty) and 147 (rioting).

"Somnath is a very popular leader and is loved by everyone in his constituency. He works 24 hours for his people. People are quite sad in his constituency as the news of his conviction is spreading," he said.

Bharti had told the court that police officials and other witnesses had deposed against him to falsely implicate him in the case.

The court has granted bail to Bharti, a former Delhi law minister, to enable him to file an appeal before the high court against his conviction in the case and jail term.

Cong seeks resignation of Somnath Bharti

STAFF REPORTER ■ NEW DELHI

Delhi Congress president Anil Kumar has demanded resignation of AAP legislator Somnath Bharti after he was sentenced to two years imprisonment for "assaulting" the AIIMS security staff in a case registered in 2016.

The Congress president also demanded the Kejriwal Government to remove Somnath Bharti from the party

Kumar said that after the AAP leader was awarded a two-year jail term in an assault case, the number of AAP MLAs with a criminal background has gone up. He said that the Arvind Government has been shielding Ministers and MLAs, who were accused of corruption, domestic violence, sexual harassment and assaults as they continue to remain as the AAP MLAs without any disciplinary being initiated against them.

The Congress president also demanded the Kejriwal Government to remove Somnath Bharti from the party.

Entry to watch R-Day parade only by invitation, ticket: Police

STAFF REPORTER ■ NEW DELHI

The Delhi Police on Saturday issued a public advisory and said that people will be allowed to attend the parade at Rajpath strictly on the basis of invitation card or a valid ticket. Police also said that those below 15 years of age will not be allowed at the event.

Meanwhile, the police has also tightened its security arrangements at the border areas in view of a proposed tractor parade on January 26, by the farmers agitating against the Centre's new farm laws.

Taking it to twitter, the Delhi Police wrote "This year, Entry to RDC-2021 will be strictly through Invitation Card/Ticket only! All those, who don't have valid Invitation Card/Ticket are advised to watch live program at home. Children below 15 years age are not allowed to RDC-2021 at Rajpath."

In another tweet, the police instructed the invitees not to carry bags, briefcases, pins, eatables, cameras, binoculars, handicams, electronic gadgets such as iPads, iPods, palm-top computers, laptops, computers, tablet computers, power-banks, digital diaries.

There will be no free entry to the programme this year, the police said.



The invitees have also been advised not to carry remote-controlled car keys (will be deposited at the facilitation counter), arms and ammunition, thermos flasks, water bottles, cigarettes, bidis, matchboxes, lighters, knives, razors, scissors, blades, wire pluckers, screwdrivers, alcohol, perfume spray, cans, daggers, swords, sharp-edged materials, fireworks, inflammable items, umbrellas, replica firearms or toy guns, tear guns, stun guns and explosives in any form.

There will be no free entry to the programme this year, the police said.

The national capital has been brought under an

unprecedented ground-to-air security cover, with thousands of armed personnel keeping a tight vigil in view of the Republic day celebrations scheduled on January 26. Patrolling has been intensified in the busy market areas of the city.

Like the Independence Day function last year, all chairs in the enclosures at the Republic Day event at Rajpath will be placed following social-distancing norms in view of the Covid-19 pandemic. The crowd size has been brought down to 25,000 this year from around 1.25 lakh last year. The number of enclosures has also been halved to just 19.

DDA owes over ₹2K crore to North, South MCDs: AAP

STAFF REPORTER ■ NEW DELHI

Senior Aam Aadmi Party (AAP) leader and chief spokesperson Saurabh Bhardwaj on Saturday alleged that Delhi Development Authority (DDA) owes more than ₹2,000 crores to North Delhi Municipal Corporation (NMC) and South Delhi Municipal Corporation (SDMC).

The AAP leader said that according to the data, the DDA owes around ₹857 crores to the BJP ruled North MCD till 31 March 2018 and based on this figure if we calculate the number then it becomes ₹1,200 crores.

Bhardwaj said that the AAP demands that the BJP should immediately disclose why they have not taken any initiative to get this money from the DDA because both MCD and DDA are under the BJP.

The AAP leader further said, "From the time BJP president Aadesh Gupta has become the Delhi BJP chief he has maintained only one line which is that the Kejriwal

Government should give some amount to the BJP ruled MCD. Today it is very clear that in front of the BJP ruled MCD there is no other issue."

City Govt can't run from its responsibilities over funds to MCDs: BJP

New Delhi: Delhi BJP spokesperson Praveen Shankar Kapoor said that no doubt several Government bodies including Delhi Jal Board, Delhi Transport Corporation, Power Discoms and DDA owe money to MCDs but that does not absolve Delhi Government from its responsibilities to pay statutory constitutional funds to MCDs.

"MCDs are pursuing with all agencies to get its due funds but I request MLA Saurabh Bhardwaj to make positive contribution by asking Delhi Government to release stalled funds and to ask Delhi Jal Board, DTC and Power Discoms to immediately pay their dues to MCDs," the BJP leader said. SR

NATIONAL GIRL CHILD DAY City Govt holds signature campaign

STAFF REPORTER ■ NEW DELHI

Aiming to make the national Capital a model State in terms of Child Care Institution for the entire country, Delhi Government held signature campaign on the occasion of the National Girl Child Day on Saturday.

Inviting suggestions from children on how to improve child care institutions, Women and Child Welfare Minister Rajendra Pal Gautam said, "I appeal to the children to come forward with their suggestions regarding improvements in the Child Care Institutions. We will make Delhi a model state in terms of Child Care Institutions for the entire country."

To celebrate National Girl Child Day the children of Government run Child Care Institutions prepared posters and wrote slogans expressing their feelings and views on the subject

The Department of Women and Child Development (DWCD) of the Delhi Government celebrated National Girl Child Day with Gautam, Minister of Women and Child Development having a 'Bal Samvad' or virtual interactive session from the headquarters of DWCD with the children residing in Child Care Institution. The children recited poems, sang songs and directly conversed with the minister. On the occasion, the minister inaugurated DWCD's

Project Srijan which promotes the exchange of creative activities and interventions by all the Child Care and Women Institutions. With this, the department kicks off regular monthly 'Bal Samvads' to be held with the child care institutions.

To celebrate National Girl Child Day the children of Government run Child Care Institutions prepared posters and wrote slogans expressing their feelings and views on the subject. An exhibition of their work was put up at the DWCD headquarters where it was inaugurated by the Minister with the lighting of diyas. Director, WCD Dr. Rashmi Singh welcomed all the distin-

guished guests and the other members present, namely, Anurag Kundu, Chairperson, along with all officials of DWCD, Member Secretary and Member, DCPCR, and Chairpersons of all Child Welfare Committees (CWCs). Gautam urged the children to come forward with their suggestions regarding improvements in the Child Care Institutions. In his address, the Minister appreciated the role of the Directorate of DWCD for conceiving a creative platform in the name of Project Srijan and gave his commitment towards making Delhi a model state in terms of Child Care Institutions for the entire country.

Delhi BJP all set to start Ram Temple construction fund collection drive

STAFF REPORTER ■ NEW DELHI

The Bharatiya Janata Party (BJP) in Delhi will go door to door to collect money for the construction of Ram temple, the party workers said on Saturday.

Union Minister Prakash Javadekar and Delhi BJP President Aadesh Gupta will honour donors of Ram Janmabhoomi Temple Fund Dedication Campaign.

Party officials said in the presence of Delhi BJP President Aadesh Gupta, a program will be organized at the State party office on January 24 in honour of the donors of Shri Ram Janmabhoomi Mandir Nidhi

Samarpan Campaign. The Chief Guest of this event will be Union Minister Prakash Javadekar, who will honor all those who have willingly donated in the construction of the Ram Janmabhoomi temple.

State General Secretary Kuljit Singh Chahal said that, BJP workers will visit 43 lakh houses in Delhi to contact them for cooperation in the construction of Ram temple. Whether it is a rickshawala, a vegetable seller or general public, everyone can give any amount according to their wish. This public awareness campaign will be conducted from February 1 to February 27.

SDMC gets garbage café where plastic waste can be exchanged for meals

STAFF REPORTER ■ NEW DELHI

In a unique initiative to dispose of plastic waste, the Najafgarh Zone of South Delhi Municipal Corporation (SDMC) has started a "Garbage Café" in which free meals will be provided to the citizens in exchange for plastic waste.

Deputy Commissioner Najafgarh Zone Radha Krishan said that in bid to keep the city plastic free, SDMC started this initiative where needy people and rag pickers can also take advantage of this facility of free meals.

"We can keep our surroundings clean and plastic free



with the initiative by offering delicious food in exchange for plastic waste. This innovative step will contribute towards recycling of dry waste and also bring behavioral change in society towards promoting reduce, reuse and recycling of plastic waste. This scheme will be implemented in other wards of Najafgarh Zone," he said.

Illegal quarrying or mining will not be allowed in K'taka: CM

Bengaluru: After the explosion at a stone quarry near Shivamogga which led to loss of lives, Karnataka Chief Minister B S Yediyurappa on Saturday said illegal quarrying or mining will not be permitted in the State and necessary action will be taken against such activities.

However, the Chief Minister later in the day hinted about providing an option for regularising such activities by submitting an application and following a due process.

"...Our Deputy Commissioner (of the district), Member of Parliament and Mines Minister have already visited the spot. I will get to know things from them and take necessary action to stop illegal quarrying or mining," Yediyurappa said.

Speaking to reporters here ahead of his visit to Shivamogga, he said the reason for the blast, who permitted the transportation of explosive substance in a lorry and what led to the incident will be investigated comprehensively,

and necessary action will be taken against those responsible.

"I will not allow illegal quarrying or mining for any reason. Those who want to do quarrying or mining should get a licence for it. Doing it illegally will lead to such incidents. I will direct Deputy Commissioners to take strict measures in this direction," he added.

At least six people were killed in an explosion at a stone quarry on the outskirts of Shivamogga city on Thursday night. Yediyurappa on Friday had announced Rs 5 lakh to the families of those deceased and had ordered a high-level probe into the incident.

Three people have been detained in connection with the case. Later speaking to reporters in Mysuru, the Chief Minister said, mining and quarrying were inevitable for development works like roads and national highway projects, as he hinted about providing an option for regularising those that are illegal.

"I have asked Deputy

Commissioners of districts not to allow illegal mining or quarrying... Illegal mining should not be allowed, it's not good for anyone. They can submit an application to regularise the illegal mining and continue their activities. We have no objection," he said.

"Every deputy commissioner will do a spot inspection and take appropriate action," the chief minister added.

The statement from Yediyurappa hinting about providing an option for regularising mining and quarrying that are illegal, drew sharp reaction from the Leader of Opposition and Congress leader Siddaramaiah.

He said the statement indicates that the Chief Minister has colluded with the people involved in illegal activities.

"Where is the punishment for illegal activities then. This is a highly condemnable and irresponsible statement... It shows Yediyurappa is supporting illegal acts," he said. **PTI**

After Sasikala, her cellmate also tests Covid positive

Bengaluru: Former Tamil Nadu Chief Minister J. Jayalalithaa's close aide V. K. Sasikala's prison cellmate and sister-in-law, J. Ilavarasi has also tested Covid-19 positive. She has been admitted to Victoria Hospital, the prison authorities said here on Saturday.

Ilavarasi is undergoing treatment at Victoria Hospital in Bengaluru, where Sasikala has been admitted since Thursday.

Sasikala and Ilavarasi have been lodged at the Parappana Agrahara Central Prison in Bengaluru since February 2017 after the Supreme Court upheld their conviction in a disproportionate assets case. The two along with another relative Sudhakaran were sentenced to four years in jail.

Both Sasikala and Ilavarasi are scheduled to be released on January 27.

On Thursday night expelled AIADMK leader Sasikala tested

positive for Covid and according to prison officials, Ilavarasi was tested for Covid-19 on Friday.

The Victoria Hospital in its health bulletin released to the media on Friday night stated that Sasikala's condition was stable and she was comfortable besides being conscious and well oriented.

After Ilavarasi tested positive, she was given initial treatment at the prison hospital before being shifted to Victoria Hospital.

"Both Sasikala and Ilavarasi were sharing a cell, there were no other occupants. As a precautionary measure, we also tested a couple of officials who had accompanied Sasikala while shifting her to Bowring on Wednesday. They underwent tests which came out negative," prison officials said.

Sasikala was reportedly unwell for about a week before being admitted to Bowring and Lady Curzon Hospital by the prison doctors with a diagnosis of type II dia-

betes mellitus, hypertension, hypothyroidism, urinary tract infection (UTI) and suspected Severe Acute Respiratory Illness (SARI).

The 63-year-old Sasikala is serving her prison term in a disproportionate assets case. The case pertains to the amassing of disproportionate assets to the tune of Rs 66.65 crore during J. Jayalalithaa's tenure as the Chief Minister of Tamil Nadu from 1991-1996.

In September 2013, a special court sentenced Jayalalithaa to simple imprisonment of four years. She was slapped with a Rs 100 crore fine and forced to step down as the CM. The three co-accused V. K. Sasikala, V. N. Sudhakaran, and J. Ilavarasi were also convicted. They were fined Rs 10 crore each.

Jayalalithaa challenged the conviction in the Karnataka High Court, which acquitted her of all charges. **IANS**

Shivamogga blast: Cong demands probe by sitting HC Judge

Bengaluru: Opposition Congress in Karnataka on Saturday demanded a probe by a sitting High Court Judge into the explosion at a stone quarry near Shivamogga which led to loss of precious lives.

It also demanded that all illegal quarrying or mining in the state be stopped immediately.

"The family of those killed should be given compensation judiciously. Not just announcing Rs 5 lakh, they should also be given a job," Leader of the Opposition and senior Congress leader Siddaramaiah said.

Speaking to reporters here, he said the blast would have to be inquired into by a sitting judge of the High Court of Karnataka.

"All illegal quarrying or mining in the state have to be stopped immediately," he added.

The Chief Minister had, on Friday, announced Rs 5 lakh to the families of the deceased and ordered a high-level probe into the incident.

At least five people were killed in the explosion at a stone quarry on the outskirts of Shivamogga city on Thursday night. Gelatin sticks are said to have led to the blast.

"According to my information, the explosive materials were brought in from Andhra Pradesh without any permission which is an offence and not storing them safely is a second offence," Siddaramaiah said, adding: There is also no accountability or responsibility on the part of officials.

Senior BJP leader and MLC Ayanur Manjunath himself has said a lot of illegal mining and quarrying activities have been going on in Shivamogga, the home district of Chief Minister Yediyurappa, he said.

This shows total failure of the administration, he said. "Yediyurappa and district (Shivamogga) in-charge Minister K S Eshwarappa should own up," he said.

Earlier, Yediyurappa said illegal quarrying or mining would not be allowed in the state and necessary action would be taken against such activities. **PTI**

Tourists can now peek inside Pune's historic Yerwada jail

Pune (Maharashtra): Marking a new chapter for tourists, the Maharashtra government will throw open important prisons in the state for 'jail tourism', starting this Republic Day on January 26 with the historic 150-year-old Yerwada Central Jail in Pune.

Chief Minister Uddhav Thackeray will inaugurate the initiative on Republic Day in the presence of Deputy Chief Minister Ajit Pawar and other top officials, Maharashtra Home Minister Anil Deshmukh announced on Saturday.

"This is the first phase of 'jail tourism'. Later, it will be extended to other prisons like Nagpur, Nashik, Thane, Ratnagiri, etc. A small fee of Rs 5 for school students, Rs 10 for collegians and Rs 50 for general tourists shall be levied," Deshmukh said.

Built by the British in 1871, parts of the high-security YCJ - spread across lush greenery of 512 acres, the largest in South

Asia - will be opened for tourists, students, researchers and others to go around and study various aspects of the old prison deeply linked with India's freedom struggle.

Pune's human rights lawyer Asim Sarode welcomed the move and said it should be implemented with full security protocols for all concerned so that the tourists can get a feel of the jail without disturbing the inmates.

Earlier, the Cellular Jail in Andaman & Nicobar Islands, infamous as 'Kala Paani' and Fort Aguada Jail in Goa - both sea-facing - were among the major prisons where tourism has been allowed, besides the Sangareddy Central Jail, Telangana, which permits a 24-hour paid stay with full 'jail-comforts' for tourists.

Accessible through an imposing fortress-like entrance, with a tall foyer on which the Tricolour flutters, the YCJ Pune complex is secured by four high walls to prevent any adventur-

ous escapes. The prison areas are sub-divided as per security zones and barracks for the roughly 5,000 inmates, and there are ultra-secure 10 'Anda Cells' (oval cells) for isolating the most heinous criminals and terrorists.

It has a 'Kishore Wing' for prisoners in 18-21 age-group where the young incarcerated inmates are given education or skills to keep them off crime after their release, and a 300-capacity Female Jail where the inmates get various types of vocational training.

Outside YCJ is the Open Jail where inmates with minimum five years of very good behaviour are permitted limited freedom, with basic security as per the jail norms.

The prisoners' white uniforms are 'colour-coded' - Yellow Bands for those representing their groups/barracks, Violet Bands for those working as volunteers and Red Band for those who made failed escape attempts. **IANS**

India, China's 9th round of LAC parleys today ...

From Page 1
India, on the other hand, has all along maintained that China has to first pull back its troops from all the five face off sites in Eastern Ladakh besides thinning out its tank and artillery gun reinforcements in the depth areas.

At present, more than one lakh troops from both the sides are in an eyeball to eyeball confrontation at the border and prepared for a long haul.

Officials said here on Saturday the Corps Commander level parleys will take at Chushul-Moldo border meeting point at the LAC. The previous eight rounds since the stand-offs began in May were also held there. The last round was held on November six last year.

While the talks at the military and diplomatic levels have so far not yielded any positive results, both the countries have reiterated their commitment to resolve the issue through dialogue. They have also time and again said they will abide by the agreements reached between the external affairs ministers of the two countries in September last year during one of the talks in Moscow. The Commanders also said the two armies will ensure their soldiers exercise restraint and avoid misunderstanding and miscalculation.

Give the current security situation on the LAC with tension unabated, Army Chief General M M Naravane on January 12 said the Indian Army was prepared to hold its ground in eastern Ladakh "for as long as it takes" to achieve national objectives in case the ongoing military and diplomatic talks with China are prolonged.

78,319 vaccinated in Gujarat, Covid tally 2,58,687

Gandhinagar: A total of 78,319 persons have received the first dose of Covid-19 vaccine in Gujarat so far, including 31,116 on Saturday, even as 423 new cases took the State's coronavirus tally to 2,58,687, while one death in the past 24 hours raised Gujarat's Covid death toll to 4,375.

According to the state health department, a total of 31,116 frontline Corona warriors received the first dose of the vaccine on Saturday at 510 vaccine centers.

Of the new cases reported on Saturday, Surat led the chart with 92 cases, followed by Vadodara (87), Ahmedabad (85), Rajkot (59), Gandhinagar and Kutch (15 each), Junagadh (9), Bhavnagar (7), Jamnagar, Mahesana and Kheda (6 each), Anand, Morbi and Gir-Somnath (4 each), Panchmahals, Dahod, Banaskantha, Surendranagar and Sabarkantha (3 each), Bharuch, Devbhoomi Dwarka, Mahisagar, Narmada and Chhota Udepur (2 each), and Amreli, Navsar, Porbandar and Tapi (1 each).

Gujarat has reported 13,649 Covid-19 cases in January so far at

According to the State health department, a total of 31,116 frontline Corona warriors received the first dose of the vaccine on Saturday at 510 vaccine centers

an average of 593 cases per day.

One person died of Covid-19 in Ahmedabad on Saturday, taking the state's death toll to 4,375. Ahmedabad has reported the maximum number of Covid deaths in the state so far at 2,287. Gujarat's mortality rate is gradually coming down and presently stands at 1.69 per cent.

On a positive note, a total of 702 patients were discharged on Saturday, taking the state's total number of recoveries to 2,49,352. The state presently has 4,960 active cases, of which the condition of 4,910 is stable while 50 critical patients are on ventilator support. **IANS**

15.4L get Covid jabs in 8 days

From Page 1
"It should be probed whether the vaccine is the reason for triggering the underlying heart disease," he said as he pointed out that the majority of the population in India are having heart-related health issues. In fact, the two deaths reported in the last three days, one each from Meerut and Bellary in Karnataka were attributed to the cardio-related health ailments.

The cumulative number of healthcare workers vaccinated against COVID-19 has crossed 15 lakh today. A total of 15,37,190 beneficiaries (till 6 pm on Saturday) vaccinated through 27,776 sessions, as per the provisional report. 3,368 sessions were held till 6 pm.

"So far, 11 hospitalizations against vaccinations (0.0007%) have taken place. One person hospitalised in the last 24 hours in Guntur, Andhra Pradesh.

"Six have been reported so far. A 56-year-old woman has died in Gurugram in the last 24 hours. None of the deaths has been casually linked with Covid-19 vaccination," said the Ministry.

"A training of Immunization Programme Managers of 13 foreign countries, Bahrain,

Bangladesh, Bhutan, Brazil, Maldives, Mauritius, Mongolia, Morocco, Myanmar, Nepal, Oman, Seychelles & Sri Lanka, using Indian vaccines was conducted by the Ministry covering all aspects of vaccine roll-out spread over 2 days," said the ministry.

In addition to 12 states currently using Covaxin, seven more states would be administering Covaxin from next week - Chhattisgarh, Gujarat, Jharkhand, Kerala, Madhya Pradesh, Punjab & West Bengal. On January 16, Prime Minister Narendra Modi launched India's massive Covid-10 vaccination drive using two products - Covishield and Covaxin.

While the former was developed by researchers at Oxford University in collaboration with pharma major AstraZeneca, it is being manufactured in India by Pune-based The Serum Institute of India.

Covaxin, on the other hand, is being produced by Hyderabad-based Bharat Biotech which created the vaccine in collaboration with the Indian Council of Medical Research.

In phase 1 of the inoculation drive, set to be completed by July, one crore health workers followed by 2 crore frontline workers will get the vaccine.

In the next one, besides those aged above 50, Prime Minister Modi and all Union and state ministers and lawmakers are likely to get jabbed.

Boy tortured by teens for telling parents about drug abuse

PTI ■ KOCHI

A minor boy was thrashed by a group of teenagers here for having informed their parents about their alleged drug abuse, police said on Saturday.

A video captured by an accused showing the victim being punched, beaten and made to sit on chips of metal emerged in the social media, prompting the police to action.

Launching an investigation, the police said the incident was reported from a colony at Kalamassery. The boy has been seriously injured due to the torture perpetrated three days ago and has been admitted to the Government Medical College Hospital, Kalamassery.

The group has been identified, the police said. One of them aged above 18 has been arrested, they said.

The antecedents of six others -- all minors in the age group of 14 to 17 -- have been collected for submitting before the District Child Welfare Committee (CWC), the police said.

Lalu shifted to Delhi AIIMS after his health deteriorates

From Page 1

"He is likely to be shifted to AIIMS today. We have already spoken to the experts at AIIMS," he added. Dr Prasad further said that the authorities and his family are arranging for an air ambulance to shift him to AIIMS-Delhi. On Friday, Prasad's wife Rabri Devi, daughter Misa Bharti, sons Tej Pratap and Tejashwi reached Ranchi and met him in the night. According to PTI, Tejashwi told reporters that his father's condition was worrisome.

Tejashwi also met Chief Minister Hemant Soren at his residence during the day to seek cooperation from the state government in arranging to take his father to Delhi.

India becoming what Netaji envisioned: Modi

From Page 1

The Prime Minister also visited the ancestral house of Netaji Subhas Chandra Bose in the afternoon as he came to the city to take part in the revolutionary's 125th birth anniversary celebrations. He was received at the entrance of the house by Sugato Bose and his brother Sumantro Bose, the freedom fighter's grandnephews.

Modi was shown the 'Wanderer' car, which Netaji used to escape from Kolkata to Gomoh, said Sugato Bose. The prime minister was also shown the bedrooms of Netaji and his brother Sarat Chandra Bose, news agency PTI reported.

Another Pak tunnel found ...

From Page 1

He also added, apart from providing technical support, the Pakistani establishment had carefully studied the soil engineering to see whether it can sustain a tunnel or not and also provided other logistics to smoothly execute the task. "All this is done as per their nefarious designs and with an aim to disturb peace in the region", JG BSF said. The area where the tunnel was detected remained active in the past as well. BSF had shot down a Pakistani Helicopter carrying load of weapons and ammunition in June 2020 in the same area. BSF troops had also foiled an infiltration bid in the same area in Nov 2019 wherein BSF troops had fired upon the party trying to infiltrate into India.

Earlier, BSF had detected a 20-25 feet deep and 160 metres long cross border tunnel, along the International border in the Regal area of Samba sector on November 22, 2020. The tunnel was believed to be used by the four-member fideyean squad (members of a suicide squad) of Jaish-e- Mohammad (JeM), to infiltrate inside the Indian territory before they were neutralised at Ban Toll Plaza near Nagotra on November 19.

Another 'rat hole' tunnel, which was at least 25 feet deep and 170 metres long, was detected by the Border Security Force (BSF) jawans along the International border in Galar village of Samba sector on August 28, 2020.

Besides the 1,700- km-long LAC sector in Ladakh, the armed forces have ramped up their military strength in terms of personnel and weapons all along the other LAC stretching from Ladakh to Arunachal Pradesh.

Somnath Bharti gets 2-yr jail for assaulting AIIMS staff...

From Page 1

The court, however, acquitted Bharti's associates and co-accused - Jagat Saini, Dileep Jha, Sandeep Sonu and Rakesh Pandey - citing a lack of evidence against them.

The case was lodged on the basis of a complaint from R S Rawat, Chief Security Officer, AIIMS. Bharti had told the court that police officials and other witnesses had deposed against him in order to falsely implicate him in the case.

The AAP said, "Somnath is filing an appeal. We are confident that justice will be done to him at the appellate level. He is a very popular leader and is loved by everyone in his constituency. He works 24 hours for his people. People are quite sad in his constituency as the news of his conviction is spreading." Bharti had told the court that police officials and other witnesses had deposed against him to falsely implicate him in the case.

It is hereby informed to the general public that Mrs. Kanwal Sonu D/o Shri Ram Swroop Khanna R/o 106A E-7, sainik farms, Khanpur, New Delhi-110062, Current R/o have lost the Original P.O.A. Dated on 3-3-2016, duly reg bahi no 06, jild no. 02, page no 179 -230, document no. 07, with sub reg office- 1st noida u.p. Any one finding said documents is requested to kindly return the same to me or to the complainant . Name Mrs. Kanwal soni . Mobile Number- 9999279605, Email id. soni_adarsh@yahoo.com .

Covid: Rajasthan sees 2 more deaths, 203 new cases

Jaipur: Two deaths linked to the coronavirus were reported in Rajasthan on Saturday, raising the toll to 2,758, while 203 fresh cases pushed the infection count to 3,16,485, according to a health bulletin.

The new fatalities were reported from Jaipur and Udaipur, while Kota reported a maximum of 47 new COVID-19 cases, the bulletin said. **PTI**

Peeved by Jai Shri Ram slogans...

From Page 1
Mamata had similarly reacted to Jai Shri Ram slogans raised by BJP supporters at Barrackpore and West Midnapore during 2019 general elections inviting large-scale criticism from the people.

Bengal Minister Partho Chatterjee faulted the saffron Government for "planting the mischief mongers inside the august programme to create political mischief". BJP's observer for Bengal Kailash Vijayargiya justified the sloganeering saying "the audience was just welcoming the Chief Minister but she discovered politics in it ... where was there a politics in shouting Jai Shri Ram".

Senior TMC MP Saugato condemned "indecorous conduct" of the BJP men saying "Jai Shri Ram is BJP's political slogan and everyone knows it ... They could have given this slogan elsewhere but not in a Government programme ... It was intentionally done to provoke Mamata Banerjee and she has done the right thing by boycotting the speech."

OFFICE OF SUPERINTENDING ENGINEER ALIGARH CIRCLE, P.W.D ALIGARH

Notice inviting E-Tender(Short Term)
Letter No. 257.../Cashier(P.D.E.)-A.C./2020 Dated : 16-01-2021

1. The Superintending Engineer, Aligarh Circle, P.W.D, Aligarh on behalf of Governor of Uttar Pradesh invites the Percentage rate bids from the eligible and approved Contractors registered with UP, PWD, Road work. The Bidder may submit bids for any or all of the works. Bidders are advised to note the minimum qualification criteria specified in Clause 4 of the Instructions to Bidders to qualify for the award of the contract.

Sl. No.	Dist-ri-c-t	Name of Work	Estima-ted Cost (Rs. in Lac)	Bid Security (Rs.in Lacs)	Cost of Docu-ment (in Rs.)	Time of Comple-tion	Address of Executive Engineer Executing the Work	Address of Super-intending Engineer	Address of Chief Engineer	Cate-gory of Contr-actor
1	U.P.	Construction of Industrial Training Institute Building at Aliganj Village Kalgir	850.60	17.00	Rs. 2000.00+STC +300.00TC+84.00 GST= 2384.00	24 Month	Executive Engineer, P.D. P.W.D., Etah	Superintending Engineer, Aligarh Circle, P.W.D, Aligarh	Chief Engineer, Aligarh Zone, P.W.D, Aligarh	Class A (Building Work)

2. Time allowed for completion is including Rainy Season.
3. Bid document with detailed terms and conditions will be available online on website http://etender.up.nic.in from 25-01-2021 to 02-02-2021 upto 12:00 Hours. Bids must be submitted online only at e-tendering portal of http://etender.up.nic.in on or before 12:00 Hours on 03-02-2021. Technical Bid received online will be opened on 04-02-2021 at 12:30 Hours
4. The prospective bidders who do not possess Digital Signature Certificate (DSC) must get the same issued from approved agencies before submission of bids.
5. Contractor should Quote their rates without G.S.T. which shall be paid extra as per applicable at the time of payment.
(Satish Kumar)
Executive Engineer, P.D, P.W.D., Etah
(RK Mishra)
SUPERINTENDING ENGINEER ALIGARH CIRCLE, PWD, ALIGARH
UP- 159252 Date 22.1.2021 विज्ञापन नमूना है www.upgownic.in पर उपलब्ध है।

कार्यालय मुख्य अभियंता लोक स्वास्थ्य यांत्रिकी विभाग रायपुर परिक्षेत्र रायपुर ई-प्रोक्योरमेंट निविदा सूचना

एकीकृत पंजीयन प्रणाली अंतर्गत सक्षम श्रेणी में पंजीकृत ठेकेदार से प्रपत्र "ए" में प्रतिशत दर पर अनुबंध हेतु निम्नलिखित निर्माण कार्य हेतु ऑन लाईन निविदा आमंत्रित की जाती है:- **NIT No. 51 Date 21-01-2021 System Tender No. 70987** Name of work- Providing, laying, jointing, interconnection, testing & commissioning of Raw Water Rising Main of 400 mm dia Ductile iron pressure Pipes with inside cement motor lining (class K - 9) with suitable rubber gasket from village mingachal (Berudi) Intak well to WTP (Education city) Length 12950 M. with all types of valves, specials & all allied civil works including Trial run for three months etc Under **BIJAPUR AUGMENTATION WATER SUPPLY SCHEME**. Probable amount of contract **Rs. 727.51 Lacs** Class of contractor Class "B" & above under Unified Registration System, E-Registration. **1st Call. Schedule of Date** - Bid Start Date - **28.01.2021**, Pre Bid date- **06.02.2021**, Bid Due Date- **10.02.2021**, PHY Sub Date - **15.02.2021**, Open Date- **15.02.2021**.

नोट:- उपरोक्त निर्माण कार्य की निविदा की सामान्य शर्तों, धरोहर राशि, विस्तृत निविदा विज्ञापित, निविदा दर्ताबाज व अन्य जानकारी ई-प्रोक्योरमेंट वेब पोर्टल <https://eproc.cgstate.gov.in> अथवा विभागीय वेबसाइट <https://eproc.cgstate.gov.in> में दिनांक 28.01.2021 में देखी जा सकती है।

हस्ता/— मुख्य अभियंता लोक स्वास्थ्य यांत्रिकी विभाग रायपुर परिक्षेत्र रायपुर

R.O. No.- 86562/9
R.O. Date:- 22/10/2021

'Terrorists planning IED blasts on R-Day in J&K'



RAKESH K SINGH ■ NEW DELHI

A group of Jaish-e-Mohammad (JeM) is preparing for a Lethpora (February, 2019) type IED attack in Jammu and Kashmir in the run up to the Republic Day celebrations or in the subsequent period.

Other groups like Lashkar-e-Tayyaba and Hizbul Mujahideen are separately fabricating IEDs to carry out hits in the Valley.

A group of the LeT operating in Hajin area have fabricated an IED and concealed it at an undisclosed location in Parry Mohalla, Hajin in Bhandipore district of Jammu and Kashmir, according to an input with the security agencies.

The IED is likely to be used in the Pattan-Baramulla highway stretch to target security forces in the near future, according to the input.

An IED is being fabricated in village Gundibagh under Kakapora police station in Pulwama) by the JeM operatives for the planned hit.

Sameer Ahmad Dar, a local terrorist of JeM along with three to four other militants are involved in this preparation, according to the inputs.

Sameer Ahmad Dar is being assisted by Riyaz Ahmad Dar alias Khalid of LeT/The Resistance Front. Two bags of around 15-20 kg each of explosive material are in their possession for fabrication of the IED, the inputs have revealed.

Protect transgenders' rights, sensitise police, UTs, States told

NEW DELHI: The Ministry of Home Affairs (MHA) has written a letter to all chief secretaries of Union Territories and States on protection of rights of transgender persons and also directed them to sensitise police and prison officials in this regard.

The Ministry has also said that all States are required to protect and rehabilitate transgenders.

"The law mandates adequate steps to be taken by the State Governments/Union Territories for not only providing for welfare measures to be taken but steps to be taken for rescue, protection and rehabilitation of a transgender person," read the MHA's letter.

The MHA has said that under section 18 of the Transgenders (Protection of Rights) Act, 2019, it is a punishable offence in case anyone compels or entices a transgender person to indulge in the act of forced or bonded labour other than any compulsory service for public purposes imposed by the government.

While giving details of the act, MHA said if someone denies a transgender person the right of passage to a public place or obstructs such person from using or having access to a public place to which other members have access to or a right to use, forces or causes a transgender person to leave the household,



Rabi crops sowing acreage touches all time high this season

RAJESH KUMAR ■ NEW DELHI

Rabi crops sowing acreage has touched an all time high this season. According to data furnished by the Ministry of Agriculture, rabi crop sowing completed 675 lakh hectare this year, up from 662 lakh hectare last year, an increase of 2.86 percent. This is an indication that farmers have not boycotted the farming activities despite protests since October last year.

The record rabi crops sowing acreage is the indication they participated in the protests in a planned manner. With a majority of farmers pitching in at Delhi borders in protest against the new central farm laws, their family members have been left taking care of standing wheat crop in the field and other allied activities back home. In absence of adult males, women have taken the charge of irrigating fields, sprinkling fertilisers in them, tending cattle, milking cows and chopping fodder for them. In some villages, committees have also been formed in several villages where fellow villagers irrigate crops of those who are at the protest site. The sowing in the current season is not over yet while their protest enters the 59th day.

As per the data, all major rabi crops, barring a few coarse cereals, surpassed the area planted in the previous season, which was by far the best, already.

With 345 lakh hectare

As per the data, all major rabi crops, barring a few coarse cereals, surpassed the area planted in the previous season, which was by far the best, already

Gram has been planted over nearly 111 lakh hectare, while mustard fields covered close to 74 lakh hectare. At the end of the previous rabi season, the area of gram and mustard was around 107 lakh hectare and 70 lakh hectare, respectively.

However, there is a dip in area under coarse cereals. As compared to nearly 55 lakh planted in the same week last year, coarse cereals covered only around 51 lakh so far.

Agriculture Minister Narendra Singh Tomar congratulated farmers in the country for their tireless hard work. "Despite the corona epidemic, farmers have achieved record area coverage under rabi crops as well as in kharif season, which is remarkable," Tomar said.

According to summer crop campaign, a target of 51 lakh has been fixed to cover summer season with pulses, oil seeds and nutri-cereals crops this season. Further, as per 4th Advance Estimates (2019-20), total food grains production in the country is estimated at 296.65 million tonnes, and horticulture production 319.57 which will be an all time record in 2019-20.

The pulses and oilseeds production is at 23.15 and 33.42 million tonnes, respectively. Production of cotton is being estimated at 354.91 lakh bales with which India is set to rise to the top producing countries in the world.

'High blood sugar may increase risk of Alzheimer's'

PNS ■ NEW DELHI

People with high blood sugar may have an increasing risk of Alzheimer's than those with normal blood sugar—whether or not their blood-sugar level technically made them diabetic — scientists said on the basis of following the health status of over 5,189 people for over 10 years.

In other words, the higher the blood sugar, the faster the cognitive decline, said their longitudinal study which has been published in the journal Diabetologia.

Type 1 diabetes is an autoimmune disease needing intake of insulin injection, and type 2 diabetes is a chronic disease caused by diet.

"Dementia is one of the most prevalent psychiatric conditions strongly associated with poor quality of later life," said the lead author, Wuxiang Xie at Imperial College London.

"Currently, dementia is not curable, which makes it very important to study risk factors," Melissa Schilling, a professor at New York University, performed her own review of studies connecting diabetes to Alzheimer's in 2016.

She sought to reconcile two confusing trends. People who have type 2 diabetes are about twice as likely to get Alzheimer's, and people who have diabetes and are treated with insulin are also more likely to get Alzheimer's, suggesting elevated insulin plays a role in Alzheimer's.

In fact, many studies have found that elevated insulin, or "hyperinsulinemia," significantly increases your risk of Alzheimer's. On the other hand, people with type 1 diabetes, who don't make insulin at all, are also thought to have a higher risk of Alzheimer's.

How could these both be true? Schilling posits this happens because of the insulin-degrading enzyme, a product of insulin that breaks down both insulin and amyloid proteins in the brain—the same proteins that clump up and lead to Alzheimer's disease.

People who don't have enough insulin, like those whose bodies' ability to produce insulin has been tapped out by diabetes, aren't going to make enough of this enzyme to break up those brain clumps. Meanwhile, in people who



use insulin to treat their diabetes and end up with a surplus of insulin, most of this enzyme gets used up breaking that insulin down, leaving not enough enzyme to address those amyloid brain clumps.

According to Schilling, this can happen even in people who don't have diabetes yet—who are in a state known as "prediabetes."

Diabetes can also weaken the blood vessels, which increases the likelihood that you'll have mini-strokes in the brain, causing various forms of dementia.

A high intake of simple sugars can make cells, including those in the brain, insulin resistant, which could cause the brain cells to die.

The extra fat in obese people releases cytokines, or inflammatory proteins that can also contribute to cognitive deterioration, doctors say.

Diabetes may also increase the risk of developing mild cognitive impairment (MCI), a condition in which people experience more thinking (cognitive) and memory problems than are usually present in normal aging.

India has received 8 Rafale jets, 3 more expected by month end: IAF chief

PTI ■ JODHPUR

Eight Rafale aircraft have already arrived in India and three more are expected by the end of this month, Air Chief Marshal Rakesh Kumar Singh Bhadauria said here on Saturday. The IAF chief was speaking at a press conference after the conclusion of 'Exercise Desert Knight-21' held in Jodhpur by the air forces of India and France.

He said IAF has initiated a fifth-generation fighter aircraft programme with the Defence Research Organisation (DRDO) and plans to incorporate some sixth-generation capabilities in it as well. "Our present vision is to incorporate all the latest technologies and sensors in our fifth-generation aircraft," Bhadauria said.

"We started work on fifth-generation aircraft a little late. So technologies and sensors contemporary to that period of development would be added into fifth-generation fighters," he added.

'Exercise Desert Knight-21' held by Air Forces of India and France

Bhadauria said when IAF received the Rafale aircraft, the first priority was to operationalise it and integrate it with the existing combat fleet.

"It has already been done, and the current exercise Desert Knight was the result of that," he said.

"We have some Indian pilots training in France and some in India itself. We have enough pilots to have a right pilot-cockpit ratio," the Air Chief Marshal said, adding that the entire induction would be completed by next year.

Earlier, Bhadauria congratulated both the air forces for successfully completing the exercise in just four days. Desert Knight-21 was scheduled to be held over five days.

"It is not in terms of interoperability which has been learnt in this exercise, but

Severe cold likely to prevail in northwestern India till Jan 27

PNS ■ NEW DELHI

The Indian Meteorological Department (IMD) has predicted cold wave to severe cold wave conditions in isolated pockets of northwestern India starting Sunday till January 27. IMD has also issued orange alerts for Punjab, Haryana, Delhi, Chandigarh and Uttar Pradesh for Sunday. The warning for Delhi, Punjab, Chandigarh and Haryana are from Sunday to Monday to alert citizens for dense fog and cold weather conditions.

The IMD said, cold wave to severe cold wave conditions likely to prevail over north Rajasthan during January 24-27, 2021. While Punjab, Haryana, Chandigarh, Delhi and Uttar Pradesh can witness cold to severe cold waves during January 26-27.

The IMD explained that the weather conditions were influenced by a western disturbance lying over Afghanistan and the presence of cyclonic circulation in lower levels over central Pakistan and Punjab northern Indian states including the Himalayas can likely witness rain, thunderstorm and snow during the next few days. A cold day is declared when the minimum temperature is below 10°C and the maximum temperature is 4.4°C below the regional normal.

Dense to very dense fog in isolated pockets of northern plains of India comprising states like Punjab, Haryana, Chandigarh, Delhi, Uttar Pradesh, north Rajasthan, Bihar and north Madhya Pradesh has also been anticipated during the next 2-3 days.

"Dense to very dense fog in isolated/some pockets very likely over Punjab, Haryana, Chandigarh and Delhi, UP, north Rajasthan, Assam and Meghalaya and Manipur and Tripura during next 4-5 days; over Bihar, north Madhya Pradesh, West Bengal and Sikkim and Odisha during next 2-3 days," the IMD said.



Home Minister Amit Shah launches Ayushman CAPF for paramilitary in Assam

Legal education in the country needs urgent reforms: SC judges

PTI ■ NEW DELHI

There is an urgent need for reforming legal education in the country as its quality is being affected due to the "mushrooming" of law colleges, two Supreme Court judges said on Saturday.

"I do believe we are churning out too many lawyers without any analysis of the number of lawyers required," Justice S K Kaul said.

He said the quality of legal education has suffered as a result of a large number of "not so great law colleges" and the "crying need of the hour" was to see how legal education can be improved.

Similar issues were also raised by senior advocate Abhishek Manu Singhvi.

Referring to the concerns raised by Justice Kaul and Singhvi, Justice N V Ramanna said, "I welcome this thought-provoking discussion and agree with what they have expressed. It (legal education) requires urgent and immediate reform."

"I hope something can be done and we can take up this issue in the coming days," he added.

The remarks by the two apex court judges came during an event for the release of the book—The Law of Emergency Power—authored by Singhvi and professor Khagesh Gautam,



Singhvi lamented on the glaring absence of genuine legal research in large parts of India

who teaches law at Jindal Global Law School, on a legal and constitutional study of emergency powers.

Speaking at the event, Singhvi lamented upon the "glaring absence of genuine legal research in large parts of India."

"Part of this is due to the many factories of legal education we produce with hardly any quality control. The negative impact of the stratification of law colleges must be urgently addressed."

"Central universities set up by Parliament operate their law faculty as law schools, while state universities act mostly as affiliating universities which are affiliating colleges set up by private trusts and societies," he said.

ED files chargesheet against Haryana firm, directors for duping 31L investors

PTI ■ NEW DELHI

The Enforcement Directorate Saturday said a money laundering chargesheet has been filed against a Haryana-based company and its directors accused of cheating about 31 lakh investors by way of a Ponzi or fraud multi-level marketing scheme.

It said a prosecution complaint or chargesheet has been filed against Hisar-based Future Maker Lifecare Pvt Ltd and its two directors Radhe Shyam and Banshi Lal under various sections of the Prevention of Money Laundering Act (PMLA).

The chargesheet has been filed before a special PMLA court in Panchkula "with a prayer for awarding punishment to the accused persons and confiscation of attached

assets to the tune of ₹261.35 crore."

According to an ED statement Radhe Shyam and Banshi Lal, both residents of Haryana, floated companies in the name of Future Maker Life Care Pvt Ltd and FMLC Global marketing Pvt Ltd.

"Through these companies they have duped innocent persons in guise of a multi-level marketing (MLM) scheme that

promoted various Ponzi schemes in many parts of the country," the Enforcement Directorate alleged in the statement issued here.

An MLM scheme works in a pyramidal structure where the persons at the top gain at the behest of the loss borne by the persons at the base of the pyramid.

The ED's money laundering case against the accused

was filed after taking cognisance of multiple Haryana and Telangana police FIRs registered against the accused for "cheating lakhs of investors."

The Haryana Police had slapped charges of cheating and conspiracy under various sections of the IPC and those under the prize chit and money circulation banning Act of 1978 read with Haryana protection of interest of

investors and entice current ones to invest more money. When other investors begin to participate, a cascading effect begins," it said.

The schemer pays a "return" to initial investors from the investments of new participants rather than from genuine profits, it said, describing the modus operandi allegedly deployed by the "Radhey Shyam used to lure

innocent persons through speeches in fancy seminars conducted across India promising high returns of up to 5-8 times of the investment in two years."

"Banshi Lal was the financial mastermind whose role was layering and laundering of the tainted money collected from the investors in various paper concerns," the ED claimed.

Resolution against CAG shocks all in Kerala

KUMAR CHELLAPPAN ■ KOCHI
The resolution passed by the Kerala Government in the Legislative Assembly on Friday against the Comptroller and Auditor General (CAG) of India has shocked not only the Opposition Congress but the legal fraternity in the State. K Ramkumar, Constitutional expert, pointed out that this was the first time in the history of India a legislative Assembly adopts a resolution against the CAG.

finance minister Thomas Issac, were against all Constitutional norms. The KIIFB had raised funds amounting to Rs 3106.57 crore from financial institutions and this include Rs 2,150 crore which was mobilised through "Masala Bonds" from foreign countries. The Kerala Government had declared that it would repay the loan through cess on petroleum products and motor vehicle tax. The CAG in its findings had stated that the borrowings by KIIFB bypassed the limits set on Government borrowings under Article 293(1) of the Constitution and such borrowings do not have legislative approval. Though Issac tried to wriggle out of the indictment by the CAG, questions on the

impropriety committed by the Kerala Government could not be explained away by him or Chief Minister Pinarayi Vijayan. Vijayan who introduced the resolution blamed the CAG for preparing a report which was against political neutrality and justice. "We totally reject the three pages from the report which state that the Masala Bonds and borrowings were in violation of the Constitutional provisions," he had said. Congress leaders and leading lawyers in the State describe the event as an attempt to "whitewash" the tainted finance minister while the CPI(M) leaders rubbish the allegations. "This is a strange action by the Government which has thrown all democratic norms to the

winds," said Ramkumar. "It is shocking to note that they have chosen the sacred precincts of the Legislative Assembly for an action like this. They have insulted the Constitution by belittling the report prepared by a Constitutional authority," Ramkumar told The Pioneer. It may be noted that the resolution against the CAG was introduced and adopted on the last day of the last session of the 14th Legislative Assembly, pointed out Congress leader V D Satheshan MLA, who is also the chairman of the Public Accounts Committee. "It is for the PAC to examine, debate and decide the relevant findings of the CAG. This government has bypassed

the PAC with an eye to sanctify the acts of corruption," said Satheshan who has been alleging from day one of the setting up of the KIIFB. Interestingly, the CPI(M)-led LDF would not like to remember the last two days of the last session of this Legislative Assembly. Thursday saw the House discussing and dismissing by voice vote a no-trust motion introduced by the Congress against Speaker of the Assembly P Sreeramakrishnan for his alleged role in hawala transaction and smuggling. Sreeramakrishnan is likely to be grilled by the Customs officials who were asked by the assistant solicitor general to wait till the conclusion of the session of the House.

Spike in Covid cases in Kerala, 6,960 test positive

Thiruvananthapuram: There seems to be no relief in the number of daily Covid-19 cases in Kerala with as many as 6,960 persons testing positive for the dreaded disease on Saturday, a release issued by the office of state Health Minister K.K. Shailaja said. On a positive note, 5,283 persons recovered from the disease on Saturday. Kerala has tested 61,066 samples in the past 24 hours with a test positivity rate of 11.40 per cent. Ernakulam district reported the maximum number of cases on Saturday at 1,083, while Kasargod reported the least number of cases at 87.

On a positive note, 5,283 persons recovered from the disease on Saturday. Kerala has tested 61,066 samples in the past 24 hours with a test positivity rate of 11.40 per cent
Meanwhile, 23 persons succumbed to the virus in the past 24 hours, taking the state's overall Covid death toll to 3,587. Of those who tested positive on Saturday, 73 persons came from outside the state, while 6,339 persons turned positive through contact. As many as 49 health

workers tested positive for Covid-19 on Saturday, 16 in Kannur, followed by Thiruvananthapuram, Thrissur and Wayanad (6 each), Ernakulam (5), Kollam and Pathanamthitta (3 each), Palakkad (2), and Idukki and Kozhikode (1 each). At present, 2,11,824 people are under observation at various places in the state, including 11,935 at different hospitals across the state. With the addition of three new hotspots -- Thanitthode in Pathanamthitta, Ambalappara in Palakkad and Mullankolli in Wayanad -- the number of hotspots in Kerala has gone up to 407. IANS

TN entrepreneur tells Rahul about State's MSME woes, asks him to help

KUMAR CHELLAPPAN ■ CHENNAI
A day after Chief Minister Edappadi Palaniswamy told his Coimbatore audience that all is well with the industries sector in Tamil Nadu, an entrepreneur with 35 years' experience opened up the woes of the Micro, Small and Medium Enterprises before Rahul Gandhi MP, the former President of the Congress. The scion of the Nehru-Gandhi family reached Coimbatore on Saturday as part of the election campaign to the State Legislative Assembly and he took time off to interact with the industrialists of Tamil Nadu to enlist their cooperation. K E Raghunathan, president, Consortium of Industries Association (CIA), who is a

vocal critic of Prime Minister Narendra Modi and the Sangh Parivar, made use of the opportunity to tear into the claims of the Centre and State Governments that all were fine in the industrial sector. "Rahul Ji, You are the only voice for us and please do not let us down," pleaded Raghunathan who introduced himself as a representative of the 3.5 lakh industrial units. He said that out of the seven crore MSMEs in the country 30 per cent is dead. "This means 2.1 crore units that employ almost 20 crore people. We are facing severe shortage of money, manpower and materials. The banks and Non Banking Financial Corporations are chasing us. We are facing a peculiar situation as we cannot even cry

openly. We are not able to raise our voice. If I cry openly nobody will trust me," charged an emotional Raghunathan while Rahul Gandhi stood in rapt attention listening to him. Raghunathan said the present Government at the Centre had promised of Skill India, Digital India, Make In India and Atmanirbhar schemes. "Now we are hearing a new slogan, Fund India which is nothing but Foreign Direct Investment," said Raghunathan who has been campaigning against the policies of the government through social media. Rahul Gandhi thanked the entrepreneur and assured him that irrespective of the fact that he is in the opposition or in the government, the MSMEs would get all his attention.

Fresh spell of snowfall in Kashmir, flights operation hit

PNS ■ JAMMU
Different parts of Jammu and Kashmir Saturday witnessed fresh spells of snowfall leading to disruption of traffic on the Jammu-Srinagar National Highway. All incoming and outgoing flights at Srinagar International Airport were also cancelled due to poor visibility and continuous snowfall. Traffic police department on Saturday announced, "No vehicular movement shall be allowed on Jammu-Srinagar National Highway from either side in view of shooting stones/mudslides at several places on the highway, snow accumulation around the Jawahar tunnel and inclement weather prediction issued by the MeT department. Due to



slippery road conditions. Commuters in Srinagar faced many hardships due to slippery road conditions and traffic jams. In tourist resorts of Gulmarg and Pahalgam tourists were seen enjoying snowfall and taking adventure rides but hardships of local residents compounded due to breakdown of power supply at many places and absence of medical care facilities. At several locations jawans of the Indian army, BSF and Jammu and Kashmir police

rescued pregnant women, accident victims and locals stranded in the traffic jams on busy roads. Defence spokesman said, "Indian army soldiers carried the wife and newborn of Farooq Khasana of Dardpora, Lolab, for 6km in knee-deep snow & safely rescued them". The family members and local residents also patted their backs for coming to their timely rescue. BSF jawans rescued accident victims in Boniyar area of North Kashmir's Baramulla district. In Jammu region districts of Doda, Kishtwar and Poonch also witnessed fresh spells of snowfall and several remote areas remained cut off via road links. The UT administration had pressed all its resources to clear the snow from different road links.

BJP, RSS 'destroying' democracy: Gehlot

Thiruvananthapuram: Rajasthan Chief Minister and senior Congress leader Ashok Gehlot has said that the BJP-RSS combine is "destroying" Indian democracy through wrong policies and administrative measures. Gehlot was addressing Kerala Pradesh Congress Committee office bearers at the party's state headquarters here at Indira Bhawan. Gehlot came down heavily against the central agencies and added that these agencies are dancing to the tune of their political masters. He also said that BJP is the Congress' main opponent across the country and added that the BJP's plank of "Congress-mukt Bharat" has to be opposed at any cost. He said that the BJP and RSS are trying to unsettle opposition state governments and added that by this method they are trying to "destroy" Indian democracy and the spirit of freedom. He said the poll alliance in West Bengal between the Congress and CPM was for opposing the BJP in that state. However he said that the polit-

ical conditions in Kerala and West Bengal are entirely different and hence in Kerala, the Congress is fighting the CPM. Gehlot also expressed hope that in Kerala the Congress-led UDF will come back to power. Speaking on the occasion, AICC general secretary (Organisation) K.C. Venugopal said that the Congress will field candidates on the basis of merit in the Kerala Assembly election and added that there will not be any compromise on the same. He also said that winning is the main and only criteria and personal likes and dislikes do not matter in the crucial election. Congress' Leader of Opposition in the Kerala Assembly Ramesh Chennithala said that the 'Isyarya Kerala Yatra' will be inaugurated at Kasargod on January 31 by former Chief Minister Oommen Chandy. The yatra will traverse through all districts of the state and will conclude at Thiruvananthapuram on February 22. Members of Parliament will be in charge of each district leg of the yatra. IANS

MUMBAI GETS BAL THACKERAY'S FIRST LIFE-SIZE STATUE

TN RAGHUNATHA ■ MUMBAI
More than eight years after his death, the ruling Shiv Sena honoured its founder and patriarch Bal Thackeray by installing a nine-foot tall bronze statue inside a traffic island near the National Gallery of Modern Art on MG Road in South Mumbai, on the occasion of his 95th birth anniversary on Saturday. Amid a shower of flowers, sounding of drums and incessant applause, Maharashtra chief minister and Balasaheb's political successor Uddhav Thackeray unveiled the statue of his late father with both his hands in the air, a pose that had become his trademark gesture when he addressed Dussehra rallies year after year ever since the Shiv Sena was founded in 1966. Balasaheb, who passed away on November 17, 2012, had stayed away from power all his life. He was not around to see his son Uddhav become the chief minister of Maharashtra seven years later. That he was a tall leader and is respected by all from sections of people even long after this death could be evidenced

from the fact that leaders from all political parties -- like NCP chief Sharad Pawar, senior BJP leader and former chief minister Devendra Fadnis, Maharashtra Congress President Balasaheb Thorat, MNS chief and Uddhav's cousin Raj Thackeray and Republican Party of India (A) President and Union Minister Ramdas Athawale -- turned out for Balasaheb's statue unveiling ceremony. Erected on a two feet-high landscaped pedestal set up inside a traffic island located between Chhatrapati Shivaji Maharaj Vastu Sangrahalaya and National Gallery of Modern Art, the 9 feet statue of the late Sena chief is made of 1,200 kilograms of bronze. The statue has been sculpted by veteran artist Shashikant Wadke. The Sena has tried to capture late Balasaheb's status of being "Hindu Hriday Samrat", a title that lakhs of his supporters bestowed on him in his life time, by inscribing his familiar opening line "Jameleya majha tamaam Hindu bandhavana, bhaginino ani matano" (All my Hindu brothers, sisters and mothers gathered here) of his public addresses. With a smile on his face, Wadke has sculpted late Balasaheb in his traditional flowing kurta-pyjama-angavastram, with his pair of square-

framed thick spectacles and familiar 'Rudraksh mala' around his neck. Balasaheb's is the third Thackeray statue sculpted by Wadke. Earlier, he had sculpted the statues of Balasaheb Thackeray's wife Meenati and his father Keshav alias Prabodhankar Thackeray. From the Thackeray clan, Uddhav, his wife Rashmi, Tourism Minister-son Aditya Thackeray, his cousin Raj Thackeray and his son Amit were present at the statue unveiling ceremony. This is first statue of late Balasaheb to have been installed in Mumbai. Earlier a 22-foot tall statue of the leader had come up in Mumbai. grand Balasaheb Thackeray memorial is coming at the erstwhile Mayor's Bungalow at Shivaji Park in north-central Mumbai. In the running to the installation of Balasaheb's statue inside a traffic island in downtown south Mumbai there was resistance to the move from a Citizens' Group, Vice-admiral (ret'd) I C Rao, who heads NGO Apni Mumbai,

has written to the Mumbai collector, demanding denial of permission for the erection of the statue. He had cited a 2013 Supreme Court order that had said that state governments should not allow any statues on public roads and pavements. Among other things, Vice Admiral Rao wrote to the Collector: "... We reiterate that the erection of a statue at a traffic island in Shyama Prasad Mukherjee chowk will create a traffic hazard, affecting the safety of pedestrians, visitors who may indulge in taking selfies or merely stop on the carriageway to view the statue". However, the Shiv Sena-ruled Brihanmumbai Municipal Corporation (BMC) went ahead and granted permission to Prabodhan Prakashan, a book publication with which the Thackeray family is associated. Ignoring resistance by the citizens' group. However, the Sena's move to install late Balasaheb's statue is unlikely to face any legal hurdles, as the Mumbai Heritage Conservation Committee, the state home department and the Mumbai collector have granted permission to the erection of the statue.

गजियाबाद विकास प्राधिकरण
विकास पथ, गजियाबाद
(ISO-9001:2015 एवं ISO-14001:2015 प्रमाणित संस्था)
पत्रांक : 35/पीएनएच/एच/ (सेल)/2021 दिनांक : 22.01.2021
सार्वजनिक सूचना
सर्वसाधारण को सूचित किया जाता है कि प्रधानमंत्री आवास योजना-सबके लिए आवास (शहरी) के अन्तर्गत गजियाबाद विकास प्राधिकरण द्वारा विकसित क्षेत्र में राजनगर एक्सटेंशन ग्राम नूरनगर गजियाबाद योजना सं.-905 सम्पत्ति कोड 41 डी-0 में कुल 480 (जी+3) दुबल आय वर्ग (इंडस्ट्रियल/एस) भवनों हेतु दिनांक 25.01.2021 से 25.02.2021 तक ऑन लाईन आवेदन आमंत्रित किए जा रहे हैं। उक्त से सम्बन्धित विस्तृत विवरण/आवेदन पत्र pmay.gdaghaziabad.in पोर्टल पर उपलब्ध है, जिसका लिंक गजियाबाद विकास प्राधिकरण की वेबसाइट www.gdaghaziabad.com पर भी उपलब्ध है।
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सचिव
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Dehradun Smart City Limited
"DEHRADUN SMART CITY LIMITED (DSCL) invites applications for the following posts latest by 1700 hrs on 09/02/2021. The engagement of services will be either on deputation from other Government Department or purely on contractual basis. Details including remuneration, type of engagement, application form and terms and conditions can be obtained from the website www.smartcitydehradun.uk.gov.in.
(a) Superintendent Engineer (Civil) - post One (01).
CHIEF EXECUTIVE OFFICER

OFFICE OF THE CONTROLLER GOVT. PRINTING AND STATIONERY, MADHYA PRADESH, BHOPAL- 462011
Pho. 0755-2551069
RE-TENDER NOTICE GROUP-E
E-File No.GPR/4/2/6/0002/CTRL-Govt.Press-Part (5) 108 Bhopal, Dated 19.01.2021
1. Online bidding for purchase of various machines and equipments for Government central Bhopal has been published on Portal <https://mptenders.gov.in>. Sealed technical and commercial E-tenders are invited on or before 4 PM on 03-02-2021 as per key dates for purchase of Printing Machines and equipments from Manufacturers/Channel Partners /Authorised Dealers.
2. Tender document and agreement details of Five Different subject matters are available in groups at website www.govtpressmp.mc.in
3. Online E-tenders for these Five groups of subject matter is invited online and will be open on 4 PM on 04-02-2021 as per key dates in the office under-sign in the presence of participant Bidders or their Authorised representative.
4. All corrigendum/amendments/changes, if any will be issued and made be available only on <https://mptenders.gov.in>
Controller Govt. Printing and Stationary M.P. Bhopal
G-18000/20 दो गज की दूरी, मास्क हे जरूरी।

Andhra Govt staff threaten to boycott panchayat polls

Amaravati: Hours after the Andhra Pradesh State Election Commissioner (SEC) Nimmagadda Ramesh Kumar on Saturday issued a notification for the four-phase panchayat polls, the State Government employees associations representatives threatened to boycott the elections because of the pandemic. The employees representatives said they would see how many employees the SEC terminates. "Government employees in Andhra Pradesh have risked their lives to control the coronavirus. Instead of appreciating, you are threatening to termi-

nate and suspend us. We oppose this step. If you go ahead with the state panchayat polls, chaos may prevail across the state. So please cancel your election notification," said an employees representative. The Andhra SEC on Saturday notified the schedule for four phase rural local body elections whose nomination process would begin in the next two days. The employee drew attention to the special care Kumar took while addressing the media earlier on Saturday. He had fixed a glass partition on his table and wore a mask to protect himself from the virus. "Is your life so important without caring for our lives. While addressing the media, you spoke from behind a glass, all the people in the state watched it. Should we discharge election duties and lose our lives," he asked the Andhra SEC.

reminded the SEC about what he did more than two years ago when the panchayat polls were supposed to be held then. "Why didn't you conduct the elections back then. Why are you trying to kill all of us by conducting the elections amid the pandemic," he added. He appealed to Kumar not to risk the lives of employees, adding that they would undertake election duties only after receiving the vaccination jobs. Another employees representative said that they are scared at the rapid pace at which the SEC is proceeding to conduct the polls amid the pandemic and the gigantic vaccination drive. "I appreciate the care Kumar took for himself to ward off coronavirus by fixing a glass partition. Will he provide similar protection to employees?" he asked. Despite taking similar care, he said, many employees succumbed to the virus, including a general medicine professor in a medical college in Visakhapatnam. Mandating the employees to urgently take up election duty amid the pandemic is a huge discouragement as most of them are waiting to receive the vaccine. IANS

कार्यालय मुख्य अभियंता लोक स्वास्थ्य यांत्रिकी विभाग रायपुर परिक्षेत्र रायपुर ई-प्रोक्योरमेंट निविदा सूचना
एकीकृत पंजीयन प्रणाली अंतर्गत सक्षम श्रेणी में पंजीकृत ठेकेदार से प्रपत्र "ए" में प्रतिशत दर पर अनुबंध हेतु निम्नलिखित निर्माण कार्य हेतु ऑन लाईन निविदा आमंत्रित की जाती है- **NIT No. 52 Date 21-01-2021 System Tender No. 70988** Name of work:- Providing, laying, jointing, interconnection, testing & commissioning of **Distribution pipeline** of 400 mm dia to 100 mm dia DI K-7 class Ductile iron pressure Pipes with inside cement motor lining with suitable rubber gasket in Bijapur town Length 62596 M. with all types of valves, specials & all allied civil works including Trial run for three months etc Under **Bijapur AUGMENTATION WATER SUPPLY SCHEME**. Probable amount of contract Rs. 1224.27 Lacs Class of contractor Class "A" & above under Unified Registration System, E-Registration. **1st Call, Schedule of Date - Bid Start Date - 28.01.2021, Pre Bid date- 06.02.2021, Bid Due Date- 10.02.2021, PHY Sub Date - 15.02.2021, Open Date- 15.02.2021**
नोट:- उपरोक्त निर्माण कार्य की निविदा की सामान्य शर्तों, घोषणा राशि, विस्तृत निविदा विज्ञापन, निविदा दस्तावेज व अन्य जानकारी ई-प्रोक्योरमेंट वेब पोर्टल <https://eproc.cgstate.gov.in> अथवा विभागीय वेबसाइट <https://eproc.cgstate.gov.in> में दिनांक 28.01.2021 में देखी जा सकती है।
हस्ता/- मुख्य अभियंता लोक स्वास्थ्य यांत्रिकी विभाग रायपुर परिक्षेत्र रायपुर
R.O. No.- 86563/8
R.O. Date:- 22/10/2021

OFFICE OF THE CONTROLLER GOVT. PRINTING AND STATIONERY, MADHYA PRADESH, BHOPAL- 462011
Pho. 0755-2551069
RE-TENDER NOTICE GROUP-C
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G-17999/20 दो गज की दूरी, मास्क हे जरूरी।

PUBLIC NOTICE
It is to inform to the public at large that Mr. Amit Kumar S/o Mr. Jawahar Sah who is purchasing the Property Bearing No.D-3416, land area measuring 25 Sq. Yds. out of Khara No.130, situated at the area of Village Sadarpur, Gujarat, in the abadi of Sonia Vihar, Delhi-110094 from Mr. Jitender Kumar S/o Mr. Prakash Chand owner vide of Notarized General Power of Attorney dated 15.05.1990 executed by Mrs. Badam Siro/W/o Mr. Krishan Lal, along with A.T.S. Will and same to be finance & mortgage by Vastu Housing Finance Corporation Ltd. If any Person having any type of claim/right/interest over the said property, may inform in writing, at the address mentioned below, about his objections, within 7 days from today, failing which it shall be presumed that the said property is free from all type of Encumbrances, lien etc.
Lucern Legal LLP
269, Rama House, Ground Floor, Masjid Moth, Opp. Uday Park, South Ext. II, New Delhi-49, Contact #011-40046316

Ex-Gen Austin to be first Black Def Secy

Washington: The United States Senate has confirmed the nomination of General (retired) Lloyd Austin to serve as secretary of the defence department, making him the first ever African American to occupy the top Pentagon position.



The senate approved the waiver by 69-27 votes.

The nomination was confirmed in an overwhelming 93-2 vote. Soon he was sworn in by Tom Muir, acting director of Washington Headquarters Services. Thereafter, Austin received an intelligence briefing. Vice President Kamala Harris would administer the ceremonial oath to Austin next week. President Joe Biden thanked the senate for confirming Austin and working to get his cabinet in place. "It's an honour and a privilege to serve as our country's 28th secretary of defence, and I'm especially proud to be the first African American to hold the position. Let's get to work," Austin tweeted. A day earlier, the House of Representatives voted 326-78 to pass a waiver exempting Austin from the seven-year 'cooling off period' for retired generals taking over as defence secretary.

According to new Pentagon spokesperson John Kirby, the president called Austin in the afternoon, shortly after his arrival at the pentagon. "The president congratulated the secretary on his swift confirmation and thanked the secretary for agreeing to serve the country again. Secretary Austin expressed his gratitude to the president for his trust and confidence and for his support during the confirmation process," Kirby said. Later in the day, Austin spoke to NATO Secretary General Jens Stoltenberg over phone. The call was his first to a foreign leader as the defence secretary, and reinforces the importance of the NATO alliance to the US, Kirby said. "The two leaders discussed the importance of our shared values, the current security environment including maintaining a strong NATO deterrence and defence posture, and the ongoing missions in Afghanistan and Iraq. They also briefly reviewed the upcoming NATO Defence Ministerial and agreed to discuss it again in more detail in the coming weeks," Kirby said. **PTI**

Taiwan claims 8 Chinese bomber planes, 4 fighter jets enter air space

AP ■ TAIPEI

Eight Chinese bomber planes and four fighter jets entered the southwestern corner of Taiwan's air defence identification zone on Saturday, and Taiwan's air force deployed missiles to "monitor" the incursion, the island's Defence Ministry said.

China, which claims Taiwan as its own territory, has conducted almost daily flights over the waters between the southern part of Taiwan and the Taiwan-controlled Pratas Islands in the South China Sea in recent months.

However they have generally consisted of just one or two reconnaissance aircraft. The presence of so many Chinese combat aircraft on this mission - Taiwan said it was made up of eight nuclear-capable H-6K bombers and four J-16 fighter jets - is unusual.

A map provided by Taiwan's Defence Ministry showed that the Chinese aircraft, which also included a Y-8 anti-submarine aircraft, flew over the same waters where the most recent Chinese missions have been taking place near the Pratas Islands, though still well away from mainland

Taiwan.

Taiwan's air force warned away the Chinese aircraft and deployed missiles to monitor them, the ministry added, using standard wording for how it responds to such activities.

"Airborne alert sorties had been tasked, radio warnings issued and air defence missile systems deployed to monitor the activity," it said in a brief statement.

There was no immediate comment from China. In the past China has said it has been carrying out exercises to defend the country's sovereignty and security.

Beijing has watched with growing concern increasing US support for democratic Taiwan, especially during Donald Trump's administration which left office on Wednesday.

Last year during visits by senior US officials to Taipei Chinese aircraft briefly crossed the median line of the Taiwan Strait, which normally serves as an unofficial buffer.

The flight by the Chinese bombers and fighters on Saturday came just days after Joe Biden assumed the US presidency.

UK: Debate rages over 12-week gap between Covid vaccine doses

London: Senior medics are at odds in the UK over the optimum gap between the two doses of vaccines being administered for protection against COVID-19.

The two vaccines currently being injected among the country's priority groups, Pfizer/BioNTech and Oxford/AstraZeneca, both require a booster shot a few weeks later.

Initial advice for the second dose to be delivered within 21 days was modified by the UK government scientists to up to 12 weeks apart, with the aim of vaccinating larger numbers with at least one jab to inject some level of immediate protection.

The Government's Joint Committee on Vaccination and Immunisation (JCVI) claims unpublished data suggest that the Oxford-AstraZeneca vaccine is still effective with doses 12 weeks apart.

But American pharma major Pfizer has said it has tested its vaccine's efficacy only when the two doses were given up to 21 days apart, creating some doubt over its efficacy with a larger time gap.

The World Health Organization (WHO) recommends a gap of four weeks between doses, to be extended only in exceptional circum-



stances to six weeks. Speaking alongside UK Prime Minister Boris Johnson at a 10 Downing Street briefing in London on Friday, England's Chief Medical Officer (CMO) Professor Chris Whitty reiterated that increasing the gap between doses to a maximum of 12 weeks would allow "many more people to be vaccinated much more quickly".

In a letter to Prof. Whitty, the British Medical Association (BMA) has said it agreed that the vaccine should be rolled out "as quickly as possible" - but called for an urgent review and for the gap to be reduced.

Dr Chaand Nagpal, chair of the BMA Council, told the BBC there were "growing concerns" that the vaccine could become less effective with doses 12 weeks apart.

"Obviously the protection

but what we do not know is what level of protection will be offered [after that point]. We should not be extrapolating data when we don't have it," he said. The debate is playing out as Johnson confirmed 5.4 million people across the UK have now received their first dose of the vaccine against COVID-19, with a record 400,000 vaccinations between Thursday and Friday.

"In England one in 10 of all adults have received their first dose, including 71 per cent of over-80s and two thirds of elderly care home residents... There is much more to do, and the target remains very stretching indeed, but we remain on track to reach our goal of offering a first dose to everyone in the top four priority groups by the middle of February," said Johnson. **PTI**

Protests across Russia demand Navalny's release

Over 850 arrested

Moscow: Protests erupted in over 60 Russian cities on Saturday to demand the release of opposition leader Alexei Navalny, the Kremlin's most prominent foe.

Russian police arrested more than 850 protesters, some of whom took to the streets in temperatures as frigid as minus-50 Celsius (minus-58 Fahrenheit).

In Moscow, about 5,000 demonstrators filled Pushkin Square in the city centre, where clashes with police broke out and demonstrators were roughly dragged off by helmeted riot officers to police buses and detention trucks. Navalny's wife Yulia was among those arrested.

The protests stretched across Russia's vast territory, from the island city of Yuzhno-Sakhalinsk north of Japan and the eastern Siberian city of Yakutsk, where temperatures plunged to minus-50 Celsius, to the Russia's more populous European cities.

The range demonstrated how Navalny and his anti-corruption campaign have built an extensive network of support despite official government repression and being routinely ignored by state media.

The OVD-Info group that monitors political arrests said at least 191 people were detained



People clash with police during a protest against the jailing of Opposition leader Alexei Navalny in St Petersburg, Russia on Saturday

in Moscow on Saturday and more than 100 at another large demonstration in St. Petersburg. Overall, it said 863 people had been arrested by late afternoon in Moscow.

Navalny was arrested on Jan. 17 when he returned to Moscow from Germany, where he had spent five months recovering from a severe nerve-agent poisoning that he blames on the Kremlin and which Russian authorities deny. Authorities say his stay in Germany violat-

ed terms of a suspended sentence in a 2014 criminal conviction, while Navalny says the conviction was for made-up charges.

The 44-year-old activist is well known nationally for his reports on the corruption that has flourished under President Vladimir Putin's government.

His wide support puts the Kremlin in a strategic bind - risking more protests and criticism from the West if it keeps him in custody but apparently

unwilling to back down by letting him go free.

Navalny faces a court hearing in early February to determine whether his sentence in the criminal case for fraud and money-laundering - which Navalny says was politically motivated - is converted to 3 1/2 years behind bars.

Moscow police on Thursday arrested three top Navalny associates, two of whom were later jailed for periods of nine and 10 days. **AP**

HK locks down 10K for mandatory Covid testing

Hong Kong: Hong Kong's Government locked down an area of Kowloon peninsula on Saturday after an outbreak of the novel coronavirus, saying 10,000 residents must stay home until they have been tested and the results largely determined.

The first such measure the city has taken since the pandemic began has occurred in the densely populated neighbourhoods of Jordan that is home to many ageing, subdivided flats in which the virus could spread more easily.

The Government said there are 70 buildings in the restricted area, which is close to the International Commerce Centre (ICC), and it aims to finish the process within about 48 hours, so that people can start to return to work on Monday.

Hong Kong leader Carrie



Lam said 50 makeshift testing points had been set up and 3,000 civil servants were assisting.

"We are doing this also to dispel worries of the residents because there was talk that this is an epidemic area and it affected the life, psychology and business of the people here," Lam said at a briefing close to the cordoned-off area.

By 1 pm (0500 GMT) local time on Saturday, the government said about 3,000 people had been tested in the restricted area. **AP**

French doctors: Don't talk on public transport

AP ■ PARIS

French doctors have new advice to slow the spread of the virus: stop talking on public transport.

The French Academy of Doctors issued guidance Friday saying people should "avoid talking or making phone calls" in subways, buses or anywhere in public where social distancing isn't possible. Masks have been required since May, but travellers often loosen or remove them to talk on the phone.

Other French experts are urging more dramatic measures - notably a third lockdown.

France's hospitals now hold more COVID patients than in

October, when President Emmanuel Macron imposed a second lockdown. Virus patients occupy more than half of the country's intensive care beds.

Infections in France are gradually rising this month, at more than 20,000 per day. France currently has the longest virus curfew in Europe, from 6 pm to 6 am, and restaurants and tourist sites have been closed since October.

The Government has so far sought to avoid a full new lockdown. Protests are expected around France on Saturday against virus-related layoffs and to support those arrested for holding a techno rave party despite virus restrictions.

France has seen 72,647 virus-related deaths.

South Africa welcomes UN's Treaty on Prohibition of Nuclear Weapons

Johannesburg: South Africa has welcomed the United Nations' Treaty on Prohibition of Nuclear Weapons (TPNW), which entered into force on Friday to ban nuclear weapons from the world.

The treaty was approved by the UN General Assembly in 2017. It got its 50th ratification on October 24, triggering a 90-day period before its entry into force on January 22, 2021.

"Today marks a turning point in humanity's endeavour to rid the world of nuclear weapons," International Relations and Cooperation

Minister Dr Naledi Pandor said in a statement.

"It is the culmination of that very first UN General Assembly resolution in 1946 which sought to deal with the elimination of nuclear weapons and other weapons adaptable to mass destruction.

"It cannot be over emphasised that the TPNW is not the final word on nuclear weapons, but a critical step in the evolution of the regime that would be required to achieve and eventually maintain a world without nuclear weapons," Pandor said. **PTI**

Nepal brings back bodies of 18 migrants from Malaysia

PTI ■ KATHMANDU

Nepal on Saturday brought back the bodies of 18 migrant workers from Malaysia which is one of the major labour destinations for Nepali workers.

The country's national flag-carrier Nepal Airlines Corporation (NAC) brought the 18 bodies and mortal remains of one Nepali in its wide-body A330 aircraft as part of its corporate social responsibility, according to

officials. The bodies of those who died in Malaysia in the past couple of months could not be brought back to their homeland due to the COVID-19 pandemic.

Most of the people died due to heart attacks while some of them committed suicide. There are 37 more bodies waiting to be sent back to Nepal, the NAC said, adding that necessary preparations were underway to bring back the remaining ones. **AP**

Larry King, broadcasting giant for half-century, dies at 87

Los Angeles: Larry King, the suspenders-sporting everyman whose broadcast interviews with world leaders, movie stars and ordinary Joes helped define American conversation for a half-century, died Saturday. He was 87.



King died at Cedars-Sinai Medical Center in Los Angeles, Ora Media, the studio and network he co-founded, tweeted. No cause of death was given, but CNN reported on January 2 that King had been hospitalised for more than a week with COVID-19. His son Chance also confirmed King's death. CNN reported.

A longtime nationally syndicated radio host, from 1985 through 2010 he was a nightly fixture on CNN, where he won many honours, including two Peabody awards.

With his celebrity interviews, political debates and topical discussions, King wasn't just an enduring on-air personality. He also set himself apart

with the curiosity he brought to every interview, whether questioning the assault victim known as the Central Park jogger or billionaire industrialist Ross Perot, who in 1992 rocked the presidential contest by announcing his candidacy on King's show.

In his early years, "Larry King Live" was based in Washington, which gave the show an air of gravitas. Likewise King. He was the plainspoken go-between through whom Beltway bigwigs could reach their public, and they did, earning the show prestige as a place where things happened, where news was made. King conducted an esti-

UN: Violence in Sudan's Darfur killed 250, displaced 1L

Cairo: Tribal clashes in Sudan's Darfur region have killed at least 250 people and displaced more than 100,000 people since erupting earlier this month, the UN refugee agency said.

The violence in the provinces of West Darfur and South Darfur has posed a significant challenge to the country's transitional government.

Among those displaced were some 3,500 people, mostly women and children, who fled into neighboring Chad, according to Boris Cheshirkov, a spokesman for the UNHCR said Friday. Those fleeing the violence into eastern Chad's Ouaddai province have been overwhelmingly forced to seek shelter - often nothing more than a tree - in remote places that lack basic services or public infrastructure, the spokesman added. **AP**

Wuhan returns to normal as world still battling pandemic

Wuhan: A year ago, a notice sent to smartphones in Wuhan at 2 am announced the world's first coronavirus lockdown that would last 76 days.

Early Saturday morning, residents in the central Chinese city where the virus was first detected were jogging and practicing tai chi in a fog-shrouded park beside the mighty Yangtze River.

Life has largely returned to normal in the city of 11 million, even as the rest of the world grapples with the spread of the virus' more contagious variants. Efforts to vaccinate people for Covid-19 have been frus-



A woman eats a meal standing as other residents line up at a popular eatery in Wuhan in central China's Hubei province on Saturday

trated by disarray and limited supplies in some places. The scourge has killed over 2 million people worldwide.

Traffic was light in Wuhan but there was no sign of the

barriers that a year ago isolated neighborhoods, prevented movement around the city and confined people to their housing compounds and even apartments. **AP**

DEVELOPMENT & PANCHAYATS DEPTT. HARYANA

सावजनिक नियुक्ति

अधीक्षक अभियंता, पंचायती राज, परिमण्डल रोहतक के कार्यालय एवं परिमण्डल कार्यालय रोहतक के अधीन मण्डल कार्यालयों हेतु हरियाणा सरकार की आडमोसिल पोलिसी पार्ट-ट्यू 06.04.2015 के तहत स्वीजर-कम-चौकीदार के पदों को अनुबंध आधार पर भरने हेतु दिनांक 05.01.2021 तक हिन्दी तथा अंग्रेजी अखबार में प्रकाशित दिनांक 26.12.2020 व 27.12.2020 के माध्यम से आवेदन माने गए थे। जिन उम्मीदवारों को आवेदन 05.01.2020 तक इस कार्यालय में जमा हुए हैं, उन उम्मीदवारों को सूचित किया जाता है कि इस कार्यालय में दिनांक 28.01.2021 को दोपहर 11:30 बजे टैस्ट के लिए हाजिर होंगे। टैस्ट कर प्रक्रिया निम्न प्रकार से है-

1. टैस्ट 40 प्रश्नों का होगा जिसमें (सामान्य ज्ञान व तर्कशास्त्र- 20, हिन्दी-10, अंग्रेजी-10) के होंगे।
2. सभी प्रश्न एक-एक अंक के होंगे।
3. समय अवधि (12:00 बजे से 12:45 तक) 45 मिनट की होगी।

यह भी सूचित किया जाता है कि टैस्ट के लिए अलग से इस कार्यालय द्वारा कोई पत्राचार नहीं किया जाएगा व उम्मीदवारों का चयन टैस्ट में प्राप्त अंकों के मीटर् के आधार पर होगा।

अधीक्षक अभियंता पंचायती राज परिमण्डल रोहतक

Public Notice

This is to inform public notice that Mrs. Sunita became the owner of "Second Floor (Back Side), without roof rights of Property No. A-39, built on Plot No. 39, area measuring 50 Sq. Yds., out of Kharsa No. 26/81, Situated at Village-Dabri, in the colony known as Dabri Extns. New Delhi", vide Sale Deed dated 05/02/2019 duly registered with the Sub-Registrar-X Delhi, as Document No.988, Book No. I, Volume No. 9883, Page No.96-102, on 07/02/2019. Now, Mrs. Sunita is mortgaging the above said property with Fullerton India Home Finance Co. Ltd. and in case anyone has any objection, the same may be raised within 07 days of this publication to Mr. Muneesh Dahawan/Mr. Sudhir Jain (Advocates), Law Veritas, Unit no 405, 4th Floor, GD-TH Northex Tower, (A-09), Nalaji Subhash Place, Delhi-110034 or contact at 9066707172/9818228636 (M).

RAJASTHAN STATE ROAD TRANSPORT CORPORATION, JAIPUR

E-BID NOTICE

निगम की नवकार-स्कोप का ई-ऑनलाइन वेब-साइट Transport.Rajasthan.gov.in/rsrtc एवं rsrtc.procure247.com के माध्यम से जहाँ है, जैसी है कि स्थिती में किया जाना है जिसका विवरण निम्न प्रकार है:

S. No.	Event's Name	EMD Deposit Start Date	EMD Deposit End Date	BID Start Date	BID End Date
1	SCRAP MATERIAL OF BUSES	07.01.21	28.01.21	28.01.21	29.01.21
2	SCRAP SPARE PARTS/ASSY./ ACCESSORIES OF BUSES	07.01.21	28.01.21	28.01.21	29.01.21

नोट- 1. ई-ऑनलाइन में शामिल होने से पूर्व बोलीदाता द्वारा EMD रजिमा करना अनिवार्य है।
2. ई-ऑनलाइन का सम्पूर्ण विवरण, नियम एवं शर्तें वेब-साइट पर उपलब्ध है।

राज.संघार/सी/9063/2020-21 **Financial Advisor**

Petrol, diesel prices touch all-time highs

PTI ■ NEW DELHI

Petrol and diesel prices in the country on Saturday touched new all-time highs after rates were increased for the fourth time this week.

Petrol and diesel prices were hiked by 25 paise per litre each, according to a price notification from oil marketing companies.

This took the petrol price in Delhi to ₹5.70 per litre and in Mumbai to ₹92.28.

Diesel rate climbed to ₹75.88 a litre in the national capital and to ₹82.66 per litre in Mumbai, the price data showed.

This is the second consecutive day of rate increase and the fourth this week. In all prices have gone up by Re 1 per litre this week.

Fuel prices, which vary from state to state depending on local sales tax or VAT, are now at record highs in the

country, prompting cries for a cut in excise duty to ease the burden on consumers.

Oil Minister Dharmendra Pradhan earlier this week blamed Saudi oil output cut for the surge in oil prices but remained non-committal on tax cuts.

Top oil explorer Saudi Arabia has pledged additional voluntary output cuts of 1 million barrels per day in February and March, which has led to price climbing to most since the pandemic broke out.

State-owned fuel retailers -- Indian Oil Corporation Ltd (IOC), Bharat Petroleum Corporation Ltd (BPCL) and Hindustan Petroleum Corporation Ltd (HPCL) -- had on January 6 resumed daily price revision after nearly a month-long hiatus.

Since then, rates have gone up by Rs 1.99 a litre on petrol and Rs 2.01 in case of

diesel. This comes after international oil prices firmed up on hopes of demand returning from the rollout of coronavirus vaccines in different countries, including India.

Prior to the current highs triggered by the price hikes this month, fuel prices had last touched record high on October 4, 2018.

At that time the government had cut excise duty on petrol and diesel by Rs 1.50 per litre in a bid to ease inflationary pressure and boost consumer confidence.

Alongside, state-owned fuel retailers cut prices by another Re 1 a litre, which they recouped later.

This time, there are no indications of a duty cut so far.

Petrol and diesel prices are revised on a daily basis in line with benchmark international price and foreign exchange rates.

Policy proposal for employment generation, scale-up in MSME sector

FIANS ■ NEW DELHI

A new policy proposal for creating an Udyog Sahayak Enterprises Network (USENET) was released on Saturday. The proposal is the result of a collaboration between Azim Premji University, Federation of Indian Chambers of Commerce and Industry, and Tata Institute of Social Sciences, Mumbai.

The report proposes the creation of a support system that will improve Ease of Doing Business for largely informal micro and small entrepreneurs.

Udyog Sahayak Enterprises will take services such as digitisation and formalisation, availing of government loans, subsidies or other benefits, ensuring compliance with local, regional and national regulations, aiding partnership with digital marketing platforms and digital payment platforms, to the micro-entrepreneurs at their doorstep.

The report estimates that by enabling scale-up, USENET can aid in the creation of an

Presenting the policy proposal, Chairman FICCI Telangana State Council and co-author of the report, T. Muralidharan underlined the problem of "jobless growth" and pointed out that we are in danger of losing our demographic dividend

additional 1 crore (10.3 million) jobs over five years going up to nearly 6 crores (56.9 million) over 10 years. Based on value-added per worker observed in this sector and assuming a 12 per cent nominal rate of growth in GVA, these jobs represent an additional economic value of Rs 2,16,000 crores at the end of 5 years and over 19 lakh crores at the end of 10 years.

Inaugurating the event, Anurag Behar, Vice-Chancellor

of Azim Premji University, underlined the role played by automation in weakening the connection between growth in value-added and growth in jobs.

He observed that "this endeavour is truly remarkable as you are putting a possible solution out there, not only identifying a problem."

TISS Director, Prof. Sahlini Bharat, noted the resonance with TISS' mission of fostering socially relevant entrepreneurship and called the proposal "simple in approach but lofty in goal." She also observed that the idea is an excellent example of supporting technology for society.

Presenting the policy proposal, Chairman FICCI Telangana State Council and co-author of the report, T. Muralidharan underlined the problem of "jobless growth" and pointed out that we are in danger of losing our demographic dividend. He called for giving micro-entrepreneurs their due recognition in the making of the nation.

Fiscal support for growth in 2020 decade likely to be lower, says report

FIANS ■ MUMBAI

The fiscal support toward economic growth in the 2020 decade is expected to be lower than in the previous corresponding period, Motilal Oswal Financial Services said in a report.

According to the report, the likely lower support will be caused due to Centre's efforts for fiscal consolidation.

Notably, the report pointed out that government has shown 'remarkable' resistance to any major stimulus, which provides further confidence that Centre's finances could improve consistently over the next decade.

"While the fiscal deficit would remain above 3 per cent of GDP for the next few years, the path to fiscal consolidation would be watched closely," the report said.

"The faster the fiscal consolidation, the lower would be the fiscal support toward economic growth and vice-versa.

It could take many years for the general government to bring its debt-to-GDP ratio (at 86 per cent of GDP in 2QFY21) back down to pre-COVID levels (of 68 per cent)."

As per the report, the growth in the 2000s decade was led by investments, while consumption was the key driver in the 2010s decade.

"The 2020s decade could be seen as the 'Healing Decade,' wherein all efforts are toward just one objective - to regain lost economic strength."

"If, however, this healing does not happen, it is very likely the economy would continue to crawl sideways - with some years of decent growth and some years of weak growth - leading to subdued average growth."

Besides, the report cited that Covid impacted 2020 led to extreme behaviors, pushing financial savings sharply higher, this would start reversing from 2021 as things begin to normalise.

Biden signs executive orders to boost economic relief for Americans

PTI ■ WASHINGTON

US President Joe Biden has signed a slew of executive orders, including a one to fix the country's economy which has been battered by the once-in-a-century public health crisis that has also left some 18 million Americans unemployed.

On day three of his presidency, Biden announced 'The American Rescue Plan' that includes economic relief for most Americans who are in need and to boost economic relief for the people struggling during the coronavirus pandemic.

"We are going to finish the job of getting a total of USD 2,000 in direct payments to folks, USD 600 which was already passed is simply not enough if you still have to choose between paying your rent and putting food on the table," he said.

"We cannot, will not let people go hungry. We cannot let people be evicted because of nothing they did themselves. ... We have to act," he said in remarks at the White House.

Biden said under his rescue plan, the economy would return to full employment a year faster than without the plan.

On January 15, while announcing the USD 1.9 trillion coronavirus stimulus plan to revive the US economy, Biden said that millions of Americans through no fault of their own have lost the dignity and respect that comes with a job and a paycheck.

Some 18 million Americans are still relying on unemployment insurance and nearly 400,000 small businesses have permanently closed

their doors.

"It's not just to meet the moral obligation to treat our fellow Americans with the dignity and respect they deserve, this is an economic imperative, a growing economic consensus that we must act decisively and boldly to grow the economy for all Americans not just for tomorrow but in the future," Biden said.

He also said that unemployment insurance benefits will be extended for millions of workers beyond the deadline that is now set. It means that millions of Americans who are currently relying on unemployment benefits while they look for work can count on these checks continuing to be there in the middle of this crisis.

Biden said his plan also addresses the growing housing crisis in America.

Approximately 14 million Americans have fallen behind on rent, and many risk eviction. "If we fail to act, there will be a wave of evictions and foreclosures in the coming months as this pandemic rages on because there's nothing we can do to change the trajectory of the pandemic in the next several months," he said.

Biden said that he has directed his administration to extend nationwide

restrictions on evictions and foreclosures. These crises are straining the budgets of states and cities, and tribal communities that are forced to consider layoffs and service reductions among essential workers, police officers, firefighters, first responders, nurses are all at the risk of losing their jobs. Over the last year, more than 600,000 educators have lost their jobs in cities and towns, he said.

Coal India says geared up to meet any surge in fuel demand from power sector

PTI ■ NEW DELHI

State-owned Coal India Ltd on Saturday said that it is well geared to meet any surge in demand for coal from the power sector.

The statement follows power demand touching an all-time high of 187.3 GW on Friday.

"CIL (Coal India) is well geared to meet any surge in demand for the dry fuel from the power sector especially on the back of close to 63 million tonnes stock at its pitheads," the PSU said in a statement.

The company is also pushing ahead for increased production, committed to shoring up the supplies to coal-fuelled power plants.

In this backdrop, close to 67 per cent of the total coal-fired power generation in the country is fuelled through CIL's supplies.

Of the 199 GW of coal-based power programmed for generation per day during the ongoing fiscal, 133 GW is scheduled from CIL linked coal.

Average coal-based power generation of power per day which was 2.795 BU till Friday spurted up to 3.072 BU, a jump of nearly 10 per cent on the morning of the record making day.

Coal-based power generation remains consistently high among all other categories.

"This increase in coal-based power generation bodes well for us. If this continues, we could expect our supplies to power sector go up in near future," the company said adding that the power plants need to submit adequate programme at the coal companies to avoid any shortage of dry fuel as the demand started peaking.

Coal India is focusing on ramping up its supplies to pithead based power plants to higher levels. This would influence in cost per unit of power generated coming down.

Coal transportation cost to pithead power plants is comparably lower than long distanced based ones, making the landed cost of coal lower. This in turn makes the generation cost economical.

Coal-based power generation accounted for 78.6 per cent of the country's total generation on Friday when all India peak power demand, which is the highest supply in a day, surged to a new record of 187.3 GW in the morning eclipsing the previous high of 185.82 GW recorded on January 20.

Of the total 3,906 billion units (BU) generated on Friday, coal-fired generation chipped in the bulk with 3,072 BU.

Vijay Mallya applies for 'another route' to stay in UK, says his lawyer

PTI ■ LONDON

Vijay Mallya, who is due to be extradited to India, has applied for "another route" to be able to stay in the UK, the embattled liquor tycoon's barrister representing him in bankruptcy proceedings in the High Court here confirmed in the court for the first time.

The 65-year-old businessman, whose legal challenge to the Indian government's extradition request was turned down at the Supreme Court level in the UK last year, remains in Britain on bail until UK Home Secretary Priti Patel signs off on the order for him to be extradited to India to face charges of fraud and money laundering related to the now-defunct Kingfisher Airlines.

"The extradition was upheld but he [Mallya] is still here because as you know there is another route for him to apply to the Secretary of State [Patel] for status," said

barrister Philip Marshall, when specifically asked by Deputy Insolvency and Companies Court Judge Nigel Barnett about the status of the extradition proceedings during a remote hearing on Friday.

The UK Home Office has so far only confirmed on background that a confidential legal process remains ongoing before the extradition request, signed by the Home Secretary on February 3, 2019, can be certified and executed.

This had raised widespread speculation that Mallya had sought asylum in the UK, details of which are neither confirmed nor denied by the Home Office in Britain while an application is pending.

It is likely that the reference made by Mallya's barrister is to an asylum route which, according to legal experts, would depend upon whether Mallya applied for asylum prior to the extradition request or after.

"He would need to argue much stronger grounds.

There are specific rules that detail when asylum is a bar to extradition, it is clear that claiming asylum after all appeals have been exhausted is unlikely to be considered a valid claim to asylum protection," explains Toby

Cadman, co-founder of Guernica 37 International Justice Chambers and a UK-based extradition specialist.

The court on Friday also heard how Mallya, who submitted written evidence for the hearing, was in a "constrained" position as a close relative had passed away as a result of COVID-19.

The remote hearing in the commercial division of the High Court in London was to establish whether the court can sanction substantial sums towards Mallya's living expenses and legal fees from the sale of a French luxury property Le Grand Jardin last year.

Tata Motors launches hatchback Altroz's i-Turbo variant

FIANS ■ MUMBAI

Automobile manufacturer Tata Motors on Saturday launched the 'i-Turbo' variant of its premium hatchback, Altroz.

The variant's petrol version starts at Rs 8.25 lakh while the diesel version costs Rs 9.45 lakh.

As per the company, 'iRA' comes with 27 connected car features along with natural voice tech, through which the car understands commands not only in 'English or Hindi, but also in Hinglish'.

THE NEW VARIANT IS POWERED BY A 1.2L TURBOCHARGED BS6 PETROL ENGINE

Besides, it is India's first hatchback to introduce What3Words technology - a precise & unique tool that makes navigation easier than before.

The new variant is powered by a 1.2L turbocharged BS6 petrol engine.

Additionally, the Company has added a new top of the line 'XZ+' variant in a petrol and diesel fuel option to the Altroz family.

Tata Altroz was the first product on the 'ALEA' architecture.

It was launched in January 2020. Over 50,000 Altroz units have been sold within its first year of the vehicle's launch.

"We are delighted to share that with its introduction, in FY21, our market share in the hatchback category has increased by 5.4 per cent compared to last fiscal and we have captured 17 per cent market share in the premium hatch segment," said Shailesh Chandra - President, Passenger Vehicles Business Unit, Tata Motors.

'Institute fund for R&D, labs to meet global standards in Budget FY22'

FIANS ■ NEW DELHI

A key exporters body has urged Centre to institute a new fund for R&D and testing labs for meeting the global standards in the upcoming Union Budget 2021-22.

According to Trade Promotion Council of India (TPCI) Founder Chairman Mohit Singla: "To meet the challenge on the trade front is the anxiety of higher incidence of non-tariff barriers (NTBs) which hits smooth trade badly."

"Therefore, Indian testing labs or facilities should be made at par globally with safe standards, so that it is accepted worldwide."

Also the new standards such as Alimentus Codex Standard of EU require a lot of investment to meet. Therefore, TPCI demands a separate fund or incentives for R&D and testing labs for meeting the global standards."

The Union Budget FY22 will be presented to the Lok Sabha by Finance Minister Nirmala Sitharaman on February 1.

Besides, TPCI said the budget should announce a 'concessional credit scheme' for brand marketing globally.

Accordingly, Singla said that Indian products need to

FURTHERMORE, THE COUNCIL REQUESTED FOR AN INPUT TAX CREDIT ON FOOD SALES AS AN ADDED INCENTIVE

reach global shelves which is a huge cost to smaller and medium companies, largely still unaffordable.

"One way could be to provide concessional credit to meet the high cost; or tax deduction on expenditure incurred on marketing of brands abroad, etc. is the need of time to scale Indian products to the global shelf," Singla added.

Furthermore, the Council requested for an input tax credit on food sales as an added incentive.

"Tax holiday for 5 years for companies investing in infrastructure, including digital infrastructure,"

"For existing projects, capital investment to be extended up to 50 per cent accelerated depreciation to encourage modernisation."

In addition, it asked for special incentives to food processing through interest subvention, lower taxes, access to technology, amongst others.

Future bright as Global VC funding soars \$300.5 bn: KPMG

FIANS ■ NEW DELHI

The Covid-19 pandemic had little impact on the deal street as global VC funding in 2020 was \$300.5 billion - up from \$281.6 billion in 2019 and second only to 2018's record \$329.7 billion despite a drop in deal volume, the latest edition of a KPMG report said on Saturday.

The Private Enterprise Venture Pulse report, said that despite global uncertainty resulting from a number of ongoing events including the COVID-19 pandemic, global VC investment remained very robust in Q4'20, with \$80.8 billion in investment across 5,418 deals.

It is this strong performance that helped drive annual global VC investment to \$300.5 billion despite a drop in deal volume.

Global median deal sizes

rose across all deal stages in 2020 - to \$1.2 million for seed/angel deals, \$4.5 million for early stage deals, and \$9.9 million for later stage deals.

Also, global first-time venture financing dropped for the third straight year - to \$24.9 billion across 6,580 deals in 2020 from \$29.4 billion across 8,149 deals in 2019, the report said.

China accounted for the top five largest VC deals in the world during Q4'20.

The report said that Global VC-backed exit activity reached a record high of \$189 billion in Q4'20 as the march of unicorn exits continued with high profile IPO exits.

With regard to India, the report said that VC investment here remained relatively robust in Q4'20. While VC investment dropped somewhat during the quarter, India saw deal volume rise to its highest level since Q1'18.

Pre-buying before OEMs price hikes, lifted Dec vehicle demand: Ind-Ra

PTI ■ NEW DELHI

New Delhi: Pre-buying of vehicles before OEMs' price hikes lifted demand in December, said India Ratings and Research (Ind-Ra). The domestic automobile industry's growth momentum had continued in December 2020, even after the festive season.

"This was mainly due to the increased demand as customers chose to pre-buy vehicles anticipating price hikes by original equipment manufacturers (OEMs) since January 2021," the ratings agency said in its 'Auto Monitor' report for December.

Tata Power Solar wins ₹1,200 cr order to set up 320 MW project

Tata Power Solar on Saturday announced that it has bagged an order worth Rs 1,200 crore from state-run power giant NTPC for setting up of 320 MW ground mounted solar project.

Tata Power Solar, India's largest integrated solar company and a wholly-owned subsidiary of Tata Power, has received a "Letter of Award (LoA)" to build 320 MW of ground mounted Solar PV project for NTPC, a company statement said.

Sportking INDIA LTD.
 CIN NO.: L17122DL1989PLC035050, Regd. Off: 5/69, Guru Mansion, First Floor, Padam Singh Road, Karol Bagh, New Delhi - 110005. Email: cs@sportking.co.in, website: www.sportking.co.in, Ph. (011) 25754885

EXTRACT OF STANDALONE UNAUDITED FINANCIAL RESULTS FOR THE QUARTER/NINE MONTH ENDED 31ST DECEMBER 2020 (Rs. in Lakhs)

PARTICULARS	Quarter Ended 31.12.2020 (Un-Audited)	Nine Month Ended 31.12.2020 (Un-Audited)	Quarter Ended 31.12.2019 (Un-Audited)
Total Income From Operations (Net)	35628.02	90709.87	34479.03
Net Profit (+)/ Loss(-) for the Period (before tax, Extraordinary and/or Extraordinary items)	4368.94	5444.38	657.91
Net Profit (+)/ Loss(-) for the Period before tax (after Extraordinary and/or Extraordinary items)	4368.94	5444.38	657.91
Net Profit (+)/ Loss(-) for the Period after tax(after Extraordinary and/or Extraordinary items)	3032.67	4019.67	439.71
Total Comprehensive income for the period (Comprising Profit/(Loss) for the period (after tax) and other Comprehensive income (after tax))	-	-	-
Equity Share Capital (Face value of Rs. 10/- each)	332.18	332.18	356.10
Reserve (excluding Revaluation Reserves as shown in the Balance Sheet of previous year)	-	-	-
Earning Per Share (of Rs. 10/- each) (for continuing and discontinued operations) Basic & Diluted	88.11	116.79	12.35

Note : The above is an extract of the detailed format of Unaudited Financial Results for Quarter/Nine Months Ended 31st December 2020 filed with the Stock Exchange under Regulation 33 of the SEBI (Listing and Other Disclosure Requirements) Regulations, 2015. The full format of the Unaudited Financial Results for Quarter/Nine Months Ended 31st December 2020 are available on BSE website i.e www.bseindia.com and on the Company's website i.e. www.sportking.co.in.

FOR SPORTKING INDIA LIMITED
 Sd/
 Munish Avasthi
 Managing Director
 DIN: 00442425

Date : 23.01.2021
 Place : Ludhiana

UJVN LIMITED
 H.O.: "UJWAL", Maharani Bagh, GMS Road, Dehradun-248006, Telephone: 0135-2763808, Fax: 0135-2763508, CIN No. U40101UR2001SGC025866, Website: www.ujvnl.com

e-Tender Notice दिनांक 23.01.2021
 Office of the Executive Engineer (Test), Viduyat Bhawan, Dakpathar invites online bids from interested parties. Brief summary of tender is given below:
 Tender No: (1) 15-EE-Test-Dkp-2020-21; SITC of 48 volt battery bank and charger, (2) 16-EE-Test-Dkp-2020-21; Retrofitting of Alarm annunciator and Display meters at Khodri PH, (3) 17-EE-Test-Dkp-2020-21; R & M of TG Panel and Retrofitting of Relays at Chibro PH.
 Estimated cost (In Lakh) GST extra : (1) ₹ 22.00, (2) ₹ 23.00, (3) ₹ 11.60
 Date of Availability of bid document on website: 25-01-2021 from 11:00 onward
 Last date for submission of bids on website : 18-02-2021 up to 18:00 hrs
 For fuller & further details, kindly visit e-procurement portal "http://uktenders.gov.in".
EE(Test), Dakpathar
 "Avoid wasteful use of Electricity"

WESTERN RAILWAY
CLEANING & HOUSEKEEPING WORKS
 Tender Notice No. C 331-4-3-ST-Mech Vol. IV dated. 22/01/2021 Department : Commercial Executing Officer : Sr. DCM Work & Location : Mechanized & Manual cleaning and housekeeping of Surat station for four years. Advertisment value (In Rs.) : 5,31,55,283/- (excluding PF, ESIC, Bonus and GST) EMD (In Rs.) : 4,15,80,000 Date & Time of submission: on 19.02.2021 till 15.00 hrs. Date & Time of opening: on 19.02.2021 15.30 hrs The details for the Tender of Mechanized & Manual cleaning and housekeeping of Surat station for four years over Mumbai Division can be obtained on any working day from Divisional Railway Manager (Commercial)'s office, Western Railway, Mumbai Central, Mumbai-400008 or from Railways website www.ireps.gov.in. 604 Like us: www.facebook.com/WesternRly

YOUNG GO GETTERS

From developing a medical app to help people find a doctor that they want, to starting a revolution to save the Indian rivers, to launching a digital solutions company at 16 — the young brigade is breaching new frontiers to better the lives of others. SHALINI SAKSENA brings you a report



Pledging to save the rivers



SUMAIR BAKSHI
17 YEARS OLD
FOUNDER, SAVE THE SPIRIT OF THE SEA FOUNDATION

What would one expect from a student of The British School, New Delhi? Definitely not getting his hands dirty. But this exactly what Sumair Bakshi and his team is doing — helping save the rivers of India. In addition to cleaning the river, the team has been educating locals about sustainably living by the river. Through a series of self-curated content, they plan to spread the word and make the cause of the Ganga and her species viral.

In November 2019, Bakshi gathered a team of 15 people who travelled to the Vikramshila Dolphin Sanctuary in Bihar to film the last remaining dolphins. "Swimming with these rare species and being in their presence was nothing short of

a blessing. This is key for our upcoming movie which aims to create awareness about the species of the river and raise the platform for the Ganga and raise funds," Bakshi says.

The funds gathered will be used to help expand their clean-up operations, start monitoring dolphins and species in the river to provide regular updates about their situation as well as launch the film to commemorate our efforts and inspire more people to act. Bakshi raised ₹10 lakh from friends and family, some from crowd funding, to save the river — from Nissan and an additional ₹4 lakh from ImpactGuru.

His interest began in 2013. Back then it was just a website with a few social media pages creating awareness about marine life.

"I was born and brought up in Botswana, South Africa. I had the privilege and the opportunity to travel the world and see wildlife and developed a passion. When I was six, I

visited Ganga in Haridwar, I was shocked to see the pollution. This is when my mother told me about the dolphins. When I turned 13, I created a website and a few social media handles and as I grew my passion and vision grew as well," Bakshi tells you.

In 2015, he got a petition signed by 4,000 people across Delhi and with a few friends visited the Japanese Embassy in India to submit the petition with a protest against dolphin slaughter. In 2017, he started his most ambitious project yet — on river Ganga — creating awareness and sensitisation about the species.

"I was taken aback when I visited Bihar and found that there is Ganges shark and there are less than 10 left in the river today. The same holds true for the gharials; their number less than 600 and for the dolphins, it is less than 2,000. I believe that through a series of content we can spread awareness not only nationally but locally too. Also, through

a series of five-seven minute films, we can bring not only educate the locals who are living alongside the river but the youth as well. We are going to release the first part in February," Bakshi tells you.

One of the largest projects was for river Yamuna where over 100 students came together to collect the trash and talk to people to not throw plastic bags into the river with the flowers. "Though the river may be dead in Delhi, but if river Thames can be revived, the same can be done in the Capital as well. Now that I will be off to college soon, I want to raise funds through merchandise and hence not rely on donations," Bakshi says who is heading to the US for further studies to pursue a career in renewable energy and international business.

However, his foundation will continue to work towards conservation even though he will be away, for the time being.

Delivering brand solutions at 16

LAKSH BUCHA
17 YEARS OLD
FOUNDER, GROWTHXO

He started on his entrepreneurial journey when he was just 13; he was writing tech-related content. From there he went on to exploring starting a smartphone company but realised that he needed huge funds. So he started exploring other avenues like stocks, domain industry, crypto trading and creating digital assets that include affiliates and e-commerce till he finally settled down to set up Growthxo. Meet Laksh Bucha, a 17-year-old entrepreneur from Kolkata.

He tells you that from the very beginning he wanted to things differently and think out-of-the-box. "I used to create different things even as a child. After exploring a lot of avenues I decided to open my own company to provide digital and PR-related services," Bucha says who has 35 employees working for at present. He is planning to bring more under his company — hiring another 200 professionals — by the end of this year.

They have two offices in Kolkata where there are people who come to him for services. He is also in the process of opening an office in Delhi. There are plans to open an office in the US as well since he started with US clients. However due to the COVID-19 things have not been able to move at the pace that he had set.

His company has a good reputation as they have successfully completed many projects. Word of mouth also gets him clients. Other times, his team goes out looking and offering their services. The next few years will be spent in making a conglomerate and going public with it. Plans are also afoot to enter the power, transport, EV and Logistics by providing them with different kinds of services.

"Our vision is to go bigger by providing a plethora of services for different industries — various companies providing

different service to different industries. At present, Growthxo is doing well and pushing growth with a good client base. But I am tech-driven and looking for ways on how to amalgamate the same and create business solutions.

"We are still in talks and early to give a concrete picture but what we are planning to do in the automobile industry, if it pans out and we are in talks with big players, it will revolutionise the sector. It will be on how to shift to resources that are going to be more sustainable in the future. For example, people are already shifting from petrol cars to electric. What we are going to do is work on similar lines and come up with better alternative," Bucha tells you.

To being with, his parents didn't understand what Bucha was doing and insisted that he spend his time studying instead of spending time creating content by reviewing gadgets and writing about them. Slowly, they understood what he was doing. His father a businessman himself, he deals in textile, medicine and real estate.

"He supported me a lot. He knew that my work would take me ahead. I didn't want to join his business. I wanted to do things my way and do things independent of my family business.

The business that my dad created was his hard work, I wanted to do things my way," Bucha says. He hates the word start-up since people react to it in a different manner which doesn't always work in the new company.

Instead of wasting time during the lockdown, he spent time to better his services. "We have seen how big a role technology has played in our lives and future business is going to be more tech-driven," Bucha says.

He tells you that marks don't really define you as a person. "Marks are just a number. What matters in life is your capabilities and how you make use of that to get ahead in life. A lot of parents have realised that marks are not what will get their ward ahead in life. What should focus is on goals and go about achieving those. With time, more and more parents will understand this. Education industry is changing as well," Bucha says.



App XDOC+ to help a patient find relevant doctor

PRANET PAHWA
NINE YEARS OLD
MEDICAL APP

One would not expect a Class V student to spend his time coding and making an app when most kids his age are busy playing or spending their time time games online. But Pranet Pahwa of Shiv Nadar School, Faridabad is not your average kid. While most children were busy enjoying the free time that they had got due to the present pandemic Pahwa was busy making a medical app.

An app, one is told, is not a profit making app but to explain about various healthcare issues in detail so that patients can understand the disease and reach the right consultants for treatment and their overall healthcare management. Besides, providing

information about the disease and identifying the right doctors associated with its treatment, this app also helps in getting the appointment under one platform. It took Pahwa approximately three weeks to develop.

"My father is associated with healthcare organisations. Therefore, I developed interest around issues of patient care, doctors and healthcare at an early age. During the lockdown due to COVID 19, I could understand the worries around healthcare and poor accessibility, so I decided to do something about it. Besides academics, my school helps me engage in building skills to solve real life problems and this is how I decided to create this app. My coding skills were helpful to get started in creating a user-friendly healthcare app XDOC+ which provides easy access to healthcare experts for people," the nine-year-old says.

During the pandemic, he realised the

importance of healthcare and the necessity of it to be easily accessible to the patients. I also felt this problem could be best addressed with the use of technology and creating an app was a natural steep to take.

"My aim was to develop a platform which would be easy to use and provide a range of services for patients with healthcare needs," Pahwa tells you. All one has to do is register. Once, it gets registered it will work as a live app where timely updates would be followed with more features. At present, it works on android and is easy to use.

"The pandemic has adversely affected the entire world and our everyday lives. However, the lockdown also gave us enough time to think creatively about resolving issues related to the pandemic and be more innovative. I have been exposed to the creative uses of technology from an early age given that our school exposes us to different ways

technology can be leveraged to solve real world problems," Pahwa says. His favourite subjects are Math and Computer science.

The app is an effort in the same direction and he was able to achieve this goal with a lot of hard work and focus juggling both online classes and app development work. Not only did this Class V student make an app, he was awarded for the same last month.

"While surfing the Internet, I found about the MIT App competition. I found more details about it on their website and realised that students from across the globe participated in the competition. Once I was convinced I discussed it with my teachers and parents and they encouraged me to apply. My parents helped me fill out the registration and submit my app. I feel motivated that such honour has come to me at this age. I want to do more and provide better solutions through digital medium to

our community at large," Pahwa tells you.

He used to discuss the concept with his father who is in a private sector with a leading healthcare organisation and his mother who is a homemaker. His teachers also motivated him to take this up and finally create a platform which is useful for the people.

"When I came up with this idea, my parents were really excited and encouraged me to pursue my goals. I love coding so I want to pursue a career in computers. My aim is to become a leader of a leading global organization and work towards providing solutions to the problems people face in their everyday lives," Pahwa says who is on to his next app already.

"I have a couple of ideas which I want to work on but it is too early to share my thoughts. I want to have a concrete plan before I disclose the details of my work," Pahwa says.



SAINI BOWLED IN PAIN AFTER CAPTAIN'S CALL

PTI ■ NEW DELHI

A groin strain prevented India pacer Navdeep Saini from giving his best in the Brisbane Test but fearing that he may not get such a big stage again, he remained at the beck and call of his captain and ended up bowling five overs despite injury.

The 28-year-old, who finally made his Test debut in the Australia series after years of wait, said he risked aggravating his injury by bowling in the second innings but given what was at stake, "it was a no brainer".

"Ajinkya bhayia asked me if I would be able to bowl with the injury, I just had to say yes," Saini, who was in the middle when Rishabh Pant hit the winning runs at the Gabba said.

Having taken four wickets in his debut game at Sydney, Saini suffered a groin strain in Australia's first innings and could bowl only 7.5 overs at the Gabba, increasing concerns for an already injury-hit India, who were forced to go into the game with a bowling attack which had the combined experience of four games.

For someone who made a massive leap of playing Ranji Trophy for Delhi in 2013 straight from making a quick buck in tennis ball cricket across Haryana, Saini wondered about the timing of his injury as he had just realised his dream of playing Tests.

But the like of the rest of his teammates, he showed a steely resolve and carried on.

"I was fine and suddenly I got injured. I was wondering why it is happening in such a crucial game and have got the opportunity to play after a long time".

"I just wished if I could keep going with that injury and support my team. I knew I might not get a stage like that again. Captain asked me if I



Navdeep Saini celebrates with teammates after he dismisses Marnus Labuschagne in Sydney Test

AP

could do it. I was in pain but said I would do with whatever I could.

"I am recovering now and should be fit soon," said the lanky fast bowler from Karnal who was fasttracked into first-class cricket by former India opener Gautam Gambhir and received his maiden Test call-up in back in 2018.

Saini, who has also played 10 T20 Internationals and seven ODIs, is not part of India's squad for the first two home Tests against England starting February 5 in Chennai.

Out of his four Test wickets, the first one was most special as he trapped another debutant, Will Pucovski, in front of the stumps with a full and fast incoming delivery.

"All wickets were special but yes you can't forget the first one. Because until that happens, you keep thinking about that first wicket."

With senior bowlers like Mohammad Shami and Umesh Yadav out of the series, the pressure to perform instantly had increased on the likes of Saini, who had not played Tests before but had a substantial experience of playing IPL and shorter formats for India.

Having not bowled with red-ball in Australia ever prior to the series, Saini said it was an enriching experience.

"It is easy to get excited in Australia with the bounce on offer. It is natural to think about bowling short balls then but Test cricket is not only about that, it is about patience and bowling in the same channel consistently.

"To be able to do well in Australia, you have to be mentally very strong, they don't give up till the very end. The management was very supportive including the captain and Rohit bhayia. They all told me to

bowl the way I would bowl in Ranji Trophy," said Saini, who is back home after five long months in the world of bio-bubbles.

Mohammed Siraj, the find of Australia tour in coach Ravi Shastri's words, was seen counselling Saini consistently in the latter's maiden Test. It helped the Delhi pacer immensely as he and Siraj go back a long way.

"He is one of my best mates. We have played a lot together (for India A). We talk a lot about bowling. He was always there for me in the first game. Pace is important but he was telling me to also focus on line and length to be effective.

"Siraj is a very different bowler. He showed a lot of courage by staying back after his father's death. What he achieved was very crucial for the team and showed his character."

Talking about his extraordinary journey, Saini, son of a bus driver, said he never planned to be a professional cricketer, it was only fate at play.

"I played with tennis ball for the major part of my growing up years. It all started when I played Ranji trophy. That is when I felt I could play professionally. Before that I was just playing without an aim, I had no idea. It all happened step by step after I played for Delhi," added Saini.

It's a massive, massive moment for us: Rahane tells teammates



PTI ■ NEW DELHI

Having led India to an incredible come-from-behind Test series triumph in Australia, Ajinkya Rahane called it a "massive, massive moment" for his players and lauded them for performing as a unit.

Bowled out for a record low score of 36 in the series-opener in Adelaide that ended in two and half days in favour of hosts, India orchestrated a memorable comeback to win the series 2-1 following their victory in the fourth and final Test in Brisbane.

"It is a massive, massive moment for us. The way we, after what happened in Adelaide, came back from Melbourne onwards — it was really good to see. It wasn't just one or two, but every one who put an effort.

"In all the three matches, everyone contributed. It was actually very good to see," said Rahane while addressing his teammates.

"We finished the match here with a win. That is very, very good," the man who led admirably in Virat Kohli's absence told his teammates in the dressing room after the win in Brisbane, the video of which was shared by the BCCI on Saturday.

Poms recover after early jolt

AFP ■ GALLE

Skipper Joe Root reached an unbeaten 67 to put England back on course after they lost their openers cheaply in the second Test against Sri Lanka on Saturday.

England finished on 98 for two at stumps on day two, still 283 runs behind Sri Lanka.

Lasith Embuldeniya, who took the new ball from the City End, accounted for both openers. Root joined Yorkshire teammate Jonny Bairstow with the side in trouble at five for two and counterattacked, adding an unfinished 93 runs for the third wicket.

Root, the English captain who posted a double hundred in the first Test, was unbeaten on 67 off 77 balls with 10 fours while Bairstow was on 24.

Root was the more dominant partner of the two England batsmen, using the sweep shot to good effect — both the conventional and reverse.

Sri Lanka know how crucial Root's wicket is and they unsuccessfully reviewed a leg before wicket shout with the batsman on 39.

Earlier, Sri Lanka did well to post 381 runs having batted for five sessions.

They lost centurion Angelo Mathews (110) and debutant Ramesh Mendis (0) in the first 15 minutes of the morning. But a determined Niroshan Dickwella scored a career-best 92 to help Sri Lanka recover.

Dickwella had been under pressure coming into this game after a string of low scores, but this effort should silence his critics.

Dickwella was involved in an 89-run stand with Dilruwan Perera for the seventh wicket and deserved a maiden hundred but crafty James Anderson dismissed him eight runs short of the milestone.



Lasith Embuldeniya celebrates after wicket of Zak Crawley

@englandcricket

Anderson set up Dickwella having placed two extra-covers and a wide mid-off and Dickwella took the bait, driving uppishly and was well caught by Jack Leach at wide mid-off.

Three balls later, Suranga Lakmal was caught at gully by Zak Crawley for no score to give Anderson his best figures in Asia.

The 38-year-old playing his 157th Test match was on the money rarely bowling a loose ball. He finished with six for 40. Of his 29 overs 13 were

maiden. While Anderson was all about line and length, Mark Wood complemented him well with raw pace. He finished with three wickets with Sam Curran accounting for the last wicket of Dilruwan Perera.

Perera made a fighting 67 off 170 balls with eight fours and a six. Spin bowlers dominate in Galle, but in Sri Lanka's first innings all wickets were shared by the three fast bowlers. It is the first time it has happened at this ground.

30th five-wicket haul for Anderson

Galle: England pacer James Anderson claimed his 30th Test five-wicket haul on day two of the second Test on Saturday.

Anderson, 38, denied wicket-keeper-batsman Niroshan Dickwella a century after sending him back on 92 and took one more wicket to surpass his previous best of 5-75 in Galle in 2012.

The pace spearhead also became the oldest quick to take a five-for in the sub-continent, surpassing New Zealand great Richard Hadlee who achieved the feat at 37 years of age.



His 30th Test five-for also makes him better than Australia pace great Glenn McGrath who has 29 to his name in a illustrious career that ended in 2007.

SINGLES

WILLIAN JOSÉ JOINS WOLVES ON LOAN

WOLVERHAMPTON: Wolverhampton has signed Brazilian striker Willian José on loan from Spanish club Real Sociedad until the end of the season, the Premier League club said on Saturday. The loan signing adds depth to the Wolves squad after forward Raúl Jiménez suffered a fractured skull against Arsenal on Nov 29. Wolves said the deal remains subject to Willian José being granted a work permit and international clearance, and that it includes an option to buy at the end of season.

DUMOULIN TAKES BREAK FROM CYCLING

AMSTERDAM: Dutch rider Tom Dumoulin will take a break from cycling after disclosing on Saturday that he is struggling to handle the pressure of the sport and needs time to consider his future. Dumoulin, a former time trial world champion who won the 2017 Giro d'Italia and finished second in the Tour de France a year later, made the announcement in a video statement posted on the website of his Jumbo-Visma team.

AMIT SETTLES FOR BRONZE IN NATIONALS

NOIDA: Three-time Commonwealth Championship Gold medalist Amit Dhankar had to contend with a Bronze at the 65th men's free style national wrestling competition here on Saturday. Best known for his remarkable record at the Commonwealth Championships with six overall medals under his belt, Amit, representing Haryana in the two-day tournament, managed to win the Bronze in the 74kg.

AMIR, ASHWIN DOMINATE IN FINAL ROUND

COIMBATORE: Competing for the first time, teen sensation Amir Sayed once again set the Kari Motor Speedway ablaze by winning the Novice Cup category in the JK Tyre FMSCI National Racing Championship here on Saturday. Even though two more races are still left, by winning all the 10 races so far the 16-year-old has ensured no one can surpass him. In the Formula LGB 4 category, Ashwin Datta showed he is the man in rich form with a penchant for speed. There were two races on Saturday and Ashwin finished first in one and second in the other race. He is in a very good position to seal the championship (aggregate 57 points).

MUMBAI CITY SIGN JACKICHAND SINGH

MUMBAI: Indian Super League team Mumbai City FC on Saturday confirmed the signing of Jackichand Singh from Jamshedpur FC. The 28-year old returns to the Islanders for his second stint with the club, putting pen to paper on a two-and-a-half-year deal. In the ongoing 2020-21 edition of the ISL, the Manipur-born winger has appeared in all 12 games for Jamshedpur and has three assists to his name so far.

SMALL ERRORS COST LAHIRI BIG

LA QUINTA: Anirban Lahiri made small errors but paid a big price for it as he missed the cut at the American Express Championships, here. The Indian ace, who was the Asian Tour number one in 2015 before getting to the PGA Tour, made some clubbing errors on an unusually tough day at the Nicklaus Tournament course, which usually plays easier of the two facilities in use this week. Following up on a solid 68 on Stadium Course, Lahiri carded one-over 73 at Nicklaus Course and missed the cut by one shot.

MURRAY OPTS OUT OF AUSTRALIAN OPEN

LONDON: Former world No 1 Andy Murray on Friday said he had decided against competing in the Australian Open after failing to find a "workable quarantine" following his recovery from the coronavirus. Murray has finished his period of self-isolation and had hoped to compete in the first Grand Slam of 2021 in Melbourne. But the former Wimbledon and US Open champion said he could not find a way of getting to Australia and then quarantining ahead of the tournament's scheduled start on February 8. Murray would have had to head to Australia by Saturday to ensure he could observe the mandatory two-week hotel quarantine period.

Agencies

Pant should be in India's white ball team: Hogg

PIANS ■ NEW DELHI

Former Australia all-rounder Brad Hogg has called on the Indian selectors to include Rishabh Pant in India's limited-overs squads saying that the batsman's ability to play unconventional shots makes him difficult to bowl to.

"I would be putting him there right now because he has got the confidence and the belief. He has proven himself with two match-winning knocks in this Test series. You can't get better than that playing for India on Australian soil. I would put him in place of Iyer. Keep your all-round options there for batting and bowling depth. He will be there for either Iyer or Sanju Samson," said Hogg on his Youtube channel.

"He is hard to bowl to because he plays a variety of shots that are different to any other batsman. Get him in there," added Hogg.

Pant scored 97 on the fifth day of the Sydney Test, helping India escape with a draw. He then made an unbeaten 89 on the fifth day of the Brisbane Test to help India win the match by three wickets and seal the series.

The former Chinaman bowler and left-handed batsman, however, backed Virat Kohli to continue as India skipper saying that any change in captaincy at the moment can affect India's balance.

He said that removing Kohli from captaincy can affect his batting. "He (Virat Kohli) bats better when he is the captain. I think if you



Rishabh Pant bats during net session

PTI

change it, it would destroy the culture of that Indian team. It might affect Kohli's batting. He wouldn't want it to happen, but it will happen," Hogg said.

"Yes, Ajinkya Rahane has done a fantastic job in the last three Tests in Australia. He is cool, calm and collected. He is quite decisive, and he doesn't get agitated. He is a fantastic leader. But I will leave him as vice-captain because I think Virat Kohli leads from the front," added Hogg.

Neeraj hopes to cross 90m barrier this year

PTI ■ NEW DELHI

Star javelin thrower Neeraj Chopra Son Saturday admitted that the uncertainty over the staging of the postponed Olympics due to coronavirus creates anxiety but said he is proceeding with his preparations thinking that the Games will happen and he will give his 100 per cent.

There has been intense speculation over the staging of Tokyo Olympics in July-August with some reports suggesting that the Games may be scrapped while the organisers, the Japanese Government and the International Olympic Committee insisting they will be held on schedule.

"There is some anxiety for sure. If Olympics is happening, the target is clear, I have to give my 100 per cent in Olympics. But by chance if Olympics is not held, I may plan differently," he said in an online interaction with reporters.

"There are sometimes this thought come in mind that we are training so hard but Olympics may not happen,"

said the 23-year-old reigning Asian Games and Commonwealth Games Gold medalist, who is currently training at Kalinga Stadium in Bhubaneswar. "I am just hoping that things move forward positively and Tokyo Games are held."

Neeraj will be competing in his first Olympics and he has already qualified for the Tokyo Games early last year before the Covid-19 pandemic began. He said he will be disappointed if the Tokyo Olympics is cancelled.

"I was late in qualifying for 2016 Rio Olympics but my performance while winning the junior world championships in 2016 or even 1m less than that would have given me a medal.

"If Tokyo Olympics is cancelled, it will be like I have lost two chances to win a medal in Olympics."

Neeraj threw 86.48m while winning Gold in 2016 world junior championships but by then Rio Olympics qualification period was over. The Bronze winner in Rio threw 85.38m, more than 1m less than his Gold-winning effort in Junior Worlds.

He said he will compete in selec-

tive top competitions like the Diamond League events if the Olympics is happening or will take part in more events if the Tokyo Games are scrapped.

"If Olympics is happening, I will go for selective high intensity competitions against top javelin throwers who are going to take part in Olympics. It is important to have a consistent performance before Olympics.

"May be six or seven top events in the two or three months before Olympics, at least one event or two in a month, that will be ideal."

But he said he has not planned his schedule yet.

"I have not planned my competition schedule. I think we will know by March whether Olympics will be held or not. We will plan accordingly."

Neeraj also said that competition will be tough if the Tokyo Olympics is held and the Gold medal winner will have to throw more than 90m.

"I think the competition will be tough. It will be above 90m (Gold winner) and not 85 or 86m. "90m barrier

is something like a bench mark for top throwers and I hope to cross it this year," said Neeraj, who has a personal best of 88.06m.

He said he is working on his strength and technique. "We were on strength improvement, did weightlifting and jumps. I am working on my technique also."

"My throw was earlier going more towards the left. I am working on my release (of javeline), so that I can hurl the javelin in proper direction."

The first events of the season will be the three Indian Grand Prix series at Patiala beginning on February 18 and Neeraj said he may take part in the third one on March 5.

"If I have to be in IGP, I will try for the last one. Otherwise, I may directly go to Federation Cup (March 15-18)."



South African cricketers play football during team's practice session at the National Cricket Stadium in Karachi on Saturday. South Africa, which arrived in the southern port city of Karachi for the first time in nearly 14 years, will play the first Test match against Pakistan starting on January 26

AP

This is peak of my career: Hales after England snub

PIANS ■ SYDNEY

England opener Alex Hales, who set the Big Bash League on fire on Friday with a 56-ball 110 for Sydney Thunder against Sydney Sixers, said that the England team management hasn't got back to him as yet.

Hales, who is the leading run-getter in the Big Bash League 2020-21, with 462 runs in 12 innings at an average of 38.5, has not played for England since March 2019.

Hales's effort on Friday came a day after the England selector Ed Smith said that the opening batsman may not come back to the national side in near future.

"No, nothing at all — nothing from that end (English selectors). At the moment, I'm just enjoying my cricket and I'm going to keep trying to score as many runs as I can, enjoying myself, and see what happens," Hales was quoted as saying by ESPNcricinfo.com.

"Obviously that's the peak of cricket, playing for your country. At the moment, I'm just going to focus on the process of scoring runs and enjoying my cricket, and if that's the end result then brilliant," he added.

"This is definitely the best I've played, I feel like it's in the peak of my career. I'm 32 now and I feel like I know my game really well, and I'm just going to keep looking to impress whenever I get a chance. Particularly in T20 cricket, the older you get the more you understand what your strengths are," Hales said.

England selector Smith had earlier said, "At the moment, I would expect things to stay as they are there. No doors are closed in terms of there's no final decision. It's not that it's going to be the same indefinitely. But at the moment, if I had to make a prediction, I would say we'd stay as we are."

England are due to play five T20Is and three ODIs against India in India in March.



AP



Rising Indian batting star Shubman Gill on Saturday put out a picture with his family after reaching home. "Home sweet home," tweeted the opening batsman, along with the photo with his mother, father, and sister

@RealShubmanGill

Dream run end with defeat

Indian doubles pair challenge comes to halt after Satwik-Ashwini, Satwik-Chirag lose in Thai semis

PTI ■ BANGKOK

The Indian mixed doubles pair of Satwiksairaj Rankireddy and Ashwini Ponnappa produced a spirited performance before going down narrowly to top seeds Dechapol Puavaranukroh and Sapsiree Taerattanachai in the semifinals of the Toyota Thailand Open here on Saturday.

The impressive run of Satwik and Chirag Shetty also came to an end after a close 18-21, 18-21 semifinal defeat to world number nine Malaysian combination of Aaron Chia and Soh Wooi Yik in men's doubles.

Up against the world number three Thai pair, Satwik and Ashwini, who are ranked 36th, showed great skills and temperament as they scripted an extraordinary fightback after losing the opening game by a whisker. However, in the end, Dechapol and Sapsiree prevailed 22-20, 18-21, 21-12 over the Indians in a 57-minute battle.

"The quality of the last two games were good. I think we have played one of the best matches of our careers against these top players," said Satwik.

"We couldn't even practice before coming here. We just



Indian shuttlers Satwiksairaj Rankireddy, left, Ashwini Ponnappa and Chirag Shetty, right

wanted to play. We gave it a good fight today, it was very close."

Satwik and Ashwini, who spent most of the last year away from the court in two different cities and could only practice together for a few weeks, on Friday became the first Indian mixed doubles pair to reach the semifinals of a Super 1000 event.

"We ended up making a couple of crucial mistakes, starting with my serve and then we lost points one after the other from there. Then we changed

sides and they got smarter, they changed their game style," Ashwini said.

"Overall, the game was good for us and I'm happy that our partnership has gotten a lot better during this tournament."

World No 10 Satwik and Chirag, had won their maiden super 500 title in Thailand and entered the finals of French open super 750 event in 2019 but this is the first time they entered the semifinals of a super 1000 event.

"We are happy to play in the semifinals, but we didn't play our best today. We couldn't score points on our service but we were receiving well. I think if we'd been able to take a few points and converted the first game, the scenario would have been a lot different," Chirag said.

In mixed doubles, Satwik and Ashwini had played twice against the Thai pair but could never take a game away. The duo showed great resilience on

Saturday to catch up with their fancied rivals throughout the match before succumbing to a few unforced errors in the decider.

The two pairs played some fabulous rallies and the Thai players were up 11-10 at the break before jumping to a 17-12 lead at one stage but Satwik and Ashwini showed great determination to draw parity at 20-20. But still, Dechapol and Sapsiree managed to pocket the first game.

In the second game, Dechapol and Sapsiree opened up a 11-6 lead but the Indian pair won 8 of the next 9 points to make it 15-15 and then went into the lead with Satwik unleashing a powerful smash.

The duo kept moving together till 18-18. But Dechapol found the net and then Satwik produced another trademark smash as the Indian duo roared back into the contest.

In the decider, the Thai pair had managed to create a gap of 15-11 after Ashwini found the net at one stage.

The Thai pair then stepped up the pressure as Satwik found the net thrice, which created a decisive gap. Soon they led 18-11 and held match points when

the Indians erred at the net again. Dechapol sealed it with a smash.

Earlier, the Malaysian were more alert on court and also managed to diffuse any attack from Satwik and Chirag to emerge victorious.

The Indian duo had a 4-2 lead early on but the Malaysians managed to grab slender 11-10 advantage at the break. Satwik and Chirag stayed close till 15-16 when their rivals reeled off four points to eventually close out the opening game.

In the second game, the Indian duo was up 3-1 but again the Malaysians produced four straight points to move to 7-3. A precise serve and then their rivals finding the net helped Satwik and Chirag make it 8-8.

However, two smashes at the backcourt gave Aaron and Soh a three-point advantage at the interval. The Malaysians grabbed six match points but the Indian pair managed to save four before Chirag found the net.

"We didn't control the shuttle. We tried to pick things up in the second game. We could have been calmer. We're disappointed but happy to play in the semifinals," Satwik said.

Saina going through toughest career phase: Vimal

FIANS ■ NEW DELHI

Former world No 1 Saina Nehwal is going through the toughest phase of her career and needs to take care of herself so as to avoid any more defeats, says former national champion and coach U Vimal Kumar.

Saina, currently ranked 20th in the world, was knocked out of the first round of the ongoing second Thailand Open. She had earlier fallen in the second round of the first Thailand Open, which was also her first tournament since the All England Championships in March 2020.

Kumar said that Saina looked "out of shape" in Thailand. "It is not going to be easy for her to bounce back. I have always said that if she has no pain, she will play well. More than the pain though she didn't look very fit to me. Maybe after the Covid issue and all she is still recovering from it," Kumar said.

A two-time national champion, Kumar felt Saina is going through the toughest phase of her career.

"I think so. Things have not been going well for her for the past couple of years. She needs confidence to get going and the last she had a good result was in 2019 at the Indonesia Masters," said the man who won the national title in 1988 and 1989.

"The workouts, physical training and other things have to be really specific. She has to plan all this a lot better and that is the only way she can come out of this. Losing more matches like this will affect her confidence. It is not only just physical, there is a lot of mental aspects (at play) as well. She is a strong girl but these results can affect her," he said.

Saina had worked with Kumar in her formative years and later between 2014 and 2017 when she became the first Indian badminton player to achieve a No 1 ranking and won Silver at the badminton World Championships.

The Hyderabad-based Saina's best finishes in 2020 came when she reached the quarter-finals in the Malaysia Masters in January and the Barcelona Masters in February. The last time she won a title was the 2019 Indonesia Masters held in January.

Saina is currently 15th in the rankings for the Tokyo Olympics. With Sindhu already ranked seventh, Saina needs to break into the top eight to qualify for the Games. The tournaments in Thailand are not part of the Olympic qualifying period, which is scheduled to start with the Swiss Open on March 2.

"The next one or one-and-a-half months will determine her chances. The next five-six weeks will be key and give us an idea," said Kumar.



Neymar finds net on his 100th PSG game

AFP ■ PARIS

Neymar made his 100th appearance for Paris Saint-Germain on Friday and marked the occasion with a goal in a 4-0 rout of 10-man Montpellier that took Mauricio Pochettino's side clear at the top of Ligue 1.



Paris has been marred by injuries at important moments but there can be no disputing his impressive record in front of goal as he prepares to face his old club in the last 16 of the Champions League next month.

Mbappe was more prominent in this game, however, as he scored his first goals of the Pochettino era.

Pochettino said: "I was already happy with Mbappe's performances before tonight. I am pleased that he scored because scoring goals is crucial for a striker's confidence. But we knew it was only a matter of time."

The France World Cup-winning star was scythed down just outside the box by Omlin in the 16th minute, with the Swiss goalkeeper initially shown a yellow card before the punishment was upgraded to red following a VAR review.

PSG made the extra man count as Di Maria played in Mbappe to open the scoring with a dinked finish over substitute goalkeeper Dimitry Bertaud in the 34th minute.

Pochettino lost goalkeeper Keylor Navas to injury at half-time, while captain Marquinhos was also forced off early in the second half. The coach later said he thought it was "nothing serious" for either player.

Mbappe cut the ball back for Neymar to make it 2-0 on the hour mark, before Icardi tucked in his third goal in four games.

It was 4-0 in the 63rd minute when Icardi set up Ligue 1's leading scorer Mbappe to finish for his second of the night and 14th of the season.

Layvin Kurzawa almost provided the cherry on top of the cake soon after, but his stunning overhead kick was tipped onto the crossbar by Bertaud.



Mbappe still thinking about signing new deal

AFP ■ PARIS

Kylian Mbappe says he is still "thinking about" whether to agree to a new contract at Paris Saint-Germain, with the France superstar's existing deal set to expire at the end of next season.

"We are in discussions with the club to try to find a suitable project. I said I was thinking about it because I think that...if I sign it would have to be a long-term commitment to Paris Saint-Germain," Mbappe told TV channel *Telefoot* after Friday's 4-0 win over Montpellier.

"I am very happy here. I have always been very happy. The supporters and the club have always helped me and for that alone I will always be grateful."



Kylian Mbappe scores against Montpellier

"But I want to think about what I want to do in the coming years, where I want to be. That's what I am reflecting on."

Gladbach finally win against Dortmund

AFP ■ MÜNCHENGLADBACH

Defender Nico Elvedi netted twice as Moenchengladbach ended their six-year wait to beat Dortmund when their 4-2 home win on Friday lifted the Foals to fifth in the Bundesliga table.

Two goals by Dortmund striker Erling Braut Haaland were bookended by Elvedi netting from set-pieces in the action-packed opening 32 minutes.

Algeria left-back Ramy Bensebaini restored Gladbach's lead early in the second half before substitute Marcus Thuram headed the hosts' fourth.

Dortmund are now seventh — out of the European places — after failing to win any of their last three games since their impressive 3-1 win at RB Leipzig in early January. In the other direction,



Gladbach are fifth having taken 13 points from a possible 15 in 2021. They are eight points behind leaders Bayern, who are at bottom side Schalke on Sunday.

Following home wins over league leaders Bayern and second-placed RB Leipzig already this season, Gladbach claimed another big-name Bundesliga scalp.

It was also a significant win for their coach Marco Rose, who the German media are tipping to replace caretaker boss Edin Terzic at Dortmund next season.

"We went 3-2 up at just the right moment and then defended well, so we're very happy," said Rose.

After 12 straight defeats to Dortmund, Gladbach earned their first win over the Black-and-Yellows since April 2016. "We're finally ended the run of defeats," Rose added.

Dortmund made a lethargic start at Borussia Park and a Gladbach goal after 44 seconds was ruled out by the VAR.

However, the hosts took the lead with 11 minutes gone when Lars Stindl's curling free-kick was headed home by Elvedi.

Dortmund roared back with two goals inside six minutes, both created by Jadon Sancho for Haaland, who fired home his first from a tight angle on 22 minutes.

After Jude Bellingham

won the ball back for Dortmund, great footwork by Sancho then again unpicked Gladbach's defence for Haaland to blast his side 2-1 ahead on 28 minutes.

However, another Stindl free-kick on 32 minutes could only be parried by Roman Buerki and Elvedi tapped home the rebound from close range to make it 2-2 at the break.

Gladbach regained the lead five minutes into the second-half when Bensebaini swung in a shot which curled outside Buerki's grasp.

Dortmund conceded their third goal of the night from a set-piece when Thuram headed home a Florian Neuhaus corner 11 minutes from the whistle.

It was the France forward's first appearance after suspension for a spitting at an opponent last month.

Goggia wins 4th straight WC downhill

AP ■ CRANS-MONTANA

Olympic champion Sofia Goggia is dominating the World Cup downhill season like no woman since ski great Lindsey Vonn.

Goggia won her fourth straight downhill on Saturday to tie a World Cup streak last achieved by Vonn in 2018.

The Italian star finished 0.27 seconds faster than Lara Gut-Behrami as both thrived on icy snow slicker than in Friday's race at Crans-Montana also won by Goggia.

Goggia's teammate Elena Curtoni was third, 0.60 back, ending Breezy Johnson's streak of four third-place finishes in



downhill. Johnson was fifth, 0.89 behind Goggia, giving the United States its most consistent threat in downhill since Vonn's stellar career ended two years ago.

Vonn's best streak in World Cup downhill was six straight wins in 2009-10, according to the *ski-db.com* database. That matched her childhood idol Picabo Street's run in 1995.

Vonn won four straight World Cup downhill from January to March 2018 to complete that season. They were the last of Vonn's 82 career World Cup victories, more than any other woman on the circuit that began in 1967.

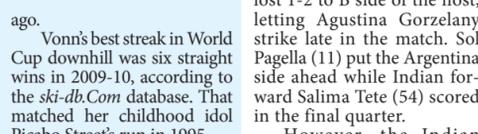
During Vonn's winning run, Goggia was runner-up three times and also won the Pyeongchang Olympics downhill in South Korea where Vonn took Bronze.

Indian women suffer first defeat

AFP ■ BUENOS AIRES

Indian women's hockey team suffered its first defeat on the tour of Argentina when it lost 1-2 to B side of the host, letting Agustina Gorzelany strike late in the match. Sol Pagella (11) put the Argentina side ahead while Indian forward Salima Tete (54) scored in the final quarter.

However, the Indian defence let Gorzelany score three minutes after finding the equaliser. "Today we played against a stronger Argentina squad consisting many of their senior players. This was a ahead of next week's schedule where we play against the Senior side. Unfortunately, we conceded a PC goal minutes before the regulation time and this is what we need to manage better," said chief coach Sjoerd Marijne.



Saints dump holders Arsenal out of FA Cup

AFP ■ SOUTHAMPTON

Southampton dumped FA Cup holders Arsenal out of the competition on Saturday, winning 1-0 courtesy of a Gabriel own goal to set up a fifth-round meeting with Wolves.

The much-changed Gunners, who have won the competition a record 14 times, fell behind midway through the first half and could not find a way back.

Ralph Hasenhuttl fielded a strong side at St Mary's, with Danny Ings returning after a hamstring injury and a positive coronavirus test alongside former Arsenal forward Theo Walcott.

Mikel Arteta made seven changes from their 3-0 Premier League win against Newcastle on Monday.

Southampton, who had never previously beaten Arsenal in the FA Cup, were the brighter team in the first half in the winter sunshine on England's south coast.

James Ward-Prowse rattled the crossbar from a swerving corner and Che Adams forced a fine save from Arsenal



Chorley's manager Jamie Vermiglio reacts after FA Cup fourth round match

goalkeeper Bernd Leno. Southampton got the reward their positive approach deserved in the 24th minute.

Mohamed Elneny gave away possession on the edge of his own box and the ball was worked to Kyle Walker-Peters on the right side of the Southampton attack.

The defender drilled it across the six-yard area and it was inadvertently turned in by Gabriel — the first time rejuvenated Arsenal had conceded since December 26 against Chelsea.

attack as Arsenal pinned Southampton back. Lacazette was inches away from getting on the end of a teasing cross by fellow substitute Bukayo Saka as the minutes ticked away but Arsenal could not find an equaliser.

The exit will be a bitter disappointment for Arsenal, who have won the FA Cup four times in the past seven seasons — in sharp contrast to their toils in the Premier League.

Arteta's side will return to Southampton for a league meeting on Tuesday, aiming to continue their fine recent run that has lifted them to 10th in the table.

CHORLEY SHINE BUT LOSE On Friday night, Separated from Chorley by 109 places in the English football pyramid, Wolverhampton didn't only manage a single goal in its 1-0 win.

The Premier League millionaires also only managed a single shot — the goal — against the part-timers from the sixth tier.

Vitinha's 35-yard, swerving strike in the 12th-minute moved Nuno Espirito Santo's side into the round of 16.

Ward-Prowse then struck a shot from distance that sailed wide and Ings hit a fierce volley that was blocked by Hector Bellerin.

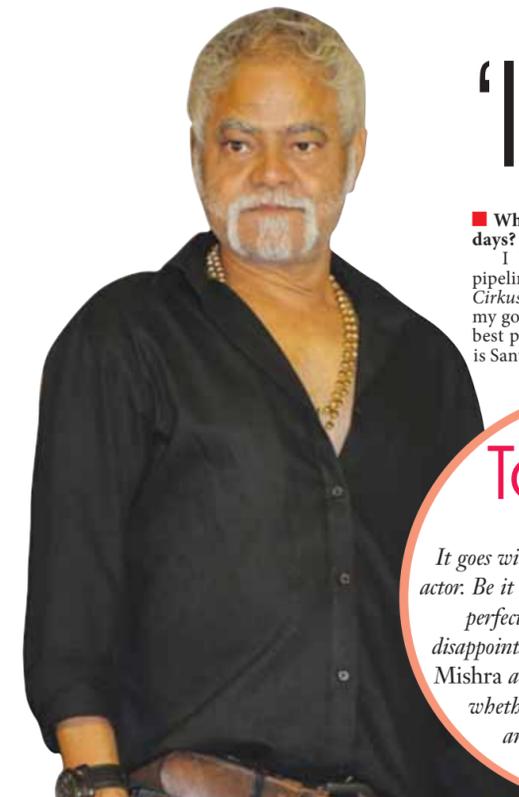
Arsenal found their feet in the second half and Fraser Forster was forced to make a sharp save with his feet to keep out Eddie Nketiah's deflected shot after a pass from Nicolas Pepe.

Arteta threw on forward Alexandre Lacazette to bolster his

attack as Arsenal pinned Southampton back.

Lacazette was inches away from getting on the end of a teasing cross by fellow substitute Bukayo Saka as the minutes ticked away but Arsenal could not find an equaliser.

The Premier League millionaires also only managed a single shot — the goal — against the part-timers from the sixth tier.



'I don't hesitate in giving retakes'

■ What is keeping you busy these days?

I have several projects in the pipeline. First, I am working on the pipeline. First, I am working on *Cirkus*, a Rohit Shetty film. Second, my goal in life was to work with the best people from cinema. For me it is Santosh Sivan. I was fascinated by his work and

wanted to get associated with him. Fortunately, now I am doing his film and have completed the shoot on Friday. Third, I am going for *Bachchan Pandey* and will start shooting from February 1. For the time being, I am concentrating on these projects only. But have other things planned for March and the months to come.

ilies were tore apart. We still mourn those losses, but that phase was a different experience for everyone.

■ You once said that for *Chankaya* (1991) you took 25 takes on day one. How is it now? Do you mind giving retakes?

Absolutely not. Until and unless you aren't satisfied with your shot, why should we be hesitant in a retake. For a particular scene in *Cirkus*, I have given 19 takes. Why? Because both Rohit and I felt that something wasn't right. I was stuck in a scene. But, it was all fun and we enjoyed giving those retakes. There shouldn't be a problem in giving retakes, because at the end we all want the best of the best shots. Having said that, yes it feels good when people say that you are able to get the perfect shot in one take.

■ You said you don't read scripts and go by the director's words. Was there a moment when you realised that you should have read the script once?

It's not as if I have vowed not to

read the scripts, I just don't feel the need of it. The reason is the narrator is able to make me visualise the story. But during this, it is just the two of us and when the shooting starts there are a whole lot of people involved.

If the camera person is not good enough, it is then I realise that the director is good but he hasn't chosen the other departments wisely. This happens a couple of times. But reading scripts isn't my nature. It is not just about remembering the dialogues, one should also understand it. If not, then the chemistry won't be seen onscreen.

■ There was a time when you were excited about working with Amitabh Bachchan and now the new actors feel the same for you. How does that feel?

It is an experience for me as well. They learn from me and I learn from them. I make people feel comfortable. I sit with them and talk. It is fun. Also, I am not that old and haven't done that much work. There is more to come.

■ Do you think that the industry needs some changes?

I don't feel the need. What change do we need? That actors should play actresses' role and vice versa? The industry's work is to make films and it is doing it well. And the audience is there to watch it.

They won't if it is not worthy enough. There was a debate about nepotism, but one shouldn't forget that talent is the priority. I have two children, if in future they want to make a career in this field, shall I tell them they can't? This doesn't make sense, everyone has their aspirations and they follow it.

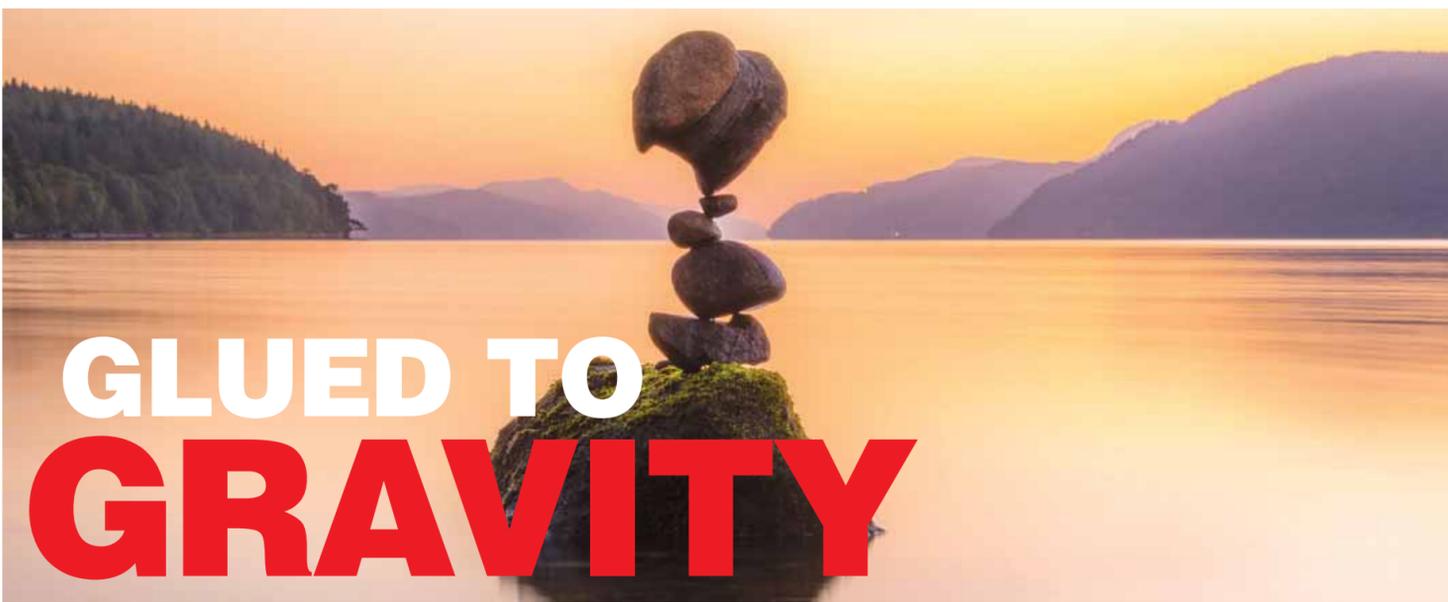
■ You said you came to Mumbai for the love of cinema and not to just become an actor. Do you still feel the same?

My love for cinema can never die. *Mera kuch pata nahin, main kal bol sakta hun ki mujhe ab art director banana hai ya costume designer banana hai.* Not that I don't love acting, I do and I thoroughly enjoy it, but it is the love for cinema that keeps me alive and it cannot die.

Talktime

SANJAY MISHRA

It goes without saying, he is a gem of an actor. Be it his comic timing or the ability of perfecting a serious role, he never disappoints. Musba Hashmi speaks with Mishra about what is keeping him busy, whether he minds giving retakes and what he learnt from the lockdown



GLUED TO GRAVITY

MICHAEL GRAB, 36-year-old artist based out of the US, has been taking the Internet by storm through his works. He speaks with MUSBA HASHMI about how the idea of using gravity as glue to balance stones hit him and the challenges associated with it

What if one tells you that you don't need glue to stick together, or balance, stones to create structures? Many will laugh it off. Meet Michael Grab, a 36-year-old USA-based artist, who has been doing this so effortlessly that it is almost hard to believe whether they are for real. Not to mention, this unique form of art has earned Grab, the most sought after blue tick on his social media accounts.

Grab has been using gravity as his glue to balance stones for years now.

"I began balancing in the summer of 2008, almost by accident. I was at the local creek here in Boulder with a friend. We were casually looking for a mineral called obsidian. As we were moving some rocks around, we began balancing them on top of one another. We were also having a psychedelic experience at the time. I fell in love with the process of balancing almost immediately, found it to be highly meditative and generally therapeutic. So, I decided to continue practicing on my own in the free time," Grab, who goes by the name Gravity Glue on Instagram, tells you.

The practice got Grab interested, so much so that he decided to bid adieu to his job. "I decided to quit my regular job and pursue the practice full time in 2012, when I also started traveling internationally to practice and sometimes perform/teach at public and private events along the way," Grab, who has so far done this art in 25 countries, including all over Europe, parts of Asia, and Australia, as well as in

North/Central America, tells you.

Initially, Grab didn't think of becoming a full time artist, it was only because of curiosity that he decided to make these creations. It was not as if he intended to give out some message. "I began practicing regularly for the therapeutic and artistic qualities I felt. I did not foresee becoming a full time artist, with a message, nor having the ability to reach such a large audience, hence I did not intend much to begin with, other than following this newfound curiosity, which quickly grew into a full time passion. For me, it's a literal message of balance, with Nature. I enjoy sharing the meditative quality and yoga of both the process and the subject. I hope to draw viewers' attention into this kind of transcendental beauty I experience working in and with Nature. The precariously balanced structures also serve as a symbol that "anything is possible," he explains.

One may wonder if what Grab does is permanent. The answer is, obviously, no. "So far, none of my work is permanent. But I've done my ephemeral stone balance work almost all around the globe," he says.

Grab is not at all choosy in terms of stones for his balancing work, but he prefers the harder stones as they work better. "I use whatever stones are available in the variety of locations I've been. But generally, I hope to find harder stones, because they work better for balancing. I also look for interesting shapes and colours, depending on what is indigenous to the location. In



Boulder, I mostly use types of granite that are found here in the creek," he says.

Nothing comes easy and when talks about balancing stones, it is sure shot a difficult art to master. "There are many challenges associated with the practice. One of which is direct interaction/integration with nature, which means I need to be aware of wildlife, wind, tides and anything else that can happen inside this system of Nature, and outside my control. Conditions often force me to listen and adapt,

which is an element I highly enjoy, despite the challenge at times. But, probably the biggest challenge is the focus that's sometimes involved to create more technically advanced structures. This focus is required to tune into tiny vibrations of the rocks, in order to adjust them correctly into a balanced position," he tells you.

For those, who are curious enough to know about the trick that Grab follows, there is none as such. "There are no tricks. It's simply a matter of prac-

tice and patience. But physically, the balance works like a camera tripod, where the mass of the rock is centered between three points. These points are found in the natural texture, or natural indentations in the surface of the rocks. When the contact edges are close together, it looks like a point. And, also the closer together the edges are, the more focus is required to achieve the balance. I find the balance by feeling for tiny vibrations that travel through the rocks anytime they touch one another. When the balance is reached, I call it the zero point, when I intuitively feel that the rocks are balanced," Grab explains.

Each creation, Grab says, has a unique feeling or experience associated with it. "It is a difficult to name a creation that comes close to my heart because most creations I attempt are right at the edge of my skill at the time. So most of them were the most challenging at the time they were created. Each creation also has a unique feeling or experience associated with it, which seem cumulative and also complement one another, past, present and future," Grab, who has made thousands of such creations till date, tells you.

His inspiration behind these creations, he says, comes from everything that he experiences in a day. "My inspiration comes from everything I experience, but more particularly, the beauty I see in rocks and nature, the challenge I experience in the process, and the way humans, for the most part, tend to enjoy and relate to the work," he says.

Desi twist to Western & Eastern flavours

SHALINI SAKSENA tells you how a restaurant is amalgamating flavours from the West and East by spicing up its dishes with Indian condiments to give a taste that is unique and makes one go for second helpings



Chicken rami crunchwich

Most people would agree that a twist to a dish doesn't not really do much to the taste palate. But then it is also true that when we add our Indian spices, it takes the flavours to another level that makes one craving for more even though the tummy says — enough.

One may wonder why three friends from different backgrounds — one from the media, one a doctor and another from a totally different profession — with no knowledge of how the food industry works decided to open a restaurant back in 2009. Nitin Arora, one of the co-founders, tells you that it was the sheer love for food that propelled them in this direction. So much so that 11 years down the line, their brand The Tummy Selection is all set to open its fifth outlet in the Capital, in Malviya Nagar set to open its doors on January 20, 2021, that offers dine-in experience as well. Two are in West Delhi, one in Gurugram and one in Sonapat.

"It was our love for food that made us venture in this line. Over the years we have been experimenting with various dishes and the end-result is what you see in our menu that has been curated over the years with spices that are truly Indians even though the dishes are not. We have taken the *shawarma*, given it an Indian twist, called it *shawario*, and plated it for Delhiites who have been loving our twist to this otherwise very popular roll. It is the sauces, spices and the way we make these rolls that makes us unique," Arora says.

This is true to a certain extent. The Chicken Shawario Crunchwich definitely is a delight for all those who love chicken. One can't one go wrong when you have a fried chicken on top with chicken *masala* as a filling and another fried chicken making it a chicken sandwich. The sauce served with it is tasty and full of flavours even though one doesn't need this extra bit given that this crunchwich offers a burst of flavours. If you are a vegetarian go for the paneer crunchwich. Sadly, the

vegetarians will have to make do with either paneer or potatoes. For the chicken lovers, the other delights are Chicken Shawario and the chilli chicken. The good part is that each has a different flavour.

The let down was the veg nachos. By the time it was delivered, the nachos on top had become soggy. Even the good old microwave couldn't come to its rescue. The chilli chicken was a disappointment too — not spicy enough.



Chicken kebab wrap

The menu tells you that every tummy has a story and hence for those looking for something different try the dishes that are marked OG and New (addition). Also, each dish has a mini and a monster variant. One can order either, depending on one's hunger pangs.

While many would have apprehensions given the Bird Flu scare, Arora assures his customers that his chicken is brought only from licensed sellers and checked regularly. "While there has been a dip due to Bird Flu, I want to assure my customers that we have a centralised kitchen where we do all the testing so far, we have had no problems with the vendor. We buy 200-250 chicken each day and anything that is left is discarded. We don't use the chicken from the previous day, the next day. Also, the chicken cooked at a high temperature kills any infection," Arora says.

Next time, one gets hunger pangs, try a *shawario* instead.

'I don't see what others are doing, I do my stuff'

Singer-songwriter-rapper BADAL speaks with SHALINI SAKSENA about his latest track *Bas Ka Nahin*, how he got into music and the reason for growing popularity to rap in the country

■ What is the latest single about?

It is about a man who is focused on his career and goals and has no time for love or commitment. It is pretty much all about this person.

■ What was the inspiration behind it?

The song didn't need inspiration. I didn't have to look beyond myself — it was self-experience. There was a phase in my life when I was totally committed to my work and my goals. The song is about what I went through.

■ How did you get into music

— that too rap?

I got into music after I completed my schooling. I had to choose a career and I didn't know what I wanted to do. I was already writing songs, I used to write rap to begin with; this was when I was in Classes X and XI. My friends were already talking about what profession they were pursuing since I only knew music, I went with it. I started a YouTube channel and started posting cover videos. I got a good response and I don't know when I became an artist.

■ What is the reason for the growing popularity of rap in India?



There are several. For me, it was Bohemia when he dropped his *Ek Tera Pyar*. It was only after I had heard him did, I started rapping myself. Then came Honey Singh who brought rap to the forefront commercially. Slowly, rap became popular in the North and still continues to be so. Then came Badshah. Gully Boy helped the rap scene in the country. Now, it has spread all over the country.

■ How is the underground rap scene changing here?

I really don't have much idea about the underground scene since I don't listen to music. This may sound weird, but I don't keep track of what is happening. I have never thought of spending time and researching what

is happening in the music world. I don't pay attention to what others are doing. I just do my stuff. I sit in the studio and make music.

■ Tell us about your collaboration with TM Music?

It has been an honour to work with TM Music. They have a great team. They understand my perspective and music. They let me do my own thing which works brilliantly for me.

■ What next?

I have many projects in the pipeline. Each is a different genre. I love it when people give me so much love. It makes me want to better myself and my craft.

the pioneer agenda

FROM THE INSIDE

Freedom from worry

The next time you start to worry, consider whether it is worth the time to engage in thoughts about things that may/may not happen

2



4

Dhyana for a powerful mind

It is no one other than one's own self, which holds the key to how we conduct in life

I've been searching for ways to heal myself, and I've found that kindness is the best way — Lady Gaga



Through her culinary forays and concoctions, VEENA SHARMA tries to join and connect rather than separate or divide the food story from the northern India hills in her book, *Vegetarian Cuisine from the Himalayan Foothills*. An edited excerpt:

THE SACRED LAND

A CULINARY SMORGASBORD



It is not for nothing that the Garhwal region of the Himalayas is referred to as *deva bhumi*, the land of gods. The topography and climate of this sacred land has spawned a rich biodiversity of flora and fauna, which is a natural heritage of the area. Water currents carrying rocks and herbs, fed by high-altitude minerals and vegetation irrigate the soils. Steep hillsides etched by terraced farms and, fed by mountain streams produce crops suited to their particular terrains. The diversity of crops resulting from the variations in elevation, differences in orientation and gradient, as also the velocity of winds and quality of precipitation they are exposed to is what gives to this area its environmental uniqueness.

The different crops provide rare nutrients that cannot be obtained from any single crop. Relying on elements such as sunlight, biomass from forests, and crop residues, farmers here have traditionally worked from an understanding of the ecological principles that underlie natural phenomena, to grow crops suited to their specific area. Respect for, and a connection with nature has led to the emergence of many important religious shrines along the confluences of major tributaries of the sacred river Ganga.

Since the choice of the food we eat is influenced and determined by the society and culture we live in, food in these hills, till recently, had not been driven by fashion or commercialization. For millennia, these hill people lived on whole grains and unprocessed fresh produce. Being connected to nature and the environment, they consumed that which nature provided in different times of the year, as that is what the body requires in those seasons. A combination of natural whole foods and physical exertion in this undulating region is what traditionally gave these people their sturdiness. Hill women are slender and strong as they move up and down the slopes like mountain goats.

Today, our 'technologically advanced' society has introduced abundant and easily available packaged, preserved foods that often call for no preparation. Heavy with unwanted fats and carbohydrates, these 'empty foods' result in the overfed and undernourished persons we encounter, especially in metropolitan areas. The hill people are also becoming victims of the smart inroads made by these foods resulting in sluggishness and uncalled-for fatigue, dull hair and skin, and other troublesome afflictions that can often be traced back to the food consumed.

Perhaps, it is a recognition of this fact that is turning our gaze on ancient grains and herbs that have nourished societies since millennia. We are well aware that macronutrients — carbohydrates, proteins, and fats — give us energy, build muscle, and strengthen our physiological equipment, which are necessary for the efficient functioning of our minds and bodies. But we often do not give enough attention to micronutrients — the vitamins, minerals, fibres, and trace elements — that are essential for the metabolism and absorption of the macros for their optimal functioning and becoming suitable for our bodies. Macronutrients are like fuel, which demands a clean and greased engine for proper combustion. Micronutrients are

the grease and oil that not only maintain the cleanliness and smoothness of the engine, but actually break down the heavy macronutrients so that our bodies may absorb them easily. So, it is not just what we put into our mouths but how we process it that matters.

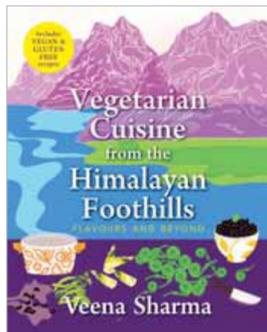
Our finely tuned bodies do not absorb macronutrients in the form they are received. Rather, by a complex metabolic process, they first break them down to their molecular forms and then *re-form* them into subtler varieties of carbohydrates, proteins, and fats — like amino acids, fatty acids, and glucose. These are the forms in which these nutrients are received by the trillions of super-microscopic cells and tissues that our bodies are made up of. It is the minute micronutrients that enable this breakdown of food, which otherwise would either pass out of the system undigested or block some of the subtle passages and cavities causing unwanted deposits. Micronutrients are what combine with the numerous bodily secretions and catalyse chemical reactions to promote 'communication' among the millions of cells, and enable the subtle nutrients to reach where needed, and/or make up a deficiency of one by taking up and converting energy from another. So, there is a riotous intelligent activity of breaking down, reconstitution, and absorption ceaselessly raging within our systems. The better supplied our system is, the more efficient this activity.

No one food can give us all the multitudes of micronutrients that are required for the breakdown and release of the macros. Hence, the need for diverse foods that Nature, in her abundance, supplies us with at different times of the year. While macronutrients can be stored in the body for some time, the delicate micronutrients have to be supplied regularly. The hills abound in seasonal foods that provide these nutrients according to the needs of the body, enabling it to cope with different requirements — keeping it hydrated in summer, warm in winter, etc.

Classically, we eat to gain energy and build our bodies. But we also eat for pleasure. Eating is the most satisfying activity we undertake, as food caters to a deep-seated human craving. When cravings, motivated by commercial pressure, take over, we tend to lay stress on certain foods at the expense of others, ignoring the nutrients that our superiorly operating bodies demand. The minute cells and nerve tissues are the foremost sufferers in this process, as the gross foods are not transformed into subtle forms for transportation and absorption into our ultra fine crevices due to lack of consumption of micronutrients. It is, perhaps, these artificial cravings (or just thoughtlessness) that deprive our tables of the numerous natural textures and colours that are often the indicators of the nutrients those foods carry.

The science of Ayurveda informs us that there is a connection between what we eat and how we act or behave. Our food has an impact on our sense of well-being and harmony, as also our levels of aggression and depression, and, of course, satisfaction. So not only at the individual, but at the societal level also, food tends to have an impact on our interactions.

Ayurveda tells us that just as our physical constitution is characterized by different proportions of *vata* (air), *pitta*



OUR FOOD HAS AN IMPACT ON OUR SENSE OF WELL-BEING AND HARMONY, AS ALSO OUR LEVELS OF AGGRESSION AND DEPRESSION, AND, OF COURSE, SATISFACTION. SO NOT ONLY AT THE INDIVIDUAL, BUT AT THE SOCIETAL LEVEL ALSO, FOOD TENDS TO HAVE AN IMPACT ON OUR INTERACTIONS

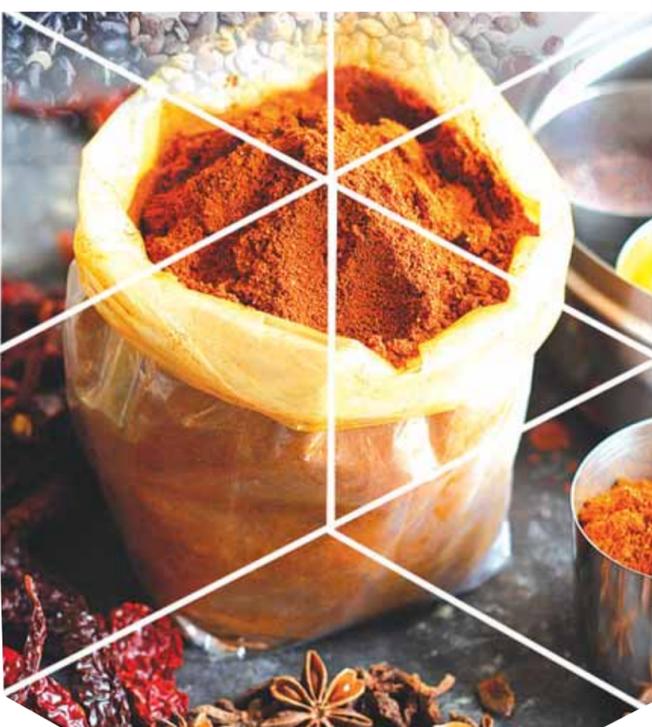
(heat or fire), and *kapha* (viscosity or water), we also have a corresponding mental constitution determined by the qualities of *sattva*, *rajas*, and *tamas*. A balance of the three is required for normal functioning in the world. Each personality is made up of a different balance of these qualities. The balance needs to be maintained for a creative and harmonious functioning at the individual and societal levels.

On the physical side, *vata*, the mobile energy and life force of air and ether, governs movement, including the flow of breath, pulsation of the heart, muscle contractions, and cellular mobility. It promotes the faculty of communication by strengthening the mind and the nervous system. It is, thus, linked to creativity and flexibility, as also levels of anxiety and overactivity. As a general rule sweet, sour, and salty food cooked with ghee and served warm suits the *vata* element.

Pitta, carrying the healing and transformative energy of heat, governs digestion as it sustains metabolism and body temperature. It is related to intelligence, understanding, thoughts, and emotions. It also engenders physical and psychological endurance. Pungent and bitter foods, ripe fruits and vegetables cooked in less oil regulate *pitta*. Sour food may not be too appropriate for the *pitta* constitution.

Kapha, the viscous and binding energy reserve of the body, being associated with the earth and water elements, lends structure, solidity, and cohesiveness to the body. It hydrates the cells, lubricates the joints, and moisturizes the skin. It also helps maintain immunity and protect body tissues. Equated to the watery energies of empathy and compassion, it creates a sense of peace and patience to sustain consistent effort. It is perhaps also conducive to good sleep. The sluggishness of *kapha* is pacified with pungent, bitter, and astringent food using a minimum of oil and fat. Mucous-provoking food could aggravate this element.

On the mental side, *sattvic* personalities display greater creativity and mental and physical alertness. They remain enthusiastic with regard to what they undertake and are able to solve life's problems more easily. They display a cheerful and serene countenance, and do not suffer from mental fatigue even after working mentally for long hours. *Sattvic* food is light, unctuous, and packed with nutrients. Milk, butter, ghee (clarified butter), fresh and dried fruits like almonds, dates, lentil sprouts, and whole grains, and a number of seasonal vegetables contribute to this type of personality. Gourds of different kinds are also suited to this type. Spices used in *sattvic* cooking include turmeric, ginger, cinnamon, coriander, fennel (*saunf*),



cardamom, and several digestive herbs.

Rajas is characterized by an aura of restlessness. *Rajasic* personalities tend to be somewhat ambitious, aggressive, and competitive. There could even be a tendency in them to control others. On the hand, *rajas* provides energy to perform and actualize the creativity of the *sattvic* mind. *Rajasic* personalities favour food that is oilier and spicier as compared to *sattvic* food. They prefer foods that are bitter, sour, salty, pungent, hot, and comparatively dry.

Tamasic personalities are generally depressive and sluggish, given to much eating and drinking. A little mental work tires them easily. *Tamasic* food is generally overcooked, preserved and processed — food made from refined flour (*maida*), pastries, pizzas, burgers, chocolates, soft drinks, tea, coffee, tobacco, alcohol, canned and preserved food like jams, pickles, and fermented food, fried food, ice creams, puddings, and a number of 'fun food' are unfortunately included in this list. The good news is that when freshly prepared at home with wholesome ingredients, these same foods can provide fun as well as nourishment!

As there is an absence of micronutrients in *tamasic* food, they leave us with a sense of non-satiety even after we have eaten a full meal. This is because the body secretes a number of juices and enzymes to mingle with micronutrients to help the breakdown of larger foods. When those are not supplied, there is a sense of craving and one puts in more of the same kind of heavy food, stretching the stomach walls, burdening the digestive system and retaining a sense of dissatisfaction. Overstretched stomach walls can also impact the functioning of the heart and lungs, which share the

same general space. Too much *rajas* or *tamas* can have a negative impact on our lives. A balance of all three is what makes up an efficient and healthy mind. As such, a combination of varied foods to cater to the differing needs of the body at different times is needed. In a well-balanced system, the digestive fires would further 'cook' the foods to draw out their optimal nutrients.

I felt that the several prescribed days of fasting in this area (these days are also known in other parts of India, but perhaps observed more avidly here) are an important contributor to physical and mental well-being. Our rubber-ball-like stomachs, normally about the size of our fists, stretch to accommodate the food we put into it, which in three to five hours is pushed out to other parts of the digestive tract. During days of fasting, by either refraining from food or eating limited quantities of light food, we allow the stomach to rest, become empty, and regain its natural contour and size. That is the time when we experience 'real' hunger as against craving. With a little sensitivity and observation, as also experimentation, we can train our brains to signal 'real' hunger as against 'nutritional' hunger that manifests as craving.

Consequently, it is worth investing a little time and resources in the quality of ingredients and the mode of preparation of food. For, that goes a long way in determining the health of the molecules, those microscopic constituents that carry nutrients to every cell and tissue in the inmost recesses of the body and determine the state of our bodies and minds.

Excerpted with permission from *Vegetarian Cuisine from the Himalayan Foothills: Flavours and Beyond*, Niyogi Books, ₹750



KINDNESS IN WORDS CREATES CONFIDENCE. KINDNESS IN THINKING CREATES PROFOUNDNESS. KINDNESS IN GIVING CREATES LOVE — LAO TZU



FREEDOM FROM WORRY

The next time you start to worry, consider whether it is worth the time to engage in thoughts about things that may/may not happen, writes **SANT RAJINDER SINGH**

There has been a great interest among doctors, researchers, and people in the field of psychology concerning the effect worry has on health. Worry is one of the causes of stress that can, in turn, create stress-related illnesses. The word "worry" comes from old English and means to choke or strangle. If we think about the original meaning of the word "worry," we find that it accurately describes what worrying does to us.

When we choke or are strangled, we cannot breathe. Our air supply is cut off and we struggle for life. While we may not associate choking with worry, if we think about it, when we worry we are actually cutting off our life. We may not show signs of physical distress right away, but slowly over time, our body exhibits some form of deterioration. Stress produces hormones that were meant for escaping danger. We either run or fight. It sends hormones that pump up our strength in our arms or legs to run or fight. But when we feel stress without the necessity of running or fighting, those hormones circulate through our body. An excess of these hormones have the effect of causing long-term damage to different parts of the body. Although we do not choke or become strangled, they definitely cause physical illness over time.

Thus, doctors and psychologists have been focusing their attention on helping people avoid worry as a means to better health, both mental and physical. Some of the research points to the fact that worry is a condition that arises from fear. A study

was done about worry that analysed the kinds of worry that people have. More than one-third of what people worry about deals with things that never happen. Another one-third of worry deals with things that happened in the past that cannot be changed. The remaining one-third of worry is divided between worrying about things that concern other people and are not our business, things that deal with sickness that we really have or imagine we have, and a small percentage are real things about which we should worry.

Think of how often we worry about things tremendously, yet they never happen. For example, consider how many times in the past years that the weather reports spoke of heavy rains and thunderstorms that threatened to ruin the plans over the Fourth of July holiday. Yet, the day turned out to be sunny and beautiful. Our mind projects events into the future that cause us to worry, with some people even worrying themselves sick over some impending disaster. They may think about the perceived threat day and night. They may talk about it with others. Some people may even lose sleep over it. Most of the time, whatever they worried about never came to pass. The results are that all those days and weeks they spent thinking about their fear of the future has wasted much precious time of their life. It was as if they were choking on their fears. Those life-breaths allotted to them were wasted. The quality of their life was cut short due to worry.

ONE WAY TO DEVELOP TRUST IN GOD IS TO MEDITATE. WHEN WE MEDITATE AND GO WITHIN WE DISCOVER GOD WITHIN US. THEN, THERE IS NO MORE QUESTIONING OF WHETHER THERE IS GOD OR NOT. WE COME TO SEE GOD AND ALL THE WONDERS WITHIN

HOW TO AVOID WORRYING

The next time we start to worry, we must consider whether it is worth the time of our precious lives to engage in thoughts about things that may or may not ever happen. If there is really a danger, then instead of worrying, we should make specific plans to avert the threat. If we take actions, we have done all we can do. We do not need to supplement those actions with worry. Taking action is useful; but worry is useless. We do our best, and then put in the remaining time to something that is going to be beneficial to other people or ourselves. In this way, we can eliminate one-third of our worries.

Another cause for worry is events that happened in the past that we cannot change. It may be true that what has happened in the past was not to our liking or to the liking of other people. Once the event is gone, it does no one any good to worry about it. What has happened has happened. Worrying about it will not change it; worry will only make us sick. Thus, we suffer doubly for the events of the past. We suffered once for the situation we did not like. But then we suffer repeatedly each moment we worry about it because it makes us relive that situation again and again in our minds. It is like replaying the same bad movie over and over. Isn't once enough?

LEARN FROM THE PAST, BUT DON'T WORRY ABOUT IT

The value in thinking about the past is only to learn from it, take steps not to repeat our mistakes, and then move on. Worrying about it will not change it. Worry will not even make us

avoid the same mistakes in the future. We should take a lesson from the past, and we should resolve to do better in the future. If we could forget the past, we could eliminate another large chunk of our worries.

TRUST IN GOD

One of the best ways to declare freedom from worry is to trust in God. Sometimes in life we go through good times and at other times, difficulties. When things are going well for us we believe in God. However, when despite our best efforts and goodness of heart we hit bad times, then we question whether there is God.

In our own lives, we can reflect on times when we worried that things were not going our way. We began to question God and how bad things could happen to us. Yet, later we come to realise that in the end all worked out for the best. What seemed to be a setback actually was a blessing, because things in the end worked out better than we could have arranged them for ourselves.

We realise that God is always with us and looking out for us. Sometimes we cannot see it right away but at the appropriate time we find out that God's wisdom knew what was best for us.

One way to develop trust in God is to meditate. When we meditate and go within we discover God within us. Then, there is no more questioning of whether there is God or not. We come to see God and all the wonders within. With this awareness, we no longer have to question God's wisdom. We see God's hand in all things and know that whatever happens is for the best for us.

The writer is a spiritual leader



HIDDENSOULS
PRAMOD PATHAK

Democracy wins in the US, but...



It is ironic that the person who promised to make America great again, could only prove to be an anti-thesis of the idea. Now that the old order changeth and there is a sense of relief, some issues need to be debated and discussed. Not with reference to some individual but in the context of the system. It was largely for this reason that the US Presidential elections gave no less anxiety the world over than the Covid-19 pandemic. Though coronavirus also had a role to play in the outcome, yet the US elections leave many a lessons to learn. The first and foremost is that it validated the hypothesis of Abraham Lincoln, one of the greatest US presidents. Yes, you can fool some people all the time, all the people some of the time, but not all the people all the time. Incidentally, he was from the same party as Trump, though they were poles apart in terms of their value system. And that made the difference. Even if you can fool some people all the time and all the people sometime, you can rule. That is how the world got to experience the likes of Hitler and Mussolini. They were able to fool a large number for a long time. Democracy is a workable system that rests on the principle of maximum good to maximum number. But there is an inherent weakness. Sometimes majoritarianism becomes the norm. Race or religion may create false sense of pride and make people believe in the unbelievable. Memories of Hitler's rule in Germany still send chill down the spine and suggest how a democratic rule can become undemocratic. That the US could ward off this threat may give a sigh of relief to majority of Americans and most of the world, yet what happened on 6th January at the Capitol Hill is a grim pointer to the way a democracy can be distorted. If such a thing could happen in the US that claims to be a global champion of the cause of democracy, then what about countries that are on weaker grounds. There is a need to think over this issue deeply because one person can hold the nation to ransom and run amok. How to rein in such aberrations is a big question. Systemic checks and balances are very important. The strength and independence of various institutions determine the success of a democracy. Fortunately in the US there were those institutions that did not succumb to whims and fancies of one person. The judiciary and the media remained largely objective and even the sections of legislature, the republicans, refused to act like apparatchiks. Democracy is not leader driven. It is institution driven. The integrity of such institutions depends on values of individuals manning them. Chances of a leader going astray are always there but institutions must stand firm. The simple prescription is by putting right men rather than Yes men in places. It is meritocracy, thus, that can steer democracy. When self infatuated leaders start getting carried away by their own slogans institutions must act as a check. Slogans don't make Nations great. It is the actions that matter. Actions based on sound reasoning and noble intentions. Democracies are fragile systems that can easily become totalitarian. Strengthening the institutions makes Democracy survive and thrive. Mr President has a task cut out for him. Democracy has survived. But it should thrive. For a more democratic and just post corona world order.

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Ways to thrive in new normal

The pandemic and its aftermath induced several behavioural changes within us, says **SAMRIDH SETH**, as he hands out tips to handle the new way of life better

The year 2020, although full of adversities, has directed us to the path of the new normal, and how we can take care of ourselves and also prosper moving forward. Let us go through 7 things you can consider to thrive in the new normal.

● **It's the Age of The Polymaths.** Learn a variety of things and be ready to adapt and change from one topic/subject to another as the tides turn. The pandemic year has made us vulnerable but at the same time, as fluid to adapt to new conditions too. Take up that long-desired activity; engage in taking baby steps for all that you have wished or dreamed to accomplish. There are no boundaries.

● **Curiosity is the key.** Be curious and use your time wisely to learn as much as you can. A to-do list of activities for the day and planning them out certainly arrest from wasting any time, especially on social media and various other apps due to extra time that we all have at home, away from our work environments. Killing time is certainly losing an opportunity in disguise. Try and avert engaging in any unnecessary activities by the day.

● **Not sticking to one project but multitasking will certainly keep your mood uplifted and your mind innovative.**



Keep your mind working on a side project that may one day become a side hustle. Keep innovating, thinking and exploring new ideas. Innovation always is indispensable. Learn to master your multiple qualities by putting them to use continuously.

● **Self-love should not be seconded.** Remember to take care of yourself and love yourself. Make sure you are eating right,

exercising right, keeping motivated and moving onwards and upwards. Let not negativity or unforeseen thoughts linger on your mind. It is hard to go at it on your own sometimes but that's the path we are all on now.

● **Complaining is never the answer.** Don't complain about what's going on but try to understand, adapt and improve with the given situa-

tion if you can or adjust to the new way the world is. Remember, you can only play the cards you have been dealt with, not the ones in the pack.

● **If you like painting, sketching, or even swimming, you must take up all the therapeutic hobbies that keep you calm from within.** Pick up a new hobby, not dependent on anyone or anything, something you can do yourself. Don't wait for others, go at everything you want, yourself. If others want to join in for the ride, welcome them with open arms but don't be dragged down by them.

● **Getting over the predecessor self is important.** Try and be better than you were and strive to always get better than you are. See yourself in the future and chase that goal, play catch up but never reach it. Why? Because you will have bigger and better goals the better you become. Most importantly, you must have fun and enjoy whatever that you are doing. Live life on your terms.

The life ahead is going to be full of challenges and it will be all the more unpredictable with the new normal kicking in, but as much will the challenges be, seeing the opportunities emerging out of the same will be a silver lining in turn for one to adapt and thrive in the new normal.

The writer is the author of Past Dwellers

God is always listening

God is omnipresent and giving. Work on improving your *karma* to get rewarded by the divine powers that be, writes **AJIT KUMAR BISHNOI**

What does God do being all-pervasive? He sees, hears and even knows what we are thinking. Why does God do this, because He must respond, if required. Suppose a little girl is praying in her home for quick cure of her sick mother, then, God must act, because He must respond. Such is the Cosmic Design. How He will act and when is entirely upto Him, but He will definitely do something. No prayer ever goes waste except when it is against "dharma". Similarly, all our spiritual acts will be noticed by God and duly rewarded, again as determined by Him. Because God must encourage such acts. These distinguish one from a good person. Such souls are spiritual besides being good persons.

Good people are born with divine endowments. (16.1-3) They have yet not progressed to the spiritual level. However, as their purity level goes up, they will ultimately accept the existence of God and begin doing spiritual acts such as chanting Lord's names. Good people are rewarded for their pious deeds by the divine authorities. And if such good persons become doers of welfare acts, they are assured of not ending up badly. (6.40)

Spiritually-minded persons on the other hand are known as devotees of God. As God is seeing, hearing and is aware of everything, all their spiritual acts are noticed by God, and He takes cognizance of them through appropriate rewards. For instance, when you chant "Rama", God hears it. And as God knows what your thoughts are behind doing so (13.2), He must respond suitably. As God is unlimited, He can give whatever He feels His devotees deserve. God's reaction is very different from what a common man will



do in these circumstances. Suppose someone calls my name, I must be within hearing distance to be able to hear. If I do hear, then, I have to ascertain the purpose of such an act. Even after that, I have to determine whether I can help or want to help, because we are limited and have narrow self-interest; God does not have such limitations.

Back to God's motivation for wanting to be aware of everything. The first is the need for continuity. The creation lasts millions of years. God cannot allow any act, which could endanger the longevity of the Creation. Therefore, He must be aware of everything, i.e. which goes on in His Creation, even what we are thinking. God will not allow any serious damage to His Creation. The second motivation is proper functioning of the Creations. That is why gods and goddesses have been created; these are special souls different from us. They administer the *Karmaphala* principle under His superintendence. (9.10) The

third motivation is to encourage good people, who are vital for the functioning of the Creation. Imagine a world with only bad people, i.e. those in whom demonic qualities are predominant. (16.6) That will not work. Such good persons are duly rewarded for their pious deeds by the divine authorities.

The fourth motivation is to reward those good souls, who have progressed from the level of goodness to the spiritual level, i.e. those who are now also engaged in doing spiritual acts, as mentioned earlier, when goodness increases, one will be inclined to turn spiritual; this is natural. And when one does spiritual acts goodness and purity increase manifold. Such persons are extremely useful for the Creation and must be encouraged, which God does as He notices them. These spiritual acts differentiate devotees of God from good persons.

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Modi, public will and intellectuals' club

"The struggle for material existence is over. It has been won.

The need for repressions and disciplines have passed.

The struggle for truth and that indescribable necessity,

Beauty, begins now, hampered by none of the lower needs.

No one now needs live less or be less than his utmost."

Scottish Poet Hugh MacDiarmid in Lament for Great Music.

I know some people may brook no immodesty but relevance overshadows immodesty when occasion demands it. My sincere apologies for reproducing from my own book — *Soliloquy of a Small-Town Uncivil Servant*. In a chapter titled "Within the Cave or Cave Within" there is a depiction of a civil servant visiting his superior officer fictitiously named *Madam Mahavipida Devi*, supposedly in charge of transfers and postings of officers (looking at the name one can imagine the plight of lesser mortals). Not a sanctimonious subordinate, his fault was he wanted to present her his book of poems in place of things that pleased her. Conversation ensued:

"And then she talked about that book. 'A book in Hindi.' She kind of condescended. 'No in English.' Keeping her eyes peeled — 'Your wife has written it. Does she know English?' 'Is she from Delhi?' 'No, I have.

Her eyes become wider and wider. 'You have written?' There was utter disbelief in her.....

'How come you are stationed at such a place? How long has it been?' Completed two years?"

'Yes, madam.'

'Move from there immediately.'

'Where?'

'Oh, oh, you don't meet the parameters. You must understand that.'

'Yes, madam. Parameters. Which parameters madam? None told me of them.'

'Yes, you don't meet these. Do I owe you an explanation? I know you from the cow belt?'

The character Mahavipida Devi, who pooh-poohed the visiting civil servant for belonging to the "cow belt" and his not meeting "parameters" for posting to certain cozy stations represented that elite group whose members decide the parameters for access to certain rosy things, including postings and high positions, and also decide the persons who meet parameters to get these. How relevant it is in today's context!

Professor Jonah Ruskin, the 78-year old American critic of renown, while reviewing my aforementioned book for *New York Journal of Books*, opined, "...Henry David Thoreau, the author of *Walden* and the essay 'Civil Disobedience,' said that the person he knew best was himself. Hence, Thoreau announced he would write about himself. If he knew another person as well or better than himself he would write about that person, he explained." Great thinkers carry wonderful serenade with their thoughts leaving behind everlasting intellectual fragrance. Let me move to the principal theme of this article.

Of all my postings, three I identified for their uniqueness: Pondicherry, Rajkot, and then Trivandrum. Of relevance for this article is Rajkot. The time I spent in Rajkot in Gujarat brought me both as a citizen of the country and as Accountant General of the State face to face with a different place altogether. It was an enthralling place with smiling and welcoming faces and a whole mass of cultured, motivated people, ever ready to help anyone in need. People were industrious and society had no idleness in any sphere. It was not an idle society. Uninterrupted power and water supply, a highly responsive administration to citizen's needs, almost perfect law and order situation in the entire State, and people with a sense of responsibility carrying on, with remarkable zeal, their responsibilities in various capacities were some of the attributes I noticed. One could earn well, live well and sleep well. My interaction with people — vegetable vendors, barbers, taxi drivers, students — I met during my evening strolls in the big campus of Saurashtra University, and a whole lot of people during my visits throughout the State gave me two messages. First, it was a well-governed State. Second, they loved and respected their then Chief Minister Narendra Modi because of whom and his model of governance they were enjoying high quality of life. For them, Narendra Modi was the be-all and end-all. I got to know what it meant by public will. I left Rajkot in 2009 with a question lurking in my memory. Why was

Modi so popular? 2014 was not far behind.

Pontificated way back John Kenneth Galbraith in his celebrated book *The Age of Uncertainty*, based on his experience of interaction with a few world leaders like Hermann Goering, Joachim van Ribbentrop, Albert Speer, Walther Funk, Julius Streicher and Robert Ley who, to use Galbraith's own words, "did pass under my inspection and interrogation" that great leaders were ones who had the willingness to confront unequivocally the major anxieties of their people in their time. They not only shared what he called "mass anxieties" of their times but also altered themselves with changing "mass anxieties". Galbraith found fault with late Prime Minister Jawaharlal Nehru on this count in as much as late Prime Minister Nehru did not keep pace with changing mass anxieties and the current problem in main Opposition parties is a reflection on their failure to live up to the expectations of what Galbraith referred to as "changing mass anxieties". Galbraith also talked of "vested interests" to which I will come later.

The year 2014 saw dawning of a historical new world for India. People of India revealed their preference for a change. They had experienced a long rule by the Congress and coalition Governments but despite some good work done during last sixty years or so, there was a sense of desperation, a sense of suffocation, a sense of collective helplessness. Or alternatively put a collective desire for a change. In power in 2014, Prime Minister Modi meant change; a shift. The manifesto of party set the ball rolling. He believed in experimenting with growth agents. He knew the behaviour of markets, producers and consumers. He had guts. He knew how a leader in the BJP is born and evolves in the hands of stalwarts and statesmen like LK Advani and Atal Bihari Vajpayee. He inherited collective traits of a party that had struggled to keep its ideals and ideas aloft amid swinging fortunes. He started taking macro socio-economic decisions in overall national interest. He knew people's disillusionment with previous regimes and the reasons for the disillusionment. People were watching him how he was going ahead with implementing the manifesto the BJP presented before them and they voted the party to power. Very importantly, people having evaluated "Gujarat Model of Development" decided to vote for Modi and expected results from him. What he inherited from the majority of previous regimes was at best an inheritance of great loss. He had two choices; implement manifesto; he had clear majority given by the people of India or slip into quagmire like other parties in the past. Gujarat model of economic development showed a pious path. It was a clean path too. I am not going astray but let us understand who is an intellectual?

For the league of people called "intellectuals", the world has always been a complex place where they watch powers and countervailing powers vying with each other. They possess well-rounded worldview, have the capability to indulge in logical thinking and absorb happenings correctly and fairly. They are meant to observe and interpret national and international trends, relationships between countries, functioning of economy and democracy. They have a responsibility towards the plebeians to make them understand complex issues and mold their thinking and behaviour for a much enhanced sense of fairness and justice and better governed society.

Looking back at history of post-independence India, one realises the crucial role assigned by the rulers to members of the coterie or "elite group" that were fiercely driven by what John Kenneth Galbraith in his aforementioned book called "vested interests". "People have an enduring tendency to protect what they have, justify what they want to have. And their tendency is to see as right the ideas that serve such purpose." For example, in 2015, returning awards as a method was adopted by the intellectual elite to create superfluous controversies and divert attention from good work done by the Government. Controversies bring limelight and this is the raison d'être of the annoyance of some of the puzzled intellectuals who choose not to blind themselves to the invading imaginary apocalypse when time ticks away and things don't seem to be going their way. They don't accept today's New India where there is no space for the "coterie", "elite group" or "vested interests". True democracy nestles not in clubs of "elite groups" and "coter-



ies", with a sense of kinship, but inside the ordinary person who is a voter. Gone are the days when people obtaining degrees from "prestigious" colleges of metros particularly Delhi were destined to push elite culture in whatever walk of life they moved forth at the cost of umpteen number of ordinary folks far more talented than the former but pushed to the backwater. In Prime Minister Narendra Modi's period everyone has equal opportunity to ride the ladder and reach top positions. The Prime Minister himself being a shining example who has soiled his hands in the dusty streets of democracy which in turn has gifted him the wisdom and insight into segregating the important from the circumferential on what matters are important. Once important matters to be further pursued are decided, difficulties don't matter nor difficult decisions. To answer a question raised earlier, this is the precise reason that accounts for Modi's popularity, something I experienced in Gujarat.

Immense popularity brings with it critics who constantly look forward to use groups, elite groups, coteries of selected people in love for being branded as "intellectuals" to create controversies as they enjoy their oneness with Miley Cyrus's averment: "People like controversy because that's what sells." This class of closely knit people gathers in the evenings in clubs, hotels or even someone's house to exchange their points of views remarkably similar to views of other members. Thus homogeneity of views defines this class of intellectuals. Heterogeneity is unacceptable to them or their masters. Heterogeneity uncovers masks. It shows mirror and hence is an anathema. Second, each member considers herself/himself as past master expressing her/his point of view at the earliest available opportunity. Third, in the event of being in oblivion for long, they bring out their jointly nourished weapon from their armory; they become habitual signatories to letters addressed to no less than the President or the Prime Minister of the country. They know how to make efforts to draw attention and steal the limelight. Momentarily pleasures in waning hours are something to live by.

The problem with this elite group is that even a democratically elected Prime Minister Narendra Modi is not acceptable to them as they don't realise their failure to identify themselves with the average citizen whose vote reigns supreme in a democracy. Any democratically elected leader represents the voice and concerns of the man in the street: the average man who represents the "mean" of the democracy. Fortunately elite groups of intellectuals don't represent the "mean" of democracy. The "mean" of democracy is not merely a numeric figure implying number of votes fetched in an election but a trust that average Indian reposes in the leader and party that he leads. Trust implies the voters believe that the leader and party they voted to power will treat them well and fairly, look after their

welfare and let them live and function with dignity. Indian society that is governed by democracy moves by and large on the principles of trust. Voting system implies trust and reciprocal faith.

Trust begets fairness: a fair deal to people. Here Narendra Modi has established his credentials. The huge victory of the BJP in 2019 under Modi's leadership confirms it beyond doubt. Fairness calls for transparency and visibility. Provision of equality of opportunity to all, to the maximum extent possible, is not a myth. It's possible. Schemes benefitting common people like water conservation efforts through Jal Shakti Ministry, reduced use of plastic, surrender by over one crore people of their LPG subsidy to enable the needy get LPG connections, States pairing with one another for interaction between their people, arrival of electric vehicles, Self4Society bringing volunteers to teach underprivileged children, innovation of ecosystem, phenomenal increase in Khadi sales, Beti Bachao, Bati Padhao scheme helping sex ratio at birth rise from 918 in 2014 to 931 in 2019, taking care of mentally disordered people through websites like Kiran, etc. are a few examples. People voting for the BJP are not guided by belief in Hinduism or Hindu model of society and development but by their belief in leadership's competence, honesty, transparency and involved approach. Benefits from schemes flow to all citizens irrespective of their origin or religion.

Another issue that figures regularly is that of intolerance and a hostile attitude towards dissent. This is far away from reality. Those who quarrel on this count must remember Emergency days and nights. Journalist and thinker A Surya Prakash' book *"The Emergency: Indian Democracy's Darkest Hour"* and other writers' books throw ample light on the consequences of dissent during Emergency. Yet another point of view presented by some intellectuals is that the present regime is psychologically thwarting the thinking capability of a category of people by not allowing them to express their views frankly and openly. Last six years have witnessed significant positive changes in the quality of society, and when these happen, sporadic noises by some are normal consequence. But when such noises continuously seem to aim at diverting attention from fruitful things being done by the Government and creating psychological hurdles in the process of development, there is a need for much deeper and more explicit "self-observation" as psychologist Wundt called it, of themselves by voice-makers in the context of their imagined fears and agonies.

Sometimes one looks amusedly at discussions centering on if there has been "too much" and "too less democracy". There can never be at any time in the history of mankind a completely ideal democracy, for the word "ideal" renders itself to differing interpretations and when some titans from the same league clash

over what level and kind of democracy be there as per their desire and choice, the battle, inter alia, boils down to exquisitely crafted English prose taught in posh colleges of metros. Democracy is decided by people and not by warring titans or intellectuals in cozy chambers where outside temperature gets regulated by machines hanging on walls. Those who don't respect will of the people must feel enraged enough to come out to see natural warmth of air.

Yet another oft-repeated charge: Modi-led BJP is pro-Hindu and anti-minorities. India is a country which has a national character, national ethos and a national conscience and Hinduism is at the core of that character, ethos and conscience. By virtue of its benevolence and all-encompassing nature, it assimilates and absorbs. It does not discriminate. It believes in flexibility. Rigidity towards other religions is an anathema for it. It has suffered many onslaughts on its character and conscience and has emerged more and more vast, clean and large-hearted religion. Anyone disrespecting Hindu religion has to be condemned and dealt with accordingly. Appeasement policies to please minorities are not good for overall growth of the nation. A former Prime Minister went on saying, "We will have to devise innovative plans to ensure that minorities, particularly the Muslims, are empowered to share equitably the fruits of development." Though later on clarifications poured in clarifying the intent but the cat was already out of the bag. The assertion raised two important questions. Did Muslims not enjoy equitably the fruits of development? Second, if minorities particularly the Muslim minority did not share equitably the fruits of development, which Government ruled for the large period of sixty years after Independence and was it not responsible for it? These need to be viewed in the context of constant hue and cry by some public opinion makers against the present Prime Minister and BJP.

The heart of the matter lies in the fictitiously named lady Mahavipida Devi who not only believed in the "parameters" she, in cahoots with her ilk, made for selecting the kind of people who could fill the slots in posh stations and posh charges but also determined who didn't meet the parameters. These persons form the coterie or elite group that thrives at the cost of majority of people in any organisation or country at the peril of the organisation or the country. Anyone from the marginalised segment coming to limelight attracts vehement criticism, whispering voices and slanderous propaganda against them by members of elite groups. Therefore these intellectuals' puzzle is perfectly understandable but fortunately the man in the street resolves the puzzle quickly just like the civil servant who met Madam Mahavipida Devi and heard her lecturing him about parameters. Unwanted criticism by certain sections of society running contrary to public wisdom, verdict and will is not

relevant. Why?

Viewing democracy in today's India with jaundiced eyes by some of these intellectuals will produce for them only person perceptions but certainly not common perspectives. These men, gossiping in clubs and coffee houses, taken together believe they are supplying outside world very impressive amount of information but the harsh truth is they deplorably possess limited knowledge about real India and what makes real India. People in the service of pre-conceived ideas, policies and politics have fundamental problems in gaining insight into the modes of working of present Government that is determined to create a New India. For understanding a New India, one has to come out of the old India. Real problem lies there. New India has no "comfort zones" for anyone. Common perspectives come from masses who have felt the impact of various reforms and measures initiated by the Government. That accounts for continuing popularity of Modi and BJP's victory in various elections.

There are two most important contributions of Prime Minister Modi. First, for a huge majority of population in the country, the necessity, to use Hugh MacDiarmid words "to live less or be less than his utmost" is over and equally importantly, he has made not only India but to a considerable extent, the world safe for democracy. Safety of democracy is vital as only a safe democracy serves majority of citizens and does not cater to requirements of a group of powerful individuals. The period of these groups enjoying disproportionate voice and control over words and national resources is over. Modi has given people a sense of identity. He has been extraordinarily influential in spreading globally the ideas of equality, human dignity, market, transparency, democracy, self and collective discipline and national glory. It is because of these and his popularity and connectivity with common people that Narendra Modi has acquired a clean, respectable international image and the world sees him and his vision of new India as a new hope for the world.

(KK Srivastava hails from Gorakhpur in Uttar Pradesh. He did his Masters in Economics from Gorakhpur University in 1980 and joined Civil Services in 1983. He superannuated in July 2020 as Additional Deputy Comptroller & Auditor General from the office of Comptroller & Auditor General of India. He is a poet, writer and columnist. Author of three volumes of poetry, his poems have been translated into Hindi (Andhere Se Nikli Kavayitayani PRAKASHAN (2017) and his book 'Shadows of the Real' into Russian by veteran Russian poet Adolf Shvedchikov. His fourth book *Soliloquy of a Small-Town Uncivil Servant: a literary non-fiction published in March 2019 by Rupa Publications, New Delhi has been receiving international acclaim in literary field. Views expressed here are his personal views.)*

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KK SRIVASTAVA



MAN HAS TWO GREAT SPIRITUAL NEEDS. ONE IS FOR FORGIVENESS. THE OTHER IS FOR GOODNESS —BILLY GRAHAM



YOUR YEAR AHEAD

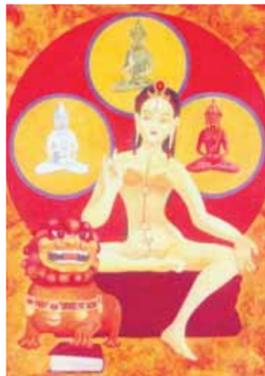
MADHU KOTIYA



ARIES March 21-April 19

You are expected to follow a new health regime. You have been slacking for a long time and now things are out of your control. You need rest, a planned diet, and peace of mind. So, work out accordingly. Remember health is wealth and there are no other commitments as important as looking after your wellbeing. On the work front, if you are waiting for the results of an interview, you may still have to wait. Try to be patient and refrain from pushing people to move before they are ready. Make sure you have done your share of work, and if you haven't, figure out how to explain or make amends. On the relationship front, there may be the end of a relationship. Try to give your beloved some breathing space.

Lucky number 28
Lucky colour Orange
Lucky day Tuesday



LEO July 23-Aug 22

This week your health remains good and you will bring balance in your life. Professional, personal, and emotional all fronts go well with your wisdom. Amidst the busy schedule, you take time out for your wellbeing. Family members will be supportive to you in whatever you do. On the work front, you feel the powerful energy and want to achieve the best in all your tasks. You may be bothered by a gentleman's behaviour at work but it could just be that you are being too sensitive. He's just doing his job. An exciting opportunity is likely come to you to represent your institution on the academic front. On the relationship front, some moments in life will bring pure ecstasy and you may wonder why. A new bonding is on the horizon.

Lucky number 14
Lucky colour Brown
Lucky day Wednesday



SAGITTARIUS Nov 22-Dec 21

This week heart patients should be careful. Avoid anger and aggression. You will be full of life. You have great stamina and vitality, but be careful when exercising; there are indications of minor injuries or sprains. Career-wise you feel important as new job opportunity will come your way with a better perspective. You might get a bit busy in planning your life. Use your intelligence and hard work, it will pay you rich dividends. You may face a tough time in your relationship. It can be that your beloved or someone in blood relation (your mother or sister) is undergoing mental tension and needs your support. Those who are seeking love, don't worry. Your time will eventually come but for now, it's good to stop with your search for some time.

Lucky number 22
Lucky colour Grey
Lucky day Friday



TAURUS April 20-May 20

You are in the best of health. Use the good energy of this time to enhance your habits, improvising your exercise routine or adding to your knowledge of nutrition. Trust yourself. You come back in life with double enthusiasm and creativity. On the work front, it is vibrant and action-packed time. There will be sudden outbursts of emotions and passions as well. You start the work to finish and with quality. Support of seniors will give a boost to your career this week. On the personal front, give with kindness and compassion, and know that what goes around always comes around. Some of you might spoil your relations with the loved ones, due to your sensitive nature. This time career is very important for you and romance and love will take backstage.

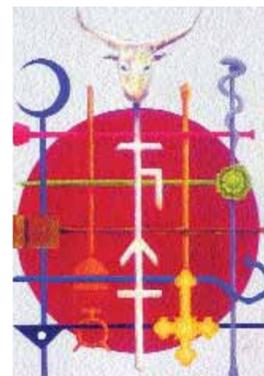
Lucky number 21
Lucky colour Peach
Lucky day Tuesday



VIRGO Aug 23-Sep 22

This week your physical and mental health needs to be looked after. You want to learn and solve every problem using your resources, overlooking others' advice. This way you may end up feeling isolated and excluded. Even in health matters, don't try to escape the situations if you have issues. Take the advice of a health practitioner. On the work front, expect good news about finance. A female may prove beneficial to your career. No matter what is happening in your financial life, give yourself a break, and know that you can make a positive difference to make more prosperity in your life. Some of you may get a promotion and higher positions. On the personal front, relationships will be satisfactory. This is the time when married couples will share good understanding.

Lucky number 10
Lucky colour Caramel Brown
Lucky day Sunday



CAPRICORN Dec 22-Jan 19

You need to be careful about being overworked and overstressed. Addictions and obsession might harm you, stay away from them. You are likely to lose self-control. Bad company is not advisable. Balance is the key to keeping good health. On the work front, a pleasant surprise will come your way. A new project or assignment is on the cards. This could even be a new job opportunity. You may come up with new systems or processes that make your work-life simpler and less stressful. Ignore workplace gossip. Rely on your intuition and your inner knowledge, rather than your conscious mind or intellect. On the relationship front, this is a good week for singles. Those in a committed relationship, it is time to consider some action to bring romance back.

Lucky number 11
Lucky colour Pink
Lucky day Monday



GEMINI May 21-June 20

Any kind of ritual such as reading a book will be helpful for your health. At this time, a person is likely come into your life, who will be a mentor or teacher. You will learn from them at several levels. You will soon be feeling much more social. Career-wise, you may face tough competition or rivalry. You will get good news about finance. With your creativity, you can reach out to others particularly females, and get the help and advice that you need to make a positive difference financially. On the relationship front, do not get too domineering for your partner. You may face conflicts, both external and internal. Do not escalate conflicts unnecessarily. Think before you act. Things may not work out as you would hope with a love relationship.

Lucky number 12
Lucky colour White
Lucky day Monday



LIBRA Sep 23-Oct 22

This week you will feel strong both physically and mentally. You will be full of vigour and vitality. You may decide to finish the pending tasks and many other works which you were not able to do in the past weeks. Word of caution though: do not overdo things or push your body further. Rest is also a critical part of health. Career-wise, this is a very positive time for you in financial terms. Wise investments will keep your bank balance in a healthy state. Money inflow will be good. There will be an improvement in your career life. On the relationship front, you need to be careful. Your obsession and passion might give you a jolt. Secret affairs or extramarital relations might put you in trouble. For those who are seeking love, this is not a favourable time for them.

Lucky number 10
Lucky colour Silver
Lucky day Saturday



AQUARIUS Jan 20-Feb 18

Your health will be on the upswing. You will feel find a healer who works with something besides allopathy. Follow your instincts about what is best for your health. Taking advice from physiotherapist and experts in meditation and yoga will work in your favour. On the work front, this is the time when you get the results with least efforts. You are nearing the point where work success and recognition are well within your reach. Do your best to be organised and productive. Do the right thing even if nobody is watching. Your honesty and integrity will pay you well. In the matters of heart, there will be some quick happenings this week which will surprise you. Some of you are feeling ready for a commitment that doesn't seem to be forthcoming.

Lucky number 31
Lucky colour Red
Lucky day Wednesday



CANCER June 21-July 22

This week you may be more determined to give up bad habits in the interest of your health. You are energetic, feel a lot of stamina and vitality. Avoid aggression. Give yourself time and space for meditation. Walking can also be very effective as well. A good massage is advised. On the career front, you are either getting a good job offer or a promotion in the existing one. Your projects are likely to be more successful than expected. You have a lot of reasons to feel pride. If you're waiting on results from an interview, you are likely to get a good response. On the love front, ensure that you are counting your blessings. Focus on the things and people in your life that you have to be thankful for.

Lucky number 30
Lucky colour Green
Lucky day Thursday



SCORPIO Oct 23-Nov 21

This week your health may suffer if you ignore it. Get a second or even third opinion before you sign up for anything that is irrevocable health-wise. Be open to spiritual healing. On the career front, if you are not happy with the current job, believe that you hold the power to change your situation. Maybe you cannot change your work environment, but that should not keep you from looking for a different or better situation. On the relationship front, although your intentions are good your sharp attitude may put people off. Try and enhance your communication skills. While you are busy with career, money and family taking your time and energy you are suddenly tossed into a whirlwind romance that leaves you empty and lost.

Lucky number 13
Lucky colour Turquoise
Lucky day Friday



PISCES Feb 19-March 20

You may feel exhausted in the first part of the week. But you will still be left with at least a short period when you will feel exceptionally well and upbeat about your future. Give thought to how you may support and continue this good health. You can deepen your spiritual growth. Share the good feelings with your near and dear ones. On the career front, things are changing positively. It is advised to take counselling and seek advice on the career front, it will be beneficial at this point. Your efforts are likely to be valued. Just continue what you are doing. There is promotion and recognition on the cards. On the relationship front, there is romance in the air. There is fruition in your affair and you will find yourself in the pool of bliss. You feel happy and contented with life.

Lucky number 20
Lucky colour Sky Blue
Lucky day Friday

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ASTROTURF
BHARAT BHUSHAN PADMADEO

Dhyana for a powerful mind

A good number of readers recently requested me to explain the *Dhyana* process as propounded by sage Patanjali in detail. I am sharing a write-up on the subject from my book *God or No God. Awareness enriches life*.
Going by its literal meaning, *Dhyana* implies paying attention. It is on none other than one's own self, which holds the key to how we conduct in life. Foremost, it calls for observing and becoming aware of one's limitations of mind. Second, the workable part of one's indwelling potential. And finally, explore one's wholesome latent potential, unexplored and untapped thus far out of ignorance, which when unfolded in full would know no limits.
The method involved is to first disengage one's attention from external distractions, and then look within to explore and scan what lies in store at the various levels of the inner realms of mind. Having become aware thus, to consciously deliberate upon and accordingly redefine the thought process, with the intent to come out with one's best.
In English *lingua franca*, Meditation is the word commonly used to give a sense of *Dhyana*. Although, it doesn't

reflect true spirit and essence of *Dhyana*, it however, stands close by. For, the word meditation, seemingly hints at reflecting upon deeply over some idea, thought, or concept. *Dhyana*, on the contrary, is a process directed towards attaining a state of being, when mind gets riveted to the root of all thoughts. It becomes possible only when flirtation of mind almost comes to an end. Evidently, therefore, mind gets quietened and relaxed, when it comes out with its wholesome creative potential. Meditation, of course, remains a necessary part of the process, and so contextually remains relevant.
Dhyana is a time-tested self-empowerment mechanism, which calls for paying attention to the self. The process as such first lets you discover your own nature — the vulnerabilities, the virtues and attributes, in and out. Following which, one gets the opportunity to address one's fault lines through fresh educative inputs. In the process, sufficient mind-space gets created by clearing off the clutters, making way for absorption of fresh educative inputs. Second, one is able to identify and acknowledge one's workable part of indwelling potential, which when honed, augments one's



creative abilities. Finally, one realises true nature of mind, covering both its micro and macro aspects. Following which, body, mind, and soul, being operating in a coordinated way as a unified whole. Mind, thus, comes out with its wholesome powers that would know no limits. *Dhyana*, therefore, is a holistic programme, in fact a mental therapy, directed towards integrated development of the self from the base level.
It will be interesting to note here that more the physical efforts one puts in, better would be the fruits of action. The chemistry of the mind, however, runs just to the contrary. The more relaxed mind is; all the more creative it becomes. And this state is gained when one is in a state of Yoga, which is arrived at pursuing *dhyana*. Once mind becomes peaceful and relaxed, the thought process becomes easy and simple, as the mind becomes free from any complexity, pre-conditioning or limitation. Please bear in mind, simplicity is clarity, directness, and purity. It is free from complications, clutter, and confusion. Simplicity paves the way to success, peace, focus, and happiness. Evidently then, one would in full control of the self, when wholesome powers of mind shall be available.

Following which, one's integrated self would be spontaneously moving in consonance with the callings of larger orderliness of nature. One would then be able to use mind as an instrument, which it is, rather than playing second fiddle to its vagaries. Consequently, mind comes out with its creative best, when it qualifies to spontaneously lead us towards the right course due. Free from any extraneous influences, one looks at issues in hand with an open mind. Consequently, one is able to have a full hand view of whatever is explored. One would then be able to intuitively get to the root of wherever attention is paid. Spontaneity becomes the rule of mind's game play. Also, one would be able to distinguish between "what one wants and what is right" and make most appropriate choices in life. The process, however, is not easy. For, invariably, we are all born with a pre-conditioned mind, which plays spoil sport with our efforts to streamline our mind following *Dhyana* process.
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