

'I was excited to play a different role'

CHHAVI PANDEY who is playing Goddess Lakshmi in SAB TV's Shubh Laabh, talks to SUPRIYA RAMESH about her experience of taking up a new role and the challenges which came along



■ **What is Shubh Laabh about?**
The show has a very different concept, it is not a micro show or a normal daily soap. People would be able to relate to the show so much as it is made keeping in mind the daily hustle of life. I am playing the role of Goddess Lakshmi and my role will not just be to guide the main character Savita (Geetanjali Tikekar) but our Indian audience too. The show is full of messages for people. An example would be that through this we will tell people that God is not responsible for the good and the bad in our lives, it is our deeds. A lot of people would be able to connect themselves with this show, it might be for their betterment as people would be able to see things positively.

■ **What made you say yes to the role?**
It is a very positive role to play. There have been instances in my life when things have actually worked out in my favour and I think it is only because of my belief in God who listened to my prayers. And I have always been very grateful for everything in life. So, I could relate to the show myself. Being an actress, I have played different characters on TV. This was the first time I was very excited to play something really different. Another reason is that I love SAB TV shows, which I feel are very light and have good concepts and I haven't done anything of that sort till now. So, I was pretty excited and on top of that the producers are very humble and positive people to work with. It is always good to say yes to something different.

■ **How different is your role from the previous serials?**
This one is quite challenging. Portraying a character on screen

“There was something about the role that instantly connected with me. A lot of people would be able to connect themselves with this show, it might be for their betterment as people would be able to see things positively”

whom you haven't seen or met in real life is tough because we don't know their true self. We don't know what their behaviour is or how they walk or talk. So, I have to go through my script again and again, I read it several times so that I am able to get myself into that state where I can feel it.

■ **You are a professional singer and have learnt Kathak. How did acting happen?**
Once I performed in a reality show and Sonali Bendre suggested to me that I should try my hands at acting. But it was quite a task to convince my dad for the same and on the other

hand my mother has always supported me through it. She is my pillar.

■ **In the trailer, you are seen wearing EarPods. Does that mean you are a modern-day Goddess?**
It is just an element we have added to the show because *samay ke saath parivartan zaroori hai*. You can say that we have used it to denote that God is listening to everything. Nowadays, people are well equipped with technology and this was one way we could also relate it to God.

■ **This is the second time that you will be acting as a Goddess for a serial. How tough or easy was it for you to adapt to a role of a different Goddess?**
I have played Parvati before in Namah, which was a completely mythological show. Both the characters are equally difficult and took the same efforts and hardwork to portray on screen. There are some characters for which you don't have to practice very hard because you have seen them in real life and have experienced something or the other but playing as someone you have never seen becomes little challenging as you have to set your mind in such a way that you can feel the character and act accordingly, which takes a lot of time and practice.

■ **How different was it to shoot in a pandemic?**
Shooting in a pandemic is quite a task as things are not running as smoothly as they used to. People have been reduced in the unit due to safety protocols. Before, shooting was much more than just shooting. Now, we do have fun but we don't feel free because somewhere back in our minds we all fear the virus.

Plan Your Sunday

POEMS INDIA- THE STAGE IS YOURS

Poems India is proud to be a platform that inhabits poets and writers beyond geographical boundaries and time zones. We spare no effort in providing space and support to artists who stand out in the world of words and a poetic experience to the interested audiences. The Stage is Yours, is yet another footstep to make poetry break free and bring the finest quality of the written word of art to the stage. In this bi-monthly, online poetry showcase, our foremost aim stands to be able to allow the performers a real-time experience of being keenly listened to in a literary environment. The event encompasses a versatile ensemble of creative voices and a wide array of perspectives that will leave you inspired. People outside the world of poetry can join in as an audience to witness a poetically rich evening from the comfort of their homes. The spoken word event is an effort to make the stage inclusive and accessible to all individuals from diverse backgrounds and journeys

What: Theatre and Arts
Where: Online
When: September 12, 2021
Time: 5 pm



RAT - A DIGITAL PERFORMANCE



Bertolt Brecht's radical text 'Fear and Misery of The Third Reich' is a disquieting vision of how authoritarianism percolates into people's lives. Our project reimagines parts of this work by seeing it through the lens of the objects that populate the text's world. 'Rat' explores how the information we share with others defines our relationship with them, how our ability to feel secure in our homes depends upon the words that leave our mouths, sometimes unknowingly. What are the dynamics of information and information sharing in private relationships? It probes into the machinery of surveillance- its designers, its channels and its subjects. In essence, 'Rat' is an inquiry into how these pre-existing undemocratic structures within our homes inform and enable oppressive structures to thrive outside of them.

What: Theatre and Arts
Where: Online
When: September 12, 2021
Time: 5 pm and 8pm

TELLY TALE

'WE SHOWCASED THE CELEBRATIONS IN A PURANA ANDAAZ'

Over the last three decades, Zee TV has entertained its audience with great stories, endearing characters, and shackle-breaking shows that have connected with the masses. During the pandemic too, it has strived to provide its viewers with content that inspires them and keeps them engaged. With festivities around the corner and the restrictions limiting the celebrations across India, Zee TV has a surprise coming your way! The channel is all set to give you the look, feel, and flavor of Ganesh Chaturthi at the comfort of your homes as it presents an extravagant celebration through a special episode of 'Ganesh Utsav with Zee TV'. This special episode will air



on the 19th of September at 12PM and it will surely captivate one and all. Zee TV viewers will witness some performances by Telly stars like Kumkum Bhagya's jodis Abhi (Shabir Alhuwalia) - Pragya (Sriti Jha) and Prachi (Mugdha Chapekar) - Ranbir (Krishna Kaul). Kundali Bhagya's Abhishek Kapur - Manit Joura and

actors like Ankita Lokhande will also be performing. Kumkum Bhagya's stars Mugdha Chapekar and Krishna Kaul performed a retro act on Bollywood songs like Humne Tumko Dekha, Ek Main Aur Ekk Tu and Khullam Khulla Pyaar Kareng. Talking about her act, Mugdha

mentioned, "Last year, because of the pandemic, we couldn't celebrate all the festivals like how we usually do. Being a Maharashtrian, I really missed celebrating Ganesh Chaturthi. Ganesh Chaturthi is not just a festival for me, it's an emotion. Of course, we followed all the guidelines, took all the necessary precautions, wore our masks while we were not shooting, and sanitized everything, we don't forget that. But it was fun, and we showcased the celebrations in a Purana Andaaaz, wearing all these retro clothes and performing on the songs from the '70s. In fact, Krishna and I dedicated this act to our beloved charming late actor Rishi Ji as well and we performed on most of his songs."

TABLES TO TURN FOR BALIKA VADHU'S ANANDI

Since the launch of COLORS' Balika Vadhu, the nayi Anandi, played by actress Shreya Patel, has been receiving immense love and appreciation from the audience across India. The viewers are hooked on to the show and love watching her endearing childhood, filled with innocence and joy. Anandi's journey in the show has been smooth and light so far but it will shift gears quickly as the next phase of the plot kicks in. The viewers will witness some high-end drama in the upcoming episodes, leaving everyone on the edge of their seats. Oblivious to the harsh reality of her life that will hit her soon, little Anandi has been seen enjoying her sweet and innocent childhood in the show. The audience till now has witnessed Anandi's reaction when she found out about her marriage to Jigar while she was just an infant. She will now come face-to-face with her destiny during the Gauna ceremony when she will have to move out from her parents' home. Her life will drastically change when she is forcibly made to stay at Jigar's



house as a bahu. Talking about the twist, Shreya Patel who plays the role of Anandi revealed, "A big moment is going to come in Anandi's life, and it will totally turn her world upside down. The Gauna sequence will be a crucial plot twist for the show as everyone will see Anandi going through myriads of emotions in the upcoming episodes." Anshul Trivedi who plays the role of Khimji added, "Anandi is all set to face several challenges with the story taking an important turn that will bring her in front of the harsh reality of her life. We're all bracing ourselves for this new phase of 'Balika Vadhu', which is sure to keep the audience hooked!" While the Gauna sequence turns her world upside down, will Anandi fight against the system and traditions? Or will she succumb to it?

EUPHORIA MAKES A COMEBACK

As soon as Palash shared the poster on Koo, fans started to pour messages in to show their love and express good wishes. Some of the comments can be seen in the grabs below. The singer, who is also a qualified doctor, joined Koo in June and now has close to 8,000 followers on the platform. SALE is the eighth album by Indian Indie band 'Euphoria.' The 7-track spectacle will take you on a ride across genres, sounds, styles, emotions and life experiences. Written at various points of time in Palash's career, each song stands for a real life story witnessed or felt by him and the band. In a world where everything comes with a price tag, this album speaks about the one thing that cannot be bought - Love Or Is It? SALE releases on the 10th of September as limited NFTs, and on worldwide streaming platforms on the 14th of September. This album launch also marks the official inauguration of the inaugural edition of the Koo Hindi Fest, a 7 day event honouring and celebrating Hindi Creators across the country and providing them a platform to express and feature themselves,



building up to the Hindi Diwas this 14th of September. The fest aims to provide the Hindi Creators and influencers of India a level playing platform to establish themselves as social media creators and influencers and will cover a diverse range of activities with participation from Hindi creators across the country spanning across literary (creative writing, poetry, debate) and cultural activities (music, acting, photography, blogging). It is only fitting that Palash and Euphoria, being one of India's legacy Indie creators, is inaugurating this first-of-a-kind digital festival. Euphoria is known for extraordinary music hits like 'Maeri' & 'Dhoom' that were massive hits in the 90's. Since then, the band has been on the favourite list of music lovers across the country.

AZAAD'S ORIGINALS - MERI DOLI MERE ANGANA & PAVITRAA BHAROSE KA SAFAR

It's show time with Beginnen Media's First Consumer Specific Entertainment Channel, Azaad announcing its Originals Content Offering exclusively for the 'Rural Mindset'. Azaad is India's First Premium Hindi Rural Entertainment Channel. The first two shows Titled Meri Doli Mere Angana and Pavitraa Bharose Ka Safar, both shows have been created after deep understanding of the Rural Person through years of periodic syndicated research. Staying true to the brand proposition of 'Hamari Mitti Hamara Aasman', the show themes have been specially designed to attract, engage and connect with this super mass. Starting 14 September 2021, Meri Doli Mere Angana will air at 9 PM and Pavitraa Bharose Ka Safar will air at 9 30 PM, on Azaad as well on MX Player (The Digital Partner). The first Azaad Original is titled Meri Doli Mere Angana. The title that evokes immediate curiosity is the first Hindi series produced by renowned producers, Jitendra Gupta and Mahesh Tagde from Tell-A-Tale Media. The show is based in Bithoor, where the entire Singh family, especially her father considers the daughter an apple of their eye. It a story of today's



rural family which portrays the beauty and complexities of relationships within the family. Due to some circumstances, these relationships change and it drastically affects our heroine's life. After her marriage, she realizes that the old societal norms where they differentiate between a daughter and daughter-in-law still exists. The show captures Janki's journey from being an in-experienced and innocent daughter to becoming an experienced daughter-in-law who learns to manage complex

situations and relationships with changing dynamics after her marriage. Astha Abhay plays the lead protagonist Janki and Ankit Raizada enact key characters in the show. The second Azaad Original is titled Pavitraa Bharose Ka Safar and is produced by well-known producers, Santosh Singh, Rochelle Singh and Pearl Grey from Parth Production. This family drama, set against the backdrop of Meerut, resonates with the rural mindset as its

centered around the themes of encouraging women empowerment, battling societal issues and is also a passionate love story of two diverse personalities. The show touches upon the aspirations and hopes harboured by today's rural youth as a majority of them want better jobs after higher education and also desire the freedom to decide their life choices. The show touches upon the aspirations and hopes harboured by today's rural youth as a majority of them want better jobs after higher education and also desire the freedom to decide their life choices. The show captures the journey of a young girl called Pavitraa who is a daughter of an underprivileged taxi driver and aspires to complete her education and become self-reliant. She goes to any lengths to fulfil her goals, fights against all restrictions that impede her growth, gender discrimination and social stigma to eventually become a successful entrepreneur who helps other women become capable to take care of their families and themselves in all respects. The role of Pavitraa is played by Shaili Priya and the ensemble cast includes Neelu Vaghela. Kumar Raajput and Sheezan Mohammed.

MANOJ BAJPAYEE AND PRIYAMANI BACK ON SCREEN IN RUPEEK'S NEW BRAND CAMPAIGN

This year's most talked about on screen couple Manoj Bajpayee and Priyamani who perfectly showcased the aspirations of middle-class India in The Family Man are back on screen, this time in a heart-warming ad campaign for Rupeek. Through the campaign, Rupeek aims to 'inspire' the common man and woman to take pride in using their gold to access credit in a safe, personal and tension-free manner. Through its trusted relationship with lending partners, Rupeek offers online gold loans to its customers with minimal documentation and lowest interest rate of 0.69% per month. In India, where access to secured credit is still scarce, Rupeek, a new age, innovative Fintech brand is designing offerings backed by disruptive technology that aim to solve credit pain points unlocking growth for a billion Indians. Rupeek's first ever brand campaign, starring Manoj Bajpayee and Priyamani, showcases technology led hassle free doorstep gold loan offering at the lowest



interest rates. Speaking on the brand collaboration, actor Manoj Bajpayee said, "I am elated to associate with Rupeek and its core value of making credit available for the common man. It is wonderful to see how young entrepreneurs and companies are

addressing the issues that are deeply penetrated in our society. Through this film, we have tried to break the stigma associated with gold loans and convey a deeper message on the potential of gold loans to make people feel empowered during challenging times."

8 discharged of arson charges in riots case

PTI ■ NEW DELHI

A Delhi court has discharged eight accused from the charge of causing arson during the February 2020 riots, noting there is no CCTV footage and no complainant has identified themselves or alleged that they committed the offence.

Additional Sessions Judge Vinod Yadav said the ingredients of Section 436 of the Indian Penal Code (mischief by fire or explosive substance), which was added in the charge sheet, are "not at all made out" from the material produced by the investigating agency.

Eight people were arrested based on 12 complaints filed by various shopkeepers who alleged that their shops were allegedly looted and vandalised by the riotous mob during the communal violence in north-east Delhi.

The accused were arrested based on disclosure statements given by them in other cases filed against them and identification by police constables, who were posted as beat officers in that area.

Discharging eight accused, the judge said Section 436 IPC cannot be invoked merely on the basis of statements given by



police constables as the 12 complainants had stated nothing in this regard in their written complaints.

"A fine-tooth-comb analysis of written complaints reveals that none of the complainants has identified the accused persons to be part of the riotous mob which had vandalised their shops," the sessions judge said in an order dated September 10. He further said there are no allegations by the complainants regarding the commission of arson in their shops and as such ingredients of Section 436 IPC are not at all made out either from complaints or statements.

Even from the photographs filed on record, no incident of committing mischief by fire or explosive substance is borne out, he said, adding that there is no CCTV footage or video clip of the incident on record. Furthermore, ASJ Yadav

said there is no connecting evidence on record in the form of statements of independent eyewitnesses who could have seen the accused persons at the time of the incident.

The judge said one complainant said the alleged crime took place on February 25, while the others claimed that it happened on February 24.

"Whether these complaints of different dates could have been clubbed by the investigating agency in one FIR is a question which will be seen during the course of the trial," the judge said.

The police submitted that the distance between the various spots where looting and vandalism took place is not much and the same unlawful assembly was operating in the area on February 24 and 25 and as such, they could be said to be part of the same transaction and accordingly one single FIR serves the purpose in this case.

The other sections invoked in the charge sheet such as sections 147 (rioting), 148 (rioting, armed with a deadly weapon), 149 (unlawful assembly), 457 (house-trespass), 380 (theft), 411 (receiving stolen property) are "exclusively triable" by a magistrate, the judge said.

Work for society, don't aspire for posts, tickets, CM exhorts volunteers

STAFF REPORTER ■ NEW DELHI

Addressing the 10th National Council meeting of the party on Saturday, Aam Aadmi Party (AAP) national convener Arvind Kejriwal asked party leaders and volunteers not to harbour any desire for posts and tickets to contest polls and instead prove their worth by working for society and the country.

Kejriwal said that Shaheed-e-Azam Bhagat Singh and Babasaheb Dr Ambedkar are the ultimate ideals of the AAP and the party will follow the path shown by them. He said every AAP worker has to be ready to sacrifice and fight like them.

The Chief Minister added that everyone has to work a lot for society and country but never aspire for any position.

The AAP is focusing on poll-bound Punjab, Goa, Uttarakhand, Uttar Pradesh and Gujarat as part of its plan of national expansion.

Kejriwal said, "I am delighted that we have successfully onboarded the



AAP's new National Council. I hope and pray that the tenure of this council is extremely fruitful and prosperous.

On the occasion, senior AAP leader and Delhi Deputy Chief Minister Manish Sisodia said that even in the last 70 years, political parties could not take the country to the quantum of the potential of the country.

Kejriwal said, "I am delighted that we have successfully onboarded the

Probe into last yr's violence on campus delayed by pandemic, says JNU VC

PTI ■ NEW DELHI

Jawaharlal Nehru University (JNU) Vice-Chancellor M Jagadesh Kumar said the coronavirus pandemic has delayed the probe into the violence on the campus in January last year that left around 35 people injured.

Asked why the committee set up by the university to probe the incident did not conduct online depositions, he said the students are already under a lot of stress and it is not the right time to send them notices for online depositions.

A group of masked men armed with sticks and rods attacked students and teachers and damaged property on the JNU campus on January 5, 2020, prompting the university administration to call in the police.

JNU Students' Union president Aishe Ghosh was among those injured in the violence.

Days after the incident, JNU set up a five-member committee to probe the incident and recommend measures to ensure the safety of students.

"The committee is looking into the matter. It has to call the students for deposition. Is it the right time to call them when they are in their hometowns? For this, we need to see the condition. These are our stu-



dents. Considering the Covid situation, depositions have not been conducted. We are waiting for the situation to normalise," Kumar told PTI on Friday.

Asked why the committee did not conduct online depositions, the VC said, "The situation is not conducive. We are waiting. Students are already under a lot of stress. It is not the right time to send them notices for participating in an online deposition. We don't consider our students as criminals. They are our own students."

In August this year, the Lok Sabha was informed by Union Minister of State for Home Nityanand Rai that the Delhi Police had not arrested anyone in connection with the JNU violence, even though several people were examined.

After the violence, there was a clamour for Kumar's removal as the JNU VC and the

Delhi Police came under attack for not acting when the mob was running riot on the campus and especially, for naming student union leaders, including Ghosh, in two FIRs for alleged vandalism.

On the Jawaharlal Nehru University Teachers' Association's (JNUTA) objection to the renewal of the contract of security agency Cyclops for another two years by the university's Executive Council (EC), Kumar said the contract had not been renewed but extended till the process of appointing a new agency is completed.

"If you want to appoint a security agency, then you have to follow the tendering process and the General Financial Rules laid down by the government. During this Covid period, many of our staff members were down (with coronavirus). You cannot suddenly ask the security people to pack their bags and leave and put the security of the campus at risk," he said.

"The EC took a decision that the security company will continue," he said. The VC stressed that the contract hasn't been renewed but only extended till the process of appointing a new security agency is completed. This process will require at least six months, he said.

40 passengers rescued from underpass at Palam due to waterlogging

STAFF REPORTER ■ NEW DELHI

The Delhi Fire Service (DFS) officials on Saturday safely rescued 40 bus passengers trapped at the underpass of Delhi's Palam flyover, towards airport road due to waterlogging.

According to Atul Garg, the Director of DFS, the call seeking assistance was received at around 11.30 AM after which two fire tenders were pressed into service.

"A bus with passengers got trapped at the underpass at Palam flyover due to water logging. Two fire tenders were rushed to the spot and all the passengers were rescued safely," said Garg.

Heavy rains lashed the national capital Saturday morning, leaving the forecourt of the Delhi airport and other parts of the city waterlogged.

According to civic agencies, several areas in the city including Moti Bagh, RK Puram, Madhu Vihar, Hari Nagar, Rong Road, Badarpur, Som Vihar, Rink Road near IP Station, Vikas Marg, Sangam Vihar, Mehrauli-Badarpur Road, Pul Prahladpur Underpass, Munirka, Rajpur Khurd, Nangloi and Kirari also witnessed waterlogging.

People posted pictures and videos of waterlogged streets on social media.

The Delhi Traffic also posted tweets informing people about the stretches where they are expected to witness waterlogging.

Admission process in SoE to start from Mon

STAFF REPORTER ■ NEW DELHI

Admission process in Schools of Specialised Excellence (SoE) will begin from Monday.

Results of SoE were announced on Saturday and students can check their result on the SoE website (<http://edudel.nic.in/sose/>).

The application process was closed by August 19. Around 26,687 registrations were made for the 4 types of SoEs (Science, Technology, Engineering and Mathematics (STEM), Humanities, Performing and Visual Arts and High-end 21st Century Skills). Aptitude test for the admission were organized from August 27-31 across 67 test centres. Around 14,245 students took their tests on the given dates.

A total of 2,794 students have been selected through the process and have been offered admissions in the STEM, Humanities and High-end 21st Century Skills schools.

Auditions for the Performing and Visual Arts schools are going on and will finish on September 13. Final results for Performing and Visual Arts schools will be announced early next week.

Admission process for the selected 2,794 students will begin from September 13 in the

respective SoEs where students had applied. In the STEM schools, admissions are being offered in Classes 9 and 11, while in the rest of the schools, students will be admitted in Class 9 only.

A rigorous process was followed to evaluate the test papers and only the students above a cut-off have been selected. In the 8 STEM schools, 960 students have been offered admission in Class 9 while 814 students have been selected for Class 11. There are 5 schools each in Humanities and High-end 21st Century Skills in which 420 and 600 students have been selected respectively. Close to two-third of the selected students are from government and government aided schools while the rest are from recognized private schools.

Deputy chief minister Manish Sisodia congratulated all the students and their parents who have been offered admission in the SoEs.

"In the SoEs, the role of the teachers is going to change, and he/she will become a facilitator of learning for every student. Gradually, all the schools in Delhi will follow this model and adopt a learner-centric education system," said the Aam Aadmi Party (AAP) leader who also holds the portfolio of education minister.

Marriages can be registered in virtual presence of parties, rules Delhi HC

PTI ■ NEW DELHI

Marriages can be registered in the virtual presence of parties, the Delhi High Court has ruled, saying that in the present times, citizens cannot be prevented from exercising their rights because of a rigid interpretation of law which calls for 'personal presence'.

Hearing a plea by a US-based Indian couple seeking to register their marriage here through video conferencing, Justice Rekha Palli opined that not treating physical presence as a mandatory requirement would also encourages parties to easily get their marriages registered.

"I have no hesitation in coming to the conclusion that the term 'personal appearance' in Clause 4 of the Registration Order has to be read to include presence secured through Video Conferencing. Any other interpretation, would not only frustrate the very purpose of this beneficial legislation, but, it would also undermine the use of this important and easily accessible tool of Video Conferencing," the judge said in her order dated September 9.

She said the Delhi (Compulsory Registration of Marriage) Order, 2014 is welfare legislation, promulgated at the instance the Supreme Court to encourage the registration of marriages.

"The insistence of physical appearance even when their personal appearance can be easily secured through video conferencing, will definitely make it more cumbersome for parties to come forward for the registration of marriages. This will negate the very purpose of enactment of



the Registration Order and cannot be permitted," the order further reads.

The court allowed the couple to mark their "personal appearance" before the Registering Authority through video conferencing after submitting their application for the registration of marriage through their counsel/Power of Attorney Holder in physical form alongwith copies of all supporting documents duly notarized, either by the notary public in the United States of America or by a notary public here.

It directed that the two witnesses would appear physically before the Registering Authority with their original ID proofs on the date notified by the Registering Authority.

The Authority will then expeditiously register the marriage and issue the Marriage Registration Certificate within a period of two weeks' from the date of receipt of the application, the court added.

In the present case, the couple claimed that their marriage was solemnised in 2001 as per Hindu rituals, but they did not get the same registered as they moved abroad prior to the introduction of the Delhi (Compulsory

Registration of Marriage) Order, 2014.

Considering that their application for a green card was now not being processed in the United States for want of a marriage certificate, the couple approached the local authority here for issuance of a marriage certificate, who maintained that physical presence of the parties was a mandatory requirement.

The couple, represented through senior counsel Vibha Datta Makhija, moved the high court after their representation to the authority concerned for virtual appearance remained unanswered.

The court observed that while the "universe has undergone a sea change" since the time when the Registration Order was notified, the Registering Authority was "refusing to recognize the reality that with the technology as is available today, web portals and Video Conferencing have become almost the norm".

Acknowledging the acceptance of video conferencing even in the judicial system in this country, the court said that "these aspects appear to have been simply overlooked by the Registering Authority, who is continuing to insist on that the parties must remain present physically before him".

"I am of the view that, in times such as these, when technology has proven to be the bridge that ensured uninterrupted communication, widespread dissemination of information in public interest and the smooth functioning of society, the Court cannot allow a rigid interpretation of the statute to prevent citizens from exercising their rights," the judge said.

SDMC makes RFID number plates must for commercial vehicles for entering Capital

NEW DELHI: Following the order of the Supreme Court, South Delhi Municipal Corporation (SDMC) has implemented use of radio-frequency identification (RFID) system a must for collection of toll tax from specified commercial vehicles while entering Delhi.

A senior SDMC official said that the toll tax department of SDMC while taking requisite actions to enforce the order has stopped entry of specified commercial vehicles in the city through all 124 toll plazas without paying toll tax through RFID system since 31st August 2021.

SDMC has also imposed a fine of ₹ 10 Lakh to the concessionaire, which was authorised to collect toll tax only through RFID system for non compliance of the direction of the civic agency, he said. Additionally, SDMC'S enforcement teams have issued notices at different toll plaza since last week and a total of 672 notices have been issued so far, he said, adding that SMS have been sent to all owners of all such erring vehicles with respect to actions being taken against them and such SMS have been forwarded to as many as 572 number of vehicles so far. The official further said that besides this, transport department of Delhi and neighbouring states have been asked to cancel the permits of 524 vehicles which failed to pay toll tax through RFID system. **SR**

Man stabbed to death with iron piece; 2 minor boys apprehended

PTI ■ NEW DELHI

A 32-year-old man was on Friday stabbed to death with a sharp iron piece during a scuffle with two minor boys in west Delhi's Naraina, police said.

The deceased has been identified as Tinku, a resident of Ranjit Nagar, they said.

On Friday at 5.07 pm, information was received at the Naraina Police Station regarding the incident.

Tinku landed in a fight with the two minor boys and one of them attacked him with the iron piece. Tinku was rushed to hospital where he was declared brought dead, a senior police officer said.



BKU leader Rakesh Tikait stages a protest at the farmers' agitation site at Ghazipur in New Delhi on Saturday

PTI

E-Delhi T20 Premier League in Nov: MP Gambhir

PTI ■ NEW DELHI

The stadium was inaugurated virtually by Lieutenant Governor Anil Bajjal.

Former Indian cricketer Gambhir said East Delhi Premier League will be held in the second week of November this year in which teams from 10 constituencies in east Delhi will participate, adding that the matches will be played at the Yamuna Sports Complex here.

The ground will host both cricket and archery day and night, he said.

According to DDA officials, the cricket ground in the complex has been upgraded to Ranji Trophy standards with facilities, including two dressing rooms, high mast lights for night cricket, six pitches, practice pitches, digital scoreboard display and canopy.

MATHURA TEMPLE CASE

Complaint against removal of Hindu objects from mosque

PTI ■ MATHURA

Petitioners in a Krishna Janmasthan case here submitted a video of some objects of Hindu faith, alleging that these were either being defaced or removed from a mosque, which they claimed have been built at the birthplace of the deity.

The petitioners — advocate Mahendra Pratap Singh and four others — have sought the removal of the 17th century Shahi Idgah mosque from

the 13.37-acre premises of the Katra Keshav Dev temple here.

The petitioners said a video showing the presence of a symbol of “shesh nag”, lotus and a conch in the mosque was submitted in the court of the civil judge, senior division.

They alleged that the objects were either being removed or defaced.

Mahendra Pratap Singh said in the next hearing on September 15, they will press for a physical verification of the objects by the ASI.

MP: Devotees permitted to participate in Bhasma Aarti at Ujjain’s Mahakaleshwar temple

Ujjain (MP): Devotees were allowed to participate in ‘Bhasma Aarti’ at Ujjain’s Mahakaleshwar temple, one of the 12 ‘jyotirlingas’ of Lord Shiva, on Saturday, after a gap of about 17 months amid the Covid-19 pandemic, an official from the shrine management said.

As many as 686 devotees participated in the two-hour ritual performed at 4 am with the opening of the shrine, temple administrator Moolchand Junwal said.

A large number of devotees from across the country participate in this ritual, but the practice was stopped in March last year in view of the Covid-19 outbreak.

The temple committee chairman and district collector Ashish Singh said in accordance to the committee’s decision on September 3, devotees were allowed to take part in Bhasma Aarti from Saturday in compliance with Covid-19 guidelines and protocols. Only priests of the temple have been performing the ritual without devotees for the last 17 months, the official said. According to the temple administration, 1,000 devotees will be permitted to be present for the ritual, entry passes for which can be obtained on the temple’s website by uploading necessary documents or can be procured from a kiosk at the temple. **PTI**

NC demands CBI probe into death of party leader Trilochan Singh Wazir

PTI ■ JAMMU

The Jammu & Kashmir National Conference on Saturday demanded a CBI probe into the death of senior party leader Trilochan Singh Wazir whose partially decomposed body was found in a flat in Delhi a couple of days ago. It also demanded that the investigation be fast-tracked.

The partially decomposed body of 67-year-old Wazir with the head wrapped in a plastic bag was found last Thursday in a washroom of the flat which was taken on rent by his acquaintance Harpreet Singh (31), a native of Amritsar.

The investigation has been transferred to the Delhi Police’s Crime Branch while the force’s

Special Cell will assist them.

“Multiple theories are making the rounds about the death and therefore to bring out the truth, an inquiry by the CBI should be ordered forthwith,” senior National Conference leaders, led by its provincial president Devender Singh Rana, said in a joint statement here.

“Wazir was a prominent leader of the party and his contribution in different capacities like the president Gurdwara Prabandhak Board and the president of the transport union has been immense,” it said.

According to the statement, the National Conference leaders are meeting Lt Governor Manoj Sinha also to press their demand for CBI inquiry into the death of Wazir.

Uttarakhand to be developed into country’s cultural, spiritual capital, says CM

Dehradun: Uttarakhand Chief Minister Pushkar Singh Dhami on Saturday said the state will be developed into the country’s cultural and spiritual capital.

Announcing this at a ceremony held at the Tehri district headquarters, Dhami said the State Government is working on a 10-year roadmap to make Uttarakhand the country’s number one state.

He laid the foundation stone of 12 projects worth around Rs 51 crore and inaugurated 37 projects worth around Rs 112 crore. Dhami also inaugurated Tehri Youth Club and unveiled a local product called Hilans Tulsi Tea.

Cheques were also distributed among beneficiaries of the National Rural Livelihood Mission by the chief minister.

Dhami said people of Tehri are fortunate as the place has tremendous potential in the tourism sector.

World class consultants will be hired to transform Tehri into an ultra modern city, he said.

The state government is getting constant guidance from Prime Minister Narendra Modi for the development of Uttarakhand, he said. **PTI**

Body of a missing victim of Nimati Ghat boat disaster recovered

PTI ■ GUWAHATI

The body of one of the two missing victims of the boat disaster at Nimati Ghat in Assam’s Jorhat district was recovered four days after the incident near Biswanath Ghat, about 100 km downstream of the Brahmaputra river from the accident site, on Saturday morning, a top official said.

With the recovery of the body, the death toll in the boat tragedy has increased to two.

Jorhat deputy commission Ashok Barman told PTI that the body was recovered by Forest department officials of

the area.

“Documents were recovered on the body, from which it was identified to be of Indreswar Bora of Lakhimpur district,” he said.

The other missing victim, a doctor from Jorhat, is still to be traced and search operations near the accident site at Nimati Ghat in Jorhat as well as surrounding and downstream areas are continuing, Barman added.

The body has been brought to Biswanath Chariali and will be taken for post-mortem before handing over to family members later.



MBBS students raise slogans during a protest at Patna Medical College Patna (PMCH) in Patna on Saturday

PTI

Initiative taken for NCC as elective subject in NEP: NCC DG

Bengaluru: The National Cadet Corps has taken the initiative of implementing NCC as an elective subject under the new National Education Policy, Director General of NCC Lieutenant General Tarun Kumar Aich said on Saturday.

“We have taken major initiative of implementing NCC as an Elective Subject as part of New Education Policy,” Lt Gen Aich said addressing the officers, staff and students here. According to the NCC DG, over 7,800 schools and colleges in the country are awaiting to seek the NCC affiliation.

The National Cadet Corps has planned to expand its footprint in the coastal and border areas of various States and enhance its authorised strength in a phased manner. Fully Self- Financing Scheme (FSFS) is yet another step in this direction which will provide a unique opportunity to a number of schools and colleges to include NCC in their curriculum, he added.

The DG NCC appreciated the performance of cadets during various NCC camps and competitions and outstanding work by them during the pandemic through ‘Exercise Yogdaan’ in assisting the civil administration.

He also commended them for their contribution to the flagship programmes of the Government such as, ‘Swachh Bharat’ (Clean India mission), ‘Beti Bachao, Beti Padhao’ (Save daughters, teach daughters), ‘Fit India’ and ‘Azadi Ka Amrit Mahotsav’ (Platinum Jubilee Festival of Indian Independence) celebrations. “Karnataka and Goa directorate is one of the finest directorates of NCC and has been performing its tasks diligently and professionally.

The directorate has adapted well to the changing requirement of shifting from offline mode of training to online to ensure that the training of cadets does not get hampered by the pandemic,” he said. **PTI**

Kerala logs 20,487 new cases, 181 deaths

Thiruvananthapuram: Kerala on Saturday recorded 20,487 new Covid-19 cases and 181 deaths, taking the infection count to 43,55,191 and the death toll to 22,484.

A total of 26,155 persons recuperated from the disease today, taking the total cured in the State to 41,00,355. State Health minister Veena George said 1,34,861 samples were tested in the last 24 hours and the test positivity rate was 15.19 per cent. Among the districts, Thrissur reported the highest number of fresh cases - 2,812, followed by Ernakulam with 2,490 and Thiruvananthapuram 2,217. “Currently there are 2,31,792 active cases in the state of which only 12.9 per cent patients have been admitted to hospitals,” the Minister said in a release.

The Minister said of those found infected today, 102 reached the state from outside while 19,497 contracted the disease from their contact. The source of infection of 793 is yet to be traced and 95 health workers are also among the infected.

There are 4,108 wards across 794 local self government bodies with a weekly infection population ratio above seven per cent. **PTI**

NE needs more Ayush colleges, Centre keen to support: Sonowal

Guwahati: Union Minister Sarbananda Sonowal on Saturday said more Ayush colleges should be set up in the northeast, and the Centre is keen to support the initiative.

He also said the central government has increased financial assistance to states for establishing new Ayush colleges.

“More Ayush teaching colleges are required in the north-eastern states... earlier under the National Ayush Mission (NAM), Rs 9 crore was given to state governments to open such colleges, but this has now been enhanced to Rs 70 crore.

“The states may identify the land and manpower to avail this opportunity as per the NAM guidelines,” the Union Minister for Ayush and Ports, Shipping and Waterways said.

There are only a few Ayush colleges in the northeast and traditional medicines can only be popularised by making available more qualified practitioners, Sonowal said while addressing a conference on ‘Diverse and Fulfilling Career Paths in Ayush Systems: Education, Entrepreneurship and Employment Focus on North Eastern States’ here.

He said the Ministry of Ayush has also accorded in-principle approval for upgrading the Government Ayurvedic College here as a ‘Centre of Excellence’ with support of up

to Rs 10 crore.

Sonowal said the Centre provides Rs 5 crore to upgrade under-graduate Ayush teaching colleges and Rs 6 crore to improve the infrastructure of post-graduate institutions in the northeast.

The Union minister announced a ‘Panchkarma Technician Course’ affiliated to the Health Sector Skill Council - National Skill Development Corporation at the Central Ayurveda Research Institute (CARI), Guwahati with 10 seats for Class 10+2 students to produce skilled manpower and enhance employment opportunities in the northeast region.

“Career opportunities in the Ayush sector for professionals of all disciplines have increased dramatically during recent years. Consequent to these efforts, faith in the Ayush systems has been restored among communities worldwide,” Sonowal said.

Ayush has a great potential to cater to a large number of healthcare needs of people and contribute to the growth and development of the country, he added. D Senthil Pandiyan, Joint Secretary, Ministry of Ayush, gave the opening remarks, which was followed by detailed presentations on education, career opportunities and entrepreneurial options related to the sector. **PTI**

21 divyang couples get married in mass wedding ceremony in Udaipur

Udaipur: Twenty-one couples tied the nuptial knot during a mass wedding organised for differently-abled and underprivileged people by an Udaipur-based organisation here Saturday.

Most couples met during the course of treatment or skill development at Narayan Seva Sansthan. Their family members and relatives fixed the relationship and 21 couples entered the wedlock at the mass marriage ceremony.

One of the newlywed brides, Sant Kumari (24), who has Polio since birth, said she met her husband, Manoj Kumar, during treatment and vocational training.

“It is a stigma to be a girl child who is born with Polio. It has been very difficult for me to live a normal life. Life has been a roller coaster ride for me and finding a job as well as a good partner are two most important things but I met Manoj here and both of us felt that we can live our life together so our families fixed the marriage,” she said.

Twenty-eight-year-old Manoj was operated at Sansthan for a disability.

“I work at a company in Gujarat at present and both of us will live happily because I have a job and she has acquired training in stitching. She wants to establish her own start-up and I hope that it will be successful,” he said. The wedding ceremony was performed with traditional rituals at the NSS campus in Udaipur in the presence of families, relatives and other guests. **PTI**

MP: 10 dengue cases detected in Indore on Sat Tally for year reaches 122

Indore: The dengue tally in Indore in Madhya Pradesh for this year reached 122 after 10 cases were detected on Saturday, officials said.

They added that efforts were on to prevent the spread of dengue, especially due to a gradual rise in numbers here over the past 10 days.

Indore Divisional Commissioner Pavan Kumar Sharma said officials have been directed to launch a massive campaign to spot and destroy the breeding grounds of larvae of dengue-carrying mosquitoes.

“We will also ensure dengue test reports are provided to the citizens on the same day of sample collection for treatment to start at the earliest,” he said. Only one person has died here of dengue since January this year, officials said. **PTI**

Delhi deluged...

From page 1

Delhi recorded more than 100 mm of rainfall on two consecutive days at the start of the month -- 112.1 mm on September 1 and 117.7 mm on September 2.

The IGI airport was also waterlogged leading to diversion of five flights towards Jaipur and Ahmedabad while three were cancelled.

Aviation Minister Jyotiraditya Scindia said he spoke to airport officials and “was told that the waterlogged forecourt was cleared up within 30 minutes”.

The Aerocity area -- which houses multiple luxury hotels -- near the airport was also waterlogged in the morning with people trying to maneuver their cars through the accumulated water, showed another set of videos.

Delhi International Airport Limited (DIAL) said on Twitter that there was waterlogging at the forecourt for a short

period. “Due to heavy downpour passengers encountered waterlogging for a short while. The on-ground team was immediately mobilised and the operations are back to normal since 9 am,” they tweeted.

Traffic police advised commuters to avoid roads that were affected due to waterlogging.

“There is waterlogging on NH 48 near Gurugram/Parade Road Crossing. Vehicles going from Dhaula Kuan to Gurugram are the worst affected. These vehicles may take the right turn on Carriappa marg and take a left turn from Thimmaayya Chowk on Thimmaayya Marg to reach Airport/ Gurgaon,” traffic police tweeted.

“Traffic Alert. Water logging near WHO on Ring Road. Kindly Avoid the Stretch,” it said in another tweet.

“Traffic is affected at Dwarka Sec-20 road no-226 due to water logging. Please avoid using this route,” traffic police said in another tweet.

“This to inform that near about T point of road number 210 and 224 near

more than 15 lakh workers of the party at 27,700 Shakti Kendras (party units) through the Booth Vijay Abhiyan.

The saffron party had clinched 312 seats in the 403-member legislative assembly, decimating its rivals to form the government in the last assembly elections.

Claiming that the Adityanath government did in over four years what other governments could not do in 60 years, the BJP chief targeted the opposition parties for not extending enough support to people during COVID-19 pandemic.

“Amid the pandemic outbreak, these parties did politics only through tweets and virtual press conferences by confining themselves in closed rooms.

“History will remember that when people were in trouble, they (opposition leaders) turned themselves away from the people,” he alleged. **PTI**

DJB booster pump Dwarka, there is heavy water logging due to overflow of drain and rain. Commuters informed to avoid the stretch until situation is normal,” it tweeted.

“There is 3-4 feet of waterlogging in Rani Kheda Under Pass, traffic is affected. Please avoid using this route,” traffic police tweeted.

Taking a dig at Chief Minister Kejriwal, Delhi BJP leader and national secretary of Bharatiya Janata Yuva Morcha Tejinder Bagga shared a video of himself on a rafting boat in a waterlogged street in Bhajanpura area of northeast Delhi.


“This season I wanted to go to Rishikesh for rafting but due to coronavirus and continuous lockdown I could not go. But I want to thank Delhi CM Arvind Kejriwal as he has made arrangements for rafting in every nook and corner of Delhi (as streets are waterlogged). He should also hang boards of his his feat as he does in every case,” Bagga said in the video.

Char Dham Purohits suspend stir after CM promises to ...

From page 1

He said that everyone is hopeful the issue would be sorted out by the talks. Sati added that the agitation has been suspended till October 30 and a decision on the future of the agitation would be taken assessing the decision taken by the Government on the issue.

The Cabinet Ministers Arvind Pandey and Ganesh Joshi, secretary Shailesh Bagauli, Chief Executive Officer (CEO) of the Devasthanam Board, Ravi Nath Raman, secretary H C Semwal, and ACEO of Devasthanam Board, B D Singh, were also present on the occasion.



Chief Engineer, Uttarakhand Rural Roads Development Agency
First Floor, Directorate of Panchayatiraj, Opp-IT Park, Sahastradhara Road, Dehradun

Ref. No. 1539/11-02(xix)/ITCO/URRDA/21
Dated: 10-09-2021

PRADHAN MANTRI GRAM SADAK YOJANA (PMGSY) e-Procurement Notice-06/2021-22

The Chief Engineer, URRDA on behalf of Governor of Uttarakhand invites the item rate bids in electronic tendering system for construction of Roads under Pradhan Mantri Gram Sadak Yojana in the Districts of **Almora & Pauri** for 02 number of Packages with estimated cost totaling to **Rs. 6.53 Crore** including their maintenance for five years from the eligible contractors registered with PWD/ CPWD or equivalent".

Date of release of Invitation for Bids through e-procurement : **14-09-2021.**

Availability of Bid Documents and mode of submission: The bid documents are available online and should be submitted online in www.pmgstyendersuk.gov.in. The bidder would be required to register in the web-site which is free of cost. For submission of the bids, the bidder is required to have Digital Signature Certificate (DSC) from one of the authorized Certifying Authorities.

The bidders are required to submit original affidavit regarding correctness of information furnished with bid document as per provisions of Clause 4.4 B (ii) of ITB with **CONCERNED CIRCLE OFFICES, mentioned in SBD/MBD, only up to or before the time and date of the submission of the Bids (for World Bank funded works) and on a date not later than three working days after the opening of technical qualification part of the bid (for Regular PMGSY Works),** either by registered post or by hand, failing which the bids shall be declared non-responsive. No physical documents will be accepted after the closing date and time of submission of bids.

Last Date/ Time for receipt of bids through e-procurement: **20-09-2021 01:00 PM.**

For further details please log on to www.pmgstyendersuk.gov.in

Sd/-
Chief Engineer,
URRDA, Dehradun

** Non Registered bidders may submit bids, however, the successful bidders must get registered in appropriate class with appropriate authorities before signing the contract.*

Note: For e-Procurement for any sort of queries 0135-2608125 number may be contacted 10.00 AM to 05:00 PM.

CENTRE TO ROPE PRIVATE PLAYERS INTO RAIL TOURISM

Private players can lease or buy at least 16 train coaches

PNS ■ NEW DELHI

In what could be perceived as a “backdoor” entry for private players in the Indian Railways, the Centre is considering engaging private players to run passenger trains, coined as theme-based trains for religious, tourism, hospitality and other activities.

According to a policy being formulated by the Ministry of Railways, the national trans-

porter’s new regime led by Ashwini Vaishnaw is now looking at professionals from the tourism sector to utilise its train coaches for rail-based tourism.

The Railways wants to lease and even sell train coaches to private players for leveraging their expertise in tourism activities, a top Rail Ministry official said.

The private players can run these coaches as cultural, religious or any other tourist circuit train, the Ministry of Railways said in a statement on Saturday.

“To tap the potential of tourism sector and to leverage the core strengths of the professionals of tourism sector in

tourism activities like marketing, hospitality, integration of services, reach with customer base, expertise in development and identification of tourist circuits, etc., Indian Railways is planning to spread rail-based tourism among masses through leasing of coaching stock to interested parties to run them as theme-based cultural, religious and other tourist circuit train,” the Ministry said in a statement.

An Executive Director-level committee has been constituted by the Railway Ministry to formulate the policy and terms and conditions for this project.



So far, the broad features of the proposed model have been formulated. These include

coaches to be leased as per desired configuration of interested parties. They can also

take bare shells on lease or purchase coaches. Sources said that private players will have to

lease or buy a train with at least 16 coaches.

Lessees and buyers will be allowed to make minor refurbishment to coaches. The lease will run for a minimum of five years and can be extended till the codal life of coaches. Codal life refers to the maximum service life of a coach, beyond which it has to be mandatorily replaced.

“The business model will be decided and developed by the private player. This will include route, itinerary, tariff, etc,” a senior railway official said.

Sources said the Railway Ministry has promised that the registration process for

interested parties will be simple, based on eligibility criteria.

Indian Railways will levy haulage charges, nominal stabling charges and lease charges. No lease charges will be taken if the coaches are purchased.

Punctuality will be given priority. Also, coach refurbishments and itineraries will be promptly approved. There will be no haulage charge for maintenance runs.

Once leased or sold, third-party advertisements will be allowed inside the train coaches. Branding of trains will also be allowed, added the Ministry statement.

Parl panel to Govt: Sign FTAs with US, EU to help domestic exporters

PNS ■ NEW DELHI

Parliamentary panel has said the Government should iron out the issues hindering the signing of Free Trade Agreements (FTAs) with the US and the EU nations as domestic exporters are at a disadvantage due to the absence of these agreements.

The Parliamentary Standing Committee on Commerce chaired by YSR Congress leader Vijaysai Reddy submitted the report to Chairman of Rajya Sabha Venkaiah Naidu on virtual mode on Saturday.

The panel has expressed concern that India’s exports contracted from 2019-20, registering a negative growth rate of (-) 15.73 per cent in 2020.

In view of the crucial role played by exports in the overall economic growth of a country, the Committee in the report opined that “India needs to step up its effort in export promotion, expand its export baskets and penetrate new export markets to recover from its current slump and increase its share in global exports”.

The panel also underlined that the Indian exporters are at a “disadvantage” in the US and the European markets while competing with other exporting nations due to the absence of FTAs with the US and the EU countries.

“The Committee recommends the Department of Commerce to iron out the issues that hindered the signing of FTAs with our leading trade partners and enter into trade agreements that are beneficial for our country while balancing the interest of

➤ The panel has expressed concern that India’s exports contracted from 2019-20, registering a negative growth rate of (-) 15.73 per cent in 2020

➤ The panel also underlined that the Indian exporters are at a “disadvantage” in the US and the European markets while competing with other exporting nations due to the absence of FTAs with the US and the EU countries

➤ The panel also expressed concern that the share of rail freight vis-a-vis road is only 35 per cent whereas the trend is reversed in developed countries



the domestic market with that of our exporters,” the report stated.

The panel also expressed concern that the share of rail freight vis-a-vis road is only 35 per cent whereas the trend is reversed in developed countries.

The Committee, therefore, recommends the Ministry of Railways to undertake a detailed study on the reason for low share of rail and take a concerted effort to increase the share of rail in freight traffic, the report said.

At the same time, the panel said, it is “disheartening to note that the Ministry of Railways is unable to provide competitive freight rate for movement of export consignments”.

The Committee feels that this

will adversely affect the competitiveness of India’s exports in global markets as freight cost plays a crucial role in determining the final price of the product, as per the report.

The panel undertook an in-depth examination of export-oriented measures and held seven meetings with all stakeholders spanning over for nearly twenty hours, it said.

The panel led by Reddy, who is a noted chartered accountant, in the report recommended the Government to take appropriate measures, relook its export strategies and policies to achieve a positive growth rate of exports and higher share in global exports markets.

9/11-like attacks have permanent solution through Indian humanitarian values: PM

PNS ■ NEW DELHI

Recalling the terror strikes in the US two decades ago, Prime Minister Narendra Modi on Saturday said that the world was today realising that tragedies like 9/11 will have “a permanent solution, only through Indian humanitarian values”.

Modi made these remarks while performing the Lokarpan of ‘Sardardham Bhavan’ and ‘Bhoomi Pujan’ of ‘Sardardham Phase-II ‘Kanya Chhatralaya’ (girls hostel) at Ahmedabad, Gujarat.

The comments of the Prime Minister about “Indian values” resolving world problem, particularly terrorism, came against the backdrop of the withdrawal of the US troops which had landed in Afghanistan soon after American cities were attacked by Osama-bin-Laden’s al-Qaeda terror group on September 11, 2001.

The American intervention then had led to the ouster of the Taliban which are again back in the seat of power in Kabul after 20 years of their political exile.

Addressing the Gujarat event, Modi recalled the 9/11 terror-strikes saying, “Today, September 11th, is a date in the history of the world that is known to have struck humanity. But this date also taught a lot to the whole world! A century ago it was on September 11, 1893, when the World Parliament of Religions was held in Chicago”.

Modi reminded that on this day, Swami Vivekananda stood on that global stage and introduced the world to “the human values of India”.

“Today the world is realising that tragedies like 9/11 will have a permanent solution, only through



Prime Minister Narendra Modi performs Lokarpan of Sardardham Bhavan and Bhoomi Pujan of Sardardham Phase-II Kanya Chhatralaya through video conferencing in New Delhi on Saturday

PJB

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➤ Addressing the Gujarat event, Modi recalled the 9/11 terror-strikes saying, “Today, September 11th, is a date in the history of the world that is known to have struck humanity. But this date also taught a lot to the whole world! A century ago it was on September 11, 1893, when the World Parliament of Religions was held in Chicago”

these humanitarian values,” he added.

The PM’s address through video-conferencing was attended by Chief Minister and Deputy Chief Minister of Gujarat.

The Prime Minister also announced the establishment of a chair in the name of Tamil poet ‘Subramania Bharati in Banaras Hindu University. The Prime Minister said September 11th is another big occasion — the 100th death anniversary of India’s great scholar, philosopher and freedom fighter ‘Subramania Bharati.

Bharati gave a new direction to his thoughts and new energy while living in Kashi, he said. The philosophy of ‘Ek Bharat Shreshtha Bharat’ envisioned by Sardar Saheb has been shining with full divinity in the Tamil writings of Mahakavi Bharati he said.

Modi said the hotel facility being inaugurated at Ahmadabad will also help so many girls to come forward. He said the state of the art building, girls hostel and modern library will empower the youth.

The Entrepreneurship Development Centre will enrich the

strong business identity of Gujarat and the Civil Service Centre will give new direction to the youth interested in careers in civil, defence and judicial services.

The PM said Sardar Dham will not only become an establishment for building the future of the country, but also inspire the future generations to live the ideals of Sardar Saheb.

He lauded all the members associated with Sardar Dham Trust for their dedication to the service of humanity. He admired their emphasis on the empowerment of the youth of the Patidar society as well as the poor and especially women. Sardardham Vishwa Patidar Kendra is established to spread awareness about the strength of Sardar Vallabhbhai Patel’s persona among Patidar youth as well as to strengthen the Patidar Community socially, financially, administratively and politically.

Moderna jabs more effective than Pfizer against Delta: Study

PNS ■ NEW DELHI

Moderna’s vaccine for Covid-19 is significantly more effective against the Delta variant of the SARS-CoV2 virus than Pfizer or Johnson & Johnson, a new study has said.

Published in Morbidity and Mortality Weekly Report, the study said Moderna was 95 per cent effective at preventing hospitalisation among adults ages 18 and older.

“These real-world data show that vaccines remain highly effective at reducing Covid-19 related hospitalisation and emergency department visits, even in the presence of the new Covid-19 variant,” said researcher Shaun Grannis from Indiana



University in the US.

“We strongly recommend vaccinations for all who are eligible to reduce serious illness and ease the burden on our healthcare system,” Grannis added.

The team also found that Pfizer was 80 per cent effective at preventing hospitalisation among adults ages 18 and older, while Johnson & Johnson was 60 per cent effective.

For the study, the team

analysed more than 32,000 medical encounters from nine States during June, July and August 2021, when the Delta variant became the predominant strain.

The results showed that unvaccinated individuals with Covid-19 are 5-7 times more likely to need emergency department care or hospitalisation, similar to the overall effectiveness prior to the variant.

The study also found that vaccine effectiveness is lower for people 75 years and older, which has not been shown in previous research. This could be due to a range of factors, including the increased time since vaccination, the researchers noted.



An artist makes a painting 9/11 terror attacks on its anniversary, at Lalbaug in Mumbai, on Saturday

PTI

PLANE CRASH AT KOZHIKODE AIRPORT

Pilot didn’t follow SOPs: Probe report



PNS ■ NEW DELHI

over a year after the deadly crash of the Air India Express plane, said the “probable cause of the accident was the non adherence to SOP (Standard Operating Procedure) by the PF (Pilot Flying)”.

The PF continued an un stabilised approach and landed beyond the touchdown zone, “half way down the runway, in spite of ‘Go Around’ call by PM which warranted a mandatory ‘Go Around’ and the failure of the PM to take over controls and execute a ‘Go Around,” it noted.

The crash of Air India Express’s B737-800 aircraft happened on August 7 at the Kozhikode airport in Kerala. The plane coming from Dubai had overshot the runway at Kozhikode airport and later broke into pieces. There were 190 people onboard the ill-fated aircraft and at least 20 people, including the two pilots, were killed and several others were injured.

Union Civil Aviation Minister Jyotiraditya Scindia said in response to a question during a press conference on Thursday that the report has been submitted to the Ministry. We will release it in the next couple of days into public domain.

The Aircraft Accident Investigation Bureau (AIB) on Saturday released its probe report into the plane crash at Kozhikode airport in August last year that killed at least 20 people and injured several others, pointed out that the pilot’s non-adherence to the standard operating procedure is the probable cause of the Air India Express plane crash but the role of the systemic failures as a contributory factor cannot be overlooked.

According to the report, the investigation team is of the opinion that the role of systemic failures as a contributory factor cannot be overlooked in this accident. “A large number of similar accidents/ incidents that have continued to take place, more so in AIXL, reinforce existing systemic failures within the aviation sector.

“These usually occur due to prevailing safety culture that give rise to errors, mistakes and violation of routine tasks performed by people operating within the system. Hence, the contributory factors enumerated below include both the immediate causes and the deeper or systemic causes,” it added. The report, released a little

Downpour inundates several States

PNS ■ NEW DELHI

The downpour wasn’t just in Delhi. Several States like Tamil Nadu, Andhra Pradesh, Telangana, Gujarat, Rajasthan and Madhya Pradesh also witnessed heavy and unusual rainfall on Saturday.

The increase in the num-

ber of heavy rain events is directly linked to climate change. This may impact the onion crops and paddy sowing during the kharif season.

The India Meteorological Department’s (IMD) latest predictions said these weather conditions are likely to persist over the next 3-4 days in

Maharashtra, Goa, Telangana, Tamil Nadu, Andhra Pradesh, Chhattisgarh, Odisha, Rajasthan, Madhya Pradesh and Gujarat.

According to the IMD, from Sunday onwards, there will be a gradual reduction in the rainfall in Punjab and Haryana. Delhi will receive

fresh spell of rain from September 17-18.

The IMD said a low-pressure area lies over East Rajasthan and the neighbourhood with associated cyclonic circulation extending up to middle tropospheric levels. The low-pressure area and its remnant are likely to persist

over the same area during 3-4 days. Delhi has witnessed seven heavy rain events this monsoon season so far, the highest in a decade, and these spells account for more than 60 percent of the rainfall recorded in the city.

Mahesh Palawat, vice president of Skymet Weather, a

private forecasting agency, said global conditions such as ENSO neutral conditions, lower sea surface temperature in east and central-Pacific ocean, neutral Indian Ocean Dipole and the Madden-Julian oscillation passing through the Indian Ocean were favourable for good rainfall in September.



Commuters waded through a waterlogged road after heavy rain in Bikaner on Saturday

PTI



A car stuck in a waterlogged underpass road at Zakhira in New Delhi on Saturday

PTI

Sikkim shuts schools, colleges once again

Students test Covid-19 positive

PTI ■ GANGTOK

The Sikkim Government on Saturday announced that all schools and colleges in the State would be shut down after Covid-19 cases were found among students.

Education Secretary GP Upadhaya said that schools and colleges were opened on September 6. In the schools, classes were being held for students of standard 9 and above.

However, after some schools reported that at least

five students were found to be Covid-positive, it was decided to shut the educational institutions again till October 31, he said.

The school and colleges were functioning with 50 per cent staff, and students were attending class only after obtaining the consent of their parents, Upadhaya said.

Covid-positive cases were reported from Government schools in Namthang in South Sikkim, Rhenock in East Sikkim and Yuksom in West Sikkim, besides a private school

at Mangan in North Sikkim district, he said. "The State Government is very concerned that if the schools are not closed the chances of more cases are very high," he said.

All primary contacts of the infected students were being traced and more cases could be reported, he said.

"This is a state-wide trend and we do not want to compromise with the health of the students, which is why the state government has decided to close all schools and colleges," he said.

Siddaramaiah condemns demolition of 'ancient' Hindu temple in Nanjangud

Bengaluru: Former Karnataka Chief Minister Siddaramaiah on Saturday condemned the demolition of an 'ancient' Hindu temple at Nanjangud in Mysuru district and said the BJP Government should have consulted the local residents before taking such an action, 'which has hurt the religious sentiments of the people'.

"The destruction of an ancient temple in Nanjangud is condemnable. Since it was a sensitive issue, the @BJP4Karnataka should have spoken to the local residents, The demolition is done without the consultation of the people in the region & has hurt the religious sentiments," he said in a series of tweets.

The officials concerned have not followed the due process, he said. Though there was a court order, the administration should have given a thought before implementing it (order)," he said in another tweet. The Congress leader demanded that a piece of land be earmarked to construct a temple there to compensate for the demolition.

PTI

18+ students will be vaccinated on priority for reopening educational institutions: J&K L-G

Srinagar: Jammu & Kashmir Lieutenant Governor Manoj Sinha on Saturday said a special drive will be launched to vaccinate students aged above 18 years on priority to enable educational institutions to reopen in the Union Territory.

Speaking to reporters on the sidelines of a function at SKICC here, Sinha said most of the teachers have already been vaccinated against Covid.

"We are trying to vaccinate students aged above 18 years on priority and professors and teachers in the academic institutions as well because the aim is to restart the institutions," he said.

A special drive will be conducted for the vaccination of students above the age of 18 as most of the teachers have already been vaccinated, Sinha said.

Asked about the security scenario in Jammu and Kashmir, the L-G said "all is well", without commenting further.

Earlier, Sinha released a book titled "Analysis of Accreditation Report of Union Territories of Jammu Kashmir and Ladakh" by National Assessment and Accreditation Council (NAAC) at SKICC.

Speaking on the occasion, the lieutenant governor termed the assessment and accreditation process as an important factor to maintain the quality of education in universities and colleges.

Sinha said the publication will work as an intelligent assistant for academicians, vice-chancellors, professors and students.

Highlighting the need to introduce new reforms to meet the requirements of the rapidly trans-

forming education system and the changing market dynamics, he said the university and colleges have immense power and a small shift in curriculum can have a decisive impact on the socio-economic environment.

"The future belongs to those students and teachers who can realise their full potential and adapt to rapidly changing requirements," he said.

"As we are heading towards an era which will be dominated by the knowledge economy, our biggest asset would be the human capital, a combination of talent, skill and creativity. We are making efforts to continuously improve the courses in universities and colleges, incorporating students' feedback to create a conducive environment for learning and innovation," Sinha said.

PTI



Beneficiaries wait in queues to receive Covid-19 vaccine dose at the District Hospital in Mirzapur on Saturday

PTI

CPI upset with Raja, Annie for criticising Kerala Police

KUMAR CHELLAPPAN ■ KOCHI

The Kerala unit of the CPI on Saturday expressed the party's displeasure over the comments made by its national general secretary D Raja and his wife Annie Raja about the State Police.

Kanam Rajendran, secretary of Kerala unit of the CPI told reporters on Saturday that the husband-wife duo's comments about the State administration and police have brought disrepute to the party and he would inform both of them that party do not subscribe to their views.

Early last week Annie Raja, the CPI's global face, had come down heavily on the Kerala Police and

charged that RSS gangs have infiltrated into the police force and this was the reason for the increase in the attacks on women and children in the State. Though hailing from Kerala, Annie Raja is based in New Delhi and rarely comments on State politics.

The CPI(M) took the comments seriously because the police department comes under Chief Minister Pinarayi Vijayan. But the party did not issue any rejoinder to the comments made by Annie Raja. Vijayan himself told reporters that the comment was serious and would be looked into.

But notes have been exchanged between the leaders of the CPI(M) and the CPI about the comments.

The State leaders of the CPI took objections to the reported comment by Annie and reacted strongly to it. This made D Raja, the national general secretary of the party come out openly and support his spouse.

On Saturday, Rajendran in his media interaction, said that Annie Raja's comments were made in poor taste. "We will inform Raja and Annie about the resentment created in the party over their comments. We do not mind whether Raja is the national secretary or not. Since he and Annie made comments which are not in synch with truth, we will definitely tell them that they erred in making such allegations," said Rajendran.

17 more Covid deaths in AP

PTI ■ AMARAVATI

Andhra Pradesh reported 1,145 fresh cases of coronavirus, 1,090 recoveries and 17 deaths in 24 hours ending 9 am on Saturday.

A health department bulletin said the state now has 15,157 active Covid positives has climbed to 20,28,795, recoveries to 19,99,651 and toll 13,987, it said.

In 24 hours, East Godavari district added 216 fresh cases to its tally.

SPS Nellore reported 173, Chittoor 132, Krishna 128, Prakasam 117 and Kadapa 111, while the remaining seven districts added less than 100 new cases each, with Kurnool and Vizianagaram logging six and seven respectively.

Chittoor reported four fresh fatalities, Kadapa and SPS Nellore three each, Krishna and Prakasam two each, East Godavari, Guntur and Srikakulam one each in a day.

After 97 yrs, Kerala seeks probe into poet death

KOCHI: Ninety seven years after he died in a boat capsized, Kerala is agog with demands for a comprehensive probe into the death of Kumaranasana, the great poet and father figure of Malayalam renaissance movement.

It was on January 16, 1924, Kumaranasana, one of the triumvirates of modern Malayalam poetry and a philosopher par excellence died in a boat mishap in the 25-meter-wide stretch of Pallana River. The poet and 34 others perished in the river while all employees and commuters on the deck swam to safety.

Kumaranasana was travelling in a suite befitting his stature. His dead body was retrieved on the third day but

curiously, the suite in which he was travelling was found to be locked from outside.

"The poet would not have drowned or sunk along with the boat because he was a good swimmer. He grew up along the backwaters and he was known as an ace swimmer," P Sujathan, veteran journalist who has undertaken a lot of research and studies on the life and times of the late poet.

What has shocked thousands of fans of the late poet is the mysterious disappearance of the report by the P Cherian Commission of Enquiry, which was appointed by the then Travancore State Government to probe the sinking of the boat Redeemer.

PNS

Priyanka holds review meeting with UP party leaders

Lucknow: Congress General Secretary Priyanka Gandhi Vadra held a review meeting with party leaders here on Saturday during which discussions were held on several issues, including the farmers' protest over the three agri laws.

In a statement, the party said deliberations were held on the poll strategy for western UP and Gandhi sought reports from every village.

The farmers' protest over the three agri laws also came up for discussions, the statement said.

Thousands of farmers from Uttar Pradesh and neighbouring states had gathered at Muzaffarnagar on Sunday for a 'Kisan Mahapanchayat', months ahead of the crucial UP assembly polls.

The event was organised by the Samyukt Kisan Morcha (SKM) at the Government Inter College ground in Muzaffarnagar to protest the Centre's three farm laws.

In another meeting held for State's



Ruhelkhand zone, Gandhi said a strong organisation is needed not only for the party but also for nation building.

She also urged the party workers to work for 24 hours during the elections.

On Friday, the Congress decided to take out a 12,000 km-long yatra through villages and towns of Uttar

Pradesh ahead of the assembly polls next year.

The decision to take out the "Congress Pratigya Yatra: Hum Vachan Nibhayenge" was taken at a meeting presided over by Gandhi, and attended by members of the party's advisory and strategy committee here, the Congress had said in a statement.

Priyanka had arrived here on Thursday to review the party's preparations in the run up to the polls.

The yatra will draw attention of people to issues of corruption, inflation, crime, violence against women, unemployment and poor health services, the party said on Friday.

During the yatra, Congress leaders will assure people that they will fulfil promises made by the party in the run up to the polls.

Gandhi held discussions about routes and issues that will be taken up during the yatra, the party said.

PTI

SP launches 'Jan Mann-Vijay' campaign for UP Assembly polls

Lucknow: The Samajwadi Party (SP) on Saturday announced its 'Jan Mann-Vijay' campaign for the next year Uttar Pradesh Assembly polls, on a day the BJP launched its 'Vijay Booth Abhiyan' for the elections.

SP chief Akhilesh Yadav also said that the party through its 'Har Booth Par Youth' programme will reach out to the people of the state and ensure the success of the campaign.

"In the 2022 election, the youth power of the SP will create public awareness at every booth of Uttar Pradesh and on the basis of the works and principles of the SP, the party will

win the hearts of all the people and ensure the success of the 'Jan-Mann Vijay Abhiyan' at the booth level," he said in a tweet in Hindi.

The former Uttar Pradesh chief minister announced the 'Jan Mann-Vijay Abhiyan' and the 'Har Booth Par Youth' programme on the micro-blogging site.

"The awakened people of Uttar Pradesh will bring a democratic revolution," Yadav said.

Earlier on Saturday, BJP president J P Nadda launched his party's 'Vijay Booth Abhiyan' online for 27,700 'Shakti Kendras' (organisational units) in Uttar Pradesh.

PTI

Maha: Man held for raping mentally-challenged girl

Palgha: A 31-year-old man has been arrested for allegedly raping a mentally-challenged girl in Maharashtra's Palghar district, police said on Saturday. The police on Thursday nabbed the accused, a labourer from Nalla Sopara in Vasai, senior inspector Pramod Badhak said.

According to the police, the accused allegedly kidnapped the victim, took her to an isolated place on his motorcycle and raped her there on Wednesday, he said.

Based on technical and intelligence inputs, the crime unit-3 zeroed in on the accused within 24 hours and arrested him under relevant sections of the IPC and Protection of Children from Sexual Offences (POCSO) Act, the official said.

PTI

Man sentenced to life imprisonment for raping 7-year-old girl

Hamirpur: A special POCSO court has sentenced a 45-year-old man to life imprisonment for raping a seven-year-old girl.

Special judge POCSO court Praveen Kumar Sonkar on Friday announced the verdict and imposed a fine of ₹5 lakh on the convict, Gayadeen Prajapati, manager of a private school. District Government advocate Rudra Pratap Singh said Prajapati raped the girl on February 28, 2019 when she had gone to attend a coaching class.



7 killed, 9 injured in road accidents in 2 Assam dists

Rangiya/Goalpara/Guwahati (Assam): At least seven people have been killed and nine others injured in separate road accidents in Assam, police said on Saturday.

Four people were killed and eight others injured when an ambulance collided with a tempo at Baihata Chariali in Kamrup (Rural) district late on Friday night.

Two people died on the spot, while two others later succumbed to their injuries at the hospital, a police officer said.

The injured people, including the ambulance driver, have been admitted to the Gauhati Medical College and Hospital.

In another accident, a vehicle hit a motorcycle which in turn hit another vehicle coming from the opposite direction at Amjonga in Dudhnoi police station area of Goalpara district on Friday night, another officer said.

Two of the three persons riding on the motorcycle were killed on the spot, while the third was hospitalised.

PTI

Medicine delivery by drones to be piloted in 16 green zones in T'gana, says Scindia

Vikarabad (T'gana): Union Civil Aviation Minister Jyotiraditya Scindia on Saturday said "Medicines from the Sky" project under which drugs and vaccines are delivered using drones, will be taken up on a pilot basis in 16 green zones in Telangana and scaled up to the national level based on data.

Launching 'Medicines from the Sky' project here, Scindia said the new Drone Policy brought out by the NDA government at the Centre recently eased rules regarding drone operations in the country by reducing the number of forms that need to be filled to operate them from 25 to 5 and decreasing the types of

fee charged from the operator from 72 to 4. Under the Green zone, no permission is needed to fly drones. Whereas permissions are needed in Yellow zone while Red Zones are no fly areas.

"In 16 Green Zones this 'Medicines from the Sky' project will be taken up. The data will be analysed for three months. We along with the Health Ministry, IT Ministry, State Government and the Centre will together analyse the data and make model for the whole country. Today is a revolutionary day not only for Telangana but for the whole country," the Minister said. Scindia said under the visionary leadership of

Prime Minister Narendra Modi the Drone Policy was envisaged. He further said an interactive aerospace map is being prepared.

With the help of the map, various zones are being earmarked with the help of states. The 'Medicine from the Sky' is an initiative of Telangana in partnership with World Economic Forum, NITI Aayog, and HealthNet Global (Apollo Hospitals). The project was launched on experimental Beyond Visual Line of Sight (BVLOS) drone flights for delivery of vaccines using the identified airspace of the Vikarabad district.

PTI

Mumbai woman raped and brutally assaulted with rod dies

Mumbai: A 34-year-old woman, who had been raped and brutalised with a rod by a man inside a stationary tempo in suburban Sakinaka area, died at a hospital during treatment in the early hours of Saturday, police said.

The crime which bore a chilling similarity to the 2012 'Nirbhaya' gangrape case of Delhi took place in the wee hours of Friday. The suspect who had been arrested within a few hours of the incident has been now charged with murder.

While the city police formed a Special Investigation Team to probe the incident, opposition BJP demanded capital punishment for the accused and questioned if women were safe in Maharashtra.

Maharashtra Chief Minister Uddhav Thackeray termed the incident as a "blot

on humanity".

"The trial in the case will be held on a fast track and the victim, who succumbed to injuries today, will get justice," he said in a statement. He has discussed the case with state Home Minister Dilip Walse-Patil and Mumbai Police Commissioner Hemant Nagrale, Thackeray added. The Sakinaka area in the western suburbs has several industrial units.

According to police, accused Mohan Chouhan (45) worked as a driver and lived on the pavement in the same area. Besides being raped, the victim woman was assaulted with an iron rod in her private parts and lost a lot of blood, a police official said. She had also been stabbed with a knife, he added. Police commissioner Nagrale told reporters that the crime came to light when the watch-

man of a company located on Khairani Road called the police control room and said that a man was seen thrashing a woman. Police reached the spot within 10 minutes and found the victim inside a parked tempo.

As her condition was serious, they decided to take her to hospital in the same vehicle so as to save time. They got the key of the tempo from the watchman and drove her to Rajawadi hospital in suburban Ghatkopar, the commissioner said.

The police also obtained CCTV footage of the spot. A man seen leaving the tempo was identified as Mohan Chouhan who hails from Jaunpur, Uttar Pradesh, the commissioner said.

He was arrested and produced before a court which sent him in police custody till

September 21, Nagrale said. His blood-stained clothes were seized.

They would be sent for forensic analysis to find out if it is the victim's blood, the commissioner added. A Special Investigation Team has been formed to conduct the probe, he said. "Assistant Commissioner of Police Jyotsna Rasam will be the investigation officer. The probe will be completed within a month, and the case will be tried before a fast-track court as the Chief Minister announced," the commissioner said.

"As the victim was unconscious, her statement could not be recorded. Therefore police are as yet clueless about what exactly happened. But it will be ascertained during the investigation," Nagrale said.

PTI



A fisherman casts his net on River Hooghly, in Nadia district of West Bengal on Saturday

PTI

Biden, Obama, Clinton mark 9/11 in NYC with display of unity

AP ■ NEW YORK

Three Presidents and their wives stood somberly side by side on Saturday at the National September 11 Memorial, sharing a moment of silence to mark the anniversary of the nation's worst terror attack with a display of unity.

Presidents Joe Biden, Barack Obama and Bill Clinton all gathered at the site where the World Trade Center towers fell two decades ago. They each wore blue ribbons and held their hands over their hearts as a procession marched a flag through the memorial, watched by hundreds of Americans gathered for the remembrance, some carrying photos of loved ones lost in the attacks.

Before the event began, a jet flew overhead in an eerie echo of the attacks, drawing a



President Joe Biden, centre, calls out as he is joined by, from left, former President Bill Clinton, former First Lady Hillary Clinton, former President Barack Obama, former First Lady Michelle Obama, First Lady Jill Biden and former New York City Mayor Michael Bloomberg, during the annual 9/11 Commemoration Ceremony at the National 9/11 Memorial and Museum on Saturday in New York

AP

glance from Biden toward the sky. For much of the ceremony he stood with his arms

crossed and head bowed, listening while the names of the victims were read. At one point,

the president wiped a tear from his eye.

Biden was a senator when hijackers commandeered four planes and executed the attack. Now he marks the 9/11 anniversary for the first time as commander in chief.

The president was spending Saturday paying his respects at the trio of sites where the planes crashed, but he left the speech-making to others.

Vice President Kamala Harris spoke at the Flight 93 National Memorial in Shanksville, Pennsylvania, commemorating the heroes who brought down a hijacked plane that was headed for the US Capitol. Harris praised their courage and the resilience of the American people, and spoke about the unity that Americans experienced in the days following the attacks.

US marks 20 yrs since 9/11, in shadow of Af war's end

AP ■ NEW YORK

The 9/11 anniversary commemoration at ground zero began Saturday with a tolling bell and a moment of silence, exactly 20 years after the start of the deadliest terror attack on US soil.

President Joe Biden, former presidents Barack Obama and Bill Clinton joined a crowd of victims' relatives and first responders at the Sept. 11 memorial plaza in New York. The memorial stands where the World Trade Center's twin towers were rammed and fell by hijacked planes.

Observances are also planned at the the two other sites where the 9/11 conspirators crashed the jets: the Pentagon and a field near Shanksville, Pennsylvania. Biden is scheduled to pay respects at all three places.

The anniversary comes under the pall of a pandemic



Smoke billows from one of the towers of the World Trade Center as flames and debris explode from the second tower

AP file photo

and in the shadow of the US withdrawal from Afghanistan, now ruled by the same militants who gave safe haven to the 9/11 plotters.

The attacks killed nearly 3,000 people and marked the start of a new era of fear, war, politics, patriotism and tragedy. "It's hard because you

hoped that this would just be a different time and a different world. But sometimes history starts to repeat itself and not in the best of ways," said Thea Trinidad, who lost her father in the attacks and has signed up to read victims' names at the ceremony at ground zero in New York.

Terrorists failed to shake belief in democracy: Boris

PTI ■ LONDON

The terrorists behind the 9/11 attacks in the United States failed to shake the belief in freedom and democracy, British Prime Minister Boris Johnson said on Saturday, as the world marked the 20th anniversary of the terror strikes.

In a message on Twitter, Johnson said that while the terror threat may not have gone away, people have refused to live in "permanent fear".

"Today we remember the 2,977 people taken from us on September 11th 2001," said

Johnson in his message.

"But while the terrorists imposed their burden of grief and suffering, we can now say with the perspective of 20 years that they failed to shake our belief in freedom and democracy," he said.

"That we are coming together today — in sorrow but also in faith and resolve — demonstrates the failure of terrorism," he said.

Britain's Queen Elizabeth II also offered her sympathies to the victims, survivors and families affected by the attacks 20 years ago.

Singapore PM warns that fight against terrorism 'is far from over'

Singapore: Singapore Prime Minister Lee Hsien Loong warned on Saturday that the fight against terrorism is "far from over" two decades after the 9/11 attack in the United States, and that terrorist groups in faraway places were serious threats to Singapore.

"Terrorist groups in these faraway places were serious threats to Singapore," he said in a commentary published on the 20th anniversary of the Al-Qaeda attacks in the United States.



A firefighter places his hand on the name engravings on the south pool during ceremonies to commemorate the 20th anniversary of the September 11 terrorist attacks on Saturday at the National September 11 Memorial & Museum in New York

AP

Taliban flag flies at Af Presidential Palace

Kabul: The Taliban flag waved over the Afghan presidential palace the same day the U.S. And the world marked the 20th anniversary of the September 11 attacks.

The milestone anniversary Saturday takes place just weeks after the chaotic U.S. Withdrawal from Afghanistan and the return to power of the Taliban, the faction that sheltered the Muslim militant group founded by Osama bin Laden that carried out the attacks.

The Taliban flag was raised Friday and could be seen waving over the presidential palace in Kabul on Saturday.



The iconic Taliban flag is painted on a wall outside the American embassy in Kabul on Saturday

AP

The militant group also painted their white backdrop flag on the wall of the US Embassy building.

AP

Fighting in Myanmar kills at least 15 after uprising call

AP ■ BANGKOK

Fifteen to 20 villagers, including several teenagers, have been killed in some of Myanmar's deadliest fighting since July between Government troops and resistance forces, a villager and reports by independent media said on Friday.

The fighting near Gangaw township in the northwestern Magway region started on Thursday, two days after a call for a nationwide uprising was issued by the National Unity Government, a Opposition organisation that seeks to coordinate resistance to military rule.

The fighting broke out when more than 100 troops arrived in four military vehicles to secure the area in Myin Thar

and five other nearby villages, a resident told *The Associated Press* by phone.

Members of a lightly armed village self-defense militia fired warning shots but could not stop the soldiers from entering the area and clashes continued after that, said the resident, who spoke on condition of anonymity to safeguard his personal security.

The opposition movement that rose against the army's February seizure of power from the elected Government of Aung San Suu Kyi was initially peaceful, but gradually began fighting back after security forces used deadly force to break up nonviolent protests.

The National Unity Government's call on Tuesday for a "people's defensive war" has received an enthusiastic

response on social media, but its actual impact on the ground is hard to measure.

Media sympathetic to the opposition reported an outbreak of small-scale shootings and sabotage by the resistance, particularly the toppling of cell phone transmission towers.

But similar activities have been happening for several months and details are difficult to independently verify.

The villager who described the new fighting said at least 11 members of the self-defense group were killed, according to what others in his village told him. Photos of what were described to be their bodies circulated widely Friday on the internet, and were clear enough to be identifiable to those familiar with them.

GOVERNMENT OF JAMMU AND KASHMIR
SHER-I-KASHMIR INSTITUTE OF MEDICAL SCIENCES, SOURA SRINAGAR- 190011
Email: aamoiports@SKIMS.ac.in, Fax : 0194-2403403

IMPORTS SECTION
NOTICE

Sub: Upgradation of Existing David System.
SKIMS intends to procure the following accessories from M/S, David Health Solutions Ltd. Finland being their proprietary item as claimed by the company, for updating the existing computerized digital spinal hip and knee shoulder analyzer in PMR SKIMS

1. Hip and Knee

2. Spine Concept

3. Shoulder

1. Hip Abduction Assembly 2. Rotary Torso Back Lateral Flexion 3. Diagonal Shoulder Abduction

In this connection, objections (if any) from companies manufacturing/marketing, such equipment capable of delivering the same result as intended from the above equipment, regarding the proprietary nature of the above item should be communicated within 10 days on the above mentioned email id/fax after which the claim of the company who has claimed for the proprietorship of the said item shall not be accepted.

No: SIMS 324-37-2021-Eq-2734-39

Sd/- Materials Management Officer,

Dated: 10.09.2021

DIPK-NB-3355/21 Dated :- 10.09.2021

Imports

GOVERNMENT OF JAMMU & KASHMIR
OFFICE OF THE CHIEF ENGINEER PMGSY (JKRRDA) JAMMU.

NOTICE INVITING E-TENDERS

E-NIT No:- CEJ/PMGSY/681 of 2021-22 Dated:- 06/09/2021

Chief Engineer PMGSY (JKRRDA) Jammu on behalf of The Government of Jammu & Kashmir, invites e-tenders on %age Above/Excess (+) OR %age Below/ Less (-) basis (i.e. on Percentage-Rate Basis) from approved and eligible Contractors registered with J&K State Govt, CPWD, Railways or equivalent and other State Govts up to **5.00 PM on 18-09-2021** for each of the following works including Defect Liability & Maintenance Period of **three years for Stage-I and five years for Stage-II and Bridge after construction**

S.No. 1 Name of Work/ Package No. :- Construction of 99 Mtr. (Revised 115 Mtr) Span Through Type Steel Truss Girder Motorable Bridge in Km 1st RD 0-125 on Ganjote to Phalni Road, Package No. JK14-688, Regular PMGSY (Batch-I, 2018-19), Block Mahore District Reasi. **Advertised Cost excluding Maintenance but inclusive of GST = Rs. 419.75 Lacs**

Name of the PIU :- Reasi, **Constt. Part (Rs. In Lacs) :-** 419.75, **Maintt. Part (Rs. In Lacs) :-** -----, **Total (Rs. In Lacs) :-** 419.75, **Cost of documents (Rs in Lacs) :-** 0.06, **Earnest Money (Rs. In Lacs) :-** -----, **Time Allowed for completion :-** 12 Months, **Call of tender :-** 2nd, **Time and date of opening of tenders :-** 21-09-2021 10.00 AM, **Class of contractor :-** Any registered contractor with State PWD/CPWD/ Railways or equivalent qualifying eligibility criteria as provided in the Standard Bidding Documents can tender for the works.

S.No. 2 Name of Work/ Package No. :- I) Construction of 40 Mtr. (Revised 50 Mtr.) Long Through Type Steel Truss Girder Motorable Bridge in Km 3rd RD 850-950 on Hamusan to Dandkot road, Package no. JK14-652, Regular PMGSY (Batch-I, 2018-19), Block Mahore, District Reasi **Advertised Cost excluding Maintenance but inclusive of GST = Rs. 190.00 Lacs**

I) Construction of 50 Mtr. Long Through Type Steel Truss Girder Motorable Bridge in Km 8th RD 100-200 on Hamusan to Dandkot road, Package no. JK14-653, Regular PMGSY (Batch-I, 2018-19), Block Mahore, District Reasi **Advertised Cost excluding Maintenance but inclusive of GST = Rs. 190.00 Lacs**

Name of the PIU :- Mahore, **Constt. Part (Rs. In Lacs) :-** 380.00, **Maintt. Part (Rs. In Lacs) :-** -----, **Total (Rs. In Lacs) :-** 380.00, **Cost of documents (Rs in Lacs) :-** 0.06, **Earnest Money (Rs. In Lacs) :-** -----, **Time Allowed for completion :-** 12 Months, **Call of tender :-** 2nd, **Time and date of opening of tenders :-** 21-09-2021 10.00 AM, **Class of contractor :-** Any registered contractor with State PWD/CPWD/ Railways or equivalent qualifying eligibility criteria as provided in the Standard Bidding Documents can tender for the works

1.(a) The Bidding documents can be downloaded from the website <http://pmgsytendersjk.gov.in> from 06.55 PM

On 08-09-2021 to 18-09-2021 (5.00 PM).

(b) The Bids shall be deposited in electronic format on the website <http://pmgsytendersjk.gov.in> from 05.00 PM on 10-09-2021 to 05.00 PM on 18-09-2021.

(c) A Pre bid meeting will be held on 09-09-2021 at 12.00 Noon in the Office of The Chief Engineer PMGSY (JKRRDA) Jammu to clarify the issues and to answer questions on any matter that may be raised at that stage as stated in Clause 9 of instruction to bidders of the Bidding documents.

2. Only online submission of bids is permitted, therefore, bids must be submitted online at website www.pmgsytendersjk.gov.in. The technical qualification part of the bids will be opened online at 10.00 AM on 21-09-2021 by the authorized officers. If the office happens to be closed on the date of opening of the bids as specified, the bids will be opened online on the next working day at the same time.

3. For further details kindly visit our website <https://pmgsytendersjk.gov.in>.

No.-CEJ/PMGSY/10840-10909

Sd/- Chief Engineer PMGSY

Dated:-06-09-2021

(JKRRDA) Jammu

No. DIP/J-6371/21 Dated: 09.09.2021

Government of Jammu & Kashmir

Taliban's victory in Afghanistan might embolden other groups in different parts of world: UN chief

United Nations: The Taliban's victory in Afghanistan might embolden other groups in different parts of the world, Secretary-General Antonio Guterres has warned, expressing his worry over global terrorism while asserting that dialogue with the militant group is "absolutely essential" as the UN wants the country to play a "constructive role" in international relations.

"I must tell you, I am very worried with what we are witnessing in different parts of the world. And the fact that in Afghanistan, the Taliban were able to win might embolden other groups in different parts of the world independently of the fact that they are different from the Taliban and I am not seeing there is a similarity among them," Guterres said during a Press conference on Friday at the UN Headquarters. **PTI**

US pulls missile defences in Saudi amid Yemen attacks

Dubai: The US has removed its most advanced missile defence system and Patriot batteries from Saudi Arabia in recent weeks, even as the kingdom faced continued air attacks from Yemen's Houthi rebels, satellite photos analysed by *The Associated Press* show.

The redeployment of the defenses from Prince Sultan Air Base outside of Riyadh came as America's Gulf Arab allies nervously watched the chaotic withdrawal of US troops from Afghanistan, including their last-minute evacuations from Kabul's besieged international airport. While tens of thousands of American forces remain across the Arabian Peninsula as a counterweight to Iran, Gulf Arab nations worry about the US's future plans as its military perceives a growing threat in Asia that requires those missile defenses. **AP**

Covid-19 infections spread through gorillas at Atlanta zoo

AP ■ ATLANTA (US)

Atlanta's zoo says at least 13 Western lowland gorillas have tested positive for Covid-19, including 60-year-old Ozzie, the oldest male gorilla in captivity.

Zoo Atlanta said on Friday that employees noticed the gorillas had been coughing, had runny noses and showed changes in appetite.

A veterinary lab at the University of Georgia returned positive tests for the respiratory illness. Zoo Atlanta says it's



waiting on confirmation from the National Veterinary Services Lab in Ames, Iowa.

The zoo says it is treating the gorillas at risk of developing complications from SARS-

CoV-2 with monoclonal antibodies. The zoo is also testing all 20 of its gorillas, who live in four troops.

Zoo officials say they believe an asymptomatic employee who cares for the gorillas passed on the virus. The employee had been fully vaccinated and was wearing protective equipment such as a mask and gloves.

The zoo says there's no evidence that the gorillas can pass the virus back to humans and says visitors are too far away to be infected by gorillas.

GLOBE TROTTER

MOROCCO'S KING APPOINTS A NEW PM
Rabat: Morocco's King Mohammed VI has named Aziz Akhannouch of the liberal National Rally of Independents Party, or RNI, as the country's new Prime Minister and tasked him with forming a Government.

MERKEL'S LAST VISIT TO WARSAW AS CHANCELLOR
Warsaw: German Chancellor Angela Merkel is visiting the Polish capital on Saturday for talks with PM Mateusz Morawiecki. The Polish Government said it would be Merkel's last visit to Warsaw as the chancellor of Germany.

GUNMEN KILL 2 PAKISTANI SOLDIERS IN BALOCHISTAN
Quetta: Two Pakistani soldiers were killed and another was seriously hurt when unidentified gunmen opened fire on their convoy in the country's restive Balochistan province.

EIGHT KILLED IN GAS EXPLOSION IN CHINA
Beijing: Eight people were killed and five others injured in an explosion and fire caused by a liquefied gas cylinder leakage on Saturday at a residential building in the Chinese city of Dalian, local officials said.

4 PALESTINIAN ESCAPEES CAPTURED, 2 AT LARGE
Jerusalem: Israeli media reports say two more of the six Palestinian who broke out of a maximum-security prison this week have been arrested at dawn Saturday, leaving two prisoners at large.

GOVERNMENT OF JAMMU & KASHMIR

OFFICE OF THE EXECUTIVE ENGINEER PMGSY DIVISION BARAMULLA

NOTICE INVITING E-TENDERS

NIT No:- 06/EE/PMGSY/Bl/e-TENDERING-OF 2021-22 Dated:- 08/09/2021

For and on behalf of the Government of Jammu & Kashmir, Executive Engineer PMGSY Division Baramulla invite e-tenders on **Item Rate Basis** for the following works including its maintenance as per PMGSY / MORTH guidelines from the eligible & approved contractors of J&K State Govt. CPWD, Railways and other States.

S.No. 1 Name of Work/ Package No. :- Construction & Maintenance of Road from Seeru to Dangerpura, Stage 2nd, Package No. JK03-117, Phase VIII (Balance Portion)

Tender Cost Incl GST (Rs In Lacs.) Construction Part :- 78.95, Tender Cost Incl GST (Rs In Lacs.) Maintenance Part :- 7.90, Tender Cost Incl GST (Rs In Lacs.) Total :- 86.85, Cost of documents (Rs in Lacs) :- 0.08, Time for completion (Days) :- 185 Days, Tender Call :- 2nd, Time and date of opening of tenders online (Technical Bid) :- 16-09-2021 At 11.00 AM, Class of contractor :- 'A' Class in PWD or equivalent in CPWD/Railways and other state Governments

1. The Bidding documents can be downloaded from the website <http://pmgsytendersjk.gov.in> from 09-09-2021 (09:00 AM) to 15-09-2021 upto 4:30 PM. **2.** The Bids shall be deposited in electronic format on the website www.pmgsytendersjk.gov.in from 10-09-2021 (10:00 AM) to 15-09-2021 upto 04:30 PM. The bid uploaded on the Website up to due date and time will be opened online on 16-09-2021 at 11:00 AM in the presence of the bidders who wish to attend. If the office happens to be closed on the date of opening of the bids as specified, the bids will be opened on the next working day at the same time and venue. **3.** The complete bidding process will be online. **4. Cost of Bid Form:- Rs. 8,000/- (Rupees Eight Thousand only) per package (non-refundable) only in form of Demand Draft in favour of Accounts Officer PMGSY Kashmir payable at Srinagar. 5. The bidders are requested to quote their rates excluding GST. GST @12% shall be added to the contract value by the allotting authority at the time of issue of allotment. 6. A Pre-bid meeting will be held on 09-09-2021 at 11:00 AM in the Office of Executive Engineer PMGSY (JKRRDA) Division Baramulla to clarify the issues and to answer questions on any matter that may be raised at that stage as stated in Clause 9 of instruction to bidders of the Bidding documents. The intending Bidders, before attending the Pre-bid meeting, are advised to visit the site of work and acquaint themselves with the site conditions. It has been made mandatory for all the intending bidders to participate in the pre-bid meeting on the scheduled date and time. 7. Availability of Bid Document and mode of submission: The bid document is available online and bid should be submitted online on website www.pmgsytenders.gov.in. The bidder would be required to register in the web-site which is free of cost. For submission of bids, the bidder is required to have valid Digital Signature Certificate (DSC) from one of the authorized Certifying Authorities (CA). Aspiring bidders who have not obtained the user ID and password for participating in e-tendering in PMGSY may obtain the same from the website: www.pmgsytenders.gov.in. **8.** Bids must be accompanied by cost of documents and bid security declaration in the form as specified in the Bidding Document. The Demand Draft on account of cost of bidding document shall be pledged to Accounts Officer PMGSY Kashmir payable at Srinagar. The bid security declaration should be submitted as per format available in the Standard Bidding Document duly attested by the First Class Magistrate. **9. The Hard Copy of original instruments in respect of cost of bidding document, bid security declaration, Bank Credit facility and original copy of affidavits must be delivered in the office of Executive Engineer PMGSY Division Baramulla on a date not later than three working days after the opening of technical qualification part of the bid either by Registered Post or by hand failing which the bids shall be declared non-responsive. 10. The bidders are advised to upload the required documents/information strictly as per the formats given in Section 3-Qualification Information. The bidder who fails to comply with the said instructions shall be declared as non-responsive. 11. The date and time of opening of Financial Bids shall be notified on Web Site <http://pmgsytendersjk.gov.in>. This is conveyed to the bidders automatically through an e-mail message on their e-mail address. The Financial-bids shall be opened accordingly on line on same Web Site at the Office of Executive Engineer PMGSY Division Baramulla. **12.** Other details can be seen in the bidding documents.****

Note:- The intending bidders are advised to study the entire bidding document before preparation and submission of their bids. This includes clause 3 (Eligible Bidders), 4 (Qualification of Bidders) of ITB (Instruction to Bidders), Appendix to ITB, Section 3 (Qualification Information), Contract Data to G.C.C. & Section 7 of Bidding Document.

No:-EE/PMGSY/Bl/e-Tendering/2122-55

Dated:-08-09-2021

No. DIPK-8243/21 Dated: 10.09.2021

Sd/- Executive Engineer PMGSY Division Baramulla

GOVERNMENT OF JAMMU & KASHMIR

OFFICE OF THE EXECUTIVE ENGINEER PMGSY DIVISION BARAMULLA

NOTICE INVITING E-TENDERS

NIT No:- 05/EE/PMGSY/Bl/e-TENDERING-OF 2021-22 Dated:- 07/09/2021

For and on behalf of the Lt. Governor of Jammu & Kashmir, Executive Engineer PMGSY Division Baramulla invite e-tenders on **Item Rate Basis** for the following works including its maintenance as per PMGSY / MORTH guidelines from the eligible & approved contractors of J&K State Govt. CPWD, Railways and other States.

S.No. 1 Name of Work/ Package No. :- Construction & Maintenance of Road from Seeru to Dangerpura, Stage 2nd, Package No. JK03-117, Phase VIII (Balance Portion)

Tender Cost Incl GST (Rs In Lacs.) Construction Part :- 34.97, Tender Cost Incl GST (Rs In Lacs.) Maintenance Part :- 3.50, Tender Cost Incl GST (Rs In Lacs.) Total :- 38.47, Cost of documents (Rs in Lacs) :- 0.06, Time for completion (Days) :- 185 Days, Tender Call :- 2nd, Time and date of opening of tenders online (Technical Bid) :- 15-09-2021 At 11.00 AM, Class of contractor :- 'A' Class in PWD or equivalent in CPWD/Railways and other state Governments

1. The Bidding documents can be downloaded from the website <http://pmgsytendersjk.gov.in> from 08-09-2021 (11:30 PM) to 14-09-2021 upto 4:30 PM. **2.** The Bids shall be deposited in electronic format on the website www.pmgsytendersjk.gov.in from 09-09-2021 (10:00 AM) to 14-09-2021 upto 04:30 PM. The bid uploaded on the Website up to due date and time will be opened online on 15-09-2021 at 11:00 AM in the presence of the bidders who wish to attend. If the office happens to be closed on the date of opening of the bids as specified, the bids will be opened on the next working day at the same time and venue. **3.** The complete bidding process will be online. **4. Cost of Bid Form:- Rs. 6,000/- (Rupees Six Thousand only) per package (non-refundable) only in form of Demand Draft in favour of Accounts Officer PMGSY Kashmir payable at Srinagar. 5. The bidders are requested to quote their rates excluding GST. GST @12% shall be added to the contract value by the allotting authority at the time of issue of allotment. 6. A Pre-bid meeting will be held on 08-09-2021 at 11:00 AM in the Office of Executive Engineer PMGSY (JKRRDA) Division Baramulla to clarify the issues and to answer questions on any matter that may be raised at that stage as stated in Clause 9 of instruction to bidders of the Bidding documents. The intending Bidders, before attending the Pre-bid meeting, are advised to visit the site of work and acquaint themselves with the site conditions. It has been made mandatory for all the intending bidders to participate in the pre-bid meeting on the scheduled date and time. 7. Availability of Bid Document and mode of submission: The bid document is available online and bid should be submitted online on website www.pmgsytenders.gov.in. The bidder would be required to register in the web-site which is free of cost. For submission of bids, the bidder is required to have valid Digital Signature Certificate (DSC) from one of the authorized Certifying Authorities (CA). Aspiring bidders who have not obtained the user ID and password for participating in e-tendering in PMGSY may obtain the same from the website: www.pmgsytenders.gov.in. **8.** Bids must be accompanied by cost of documents and bid security declaration in the form as specified in the Bidding Document. The Demand Draft on account of cost of bidding document shall be pledged to Accounts Officer PMGSY Kashmir payable at Srinagar. The bid security declaration should be submitted as per format available in the Standard Bidding Document duly attested by the First Class Magistrate. **9. The Hard Copy of original instruments in respect of cost of bidding document, bid security declaration, Bank Credit facility and original copy of affidavits must be delivered in the office of Executive Engineer PMGSY Division Baramulla on a date not later than three working days after the opening of technical qualification part of the bid either by Registered Post or by hand failing which the bids shall be declared non-responsive. 10. The bidders are advised to upload the required documents/information strictly as per the formats given in Section 3-Qualification Information. The bidder who fails to comply with the said instructions shall be declared as non-responsive. 11. The date and time of opening of Financial Bids shall be notified on Web Site <http://pmgsytendersjk.gov.in>. This is conveyed to the bidders automatically through an e-mail message on their e-mail address. The Financial-bids shall be opened accordingly on line on same Web Site at the Office of Executive Engineer PMGSY Division Baramulla. **12.** Other details can be seen in the bidding documents.****

Note:- The intending bidders are advised to study the entire bidding document before preparation and submission of their bids. This includes clause 3 (Eligible Bidders), 4 (Qualification of Bidders) of ITB (Instruction to Bidders), Appendix to ITB, Section 3 (Qualification Information), Contract Data to G.C.C. & Section 7 of Bidding Document.

No.-EE/PMGSY/Bl/e-Tendering/2071-2104

Dated:-07-09-2021

No. DIPK-8175/21 Dated: 09.09.2021

Sd/- Executive Engineer PMGSY Division Baramulla



Empowered YuWaah!

The present pandemic has thrown up many challenges. However, there are just as many people who have come forward to ensure that they cause least problems. SHALINI SAKSENA chats up a few such young warriors who were awarded by YuWaah (Generation Unlimited India), a multi-stakeholder platform formed by UNICEF, to bring you stories of positive change from across the country

‘Education helps gain confidence’

MANPREET KAUR
YODHA YUWAH NINJAS
22 YEARS OLD
PRIDE OF PUNJAB A JOINT
INITIATIVE BY GOVERNMENT
OF PUNJAB, YUWAH-UNICEF
AND CIVIL SOCIETY
ORGANISATIONS

It takes all sorts to make this world go round. While on one hand there were people who took advantage of others during the second wave of the present pandemic, they were others who went out of their way to help those in need. Meet Manpreet Kaur, who hails from a small village in Ferozepur village, Punjab.

The 22-year-old, who is pursuing an Elementary Teacher Training course tells you that while she didn't have the opportunity to study beyond high school, she wants the other children in her village to get as much education as possible.

"Education is the gateway to not just knowing and learning from the book; it is also about being mature enough to understand the importance of hygiene and sanitation," Kaur says. She has also taken up the task of cleaning up the village pond which is very dirty.

Due to the pandemic, the classes shifted to online mode. Most children in villages don't have smartphones and even if they do, the idea to sit alone in a room and listen to the teacher proved to be boring for them.

To ensure that the students didn't miss out of the most important aspect of life — education — Kaur opened the doors to her home to teach these kids.



"My mentor introduced me to Pride of Punjab initiative. Even before the pandemic hit us, I was teaching in a local school. When the COVID-19 forced the schools to shut, I decided to do my best to make sure children did not discontinue their studies. I opened doors to my home. I ensured that the children who came wore masks, sanitised themselves and main-

Education is not just knowing and learning from the book, it is also about understanding the importance of hygiene and sanitation

tained social distancing as they sat while I taught them. On a rotation basis, I held classes with eight to 10 students per batch. I also convinced the parents to send their children to me. I told me that I would ensure that they would sanitise their hands regularly," Kaur explains.

She didn't have many fancy things. She made do with what she had. She combined modest resources and taught the kids in a play way manner. This way the kids enjoyed coming to her home; at the same time they learnt to read and write as well.

Recalling a case of a student in Class IV, Kaur tells you that this student didn't know how to read or write. "I was shocked to know that he didn't know even the basics. I started teaching him from the beginning. It took time but slowly he gained confidence and now he is at par with other students in his class and doing well," Kaur recounts.

While Kaur herself didn't manage to study further but since she is pursuing her teaching training, she will be able to realise her dream — that children in her village never miss out on education.

"There are so many small issues that come up. People in my village are not educated. People lack the basic understanding and need for hygiene. Because of my association with Pride of Punjab and the work they are doing here, a lot of improvement has come in. Education gives confidence and with it comes the knowledge and the understanding that it is possible to achieve what they want," Kaur says.

‘I don't let my handicap stop me’

KAVYA NR
21 YEARS OLD
MEMBER OF SAMARTHANAM
TRUST FOR DISABLED
PERSONS

What if someone were to tell you that a visually challenged person is out on the streets lending a helping hand to those in need during the present pandemic? Meet Kavya NR from Tumkur district in Karnataka. This 21-year-old is not just a COVID-warrior, she is also a marathon runner and a national wall climbing champion.

"I have never let my visual disability to stop me from pursuing my dreams and achieve goals that I set for myself. Rather than use it to get sympathy or not do things, I used it to push myself in sports that some of my friends avoided. Through sports I am able to express what I want to achieve. By representing Samarthanam Trust for the Disabled in sporting championships, I am able to test my boundaries," Kavya says.

She tells you that the trust in response to the COVID-19, provided disabled people, the elderly and the poor with dry ration. "I wanted to contribute as well and joined the team. I helped them to coordinate and plan out how to go about it," Kavya says.

At present, she is working as a librarian with the trust. Her work for those who needed help during COVID-19

began when the lockdown started last year.

"During the lockdown I realised that there were so many people who were worse off than I am. That is when I decided that I needed to help them out. I am visually challenged. I wanted to tell people that disability should not be the reason why you should not step out to help others. I wanted to send a message to the 'normal people' that they should help. I wanted to motivate them. There is so much work that one can do even if you don't go out in the field," Kavya tells you.

She began collecting data from disabled people in the area. She compiled it and sent it to the trust who on the basis of this rationed the dry ingredients that needed to be delivered to those in need.

"I even coordinated vaccination for the people who were physically, mentally and visually challenged. There are designated centres for them. I helped them to identify the centres and reach there. I helped all those who needed help," Kavya explains.

She tells you that her parents were very scared for her and did their best to dissuade her. But she was determined and insisted that she needed to help the less fortunate.

"My parents, to begin with, were scared; it is natural; they are farmers. But I convinced them. I took all the precautionary steps to ensure I was safe. I went with a group of five. My wall climbing coach also came home. He told them

that I should be allowed to help others since it would encourage them. We collected the supplies that we needed from people. Through the trust, the dry ration kits were then given to the needy," Kavya says.

She tells you that she has never let her disability affect her — whether it was working long hours to help others or competing in sports. She competed in 2018 in wall climbing competition held in Kashmir.

"I went to Kashmir for the competition and was placed third. This is an annual competition," She says.

She tells you that rock climbing comes with intense training that requires mental and physical fitness. "My coach would take us through intense exercises. He would tie a cloth over our eyes and then train us; he would then give us instructions on how to and where to find the holds. He taught us how to feel for support with our hands. In this we would explore the terrain. The touch and feel on the rocks would help us pull up our bodies. That's how I learnt this sport," Kavya says.

This is not all, her goal is to play cricket; she already represents the State in the visually challenged team.

"I am an all-rounder. My favourite is Prakash Jayaramaiah; he is the VC of the India national blind cricket team. My other favourite is Virat Kohli, Captain of Team India," Kavya says.



YASHVARDHAN JAYRAJ RANE
20 YEARS OLD
MEMBER OF YUWAH'S
MAHARASHTRA YOUNG PEOPLE
ACTION TEAM

Like tens and thousands of other students in the country, Yashvardhan Rane also headed home with the first lockdown was announced due to COVID-19. Rane, who is pursuing law from Pune went back to his village in Kudal district, Maharashtra.

It was during the lockdown that Rane saw what devastation the COVID-19 was creating. The 20-year old, who has received a Presidency Award and Rajyapurskar honouring his success in public service campaigns, decided to do something about this and help people in need.

This is when he decided to contribute to the battle against COVID-

19 and YuWaah. "It was so sad when I saw people in distress as they ran around looking for a hospital bed for the family member. The second wave of COVID-19 was devastating and it left people stranded with not knowing where to go and how to get a bed for their patient. I wanted to give them their right to information — authentic updates on beds, ambulances, doctors and medicines," Rane tells you.

He tells you that since his village his small, people have to travel at least 50-70 km before they can reach the nearest hospital. "I saw how people travel this distance with the patient and come back empty handed because they were unable to secure a bed. This is when I decided that I had to do something for these people. I made a team. To begin with, I roped in people



I knew. Of course, none of them were forced. Only those who came willingly joined. We devised a plan and started a mission — Find a Bed initiative," Rane says. Today, there are over 350

volunteers who are working across the State.

To ensure that only authentic information found its way he and his team tied up with Government and

private hospitals. They tied up with ambulances, doctors and even hospital clerks who gave them the necessary information that was then uploaded on the yuva support portal. Not all the people in his village or surrounding areas know how to use a smartphone let alone have one and have the ability to fill in the necessary details. In such a case, a team member personally visits the home and help.

"When we started this work, people started coming forward with requests. We gave our numbers so that we could be reached at all times. Seeing a family take shelter under a tree with their 32-year old COVID-19 affected son, waiting for a patient to die, so they could be next in queue, was so heartwrenching," Rane recalls. Of course, this is not the first time

that Rane stepped in to help those in need. When he was 12, he set up Bal Vishwa Sena. The work? To rescue stray animals and provide food to the homeless. When he turned 18, he founded the Yuva Forum India Organisation. With a large number of volunteers, the team started working on issues like sanitation, menstrual hygiene and setting up public libraries.

All this takes money. "My foundation till date doesn't have a bank account. When we work for the betterment of the society, the idea is to improve their lot and not amass money. We usually request family and friends to buy things that we need so that we can give it to them directly. Take an example. We supply sanitary napkins to 500 women every month. This costs ₹9,000. Instead of asking

for money, we ask people to donate the product which we then give it to the women," Rane explains.

He tells you that his need to do good comes from his father who is a social activist. "To begin with, my parents were apprehensive because of the rampant virus spread. But I was supported by my father. Other parents were just as scared. But once people started praising their children, they came around and are now happy that we are doing such good work," Rane says.

After finishing his degree, he plans to continue his organisation's work. But this is not all. During the recent flooding of Chiplun region, Rane and his adopted four villages to provide them whatever they need — from cleaning their homes to getting the electric lines in working order. "No task is big or small for us," Rane says.

Djokovic to play for Calendar Slam against Medvedev in US Open final tonight

want to contribute the team."

DREAM DOUBLE FOR CR7

Ronaldo scores brace on his Man Utd return as Red Devils go top with 4-1 win; Chelsea beat Aston Villa

AFP ■ MANCHESTER

Cristiano Ronaldo enjoyed a dream return as a Manchester United player with a double as the Red Devils beat Newcastle 4-1 in front of a rocking Old Trafford and Romelu Lukaku also scored twice against Aston Villa in Chelsea's 3-0 win on Saturday.

Ronaldo now has 120 United goals to his name, but scored his first since leaving for Real Madrid 12 years ago to take Ole Gunnar Solskjaer's men top of the Premier League table.

United were made to work harder than expected for the three points, but were able to rely on Ronaldo's predatory instincts to strike twice either side of Javier Manquillo's well-worked equaliser. Bruno Fernandes then sealed a day where Portuguese stars shone with a stunning long-range effort 10 minutes from time before Jesse Lingard rounded off the scoring in stoppage time.

United's fortunes on the field have declined dramatically since Ronaldo's departure with no Premier League or Champions League success since Alex Ferguson retired as manager in 2013.



His return was enough to generate a feverish atmosphere among 74,000 in attendance not seen at Old Trafford for many years.

The 36-year-old arrival has added even more firepower to an already loaded selection of attacking options on offer to Solskjaer.

Jadon Sancho and Mason

Greenwood flanked Ronaldo in a front three with Fernandes and Paul Pogba supplying the ammunition from midfield.

The crowd who had come for a party were starting to get restless as Newcastle held out relatively comfortably until Ronaldo's first big moment arrived in first-half stoppage time.



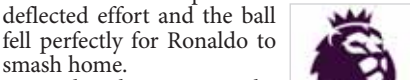
Manquillo to slot home his first Newcastle goal in 85 appearances.

United on the other hand now have one of the deadliest finishers in the history of the game and Ronaldo ensured the day would be all about him on 62 minutes.

Despite his advancing years, Ronaldo showed no shortage of pace to burst away from Isaac Hayden to latch onto Luke Shaw's pass and his powerful strike went straight through Woodman's grasp.

United still needed the intervention of David de Gea to secure the win as the Spaniard brilliantly turned behind Joelinton's shot that was destined for the top corner.

Fernandes has been United's talisman for the majority of the 20 months since he joined from Sporting Lisbon, just as Ronaldo did in 2003.



And the midfielder ensured he was not completely overshadowed by his compatriot with a sensational strike into the top corner from Paul Pogba's pass.

Pogba was also involved in the fourth as Lingard turned onto his pass and curled into the far corner.

CITY WIN, SPURS LOSE

Despite Ronaldo's snub, Bernardo Silva showed Manchester City can cope just fine with their array of talent as he fired the champions to a 1-0 win at Leicester.

Portugal playmaker Silva struck in the 62nd minute with a close-range finish after Caglar Soyuncu blocked Joao Cancelo's drive.

Aubameyang eases pressure on Arteta



Arsenal's Pierre-Emerick Aubameyang, 2nd from right, celebrates after scoring his side's opening goal against Norwich City on Saturday. **@Arsenal**

London: Arsenal eased the pressure on under-fire manager Mikel Arteta and earned their first Premier League win of the season after Pierre-Emerick Aubameyang sank Norwich 1-0 on Saturday. The Gunners captain's 66th-minute winner released the tension that had been bubbling up inside the Emirates Stadium and lifted his team off the foot of the table.

Arsenal broke their Premier League duck 24 minutes from time in chaotic circumstances.

Pepe saw his effort tipped onto the post by Krul and hit the post again in a rebound tussle with Williams before Aubameyang tucked away the loose ball for his fifth goal in his last three games against Norwich.

Referee Michael Oliver confirmed the goal to Norwich's fury after a VAR review, with relieved Arsenal fans ironically chanting "We are staying up". Aubameyang, Emile Smith Rowe and Pepe all had chances to put the game to bed but Arsenal held out for a much-needed win. **AP**

Second placed City have now won their last three games. Crystal Palace ended 10-man Tottenham's perfect start to the Premier League season as Wilfried Zaha's penalty and a late double from Odsonne Edouard sealed a 3-0 win.

Nuno Espirito Santo's side had Japhet Tanganga sent off for two bookings in quick succession in the second half at Selhurst Park.

Zaha netted from the spot after Ben Davies's handball and former Celtic striker Edouard's debut brace made it a first win for Palace boss Patrick Vieira.

South Korea forward Hwang Hee-chan scored his first Premier League goal for Wolves in their 2-0 win at Watford.

Wolves' first league goal this season — an own goal by Watford's Francisco Sierralta — was followed by Hwang's 83rd minute tap-in in his debut appearance after joining from Leipzig last month.

Brighton won 1-0 at Brentford thanks to Leandro Trossard's 90th minute strike, while West Ham striker Michail Antonio was sent off in their 0-0 draw at Southampton.

ISL to introduce 9:30 pm weekend double header kick-offs

PTI ■ NEW DELHI

The country's premier football tournament, Indian Super League (ISL) is set to introduce a 9:30 pm kick off time for its weekend double headers in the upcoming 2021-22.

It is learnt that ISL, organised and promoted by Football Sports Development Limited, for the first time in its seven years history will attempt for a late evening weekend kick offs.

"The league had informed clubs on the possible change to the weekend double header start," confirmed an ISL club source.

"From players point of view, the 9:30 pm will be a much-welcomed decision as it will bring respite from the sweltering humidity," the source added.

While the regular weekday fixture will be a 7:30 pm start, the double headers on weekends, which until last season were a 5:30 pm feature, will now move to 9:30 pm start.

"The league is likely to announce 2021-22 fixture by early next week," informed another source while confirming change in the weekend double header.

ISL now runs from November to March, with an increased matches to 115 involving 11 clubs.

The league has selected Goa to conduct the upcoming 2021-22 season commencing November 19. The tournament will be held behind closed doors at three stadiums until March 2022.

Napoli keep Juve winless

AFP ■ NAPLES

Kalidou Koulibaly made sure that Juventus' miserable start to the season continued on Saturday with the late winner in a 2-1 triumph for Napoli that put them top of Serie A.

Senegal defender Koulibaly knocked home the winning strike from practically on the goal line with five minutes to go at the Stadio Diego Armando Maradona to maintain Napoli's 100 percent start and move them three points clear in first place.

Matteo Politano levelled for Luciano Spalletti's side just before the hour mark after Alvaro Morata had put a depleted Juve ahead early on.

Defeat for Massimiliano Allegri's Juve drops them down to 16th place in Italy's top flight after a second



straight defeat which leaves them with a single point from their first three matches.

Lazio, Inter Milan, Roma and AC Milan will attempt to maintain their perfect starts when they play on Sunday.

Juve had come into the match against one of their fiercest rivals off the back of an embarrassing home defeat to Empoli and the sudden departure of Cristiano Ronaldo before the international break.

In Saturday's early game, Venezia got their first points of the season after running out 2-1 winners at fellow promoted team Empoli.

Dortmund win 7-goal thriller

AFP ■ BERLIN

Erling Braut Haaland scored two goals on Saturday as Borussia Dortmund twice came from behind to seal a thrilling 4-3 win at Bayer Leverkusen to go second in the Bundesliga on goal difference.

The Norwegian striker's brace in Leverkusen means he has now scored eight goals in his last five games for club and country having also netted a hat-trick against Gibraltar in a World Cup qualifier.

The 21-year-old scored five times in three qualifiers over the last ten days having also netted for Dortmund in a 3-2 win over Hoffenheim a fortnight ago.

Haaland has scored 13 goals this season — five for Norway and eight for Dortmund.

In Leverkusen, teenage



Borussia Dortmund players celebrate after win over Bayer Leverkusen. **@BlackYellow**

Germany international Florian Wirtz put the hosts ahead, then set up team-mate Patrick Schick for their side's second to make it 2-1 at the break after Haaland had earlier headed Dortmund level.

Haaland then set up Julian Brandt to put Dortmund on level terms early in the second half only for Leverkusen's Moussa Diaby to put the hosts 3-2 up with 35 minutes left.

Dortmund levelled for a third time through Raphael Guerreiro before Haaland put the visitors ahead 13 minutes before the whistle when he converted a penalty after a foul on Marco Reus.

Wolfsburg consolidated first place in the league table with a 2-0 win at newly-promoted Greuther Furth and Bayern Munich beat RB Leipzig 4-1 at Red Bull Arena.

PSG continue perfect start

AFP ■ PARIS

Ander Herrera scored twice as Paris Saint-Germain defeated promoted Clermont 4-0 on Saturday in the absence of Lionel Messi and Neymar, both rested after their exertions this week in World Cup qualifying.

The Spanish midfielder nodded PSG in front at the Parc des Princes on 19 minutes and then fired in a second from close range on the half-hour.

Kylian Mbappe, who shook off a calf injury picked up on international duty with France, raced clear of the



Clermont defence to add Gueye headed in a fourth. PSG's third before Idrissa Mauricio Pochettino's

team made it five wins from five in Ligue 1, stretching their lead to five points over Angers, who take on struggling Brest on Sunday.

Clermont, playing in the top flight for the first time, entered the weekend a surprising third, and unbeaten after two wins and two draws.

But the visitors were without forward Mohamed Bayo, the Guinea striker ruled out of the game after the coup d'etat in the African country delayed his return to France.

Italy goalkeeper Gianluigi Donnarumma made his first start for PSG since signing from AC Milan.

Pele feeling 'a little better'

Sao Paulo: Brazilian football legend Pele remains in intensive care but is making a satisfactory recovery after undergoing surgery for a suspected colon tumor, his doctors said on Friday.

Pele's medical team at the Albert Einstein Hospital in Sao Paulo said in a statement that he was "actively conversing and displaying vital signs within normal range."

Pele, 80, took to Instagram to reassure his fans.

"My friends, with each passing day I feel a little better. I'm looking forward to playing again, but I'm still going to recover for a few more days," he said. **AFP**

Verstappen in pole at Italian GP

AFP ■ MONZA

Max Verstappen will start the Italian Grand Prix in pole position despite finishing second in Saturday's qualifying sprint at Monza.

Mercedes driver Valtteri Bottas won the 18-lap race ahead of Verstappen but the Finn was already condemned to start Sunday's race at the back of the grid after being penalised for taking on power unit components in qualifying on Friday.

Red Bull's Verstappen also claimed two championship points to extend his lead on Lewis Hamilton to five after the reigning champion finished fifth, some 20 seconds off the pace.

"That went a little bit better than expected," said Verstappen.

"Up to second, scored some points, up to pole tomorrow. It's going to be an interesting battle tomorrow."

Hamilton had started the sprint in second behind teammate Bottas but was overtaken by Verstappen and dropped back in the field after a dreadful start which will make his latest bid for a 100th victory that much harder.

Alongside Verstappen on the front row will be McLaren's Daniel Ricciardo, who also breezed past Hamilton in the opening moments and held on to third position to claim second in the grid.

Ricciardo promised "full attack" against Verstappen on Sunday even though he finished over 12 seconds behind the Dutchman and he will have his teammate Lando Norris backing him up in the second row after he finished fourth.

Seven-time F1 champion Hamilton has been stuck on 99 wins since victory at the British GP in July, but after strong displays in both practices and qualifying looked in good shape to make his century.

However he will have his work cut out for him from the second row after Verstappen and Ricciardo came up either side of him in a chaotic start.

Important to play at least 10 games ahead of Asian Cup: Dennerby

PTI ■ JAMSHEDPUR

Newly-appointed Indian women's football coach Thomas Dennerby on Saturday said the team needs to play at least 10 international matches against opponents with diverse playing styles in the run up to the AFC Asian Cup.

The 62-year-old Dennerby, who was earlier in charge of the Indian U-17 women's World Cup squad, was last month roped in to help the senior team prepare for the AFC Asian Cup, which will be hosted in the country from January 20 to February 6 next year.

"It is very important for us to play 11-13 matches before the tournament (AFC Asian Cup) starts. The federation is working

very hard trying to help us, we know about the situation with corona," Dennerby said during a virtual media interaction.

"It is important to us to play not less than 10 games before the tournament starts and we need to play different opponents with different playing styles," he added.

The All India Football Federation (AIFF) has struggled to find an opponent due to the Covid-19 quarantine restrictions in various countries. The team is currently gathered in Jamshedpur for the preparatory camp, leading to the continental event.

"It is tough for us to find opponents, countries which allow us to come. Still in some countries India is red marked. It's



hard for the federation to find attractive opponents to play. But I know they are doing everything they can."

Dennerby, who comes with over three decades of experience and has previously guided Sweden's women's national team to a third-place finish in the FIFA World Cup in 2011, and a quarter-final spot in the 2012 London Olympics, said it is vital the Indian team plays diverse opponents.

"The FIFA window opens tomorrow but so far we have no

confirmation of a game. We are trying whatever we can. We need to play some teams which are a little bit weaker to implement attacking ideas and (need) some games against equal teams.

"It is also important to find opponent who are a little bit better, who will help us to speed up the pace of the game, the decision making, the passing and receiving and all that you need to do.

"Even if we prepare the team now with good endurance training, we need to put all the training into the game," he added. Dennerby said the target is to reach the quarterfinals of the continental showpiece.

"We will put in a huge effort to reach the knock out stage that means going into the

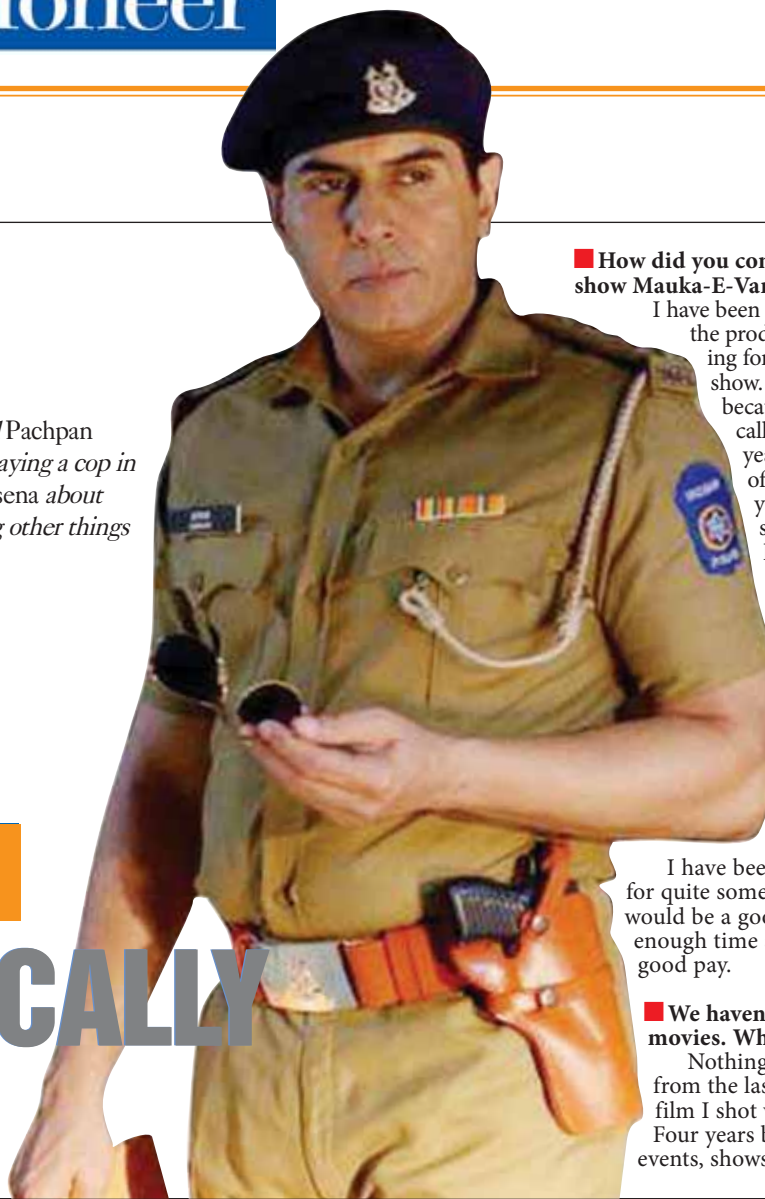
quarterfinals and if we can do that it will be successful tournament for us."

"We have a good squad, we have different types of player. We have good defenders, strong one on one players etc."

Talking about the preparation, Dennerby said "We have been in camp for about three and a half weeks now. A normal week for us is 11 sessions, the girls are working very hard. "It's only five and a have months for the AFC women's championship. We have a long-time plan also we can't do everything in the first week, we can't overload the work, we are trying to increase the load gradually," he added.



**'I DO MY
STUNTS
BECAUSE I
AM PHYSICALLY
VERY FIT'**



“

I am a very physical person and a lot into physical activities. I play every kind of sport, I swim, I cycle, I do horse riding. There are action directors and stuntmen available but I like to do my own action because I am a very physically fit person.

I definitely travelled a lot during the pandemic, within the country of course. I went to the North-east for the first time. I was so impressed with

Fashion is about being yourself. I hate it when people follow trends blindly. I am not saying don't follow them but at the same time, it is important to stay real and be unique. Whatever is your inner personality is, it is important to bring it out through fashion. Being an artist, fashion is a way of showcasing your art; it is about showcasing your personality and mood.

Fix You (Coldplay)
My Heart Will Go On (Celine Dion)
Someone Like You (Adele)
Photograph (Ed Sheeran)
Like A Rolling Stone (Bob Dylan)



Krishna's energies
The lord is the reservoir of all pleasure. We can derive unlimited pleasure from him just by pleasing him

2



4

Work towards self-improvement
You don't fail in life because destiny is so scripted. It is because you do not strive sufficiently to unfold the power within

I don't want the fear of failure to stop me from doing what I really care about
—Emma Watson



The trend of online fitness classes has made us realise that you don't need to travel anywhere to stay fit. Your favourite fitness regime is just a click away, writes
JITENDRA CHOUKSEY



EMERGENCE OF HOME FITNESS

We have seen the world transform remarkably in the last one and a half years. The post-Covid-19 world has taught us to cope up with our mental, physical and emotional health as part of our daily routine.

One key trend that emerged was the growing conscious awareness towards getting fit. From Generation X and Y to Generation Z and Alpha, everyone took to the ground and home arena to establish a regime to get healthy, while encouraging others to follow suit. Social media streams and communities became the virtual ground for people from different demographics registering their journey of enrolling with a Fittr coach to transform their lifestyles. Many couples started their fitness journey by promoting body positivity and highlighting fitness as a form of couple therapy, sharing #CoupleFitnessGoals and inspiring others to join their fitness expedition which the fitness sector could attest!

The fitness community in India has evolved rapidly with an advent of a budding ecosystem consisting of vigilant consumers, fitness service providers coupled by government initiatives. However, the idea of a healthy mind in a healthy body is not new to Indians — yoga, *akhadas*, ayurveda, and meditation have always been a part of our culture. With globalisation and ease in the availability of information, traditional practices and exercises are being reinforced and supplemented by a modern, dynamic, and rising fitness industry in India.

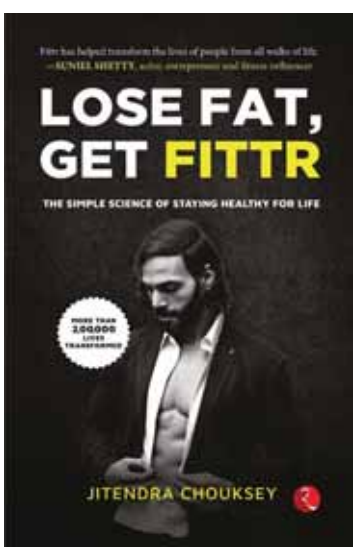
As per a report by Redseer Consulting, the country's fitness industry, which includes equipment, sportswear, fitness services, and recreational sports was valued at US\$12 billion in 2018.

Recent industry reports from FICCI, E&Y, Redseer Consulting, Global Wellness Institute, and IHRSA & Fitternity on the fitness services segment estimate that there are six million active users spending on an average US\$350 to US\$400 annually towards fitness services, amounting to a US\$2.6 billion market size.

The overall fitness industry is expected to grow at an annual rate of 27 percent and touch the US\$32 billion mark by 2022, of which fitness services (like gyms, slimming services, and formats like zumba, aerobics, crossfit, etc.) will contribute around US\$6.6 billion.

VIRTUAL FITNESS: BRINGING GREATER ACCESSIBILITY FOR ANYONE AND EVERYONE!

As we continue to grapple with the effects and after-effects of the pandemic, there is now a new breed of fitness enthusiasts that have come into the fold. According to a 2020 report, 77% of Indians tried staying fit by combining household chores with virtual classes and DIY home workout routines. With gyms and fitness centers closed, limited space to exercise indoors and lack of gym-like-set up with little to no access to fitness equipment, being innovative to stay fit became the need of the hour. With fitness apps such as *Fittr* and others in play, finding



ONE OF THE MAJOR REASONS FOR DIGITAL FITNESS INDUSTRY BOOMING IS THAT PEOPLE NOW UNDERSTAND THE PERKS OF WORKING OUT AT HOME IN ONE'S OWN COMFORTABLE SPACE. IT'S ALMOST LIKE HAVING YOUR PERSONAL TRAINER WITH YOU AT YOUR HOME

the right exercise, coach, diet as per one's need has become seamless.

From terraces and living rooms, any place with good connectivity that allowed for live online coaching became everyone's very own private fitness centre! Fitness coaches became creative, curating routines with exercises that were adapted to these environments.

DIGITAL FITNESS: HAVING A PERSONAL TRAINER AT HOME

With the threat of the virus still at large and easy access to online training sessions, workouts-at-home have become the pandemic fitness trend, leading to a sharp boom for the virtual fitness industry and diverse offerings for consumers. As per a survey conducted, 84% of fitness enthusiasts tried live-streaming fitness classes at least thrice during the lockdown.

Along with online offerings, there's also been an increase in demand of fitness accessories and equipment such as yoga mats, dumbbells, among others. People have recognised need of inculcating quantified nutrition and physical exercises in their lifestyle and are increasingly becoming more aware and conscious about their health and are looking at various alternatives to integrate fitness into their lives.

With fitness industry seeing one of the biggest leaps to online development and becoming almost entirely digital, the need for fitness specialists and nutritionists have increased. Keeping in mind the prevailing situations, fitness specialists have also equipped themselves with the craft of world wide web and have quickly modified their offerings to online. In no time, online fitness coaching has become a lucrative business and an alternative career option with many applying to become a certified trainer and even earn specialized fitness certificates by taking online fitness courses.

One of the major reasons for digital fitness industry booming is that people now understand the perks of working out at home in one's own comfortable space. It's almost like having your personal trainer with you at your home with:

- **Time not being an issue**
The excuse that 'I don't get time to work out because of a hectic work schedule' is no longer applicable. Previously, while going to and from the gym or a studio was time-consuming, making it difficult to commit to a daily workout, is no longer an issue anymore! With virtual workouts, you have the leisure of working out at your own convenience and therefore, find the time to insert a sweat session in your routine. So, no more excuses, all you have to do is leave them behind, put on some comfy clothes, set up your mat and turn on your fitness app.
- **No more hassle to finding a perfect gym**
The hassle to find a gym accommodating your health goals, budgets and within proximity is no longer a challenge. With virtual fitness

THINGS TO KEEP IN MIND

One should always be careful while following online health tips and diets. Most of these tips that are shared online are not verified by an expert and can do more harm to your body than good. The trending videos on social media about different exercises and diets that help lose weight instantly and quickly needs to be verified by your personal fitness expert and not to be followed without consulting a certified fitness experts.

The most effective way to begin your fitness journey and stay fit is to understand that everyone has a unique body which functions differently. A fitness tip that could do wonders for one individual may not even work for someone else. There is no one shoe that fits all when it comes to fitness. Thus, it is imperative to understand the needs and requirements of your own body to stay fit and healthy.

To avoid injuries during exercises, one should always consult with certified fitness experts before beginning a new fitness regime. If you are just starting with your fitness journey:

- Take five to ten minutes to warm up and cool down properly around your workout.
- Plan to start slowly and gradually increase the intensity and the duration of the exercise.

Even a simple pull-up or an arm twist or even stretching can harm your body, if not done in the right way. If you previously have had a bone or muscle injury or a major surgery, it is advisable to consult a medical practitioner before exercising to avoid any future repercussions. Also, keep your fitness coach or consultant informed about all your past injuries and surgeries to steer clear of any major tear that can spur up.

you have a gym right in the comfort of your home! All one needs to do is find a comfortable spot, place your smartphone, laptop, or tablet, option and start working out. You can also take your workout with you outside, on vacation, to a friend's house or in your own living room.

- **No peer pressure**
When you exercise amongst a bunch of fitness fanatics at a studio or a gym, for beginners especially, it can be an intimidating experience. By working out virtually, much of that pressure dissipates since you're only competing with yourself!
- **A community can help build discipline**
Especially for beginners finding discipline is very important. Once you are disciplined with your routine and you start seeing results, motivation will follow. In the beginning persuading oneself to lace up sneakers and get the body moving can be challenging. That's where virtual trainers and communities can help generate discipline, passion, guidance, and support, which will amplify your drive. Such fitness communities help in becoming more invested in your workout so that you are more likely to show up for the next one. A study from the University of Michigan discovered that individuals who worked out virtually demonstrated more motivation and performed better than those who worked out alone.
- **Workouts are boring? Nah!**
Following the same routine and frequent exercises can become monotonous and make you lose interest. Fitness historically has been a motivating light, bringing in discipline, focus and camaraderie in some cases. Overcoming a stale workout routine can be simple. You can switch up exercises, change exercise order, or modify activity targeting that muscle you are working on or your aim.

Moreover, online tools and platforms like Zoom, YouTube, *Fittr* and Instagram have increasingly united a wave of virtual fitness communities in the last eighteen months. Lockdowns even forced people to adapt their living spaces to support home fitness routines, allowing people to create new groups, invite families and loved ones for engaging fitness sessions.

- **Easy access to qualified instructors**
Professional guidance is very important to help you chalk out your fitness regime. With virtual programs, exercises to nutrition intake have been detailed out craft fully by your personal coaches for you to get the most out of your workout.

FUTURE OF FITNESS INDUSTRY: AMALGAM OF PHYSICAL AND DIGITAL

The emerging trend of online fitness classes has also made us realise that a person doesn't need to travel anywhere to stay fit. Anyone can perform exercises anywhere in the world and your favourite fitness regime is just a click away. But will the increase in live streaming of workout sessions and the ever-increasing rise in the number of home workout and fitness apps affect the future of people going to the gym?

Personally, I don't see that happening. I see the future as a blend of both digital and physical. It is also the testament of how the general thinking around fitness has expanded. Besides workout arenas and gyms are places where people meet, socialise, and even form friendships. In a post-pandemic world, I see people wanting to meet — and the gym is a great way to start. However, gym packages will be a combination of physically visiting the gym, online classes, and a personal trainer coming home.

The writer is the author of Lose Fat, Get Fittr and Founder & CEO, Fittr

HIDDENSOULS
PRAMOD PATHAK

Life and death are the two sides of the same coin. They complement each other. They complement one another. It was this reality that Lord Krishna explained to Arjun in the *Gita* when he says that one that is born is certain to die at a predestined time. And one who dies is bound to be born again. All living beings of this world before their births were unmanifest, that is, without the physical bodies. In death they again become unmanifest or without the physical bodies. The physical body is merely an intermediary stage. The soul is defined as unmanifest, beyond imagination and faultless. As a man discards old, worn out clothes and puts on new ones, similarly the soul leaves the old, aged body and gets into a new one. It does not die when the body perishes. It is eternal, omnipresent, immortal and stable. This eternal lesson of *Bhagwad Gita* gives an answer to the biggest mystery of life and death. Swami Prabhupada opined that life is a question none can answer and death is an answer none can question. But still death is grieved by all. That is the mystery of life. We don't want our near and dear ones to depart from this world though we all know that death is a necessary end that will come when it will come. That is the weakness of human nature. We know that death is inevitable. Yet, we do not like death. This is natural. The indestructibility of soul is something that does not give any kind of solace to human beings as we know that one who has departed will never come back. Yes, it is a hard fact, the most difficult reality of life. It is this reality that we have to face time and again but coping with it even after knowing it is not easy. It is this issue that is the most difficult to resolve. The sad news of the demise of a dear friend, Dr. Chandan Mitra, was something that put me in a similar predicament. It was sudden and had a big impact. True, it would have given a similar impact to many people, and for a number of reasons, all equally genuine. But my case was different. A good friend, a noted journalist, and of course, a known personality who also was close to me were definitely there at the back of the mind as the reasons that caused pain. But there was another very significant reason. He was the person behind the idea of this *Hidden Souls*, the column that I have been writing religiously for around a decade. We had been discussing about this idea of starting a column on spirituality, values and ethics on many occasions that we met. And then suddenly, after a gap of some twenty days or so I received a call from him that we are going ahead. Had it not been for him, *Hidden Souls* would have remained hidden from the readers even today. It was an idea with a laudable objective. To sensitise readers on issues that stir the soul, make them look inwards and bring about an awakening to create a better society. It was an attempt with a lofty objective and it did bring about some encouraging responses from not only different parts of the country but many corners of the globe. Though Dr. Mitra is not present with his physical body, his presence will be felt. The soul lives on.

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



And the Lord has explained through his representatives that this internal energy has three principles: *Sandini*, *Samvit* and *Hladini*. The *Sandini* potency of the internal energy of the Lord is that energy in which the Supreme Personality of Godhead

Krishna is the supreme enjoyer. His enjoyment is the all and all of his existence. And because Krishna is the supreme enjoyer, the *jivatma*, which is part and parcel of Krishna, our life and soul is also to enjoy. We find the conditioned soul under the illusions of this external energy. Every part of that soul's existence is simply to try to find enjoyment in one way or the other. Even when we make sacrifices and perform great austerity it is ultimately for the purpose of enjoyment. Even when

But the illusion is we think we can enjoy apart from Krishna. But the natural function of the pleasure seeking nature of the soul is to experience unlimited pleasure in giving Krishna pleasure. When you water the root of the tree every part of the tree is satisfied. Similarly, when we satisfy Krishna automatically our soul is satisfied, all the Demi-Gods are satisfied, everyone is satisfied. That if we surrender to

A *Vaastu* practice is mainly followed to achieve overall well being and prosperity. *Vaastu Shastra* architecture revolves

around the structure and design of a building. By having the right shape or shell, a home can channel the right energy and prevent negativity from coming in. *Vaastu* principles are best conducted using symmetrical or right-angled shapes, such as rectangles and squares. Houses with these plot shapes are prosperous and happy. Ancient science believes that irregular or curved-shaped buildings (oval, circular, or semi-circular) restrict an individual's growth and cause various health problems, losses, and a general feeling of unhappiness in the indi-

According to *Vaastu Shastra*, spaces are organised and shaped based on their functions and purposes within a room, a structure, or a collection of rooms. *Vaastu Shastra* has been incorporated into the design of cities, towns, gardens, roads, and water systems, as well as in cities, townships, playrooms, offices, and prayer rooms.

Besides illustrating how to build a building, *Vaastu* offers guidelines for designing it. An architect can play a vital role in your happiness and prosperity

So, next time you look to purchase a property, ensure and check if your architect knows the basics of *Vaastu* and live your life with happiness.

There are some other reasons as well for shunning spirituality or specifically God. *'Ahankar'* (ego) is a big spoiler. Though ego is an intrinsic part of the human body, it is used in a wrong way. We need to have this feeling that I must do what I have to, who else? But we go wrong when we begin to think that we are better than other people or begin to think and talk too much about



Some people don't try, because spirituality is somewhat of an unknown territory, though as souls it shouldn't be. Here again identifying self as a material body is a big hindrance. Don't we struggle for quarter of our lives just to be able to earn our living? Then, why should spirituality, which brings enormous rewards, be so easily attainable. Similarly, gains in spirituality are subtle, unlike material achievements, which are gross and visible to our senses.

es. But those who practice spirituality can sense that they are progressing, because God responds. He has to, otherwise how else will we make the necessary efforts, or more specifically do '*tapasya*'. When we don't embrace spirituality, we hurt ourselves badly, especially in old age when we need God the most. The human life has been divided in four parts and the last part is meant specifically to pursue spiritually. Shelter of God is absolutely essential then, when the body begins to weaken or gets stricken with some diseases. God can help and does help. Spiritualists never suffer '*durgati*' (end up badly). The Lord has given a specific promise that His devotees never perish. (9.31) But will we ignore the mirror and go on living a life of delusion?

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Grief and aftermath: Grasping nuances of links

Grief has been with us in one guise or another all along. Off and on, it has visited all of us. Understanding grief is concerned with one of the most intrinsic activities of human mind, namely mental events or experiences that cause grief. Grief, essentially speaking, is a phenomenal experience: a phenomenon connoting a sense mind directly takes note of. The concept of grief goads us to know not only how mental activities occur or get altered during grief but also how it affects our physical and psychological being. Grief provokes more investigation into the relationship between grief and facts of life. Let us look at the wood instead of the trees. Simplicity eludes us in explaining most simplistic situations in life. The objective of this article is to cover limited aspects of grief related situations.

A friend of mine, in employment almost a thousand miles from his home town, on his visit to home town, met his elder brother who was gripped by severe physical problems. Elder brother requested for some financial help. Younger one obliged and promised him some help in future. Months later, younger one kept his promise and sent him some amount as per his financial capacity through money order. With no mobiles/landline in the house, he got no confirmation. Moreover communication with members of his house had significantly declined with yawning time gap as he was employed far off. But younger brother had no worries. Money had gone; it would reach. Internet facility was yet to come to shape. Movement tracking was not possible on the postal department website.

About a month later, the money order came back with a cryptic message. "The addressee expired six months back. Hence money returned." Shock came to younger one in two forms: first why none in the family thought of informing him of his brother's death, and second: Did he delay his action in sending money to his brother? Could he present a coherent face to his relatives and friends? The aftermath of an incident causing grief assumes greater significance while life is seemingly stabilising once one travels long distances from the time of incident. But is it so?

Such incidents do occur to all of us reminding us of Pakistani poet Muneer Niyazi's

poem: *HAMESHA DER KAR DETA HOON MAIN*. What sensitive lines from a sensitive poet!

"Hamesha der kar deta hun main har kaam karne men, Zaruri baat kahni ho, koi vaada nibhana ho, Use avaz deni ho, use vapas bulana ho, hamesha der kar deta hun main,

Kisi ko maut se pahle kisi gham se bachana ho, Haqiqat aur thi kuchh, us ko jake ye batana ho,

Hamesha der kar deta hun main har kaam karne men".

The eminent poet harped on the essence of time. Time is crucial in rendering help to any. A person in need may not be able to tell of his woes next moment. Then only the haze remains. To be more precise grief or its remains: the haze of grief. Had money reached in time, would something better have occurred to the elder brother? Would he have lived a few more months or years? Perhaps not. Nevertheless, grief overtook the younger brother. He had answers to none. But this element of grief stayed with him throughout. It might be that in no way, the eldest brother was a pillar of younger brother's existence. He was a complete self-made man. Grief strikes self-made men and women too. This incident took place almost twenty years back but traces of devastated personality of my friend are still easily perceptible.

Grief distorts the equanimous infrastructure of life, though it is possible from outside, a man's face reveals nothing or he does not display any outer disturbances when confronted with grief-causing episodes. Many times clear images of grief are not easily discernable from a man's face which may harbour among many elements, sadness; anxiety; distorted thoughts; disoriented realities; fear, tiredness, remains of last night's dreams and above all a sense of regret. Gloomy faces, social withdrawal, irritability, obsession-al worrying are part of picture of grief. Alternatively said, these are the general contours of grief. Of late psychologists have reached some consensus on severe complexity of nature of grief. Individualistic character of grief has narrow interpretative values. Grief has many consequences. One such is kicking in of "fight or flight" behaviour with stress hormones flooding the body. Researchers have shown grief



has strong effect on grief-stricken people. It disturbs the limbic system of the brain which controls memory and emotions. Resultantly the prefrontal cortex which plays a central role in cognitive control functions like attention, cognitive flexibility, decision making, etc, roll back to backwater. Excessive grief causes an individual to experience feelings of profound sadness and depression slowly leading to loneliness. Emptiness becomes prominent in his joyless life with significant slowing down of thought processes. Often times he is visited upon by guilt of "unpardonable sins" like the younger brother above. If the haze of grief continues for beyond a reasonable time and in a disproportionately greater proportion, depressive patterns and other mental aberrations raise their heads.

Grief has many ramifications. What if a person is bereft of capacity to feel sorrow and grief or is unable to express these publicly? World is replete with strange creatures and by the same corollary strange actions and reactions. The principal character in Albert Camus's classic novel *The Outsider* got a telegram informing him of his mother's death. The rest of the novel handles character's rendezvous with

the grief his mother's death caused and its aftermath which led to his refusal to tell lies, his confession of truth, then his trial and then punishment. During trail a barrage of unpleasant questions he had to account for such as weather he "had displayed a lack of emotion" on the day of his mother's death; if he "had felt any grief" on the day of funeral; if he "believed in God"; if mother's death was "a personal sacrifice for" him; if he had cried seeing his dead mother, etc. What followed his mother's death were sequences centring on "grief" but leading to other directions away from the principal theme of death and grief. The character chose to die for the sake of truth: he refused to lie. He did face the haze of haunting grief before he went to suffer punishment. Grief does not end instantaneously, it lasts. At times it is a life-time punishment.

Vladimir Nabokov's book *INSOMANIC DREAMS* too merits consideration. Nabokov was a die-hard insomniac using high and strong doses of medication for sliding into dreamless and soothing sleep. So he had dreams at dawn just before waking up from restlessness of disturbed sleep throughout the night. Then he had an enlarged prostate gland causing him

repeated urge to rush to loo for urination. These facts are bare minimum to see the context. Staying in a grand Swiss hotel in Montreux, Nabokov toyed with an experiment. During October 14, 1964, to January 3 1965, immediately after waking up, he recorded the rescued portions of his dreams. Thus this book is a dreamer's log. What for? Next few days he would search for something that happened and had anything to do with his dreams. He was keen to put a theory to scrutiny. The theory believes dreams: fragmented, jumbled and mis-labelled, may not only relate to past events like death of a beloved one or divorce but could be precognitive. Let us look at following lines:

"Got up, lay down, got up again.

Daybreak, like death, drew nearer, creeping.

If I'll keep going on without sleeping,

I shall complain.'

A closer look at the analysis of his dreams unquestionably convinces readers that dreams may be ornamental convolution of past and future events but in no less important way, they bring readers close to Nabokov's personal world of grief, anxiety, pain, intense depression and woes. It's an anxious world: violent and

surreal. Grief-stricken people very often see different types of fear arousing, tormenting dreams an analysis of content of which gives a graphic picture of the internal upheavals of such people. Sleeplessness enhances problems further.

What causes grief and resultant mental issues is a question which has been sought to be answered by psychologists. Way back in 1959, psychiatrist Silvano Arieti attributed severe depressive reactions to three causative factors: First, death of a loved one (like the younger brother's brother); second, failure in a personal relationship; and third, a setback in the work to which an individual has devoted significant portion of his life. These still remain three broad categories, though one can add many more to the list. These conditions first create grief and then lead to conducive environment for aberrations in behaviour. How long does grief last? From a few days to years? When grief lasts for long time, it becomes a disease known as prolonged grief disorder just like anxiety disorders requiring psychiatric treatment.

One way to rescue oneself from severe consequences of continuing grief (deep depression, melancholy and other psychic issues) is to draw a balance between seeking pleasures from life and avoiding pain and discomfort. One has to learn to perceive and cope with real-life situations: joyous or inevitable hurts. Needed social, emotional, intellectual, moral competencies have got to be learnt though problem-solving and decision making processes in life. This in abnormal psychology is called "the process of maturation". In an experiment, Harlow & Harlow observed that if infant monkeys were subjected to partial deprivation, (they could see but not interact with other monkeys), it would lead to permanent inadequacies in social behaviour. To handle grief, one needs to have required adequacies at one's command. If that is not available, a person will not be able to tackle stressful situations stemming from grief and it, in turn, will pave the way for her/his disorganisation. Fear has serious links with grief.

It is during infancy and early childhood that fears are acquired as at that stage many individuals are helpless and cannot cope with external threats. Therefore, individuals who unfortunately don't learn

needed competencies and adequacies to handle external danger become vulnerable later. These competencies enable a person to come out of what psychologists Woodworth and Schlosberg call "blinding effect" or "functional fixidity". "Blinding effect" in brief connotes a person's inability to look beyond a few alternatives. For solving problems, say for example, arising out of grief situations, a matured individual has to initiate process of stimulating new ideas; they might show that there is more than one way of looking at things. Life does not have only one facet. There should be continual attempt to embrace more and more phenomena and options. One ought to forget single-peaked nature of grief. He has to tease out psychological nuances of his own situation and behaviour. Correct appreciation of grief, its nature and aftermath is instrumental in understanding himself.

Considering that prolonged grief disorders have much to do with lack of competencies and maintenance of maladaptive behaviour, a time has dawned to reduce focus on individual dynamics of sufferers and focus on social injustices and inequities that exacerbate feelings of grief. Solution to grief-related problems lies in helping concerned individuals to become more spontaneous and authentic and try out newer ways of experiencing, communicating and being. Isolated aspects of grief should not be divorced from the context of the whole life and vice versa.

(The writer, a civil servant who superannuated in July 2020 as Additional Deputy Comptroller & Auditor General in the rank of Special Secretary to the Govt of India from the office of CAG. He is a poet, writer and columnist. Author of three volumes of poetry, his poems have been translated into Hindi (Andhere Se Nikli Kavitayen — VANI 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 received international acclaim in literary field. His next book: a collection of Essays & Critiques is expected shortly. Views expressed here are his personal views)

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KK SRIVASTAVA

PERSPECTIVE

Legacy and new pollutants destroying human capital

Even if there is no emission of persistent organic pollutants in a region, these areas can still be affected by exposure to these pollutants transported from hundreds of kilometre away



PAROMITA CHAKRABORTY



DANIEL SNOW

Water and air pollution seriously impact the health of human and the ecosystem, with a rapidly growing, resource-consuming population. Less than 1 per cent of world's freshwater is available for human consumption, and everyday, over 2 million tonnes of sewage, industrial and agricultural wastes are released into waters around the world.

Riverine pollution is caused by numerous factors, but the biggest determining factor continues to be development in areas vulnerable to run-off. The anthropogenic activity follows a template of resource consumption, utilisation, and wastage. Applied to the context of freshwater from rivers, we consume water from our rivers, use it for our needs and dispose downstream for another set of users.

Unplanned and uncontrolled disposal of solid waste, not just wastewater, has exacerbated the problem of passing on pollutants to other water users. The dependence of river flow on regular freshwater inputs from precipitation and snowmelt underlines the intrinsic connection between the atmosphere and the water flowing in our rivers.

The nature of anthro-

pogenic activities heavily influences the composition of the earth's atmosphere, affecting human and ecosystem's health. According to the WHO, over 91 per cent of the world's population live in places where the

air quality has sunk beyond the recommended limits. Air pollution accounted for over 12 per cent of all deaths in 2019.

To add to these issues, the occurrence of both legacy and new "emerging" organic pollu-

tants has become increasingly common. Chlorinated pesticides used for agriculture and vector control, brominated plastic additives added as flame retardants for fire resistance, fluorinated surfactants used in

non-stick cookware, and many such chemicals are all examples of persistent organic pollutants (POPs), which pose immense risk to human health owing to their ability to resist degradation.



Other compounds, including pharmaceuticals and plasticisers, are deemed to be pseudo-persistent because of their constant release into the environment. Some of these chemicals are carcinogenic, can cause endocrine disruption and mutagenicity. Despite being present at trace levels in the environment, chronic human exposure to these toxic compounds can significantly impact health.

During the recent Covid-19 pandemic, day-to-day and regular commercial activities were crippled and pollutants in air like PM10, PM2.5, oxides of sulphur and nitrogen saw a marked decline in their concentrations. Some surface water quality characteristics, like dissolved oxygen levels and nutrient concentrations, showed slight improvements in the riverwater.

However, despite a slowdown in economic activities, the presence of POPs in the environment will continue to linger for decades despite decreased manufacturing and use. Once released into the environment, POPs continue to occur due to their persistence. POPs can also undergo long-range atmospheric transport (dubbed "grasshopper effect")

and exhibit the tendency for transboundary movement, affecting non-source regions. Thus, even if there was no emission of these pollutants in a particular region, these areas can still be affected by exposure to POPs transported from hundreds of kilometre away.

(Paromita Chakraborty is an Associate Professor, SRM Research Institute SRM Institute of Science & Technology, Kattankulathur, India. Prof Daniel Snow is Laboratory Director, Water Sciences Laboratory, University of Nebraska-Lincoln/Nebraska Water Center, USA. The Water Science Laboratory, part of the Nebraska Water Center and Daugherty Water for Food Global at the University of Nebraska, is at the forefront of emerging pollutants analysis including steroids, pharmaceuticals and other toxicants. Environmental Science & Technology Group at SRM Research Institute, Department of Civil Engineering, Institute of Science and Technology, has developed protocols especially for wastewater-based epidemiological surveillance and concurrence of SARS-CoV-2 with chemical markers during this pandemic.)



REAL KNOWLEDGE IS TO
KNOW THE EXTENT OF
ONE'S IGNORANCE
—CONFUCIUS



YOUR
WEEK
AHEAD

MADHU KOTIYA



ARIES March 21-April 19

This week Stress may take a toll. Look at ways to ease your risk factors and deal with stress. If all else fails, think about changing your lifestyle and the things you're spending your money on. On the career front, you need to take care of emotional matters and relationships with colleagues and boss which had given you tense moments in the past. The situation will improve and you must make the best use of this time to repair and improve your contacts and enhance your career. The changes you make at this time will lead to interesting money-making opportunities later on. On the relationship front, try to give your partner some breathing space. A lifestyle change may not please everyone but it should lift your spirits.

Lucky number 13
Lucky colour Maroon
Lucky day Wednesday



LEO July 23-Aug 22

This week be watchful of your health. If you feel that something is amiss with your health, make sure to address the concern. Speak for yourself. Support and heal yourself as best you can with diet, exercise, nutrition and vitamins/minerals. On the career front, you may miss a wonderful opportunity that has the potential to bring satisfying improvement in your status. Focus on your strengths, on what you have and can do, not what you can't do and don't have. On the love front, know that a little effort goes a long way, especially if you're looking to improve your love life at present. This is a good time to look hard at yourself, as to whether you are being realistic with regards to love.

Lucky number 12
Lucky colour Brown
Lucky day Thursday



SAGITTARIUS Nov 22-Dec 21

This week your health is good. Be careful while exercising; there could be minor injuries or sprains. If you're in the process of healing from an injury, don't overdo it, or you could end up in worse shape than you were earlier. On the work front, use your energy in creative pursuits. There may be some constraints in the workplace. You will experience stagnation/ retirement or the job is very demanding which you find difficult. Worrying about your job is not going to help matters. Focus on what you can control, and try to leave your anxiety by the wayside. On the personal front, conflicts, a difference of opinions are foreseen in the relationship area. There are restlessness and unreliability. Learn to value others opinions and words.

Lucky number 11
Lucky colour Golden
Lucky day Monday



TAURUS April 20-May 20

This week you must manage your stress level to stay in good health. Deal with any problems that come up, don't try to avoid them. Ensure you get enough rest. If you need healing, ask for it. Hearty talk with dear friends will go a long way towards keeping you healthy and sane. On the professional front, conflict with a superior will lead you to change track. Try not to close all doors unless you have another opportunity. Be patient as this is a temporary situation. Self-improvement projects will be successful. You will make progress by making corrections. Be adjusting to the current environment. On the personal front, a committed relationship will need to take action for survival.

Lucky number 7
Lucky colour White
Lucky day Monday



VIRGO Aug 23-Sep 22

Your firm approach towards life can help solve half of the problems. Restless mind and aggression bring increased BP problems and hypertension. You have an intelligent and sensitive nature, and you may suffer if there is no channel to let out your ideas and feelings. On the career front, go ahead with creative ideas. This is the right time for making deals, connections and collaborations. Don't rush, finish what you have started before you decide to call it off. On the relationship front, your logical nature may spoil your connection with your partner. Avoid heated arguments. You need to be grounded and firm in your decisions. Your partner may be very demanding. You need to be honest with him/her.

Lucky number 10
Lucky colour Yellow
Lucky day Sunday



CAPRICORN Dec 22-Jan 19

This week your life is likely to get affected by worry, stress, and anxiety. Be sure that you are taking good care of yourself and to the best of your capabilities. Try and bring balance in exercise, food and water intake. Getting adequate rest is a must. Breathing exercises and meditation are particularly useful for you now. On the career front, some unexpected event may surprise you. You may decide to leave your job if you are currently working, even if it's a good job because your heart is no longer in it. You want to follow your dream, no matter what it is. On the personal front, you will be able to establish a solid family line and become a pillar of a wide network of family members. You are practical and grounded.

Lucky number 20
Lucky colour Grey
Lucky day Friday



GEMINI May 21-June 20

This week health will improve. If dealing with a serious illness, new healing or a new doctor will be of great hope. Think positively and expect the best, and do not hesitate to ask for healthcare if you need it. Your life will get a new meaning if you reach out to spiritual practices and have immense faith in God. On the career front, keep the office and personal life separate. You are likely to try a different tactic or may even choose to leave the job that you're currently in. Due to sensitive time, if you plan to stay back then look for alternate ways to make your work easier. In the matter of heart, mild conflicts with loved ones are indicated. Allow your partner to have his or her space for a healthy relationship.

Lucky number 2
Lucky colour Green
Lucky day Friday



LIBRA Sep 23-Oct 22

This week your health will be good. You are outgoing and energetic and some quick movements will make you busy and you enjoy doing so. You will have the drive and determination to move forward. Do not force things, as that is likely to backfire on you. On the professional front, this is not the right time to take important decisions. You may feel as if your energy is blocked. Secret motives, undercover information could make you tensed up. There is a need to go deep into the matter and find a solution for your anxieties, fears and psychic blocks so that they will no longer haunt you. On the personal front, this week will be filled with romance and passion. The time and energy you have invested in the past will now give you rich dividends.

Lucky number 16
Lucky colour Orange
Lucky day Tuesday



AQUARIUS Jan 20-Feb 18

This week you may be suppressing your emotions. This will impact your health adversely. Be careful about how, when, and where you vent your emotional reactions. Anything that reduces your stress level will be helpful now, even a five-minute walk. Your emotions are the gateway to opening up your spiritual life. Professionally, this is a great time to take some time off from work, if you can, to relax. Meditation, solutions, commitments and confrontations can and should be made now. This will bring positive changes in your career. On the relationship front, if you are already committed, then you can enjoy a happy, generous, fair and balanced relationship for at least a while. You and your partner should have a fair contribution to the relationship.

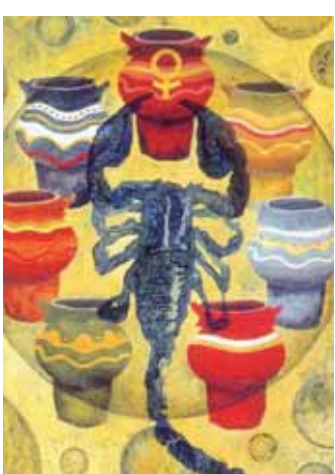
Lucky number 3
Lucky colour Sky Blue
Lucky day Thursday



CANCER June 21-July 22

This is a good time to improve your health. You will keep a positive attitude. You would be loving toward everyone and everything. Share that good energy, others might need it too. Going for a walk or practicing yoga with your friend or partner is good for your health and wellbeing. Professionally, you will be wise to follow established social structures and traditions. Some of you may consider starting your own business or join a family business. You feel happy being self-employed than working for others. You may meet someone new through your work, or feel attracted to your working colleagues. In love, for those in a committed relationship, be sure that your communication is as clear as it can be.

Lucky number 8
Lucky colour Red
Lucky day Saturday



SCORPIO Oct 23-Nov 21

This week you will overcome problems of the past and it will soothe tensions in your relationships. On the career front, a little sorrow arises but you will overcome the situation and also understand the necessity for that brief sorrow. As peace and joy enter your career sector you'll see that the previous change simply energised you to enter a more profitable phase. The week looks promising in terms of finance. The money will be coming your way through different sources. Your dream may come true, maybe not in the form you expected. On the personal front, various events are likely to happen that will guide you in a direction that is most auspicious for you. Don't lose hope when things are not as per your planning. Destiny knows what is right for you.

Lucky number 5
Lucky colour Indigo
Lucky day Saturday



PISCES Feb 19-March 20

This week health issues may bother you. Take one moment at a time, think positively, and know that it may take a while to get to the bottom of what is happening. Believe in yourself, ask questions, and educate yourself. Keep working and things would be fine. At work, big ideas coupled with determination can help you achieve your targets. Choose your activities and projects wisely. This is a period of increased learning, joining an educational course, vocational training, and research and for a master degree. Artistic interests will draw your attention. On the love front, know that love doesn't know of age. Love can mean that someone is about to sweep you off your feet. Give them a chance. Existing relationships find ways to bring more charm to their life.

Lucky number 9
Lucky colour Magenta
Lucky day Sunday

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ASTROTURF

BHARAT BHUSHAN PADMADEO

Work towards self-improvement

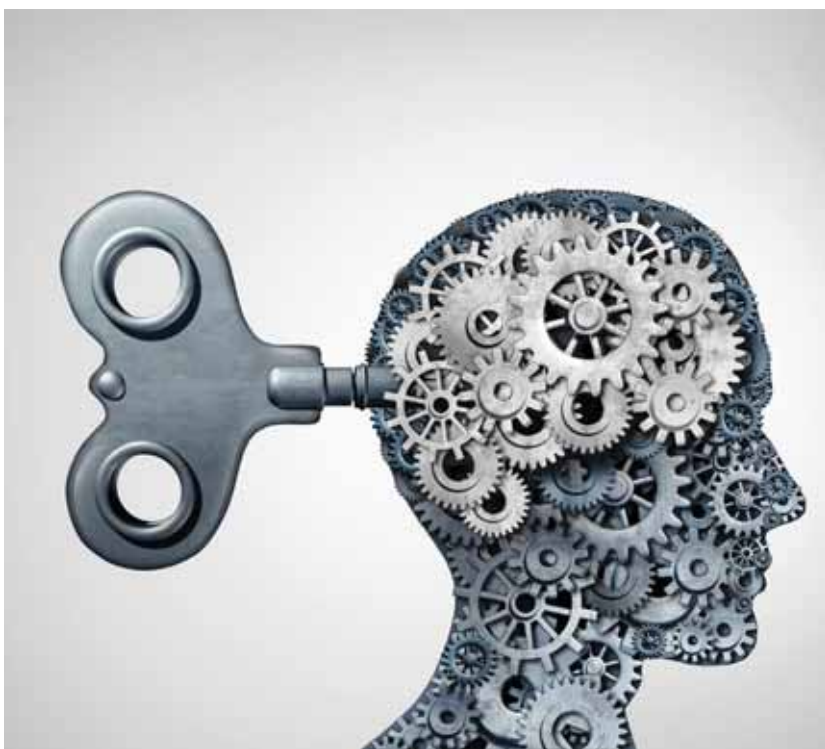
Human mind is driven by a sense of duality. That makes you see things in relative terms. Two persons exploring the same issue/object may perceive it differently. Even truths pertaining to the living mortal world becomes relative. For, there remains thin dividing line between seeming reality and the underlying truth. Put almost equal amount of milk in two transparent glasses. Mix little water to one of them. To the onlookers, it will be difficult to figure out which one is adulterated. But if you offer the adulterated milk to a swan, it will consume pure milk and leave aside water content. Such a fine sense of discriminatory ability is arrived at by what is termed in spirituality as becoming a *Paramhansa*. This state is arrived at when one transgresses all limitations of mind.

The ones who could become *Paramhansa*, were able to explore and comprehend even subtle realities of life, operative at imperceptible level. Ancient India's *rishis*, Buddha, and realised masters all across come under this category. They came out with profound philosophies. Those, who could overcome their limitations even partially, emerged as acclaimed scientists who created history

with their remarkable inventions. Even many social reformers who led people improve their lot, come under this category. It is believed that Einstein could use 10% of his mind-power against 5 to 7% ordinarily available with ordinary mortals.

That is why Swami Vivekanand used to say: "The history of the world is the history of few men, who had faith in themselves. Faith calls out divinity within; you can could do anything. You do not fail in life simply because destiny is so scripted. It is because you do not strive sufficiently to unfold immense power within."

What happens when you become a *Paramhansa*? He/She has access to the full landscape of mind, when wholesome powers of mind spontaneously come into play. It then knows no limits. The irony, however, is that with limited mindpower available, ordinary mortals get a narrow window frame to look at. Evidently, with a narrow vision, one fails to look at issues in hand in the right perspective due, and with obvious consequences. And because of one's habit tendencies, we dissipate a large part of our mindpower, towards unproductive ends. One, thus, is hardly



left with enough to do justice to the callings of the targeted destination. This is not to suggest that each one of us could become a *Paramhansa*. Even if one could optimise what is already available, it will help successfully negotiate the callings of usual life with relative ease. If one could raise the mindpower little higher through conscious efforts, he could make it big in life.

The question now is: why is it that an ordinary mortal is born with a limited mind power? And how come they fail to optimally use even what is available? Answer lies in our inherent ignorance, coming as it may as Karmic carryover from the past. That holds the key to an individual's desire trends as well as habit tendencies and attitudes. The habits and attitudes do not let you weigh your desire trends objectively — whether they are achievable. They do not let you look beyond for better options suited to your skill sets either. Nor do they allow you to carry on the task in hand in a focused way.

While I was explaining the above concept to someone who has often failed to strike his targeted destination, came out with a counter question: "Can destiny,

which is a sequel to our own doing and undoing in the past be changed?

Applying the same logic, is it possible to change the habits and attitudes identified with a being?"

Yes, one could do it through sustained conscious efforts, I answered. Elaborating further, I explained that it was with the intent to find answer to the above question that learned masters such as Buddha toiled day in and day. In the process, they explored the subtle as well as living realities of life. Pursuing further, they not simply found the root cause underlying human suffering, but also worked out ways and means to overcome them. To make things further clear, two aspects of life need attention. First, the premise on which the theory of Karma stands. Second, the construct and chemistry of mind, which remains the prime-mover of a being. For, all that happens out in open, begins in mind. First you visualise and then articulate ways and means to successfully pursue the task in hand.

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