Deficiency of Nutritious Food and vitamins causes arthritis, brain & nervous system disorders, weakness, heart, bones & skin related many dangerous diseases while 50-80% people suffer from malnutrition.

Chemical and animal based nutrition and vitamins that are sold in the market often cause harm to the body as they are not according to the human nature.

Patanjali scientists have researched on natural herbs for years to provide you natural health with 100% Natural, Organic & Plant based range of Nutrela Natural Vitamins and Nutraceuticals.

Animal & chemical based protein can harm digestive system and kidneys. Introducing Nutrela 100% natural, organic, milk based protein.

Very helpful for body building with 90% protein, naturally extracted BCAA, Amino Acids, Glutamine, Hadjod, Vitamin D and D-12 etc. for muscle growth.

With 80% protein, 17 natural herbs, 11 natural & bio-fermented vitamins and 12 minerals, 100% veg substitute of protein for stamina, strength and muscle gain 100% Whey Performance.

2.5 times more effective than the collagen power made with pig and fish skin commonly sold in the market. For wrinkle free, young and everlasting skin glow Collagenprash.

A golden job opportunity for India’s skilled, energetic & dynamic youngsters.

Under the Swadeshi, healthy and prosperous India initiative of Nutrela nutrition join us at district & tehsil level as Sales Team/ Medical Team (M.R.). Graduates with 3-5 years sales experience owning a 2 wheeler are invited to feel thousands of vacancies in India. For more information and to apply contact:

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Website: www.patanjaliyurved.org

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Website: www.ruchisoya.com

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Order online at www.nutrelanutrition.com or download Order Me App.
Kisan App launched at IIT-R for dissemination of Agromet advisory services

Indian Institute of Technology Roorkee

Kisan App is a mobile application which provides advisory services to farmers in real-time. It utilizes the services of the National Agromet Advisory Services (NAAS) and the Regional Remote Sensing Centre (RRSC) to provide accurate and timely advice to farmers. The app is designed to help farmers make informed decisions about crop management, irrigation, and pest control.

One day, 243 new Covid-19 cases in Uttarakhand

The state has now introduced to 1,528 Covid-19 cases. It is learnt that both Congress and UKD will hold key assembly in the state. Apart from the Congress, the Communist Party of India-Marxist (CPI-M) will hold assembly in the state with the support of the farmers. In the first assembly, the Congress held in the state, the CPI-M and UKD will hold key assembly in the state. The Congress held in the state with the support of the farmers. In the first assembly, the Congress held in the state, the CPI-M and UKD will hold key assembly in the state.

Research, training important for containing pandemic- VC Pandey

IIMT Roorkee president and former minister Dr Hem Chandra Pandey has said that the special feature of the app is a better option for phones, hence the mobile app can be accessed through phones. He said that the app is a better option for farmers as it provides real-time advice and information.

Harish Rawat to give Malta party to workers today

Rawat had committed a double mandate at Vaishno Devi, a high in Uttar Pradesh. The party was transformed into a government where the Congress had the majority, and the MLA was also a member of the Congress. The MLA was also a member of the Communist Party of India-Marxist (CPI-M) and the CPI-M had the majority in the state assembly. The MLA was also a member of the Communist Party of India-Marxist (CPI-M) and the CPI-M had the majority in the state assembly.

One death, 243 new Covid-19 cases in Uttarakhand

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cong, BJP eyeing possible winners among independent candidates

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Pauri police get Rs 1.15 lakh refunded to online fraud victims

Solving an online fraud, the Pauri police cyber cell has arrested a person named Devendra Singh. He was arrested under the section 409 of the Indian Penal Code for cheating. The victim was defrauded of Rs 2,08,475. The victim was defrauded of Rs 2,08,475.

Pauri police recover Rs 1.15 lakh

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Pauri police men arrested for double murder & husband’s murder

The police are investigating the case of a double murder in Pauri district. The incident took place in the village of Ramlakhan. The deceased were a husband and wife named Ram and Laxmi. The police have collected evidence from the scene of the crime and are investigating the case further.
2,000 Indian students left in lurch in Canada as 3 colleges shut shop

Verify credentials of colleges before paying fees, cautions Indian High Commission

More than 2,000 Indian students have been left in a lurch in Canada after abrupt closure of three educational institutions here. Stating this in a public announcement, the Indian High Commission, Ottawa, on Saturday advised Indian citizens to ensure the credentials of the colleges before paying fees.

The institutions were closed reportedly in the wake of protests by hundreds of Indians in Ottawa to protest against mandatory accreditation criteria for colleges in the country.

The notice said, ‘conditions are now “ideal to restrict’ citing decline in restrictions like Delta and previously circulating almost unchecked, and pandemics. Stronger systems and tools: operation and collaboration in the generation and mobilisation of intelligence to help arrest the pandemic. ”

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The underlying message of the new debate has been triggered recently underway in the German, Ghebreyesus said, “must be the focus” of the new debate has been triggered recently underway in the German, Ghebreyesus said, “must be the focus” of the new debate has been triggered recently underway in the German, Ghebreyesus said, “must be the focus” of the new debate has been triggered recently underway in the German, Ghebreyesus said, “must be the focus” of the new debate has been triggered recently underway in the German, Ghebreyesus said, “must be the focus” of the new debate has been triggered recently underway in the German, Ghebreyesus said, “must be the focus” of the new debate has been triggered recently underway in the German, Ghebreyesus said, “must be the focus” of the new debate has been triggered recently underway in the German, Ghebreyesus said, “must be the focus” of the new debate has been triggered recently underway in the German, Ghebreyesus said, “must be the focus” of 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tie to provide support to the affected students and for the resolution of this issue.

The institutions were also "distressed" that the Canadian government had not yet lifted restrictions on the admission of other students from India who were enrolled in the three institutions run by Rising Phoenix International Inc, namely, M.C. College at Montreal, CED College at Sherbrooke and CSS College in Longueuil in the province of Quebec, Canada, and who have been allowed the notice of closure of these institutions, "the advi-
sory said on Friday.

The High Commission was also in close contact with the Canadian authorities to ensure that the institutions' credentials of the colleges there were in order by reaching out to his Canadian counterpart in New Delhi, Akhilesh said, "conditions are now "ideal to restrict" citing decline in restrictions like Delta and previously circulating almost unchecked, and pandemics. Stronger systems and tools: operation and collaboration in the generation and mobilisation of intelligence to help arrest the pandemic. ”

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Mahi houses in Slum Rehabilitation

400 crore by collecting any-

Akhilesh Yadav, which is being “used” by the Thackeray family, but also the Samajwadi Party (SP) in UP.

serial blasts and the Samajwadi polls in Uttar Pradesh, the BJP died Saturday morning.

nalistic rigour to explain R

from cancer since June 2020.

One of the 49 convicts of the blast case, the ED told the court that it was a case under Section 120-B of the Indian Penal Code (IPC), punishable with life imprisonment.

Day before 55 Assembly

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from the announce-

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the appointment of personal staff are eligible for full Government pension after a period of two years. After every period of two years, the personal staff are eligible for half Government pension after a period of one year. The personal staff are entitled to free medical treatment and their children are entitled to free education in any educational institution approved by the Government of India."

The power under Section 120-B of the IPC, which is a non-bailable provision, is applicable in cases where there is prima facie evidence of the commission of a crime.

The apex court said that if the category of the case, the court has to decide whether the ingested condition is "vindictive mala fide or maliciously motivated for wreaking vengeance or out of a certain class of society."

The SC has reserved its order on the plea, and the matter will be heard again on July 8.

The Centre's decision to release the Moksha inmates has been challenged in the Supreme Court.

The Prime Minister had earlier said that the Centre has granted conditional release to 11,422 inmates, and 3,630 of them were in the Moksha category.

The Centre has also said that the inmates were released after considering the length of their sentence, the number of convictions, and the nature of the offense.

The Supreme Court had earlier directed the Centre to provide medical facilities to the inmates, and the Centre has said that it has provided medical facilities to all inmates who have been granted conditional release.

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and predicted that such an invasion would be a "defensive moment" for the world. Responding to a question if he would impose significant, and, if necessary, economic and financial sanctions, US Secretary of Defense Lloyd Austin assured the Munich Security Conference that the United States, together with its allies and partners, will impose sanctions on Russia if it invades Ukraine.

On Thursday, UN Secretary General António Guterres called it "a decisive moment" in the world’s history. The battle for Ukraine is "too late to de-escalate and return to diplomacy," he said.

"The battle for Ukraine is not just a battle for Ukraine. It is about our collective responsibility and that the world will not stand by and allow the result of a catastrophic and needless war of choice, if that is what is pursued," Guterres said.

Australia says China warship fires laser at its patrol plane

Chinese cities announce rewards for tips-offs on Hong Kong flyers

German’s Scholz says “moment of truth” for Iran deal

German Chancellor Olaf Scholz said Wednesday that the United States and other actions made clear that Moscow could still be deterred. "They are trying to undermine the JCPOA," he said.

Scholz said that it is important to maintain the JCPOA, which was the result of years of negotiations. "The JCPOA is not only a matter of Iran, but also a matter of the Middle East and the whole world," he said.

The JCPOA, also known as the Joint Comprehensive Plan of Action, or JCPOA, was signed in 2015 under the leadership of the United States, Iran, and other countries.

Aichi Prefecture, Japan—Russia’s biggest nuclear warhead factory was hit by a laser beam from a Chinese warship this month, the Japanese government announced on Thursday.

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"In case that Russia strikes, the consequences will be dire. Sanctions will come at once, as per the UN principle of self-defense," Kuchme said.

He added that the talks with Russia were not aimed at the goal of saving the JCPOA.

"We want to prevent the threat of nuclear war and are ready to work with Russia to achieve this goal. We believe that the JCPOA is a cornerstone of international security and stability," he said.

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New Delhi: The domestic jewellery sector will get a boost with the idea of creating a ‘Mega Jewellery Park’ in the National Capital Territory (NCT) of Delhi. This comes after the Government allowed 100% Foreign Direct Investment (FDI) in the sector under the automatic route.

Last year, the jewellery sector had been hit hard by the lockdowns, leading to a drop in sales and production. However, with the easing of restrictions and the reopening of shops, the sector is expected to recover. The Mega Jewellery Park is expected to provide a platform for local and international jewellery businesses to showcase their products and conduct transactions.

The park will be developed by the Delhi government and will be managed by a special purpose vehicle (SPV) to be set up by the government. The SPV will be responsible for the planning, development, and operation of the park.

The park will have a number of facilities, including a show room, storage area, and testing laboratories. It will also have an e-commerce facility to showcase and sell the products online. The park will be an ideal platform for jewellery businesses to display their latest designs and emerging trends.

The Meg Jep Park will also be an excellent opportunity for the sector to discover new talent and build partnerships. It will encourage the growth of the local jewellery industry by providing a platform for local craftsmen and artisans to showcase their work and establish their businesses.

The Meg Jep Park will be a major boost to the domestic jewellery sector, providing a platform for businesses to grow and develop. It will also be an opportunity for the sector to explore new markets and explore opportunities for growth.

The Meg Jep Park will be an ideal platform for businesses to showcase their products and conduct transactions, providing a boost to the local jewellery industry. It will encourage the growth of the sector and provide an opportunity for businesses to explore new markets and opportunities for growth.

The Meg Jep Park, with its excellent facilities and opportunities, will be an ideal platform for jewellery businesses to grow and develop. It will encourage the growth of the local jewellery industry, providing an opportunity for businesses to explore new markets and opportunities for growth.
FACTOR

LEARNING THROUGH IT

RELIVING SHOLAY

TEAL TALE

UNCHARTED

WORLD OF FEARLESS REALITY

NEVER OUT OF STYLE

 Music is the best medicine. Here are the top 10 songs of the week that will lift up your weekend mood

Bollywood vibes

Pooja Natasha (Ustad Narayan) Kuch Na Kaha (Hare Krishna)

Kaha Ki Kaha

Kubrakha Ha Yaa (K S Chitra)

Jadaa Te Naaz (Ustad Narayan)

Bandhan Haat Se Sismoa Ghosh

English Virgin

Stairway To Heaven (Led Zeppelin)

Imagino (Yoko Ono)

Revolution (The Beatles)

Wind of Change (Bopper B)

Back in Black (AC/DC)

TALKIME

SHIVAM GUPTA

CASTING director, who started his journey with films like Daday, Trapped and was associated with casting director with times like Carib Cinth Single, Raid, Batl Gol Memu Chalu and Sacred Games, Season 2 amongst others, speaks with SUPRIYA RAMESH about his experience, responses he is getting among other things.

How has the casting process evolved over the years?

Finding talent that fits and justice to roles has become a significant part of the filmmaking process and with acting, casting is now more than a mere technical process. With each passing year, there has been a concurrent part of the filmmaking process. The casting process model one ways or another for an immersive experience to a rough hack and task constantly have to keep mapping the same. That's why it's not possible to just cast from a dozen stars into the characters written. Individual actors or the entire ensemble have to be watched out for and the context for the team altogether. It has to be so earned, balanced and carefully that they can be convincing to the audience. This is why we are watching context as he, the characters, the situation, and then watching them believe. So casting is the utmost important and consuming and appreciated, it is natural that casting is recognised by delaying.

What kind of responses are you receiving for Pah Kaal Kaah? It is overwhelming.

Yash Raj Films had approached Madhur Bhatt or who gave me this once in 2019. He showed us some rough visual of a look for the character and then came up with an idea. So he was happy with the cast. Also, we had to go to Goa for the casting of 2 seasons. 2 seasons together we are grateful for the compliment. Emotionally for the casting and for the performance the actors have done. I was get-

planting pleasant messages from the people around.

With content being the king, these challenging and important the casting process has become part of the process in many ways. Some personal ideas to such that the producers here the cast and then we sit and discuss the project. The narrative, the story and their vision and the specifics they require in the characters they want. After hearing the briefings we sit with our team and research the characters fit for different people. We go through their introductions and details and then share some of our ideas and the process goes on all over India to find the one we try to do with the director's vision to find out. Well as something about Arjan season 2, it is going to be much bigger and exciting than season 1. It was challenging process of casting, because I wanted to create an ensemble of good actors and cast newcomers as well.

I CAN'T STRESS ENOUGH ON HOW EVERY PART OF OUR COUNTRY IS GIFTED WITH GREAT ACTING TALENT. THE TASK IS TO REACH THE RIGHT SET OF ACTORS FOR THE RIGHT STORY AT THE RIGHT TIME, AND THE JOB IS JUST THE EASIEST.

Also, we have been doing the auditions online which has been quite challenging for us as we have explored this medium as well. Obviously, taking in the studio to one as different thing. There are more efforts to go for or said I am currently looking for.

How for a multi-star role becoming challenging over the years in general, considering new scripts are character-driven and more than just a hero or heroine? The process of digitisation and more web series going to story than the actors also helped casting directors get more creative. The casting directors here in India are always working with the actors. We are already there as affectionate and affectionate, but I think audiences have a lot of patience with the actors and their organs, but with all the web series or web shows, I think audiences are more forgiving, more lenient, and a lot more demanding with the actors especially since they feel and get their characters around, and the job is just the easiest. This is the whole idea and reality of talent, and how the actors, in fact, have done a great job even more after the start with the system. The audiences also want to watch a particular film or series, because of the presence of big superstars.

CAST IS THE MOST IMPORTANT FACET OF THE TELEVISION PRODUCTION PROCESS.

Unlike rayon, nylon and polyester, which are man-made, silk has natural origins. This means that they are more environment-friendly and more absorbent and thus, comfortable to use in all seasons.

REMEMBER that in the last couple of years, there have been many developments and innovations about nature in our daily lives. From natural cleaning agents, to washing products and more, artisan groups across the nation got job opportunities and by doing so, ensured that the culture stays alive and vibrant. Wear, use and repeat.

Casting in a feature film or a television series is not a faux pas anymore, it is in fact becoming a crucial part of the filmmaking process and with acting.

KEEP UPCYCLING

As outsiders or people normally watching content at home, the cast deliver even more. We take our first step towards restoring fashion back to natural fabrics, as opposed to synthetic fabrics. Unlike rayon, nylon and polyester, which are man-made, silk has natural origins. This means that they are more environment-friendly and more absorbent and thus, comfortable to use in all seasons.

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**Rohit to lead test also**

BCCI gives Kohli break from bio-bubble before third T20I against WI

The BCCI has given senior batsman Virat Kohli a 10-day rest for the second Test against West Indies, beginning on February 24 in Lucknow followed by two T20Is against them in Thiruvananthapuram.

"Kohli has had a busy schedule and we would like to give him some rest," BCCI sources told PTI.

"Kohli, who has already scored 199 runs in his two innings against the West Indies, will rest for the duration of the Tests against the islanders. Will be the obvious choice for the T20Is," the sources said.

As reported by PTI on Friday, Kohli will be playing his first Test since the previous one against England in August last year but will be back in action on Saturday in the second essay to keep their team in the driver's seat. Overall, the occasion has been a great show by batters. The Indian bowlers complemented the efforts of the batting line-up, leaving the West Indies in the doldrums. In the absence of KL Rahul, Rohit Sharma was livid when he failed to make a significant contribution.

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"You can ask Hardik to hit them out of the park," the 28-year-old, who was an identical runs of 79 by Cheteshwar Pujara and Mayank Agarwal enabled India to complete the required 272 runs, said.

"The Baroda player and Talented India A batter Hardik Pandey also got significant contributions. He has done it well. Rohit will be the obvious choice for the third Test. Hardik also needs a big score," the sources added.

"He made it clear that even Rohit Sharma is a remarkable story of grit back after Kohli tendered his resigna-

**INDIA LOOK TO TEST BENCH STRENGTH**

Punjab in command vs Himachal Pradesh

Punjab bowled complement-

Maharashtra Sports Commissioner sees action against Hangar

You need to plan out as many options as possible: Pant

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India is in the throes of state elections & the buzz is gathering momentum. With the high interest to consume views and views on this subject, it is very important to get the marketing and branding aspects right, writes JAYSHREE M SUNDAR

India’s population is young. Approximately 65% is below 35. Caught with 700 million smartphone owners in the country growing at 25 million per quarter, this is the key to look at in the current elections and going forward. Most young people consume news via online listings, news forums,Signed operations, and other social media. YouTube videos like news stories and movies. Creating for the smaller screen is key. Youtube videos, music videos and movies are what get real buzz and worthy very quickly. In Political Brands, this is a must.

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A spiritual guide encourages people to try meditation after the death of their master.

Yukula behaviour

Yukula refers to a great soul who has achieved a bond with God, writes AJIT KUMAR BISHNOI, as he shares ways to be one.

Do not savor the wind...

There is an old saying that if you now catch the wind, you will reap whirlwinds. Thus, despite history being rife with examples of being seduced by not being seduced by the rise of an age-old golden wisdom. For those who like to call themselves ‘master’ in the name of an elite milieu, Indian mystic Sant Kaaler has a similar warning to offer.

If the wind does not blow, there will be no fire. Even if you are a devoted and long-time practitioner of meditation, you must be prepared to answer that that is what the shrewd British rulers used as a tool to divide the court of law and the ideal course of action should be to act accordingly. The recent instances, people in power do not realize the import of this age old golden wisdom. And for those who do not care two hoots for English maxims dismissing them or such instances, people in power do not realize the import of this age old golden wisdom. And for those who do not care two hoots for English maxims dismissing them. And for those who do not care two hoots for English maxims dismissing them. And for those who do not care two hoots for English maxims dismissing them. And for those who do not care two hoots for English maxims dismissing them. And for those who do not care two hoots for English maxims dismissing them. And for those who do not care two hoots for English maxims dismissing them. And for those who do not care two hoots for English maxims dismissing them.
Canada’s Freedom Convoy

The recent economic data from India’s GDP growth rate for FY 21-22 to 8.2 per cent is a good indica-
tion of its economic progress. The IMF has indicated India’s growth rate of 9.5 per cent, which augurs well for its future.

In the case of emergency measures taken by the government, they do not mean either an internal and external threat but ensuring that the country is on the right track to achieve its milestone.

The government needs to focus on the internal and external structural issues and the equality of its people, both in the urban and rural areas.

Making India’s world-class economy

Although China’s high saving rate, better infrastructure, and its manufacturing are way ahead of India, these cannot match the prowess of India’s services-driven industry and its institutional stability, deeply interwoven in pluralism and democracy.
Aries March 21-April 19

This week you will prove the best of your capabilities and you will be working against the best of your ability. You will feel that you are working against the best of the universe. You are required and your expertise will be required. This week is a time when you are required in your work. It is a time when energy-balls such as the Sun, the Moon, and the stars are in their highest position. The Sun is in its highest position and the Moon is in its lowest position. The stars are in their highest position and the energy balls are in their lowest position. The Sun is in its highest position and the Moon is in its lowest position. The stars are in their highest position and the energy balls are in their lowest position.

Taurus April 20-May 20

This week you will be in a state of confusion. You will have a tough time finding a solution to the problems you are facing. There is no clarity in your understanding of your thoughts or actions. There is no clarity in your understanding of your thoughts or actions. There is no clarity in your understanding of your thoughts or actions. There is no clarity in your understanding of your thoughts or actions.

Gemini May 21-June 20

This week your efforts and challenges will not pay off. You will find it hard to make any progress in your work. You will find it hard to make any progress in your work. You will find it hard to make any progress in your work.

Cancer June 21-July 22

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Scorpio Oct 23-Nov 21

This week your work will be less than satisfactory. You will not be able to produce the results you expected. You will not be able to produce the results you expected. You will not be able to produce the results you expected.

Pisces Feb 18-March 20

This week is a time for reality and looking at things with a new perspective. You will be able to see things in a new light. You will be able to see things in a new light. You will be able to see things in a new light.

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Arrest your mind and get absorbed in the natural world. Take a hike, go fishing, or just enjoy the beauty of nature. This will help you clear your mind and focus on the present moment. It will also help you recharge your energy levels.

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