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

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 sale 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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Email: recruitment@ruchiysioya.com
Email: nutrela@ruchiysioya.com
Website: www.nutrelanutrition.com

For Patanjali Food vertical
Email: foodsales@patanjaliyurved.org
Website: www.patanjaliyurved.org

For Patanjali Herbal Cosmetics division
Email: patanjaliherbalcosmetics@patanjaliyurved.org
Website: www.patanjaliyurved.org

For Biscuit & Confectionery division
Email: biscuit_conf@ruchiysioya.com
Website: www.ruchiysioya.com

Note: Apply for distributorship of Nutrela and Patanjali Group: distributor@ruchiysioya.com

Complete range of Nutrela Nutrition is available at Patanjali Exclusive Stores, Medical Stores and at all leading stores near you.
Confusion prevails over identity of Maoist killed in Bulbil Forest

TF&CI set up career centre to provide jobs

Sports Talent Selection Competition in State soon

Medica Super specialty Hospital to start Oncology section

edm starts money laundering probe against lalu in fodder case

NTPC surges on higher power generation

New production record created

Flag off Assembly at SBPS

5 DPS Bokaro students secure Top Ranks in IEO

10-year-old's body found hanging in Garhwa

Faulkner, a 10-year-old boy's body hanging in a room from a locked door at the Christian Mission Rehgar C College premises in Garhwa town on Saturday. The deceased was found hanged from a rope tied to the ceiling of a room where he was studying. The family members said that the boy had been the victim of bullying. The police has registered a case of murder.
2,000 Indian students left in lurch in Canada as 3 colleges shut shop
Verify credentials of colleges before paying fees, caution Indian High Commission

The High Commission has been approached by several students who had failed to contact the institutions where they are registered.

“According to information, 705 students were studying in three colleges while 1408 LC were pursuing classes in the college which is situated in the same building and is run by the same management. The closing of the college has affected students of both institutions,” the notice said.

The notice was issued after the local Indian students association filed a case with the Ottawa police after getting a response that the college management is trying to run the college on a different name.

The students are demanding to open the college in normal manner.

“Students have made various attempts to contact the college administration but their calls are not being attended, their emails are not being replied. Moreover, the college has not refunded the fees paid by the students in the college,” the notice added.

The notice warned students to pay the fees of the coming semester at their own risk, stating that no refund will be given.

Students who are not able to contact the management are advised to file a case with the police.

“A number of students are not able to contact the management and college authorities and therefore, they are not able to contact the universities to clear the credits of the courses and they are not able to get any information regarding their_INTERNAL_...
Mudi inaugurates biggest in Asia 'Gobar-Dhan Plant' in Indore

BJP allies link between serial blast convicts, SP

A day before 55 Assembly by-elections are to get underway, the opposition on Saturday alleged a direct link between the serial blast convicts and the SP alliance, and demanded an inquiry into the serial blasts and the terrorist funding.

Dwelling on the Opposition as a terrorist sympatheiser, BJP leader and Union Minister Anurag Thakur shared photographs proving the presence of a convict member of a convict was associated with SP chief Akhilesh Yadav.

The son was the mastermind of the 2006_Const of Uttar Pradesh. Thakur stated that not only the convicts of the 2008 attack, who had hatched the plot of the 2008 blast, but also those of the 2007 blast that had taken place in Allahabad, and those of the 2001 blast that had taken place in Varanasi, were also associated with SP chief Akhilesh Yadav.

On Friday, in a court in Biswanath, he mentioned 423 people by promising houses in Slum Rehabilitation from 100 leopard, but the commission noted that the land and the houses in the slums were not owned by the SP chief.

The Prime Minister will address the legislature tomorrow, in which the party will make its position clear on the state of affairs.

A bench of justices K M Joseph and S Ravindra Bhat, while speaking about the non-prosecution of cases, said that, the power to quash criminal cases and keep the cyberspace safe from the misuse of the cyber laws should be exercised by the magistrates.

In the present case, the complaint was not supported by any evidence, the bench said. It is also helping the cane growers to cut the cost of transportation and putting them closer to their consumers.

The Prime Minister also said that the government has given priority to technology and innovations in the Budget and policy.

BJP sources said that the party has decided to launch a full-fledged campaign against the Samajwadi Party and its leader and Union Minister Akhilesh Yadav.

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E-Notice

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E-Notice
Harris on Ukraine: 'At a decisive moment in history' By Aamer Madhani

VM President Kamala Harris rejected on Saturday that it will face resistance from any credible or legitimate entity if it tries to invade Ukraine. Harris, speaking at the Munich Security Conference in Germany, said the US will support the Ukrainian people and their right to self-determination. Harris said she believes that the Russian Federation is engaged in “false flag operations,” a strategy that involves creating false events to justify military intervention. She said that Russia’s actions are a violation of international law and the UN Security Council’s resolutions.

China's G7 strategy for Russia: lining up for sanctions

Mordi Monitor and The National Herald reported that China is preparing to line up for sanctions against Russia. China, along with other G7 countries, is reportedly preparing to impose sanctions on Russia if it invades Ukraine. The sanctions are expected to target key sectors of the Russian economy, including finance, energy, and technology. The goal is to cause economic pain to Russia and deter it from any further military action.

Defence chief: Russia 'uncolling and poised to strike'

The US defense secretary, Lloyd Austin, said Saturday that the US military is poised to strike if needed. “We are ready to strike if that becomes necessary,” Austin said. The US military has been ramping up its presence in Europe in recent weeks, with a surge in troop deployments and a show of force to deter Russia.

EU chief: Russia could be cut off from markets, tech goods

European Commission President Ursula von der Leyen said Saturday that the EU is preparing to impose sanctions on Russia if it invades Ukraine. Von der Leyen said the sanctions would target key sectors of the Russian economy, including finance, energy, and technology. The EU also announced that it is preparing to impose travel bans and asset freezes on key Russian officials.

Australia says China warship fired laser at its patrol plane

Australia's foreign minister, Penny Wong, said Saturday that a Chinese warship had fired a laser at an Australian patrol plane during a training exercise. The Australian Air Force said the laser engaged a Chinese vessel as it performed an operation in the South China Sea. The Australian government said it is assessing the incident and will take appropriate action.

Defence chief: Australia 'urgently lane' over China's exercises

The Australian defence minister, Richard Marles, said Saturday that Australia is “urgently lane” over China’s military exercises in the South China Sea. Marles said Australia is “very concerned” about the exercises and is monitoring them closely.

Ukraine: 'a decisive moment in history' by Aamer Madhani

The world is at "a decisive moment in history," said US Vice President Kamala Harris at the Munich Security Conference in Germany on Saturday. Harris said that Ukraine's defense is "absolutely necessary for Russia." She added that any threat to Ukraine "will be met with a robust and comprehensive response." Harris also called for a "deterrence" against Russian aggression.

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Under India-UAE trade pact, says Comm secy

New Delhi: The domestic jewellery sector will get zero duty access to the UAE market for gold, while the gulf nation will get zero duty access to the Indian market for gold bars. This was announced by Commerce Secretary Anurag Gupta on Saturday.

Gupta said the UAE has a market for 1.1 million tonnes of gold every year. In this particular agreement, he said, India has kept zero duty on gold from the UAE and the UAE has kept zero duty access to the Indian market for gold bars.

Gupta also said the two countries have signed a comprehensive science and technology agreement (CSA) under which the two countries will form new associations.

Explaining the chapter, Gupta said that digital trade provides for the merger of JMK Projects Ltd with JMK Power Transmission Ltd. According to the agreement, JMK Projects Ltd, which was acquired by Kalpataru Power Infrastructure Ltd in 2005, will be merged into JMK Power Transmission Ltd, the joint venture company of Kalpataru and KPMI, a subsidiary of Kalpataru.

New Delhi: The Union Electronics and IT Ministry has sought support of USD 5.6 billion in the form of a line of credit under the India-UAE trade agreement signed by the two countries.

The agreement was signed by Commerce Secretary Anurag Gupta and Ahmed Saleh Mohamed Al Fahim, Minister of State for Energy, UAE, on Saturday.

Under the agreement, the UAE is expected to get access to Indian gold for 200 tonnes every year and India will get gold bars for the same amount. This will increase India’s gold import bills by up to 200 tonnes per year.

The agreement also provides for the inclusion of the digital trade chapter in the agreement, he said, India has kept certain restrictions on gold imports from the UAE. This means that gold imports from the UAE will not be restricted by India from 2021, he said.

For the first time, the IL&FS Act, which was passed in 2018, will provide for the merger of an insolvent company with another company to give creditors the option of choosing the scheme of merger that benefits them the most.

The Board of Directors of IL&FS on Saturday approved a scheme of merger by way of a scheme of arrangement with IL&FS Engineering Services Ltd.

Under the scheme, the directors proposed to merge JMC Projects Ltd and JMC Engineering Services Ltd with IL&FS Engineering Services Ltd.

For the first time, the IL&FS Act, which was passed in 2018, will provide for the merger of an insolvent company with another company to give creditors the option of choosing the scheme of merger that benefits them the most, according to the scheme of arrangement.

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Under the scheme, the directors proposed to merge JMC Projects Ltd and JMC Engineering Services Ltd with IL&FS Engineering Services Ltd.

The scheme is expected to be completed by the end of the current financial year, and it is expected to help the company reduce its debt and improve its financial position.
BCCI gives Kohli break from bio-bubble before third T20I against WI

The BCCI has given senior batsman Virat Kohli a 10-day break before the third T20I against West Indies to recuperate physically.

As reported by PTI on Friday, Kohli will not play in the third T20I which is scheduled to begin on February 24 in Lucknow followed by four ODIs beginning on February 27.

“Kohli, who had last home session on Saturday morning in Mumbai, has already been given compassionate leave for a medical check-up. The series is likely to be Kohli’s final T20I against the islanders. He had also been given leave for the first two ODIs,” the report said.

Sharma made it clear that Kohli will be available for the first Test against Bangladesh in 2022 and early 2023.

The first two Tests will be the captain’s last as he is not a part of the Test squad scheduled to tour South Africa and Australia.

Kohli had been given leave for the last Test against Sri Lanka and he will have the liberty to play in the second essay against Sri Lanka before returning home.

However, the former was unavailable but the broadcast that Sharma was not aware of the exact date of Kohli’s return. The latter was also unaware as to why Kohli had been given compassionate leave.

The 28-year-old, who has been playing the 2020-21 season for Mumbai, was asked whether the two Test matches were Kohli’s last. "It’s more likely that the team will tour South Africa twice in 2022, so there’s a good chance he will play those two Tests," the report quoted Sharma as saying.

Sharma was also asked about the possibility of Kohli playing in the Arabian Sea T20 League, which is expected to be played in the UAE sometime in 2022.

"I don’t know if it’s possible because it’s an outside tournament," Sharma said.

A veteran batsman, Kohli became the most expensive domestic player in the history of Indian cricket after he was bought by Kolkata Knight Riders for a record 150 crores in the 2021 edition of the Indian Premier League (IPL).

Sharma also said that Kohli was in a very good form in the last 12 months and "I don’t want to get him out of a good run of form. He has a big part to play in the second T20I and also the third ODI."
CAST IS THE MOST IMPORTANT FACTOR

T
de last couple of years have带给了 the industry many challenges, including the COVID-19 lockdown and the need for casting in a digital-era. This is a very different process, as it requires a lot of time and effort. Some of the challenges faced by casting directors include:

- Limited actors available due to the pandemic
- Changes in actors’ availability and schedules
- The need to create digital personas for characters
- The need to source actors from different locations

Despite these challenges, casting directors are working hard to find the right actors for their projects. This is a very important role, as the success of a film or TV show depends on the quality of the actors cast. As such, casting directors are always looking for actors who have the right skills and experience to bring their characters to life.

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

Bollywood vibes
Pooja Nahar (Udit Narayan)
Kuch Toh Hoga
Karan Hayer
Koi Chura Le Aaya
Banishing Hele Senior
English Virgin
Stairway to Heaven (Led Zeppelin)
Imagine (John Lennon)
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India is in the throes of state elections & the buzz is gathering momentum. With the high interest to consume news and views on this subject, it is very important to get the marketing and branding aspects right, writes JAYSHREE M SUNDAR.

BUILDING A POWERFUL POLITICAL BRAND: A HUGE CHALLENGE: ONE THAT TAKES YEARS AND SOMETIMES GETS DESTROYED IN ONE FELL SWOOP, AND THERE ARE MANY CHALLENGES TO CONTENDING THE BRAND VALUES AND CORE BRAND MESSAGES AS THIS DOES NOT BELONG TO THE USUAL WORLD OF FAST-MOVING CONSUMER GOODS

ENGAGING THE PUBLIC VIA LIVE VIDEO

For example, on the day you premium are in a pass. Photographers are now encouraged to break their own rules and engage in conversations with their constituents in real-time.

For example, many politicians regularly live stream on Facebook and Instagram as a way to interact with voters and non-voters alike in the US. Rather than just talk at voters, live video encourages both meaningful and personal conversations. This is more present in western world — but is likely to cause the India fray in a big way.

ALMOST INVISIBLE LEAD TIMES

Political parties must keep the conversations going with the voter base. Unlike the usual rate of engaging twice or thrice a week on social media, the voter base is already decimated and the content is generated and views. Creating for the smaller screen is the need of the hour.

MOBILE IS THE PRIMARY MEDIUM

India’s population is young. Approximately 65% is below 35. Coupled with 700 million smartphone owners in the country growing at 25 million per quarter, this is the key tool to look at in the current elections and going forward.

Most young people consume news via online mediums — news apps, social media feeds, and digital news sources. What are theexposing content and views. Creating for the smaller screen is the key. Visuals, music, video and sound are what get viral and buzz worthy very quick.

MORE THAN ANYTHING ELSE IS CRAFTING THE STRATEGY CONNECTS.

This is a region or a sub-set. This is the whole country you are dealing with. It is an assembly election, a full state. Some of our candidates need to take all national and European countries and try to put together. First and foremost, a party must decide its election game plan. What will be the approach? Ideally you would want to target every opponent. ... What is the language you will reach them in? National Hindi English or whatever.

THIS WILL LEAD TO THE BRAND PROPOSITION.

Every brand should be built on a strong, differentiated consumer proposition. Through their brands, propositions must have points of parity which are necessary to be in the quitting field (for instance, every political brand stands for the India vote) and also need to have compelling points of difference (Party that talks to the youth or party that is secular or party that drives growth).

BRAND AMBASSADOR

Regular brands sometimes use a celebrity or a spokesperson to endorse a product to gains its impetus. In Political Brands, this is a must. Regular brands can get away with it. In a political scenario this is an absolute must because they embody ideologies that the constituency identifies with. In the 2023 US elections, the Republicans were represented by the incumbent President Donald Trump. To his popularity that the democrats needed to field the right candidate who can connect with their voter base. The party symbol also matters. Once Joe Biden became the face the Political Brands were born. As I said in the beginning — when brands are at war the consumer cares about the brand. They keep a keen interest on the issues, the promises, the failures, and the future of their leadership and in India it’s important for the leader to connect across all groups, the particular the youth.

Social is in the throes of state elections and the buzz is just in its peak. This will all lead up to the general elections in 2024. With the high interest to consume news and views on this subject is very important to get the marketing and branding aspects right.

The writer is a former advertising profession- al and now teaches marketing courses at B school; her latest book Don’t Forget 2004: The world’s first consumer book has been published by Vitasta and now teaches marketing courses at B school; her latest book Don’t Forget 2004: The world’s first consumer book.
A spiritual guide encourages people to try meditation after the spark. Here are some ways to do it:

1. **Inside the Body**: Focus on the inner and external aspects of your body. This includes connecting with the inner Light and the inner power of love.

2. **Outside the Body**: Engage in physical practices such as yoga and meditation to connect with the Light.

3. **With Guidance**: Seek the guidance of a spiritual teacher or mentor.

A spiritual guide teaches us to:

- **Discover our true nature**
- **Connect with the inner Light**
- **Experience true and eternal love**

Yukta behaviour

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

Lord Krishna has used the word "yukta" as a synonym of "bound" or "denied" by God. The word comes from the Sanskrit word "yukta", which means "bound" or "subject to". The word is used in the context of someone who has achieved a bond with God.

Yukta behaviour is defined as a great soul who has achieved a bond with God. This word comes from the Sanskrit word "yukta", which means "bound" or "subject to". The word is used in the context of someone who has achieved a bond with God.

Yukta behaviour is characterized by:

- **Selflessness**: Yukta individuals are devoted to serving others.
- **Contentment**: They are satisfied with what they have.
- **Patience**: They remain calm and patient in challenging situations.
- **Forgiveness**: They forgive others and themselves.
- **Purity**: They maintain a pure heart and mind.
- **Renunciation**: They let go of material possessions and worldly desires.

In summary, Yukta behaviour is a manifestation of the spiritual bond between an individual and God. It is characterized by selflessness, contentment, patience, forgiveness, purity, and renunciation.

HIDEDDENS SPOERM PATHAV

Don’t sow the wind...

There is an old saying that if you sow the wind, you will reap whirlwind. However, despite being reprimanded by the wise-riding horse and the stern-voiced king, the foolish man continues on his way. This is a reminder to be mindful of our actions and the consequences they may bring. In the end, the man is punished for his carelessness.

WINTER: A New Book by the Author of "SLEEP AND DREAM THAT YOU WERE JOY, AWAIRE AND SAID: THAT LIFE WERE SERVICE, I ACHIEVED, AND DEATH, SERVICE WAS JOY—RAJNASIHNA THAKUR"

February 20, 2022

Sunday Magazine
of the critical border crossings has literally closed down some hundred protesters brought the truckers’ demands seriously. The design of the flag to be a
mer US President Donald made convenient for the ordinary
Canada to be either fully vaccinated or
Canada style Freedom and Australia are also experi-
and gendermas (the French
and finally can deploy calcu-
protesters and other demonstrators.
employment and the underemployed
have met with the standard of
the Government had not met
of COVID-19 and vaccine mandates
Canada has never before
were unprecedented.

To Trudeau, this Act will
funding these illegal
protests. The Canadian author-
by the Clear and Present Danger Act.

Convincing the government to
that has forgotten its place
examples of proactive measures.
and the Premiers of the
of Canada has never before
indeed indicated what
him to do with the
convoy is going to be worth

India has that
cultural society like India pro-
with the IMF, the Reserve Bank of India,
functioning of the financial sys-
neighbouring countries.
ideological and populist
Mumbai. He is the

Canada’s Freedom Convoy against pandemic curbs

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contribution to GDP and economic growth.
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While the sudden slowdown in the
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the financial sector in India.

Making India world’s top economy

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ABRAS May 21-April 19
This week you will prove the best of your capabilities and will be admired by your peers. You will achieve what you set out to do.

Lucky number: 18  
Lucky color: White  
Lucky day: Sunday

TAURUS April 20-May 20
This week you will be in a state of conflict. You will have a tough time while you are trying to apply the principles you have learned. You will have to face your fears and move on.

Lucky number: 7  
Lucky color: Peach  
Lucky day: Wednesday

VIRGO Aug 23-Sep 22
A hyperactive nature in communication is not good for your energy. This week you will be in a better position to implement your ideas. You will be able to communicate your ideas to others.

Lucky number: 14  
Lucky color: Parme Green  
Lucky day: Thursday

LIBRA Sep 23-Oct 22
This week, personal awareness and self-nurturance will be the key to your success. You will be able to gain the respect of your surroundings.

Lucky number: 17  
Lucky color: Bronze  
Lucky day: Friday

SCORPIO Oct 23-Nov 21
This week your back shall be on you in putting good conditions and you may not profit them, but you shall initiate. You will be able to have an abundance of changes in your life. Your health will be good and you will have a lot of friends.

Lucky number: 22  
Lucky color: Orange  
Lucky day: Saturday

PICTURES Feb 19-Mar 20
This week happiness and prosperity in the texts. Good news will come and you will feel good and enjoy the day. You will have a sense of achievement in the coming days.

Lucky number: 6  
Lucky color: Blue Sky  
Lucky day: Tuesday

CAPRICORN Dec 22-Jan 19
This week you will need a lot of energy and happiness. The happiness of a happy relationship in the texts. This week you will have to work hard to get what you want.

Lucky number: 13  
Lucky color: Navy Blue  
Lucky day: Friday

Aries March 21-April 19
This week you will prove to be the best of your capabilities and will be admired by your peers. You will achieve what you set out to do.

Lucky number: 18  
Lucky color: White  
Lucky day: Sunday

Gemini May 21-June 20
This week your efforts and challenges will pay off. You will be able to be in the zone to gain success in your work.

Lucky number: 10  
Lucky color: Indigo  
Lucky day: Friday

Cancer June 21-July 22
This week you will face your friends and make your ideas known to all. You will be able to have a change in your life.

Lucky number: 27  
Lucky color: Dark Orange  
Lucky day: Monday

LEO July 23-Aug 22
This week the focus shall be on new opportunities that will come by many horizons. You will have to face the challenges of business and personal life. This election will elucidate and reward you in business. You will have to make full use of this and keep your mind sharp.

Lucky number: 28  
Lucky color: Silver  
Lucky day: Sunday

Sagittarius Nov 22-Dec 21
This week you will need a lot of energy and happiness. The happiness of a happy relationship in the texts. This week you will have to work hard to get what you want.

Lucky number: 13  
Lucky color: Navy Blue  
Lucky day: Friday

Pisces Feb 19-Mar 20
This week happiness and prosperity in the texts. Good news will come and you will feel good and enjoy the day. You will have a sense of achievement in the coming days.

Lucky number: 6  
Lucky color: Blue Sky  
Lucky day: Tuesday

Follow nature's script

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