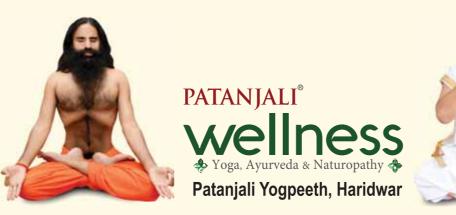
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In the national interest, spread this message to crores of people.

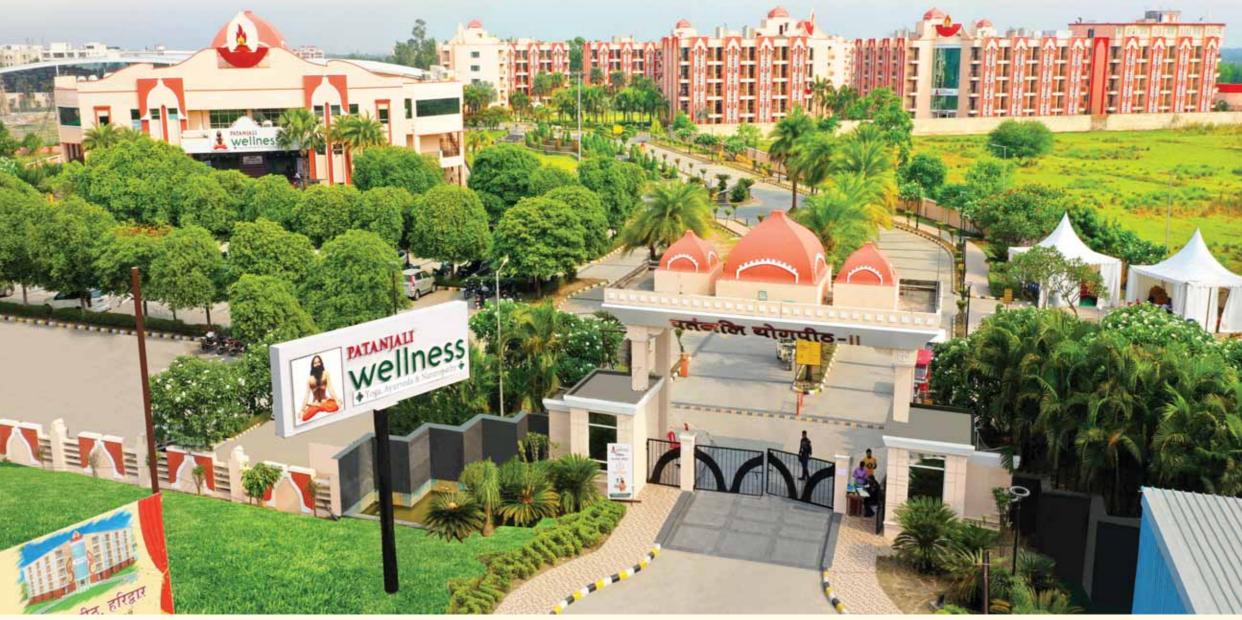
## **International Yoga Day**

On this auspicious event dated June 21, 2022, let us all commit ourselves to practice yoga everyday from 5 a.m. to 7.30 a.m. with Yog Rishi Swami Ramdev Ji via his live yoga sessions telecasted on Aastha Channel everyday. Watch him live on other national and regional news channels on Yoga Day.

Let us take an oath on this great occasion of "Azadi ka Amrit Mahotasav" to liberate ourselves from all kinds of diseases as well as any sort of addiction. violence, any negative thoughts or emotions and any inhuman tendencies by practising yoga daily and committing ourselves to become "Swadeshi" in our thoughts and spirits towards the attainment of self-sufficient vision.

With the support of nation & dedicated Patanjali volunteers, we are organizing Yoga events at 75 historical and culturally iconic places, around 500 blocks and 500 districts throughout the entire nation. We encourage you all to participate in this "Yoga Mahotsay" to rejuvenate your physical and mental strength and feel pride by becoming a part of the traditional yoga practice and Indian cultural legacy.

Patanjali Research Institute: Patanjali is strongly based on evidence-based research, and contemporary science. To read and learn about Patanjali's advanced researches on more than 500 research themes and international research publications and books, please visit Patanjali Research Institute's website: www.patanjali.res.in



The allopathic pharmaceutical companies have spread the collective deception and fabrication about having no permanent solution for diseases arising out of poor lifestyle, chronic illnesses, genetic disorders etc. and declared few of them as incurable diseases. But, for the past three decades, we have provided holistic health solutions by Yoga to millions of people at their physical, mental and spiritual levels. We have provided research and evidence-based therapeutic services to cure several diseases like BP, Diabetes, Thyroid, Asthma, Arthritis, Infertility, Ankylosing Spondylitis, Type I Diabetes, Parkinson's, Chronic kidney and Liver diseases such as Fatty liver, Liver cirrhosis; chronic skin problems such as Psoriasis, Eczema, Leukoderma, etc. The false advertisements by the allopathic medicine industry have brainwashed the general public to believe their theory of not having a permanent solution for these diseases. If anyone in your family is suffering from such diseases, please feel free to get their treatment at Patanjali Wellness, Patanjali Yogpeeth Phase-If for at least one to two weeks to witness the improvements and to get rid of health problems permanently.

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# Capital ramps up genome testing



**STAFF REPORTER** NEW DELHI

Delhi has ramped up genome sequencing of samples to detect any new variant. The State-run ILBS, which has a genome sequencing lab, has the capacity to analyze 350 samples in four to five days, said a doctor at the facil-

Sources said from the end of 2021 till June 5, the ILBS has tested 5000 to 6000 samples and most of them have tested positive for Omicron. Samples with CT value less than 25 can

only be tested.
"We have detected BA.1 and BA.2 and its sublineages till now while we have not found any new variants. It has been reported that a new variant has been found in Maharashtra The results of some of the samples will come next week," said

Officials said that the Delhi Government is holding day to day meetings to take stock of the situation vis-a-vis the coronavirus situation. The samples being sent to NCDC, LNJP and ILBS for genome sequencing have also been increased but those with CT value less than 25 can only be sequenced. The positivity rate too climbed from 1.92 per

stered on June 7 to 7.01 per cent on June 15, which further increased to 8.18 per cent on June 17, according to official figures. The number of COVID-19 cases has registered a steady rise in the last 10 days, as the daily tally mounted to over 1,300 on June 15 from 247 on June 6, totalling 7,175 cases in this period, according to the official data.

According to the Ministry of Health, states and union territories have been asked to submit "larger number" of samples for whole genome sequencing from districts and areas which have seen a surge in COVID-19 cases over a period of seven days.

## City sees 1,534 fresh Covid cases, 3 deaths in 24 hours

**STAFF REPORTER** ■ NEW DELHI since January 29, when 4,044

The national Capital on Saturday reported 1,534 fresh coronavirus cases and three more deaths, while the positivity rate stood at 7.71 per cent, according to data shared by the city health department.

On Friday, the national Capital had logged 1,797 coronavirus cases, the highest in nearly four months, along with one fatality while the positivity rate had stood at 8.18 per

The fresh cases came out of 19,889 Covid tests conducted the previous day. This is the fourth consecutive day that Delhi has recorded over 1,300 cases in a day.

The capital has logged more than 1,000 daily cases for the fifth day on the trot. Friday's figures were the highest since February 4, when the national capital logged 2,272 cases and 20 deaths while the positivity rate had stood at 3.85 per cent. Also, the positivity rate on Friday was the highest

cases were recorded with a positivity rate of 8.60 per cent, while the city had registered 25 deaths. The national capital recorded 1,323 new Covid cases and two deaths on Thursday, while the positivity rate stood at 6.69 per cent.

The fresh cases pushed Delhi's coronavirus tally to 19,20,559 while the death toll rose to 26,229, the department said in its latest bulletin.

Delhi had reported 1,422 fresh COVID-19 cases and zero fatality on May 8, while the positivity rate was recorded at .34 per cent. The city on May had reported 1,485 fresh COVID-19 cases and zero fatality due to the viral disease, while the positivity rate was recorded at 4.89 per cent,

according to official data. Despite the rise in the positivity rate, the city government is not implementing graded response action plan (GRAP) devised by the Delhi Disaster Management Authority since hospital admissions are low.



**STAFF REPORTER** NEW DELHI

AP convener and Delhi AP convener and 2. Kejriwal on Saturday held a road show in Naraina village, seeking votes for his party candidate Durgesh Pathak for the Rajinder Nagar assembly

During his road show, Kejriwal categorically said that If you will vote for the BJP; they will only pick fights and let no work happen. "BJP can't bring progress, no point voting for it; only AAP & its government can bring development to Delhi. If you will vote for the BJP; they will only pick fights and let no work happen.

Just like last time, vote for AAP, press the Jhaadu button, and make us win by double the margin. Some issues of Rajinder Nagar are in process of being resolved, I guarantee you that I will get all the work done personally," he said.

The old to young, men and women, and supporters cutting across social strata, joined the roadshow as Kejriwal urged them to choose 'jhadoo' (broom) just like last time, vote for AAP, press the Jhaadu button, and make us win by double the margin. "In the past 7 years, Delhi has made remarkable progress in electricity and water supply; we

transformed schools, hospitals

and built mohalla clinics and

offered free bus transport to

women," he said. The locals gave an endearing welcome to their Chief Minister upon his arrival and greeted him with the 'Lage Raho Kejriwal' anthem. Some showered flower petals on the rally from their balconies, the others flocked to greet the CM

with basanti patkas.
Kejriwal reminded people to exercise their electoral pow-ers which is also an opportunity to further strengthen his government in discharging its responsibilities. He said, "Elections are due on 23rd June. I want to begin by thanking everybody for accepting us with open hearts in the previous elections where we won by

Criticising the BJP, Kejriwal said that the BJP for spreading hate and creating friction in the development process of the area. "There is no point in voting for BJP because the government is ours. We have to do the work. They are not interested in the development of the area. If you vote for them, they

will only pick fights with me. spread, vote for them and if you That's what they do the entire want to see progress in your day. If you want the hate to area, vote for us. I guarantee

CM in Naraina to drum up support for Pathak

## Rajinder Nagar bypoll: Top BJP leaders campaign for party candidate

Several Union Ministers, MPs, legislators and senior leaders canvassed for BJP can-didate Rajesh Bhatia on Saturday as the party intensified its campaign for the June 23 Rajinder Nagar Assembly bypoll in Delhi. Campaigning for the bypoll is set to end on

Railway Minister Ashwini Vaishnaw, while campaigning in the area, assured locals of redressal of the problems being faced by them in the use of the Narayana-Indrapuri overbridge, said a Delĥi BJP state-Union Minister Arjun

Ram Meghwal accused the Arvind Kejriwal government of allegedly depriving the people of Delhi, especially the poor, of the benefits of Central

Besides Meghwal, Union Minister Meenakshi Lekhi, Delhi BJP chief Adesh Gupta, party national secretary Alka Gurjar, MPs Manoj Tiwari and Gautam Gambhir, MLAs



Mahawar, Jitender Mahajan and Abhay Verma were among the leaders who attended 11 street meetings organised in the constituency. Bhatia, while campaigning

in different localities of Rajinder Nagar, reiterated his resolve to serve the people and make the constituency the best area of Delhi within a year of becoming MLA.
Adesh Gupta accused the

Kejriwal government of only indulging in vote-bank politics. "All the development works in Delhi have come to a standstill," he alleged. "However, during this period road infrastructure works



worth more than ₹50,000 crore have been done in Delhi by the Central government," the Delhi BJP chief said. Prime Minister Narendra Modi will inaugurate the Pragati Maidan Tunnel Project for which the Centre has spent ₹920 crore, he said while exuding confidence about the BJP's win in

Lekhi said Rajinder Nagar is a progressive area where different communities live in harmony. But the way the AAP "broke" that harmony and described the families who settled here after being displaced during the Partition as "Pakistani" is highly condemnable, she said.

## Cong's Lata complains against Pathak to EC

New Delhi: The Congress candidate for the Rajinder Nagar Assembly bypoll in Delhi, Prem Lata, has filed a complaint with the Election Commission (EC) against AAP nominee Durgesh Pathak for "using money power" during campaigning.

Lata alleged that Pathak

and Chief Minister Arvind Kejriwal are resorting to "lies, using money power and misusing the official machinery" to "influence" and "mislead" the voters."The AAP candidate has been openly violating the C Block of Naraina village and Model Code of Conduct as Kejriwal has put the official machinery for his campaigning. Money is being squandered like water, though people are thirsting for drinking water in Rajinder Nagar," she

However, the Congress candidate also claimed that the voters are coming out in large numbers in support of her party. Lata has been carrying

Roll back Agnipath,

scheme, Raghav

held a corner meeting at the Swadeshi Lal Chowk on Saturday.

The voters are fed up with the negligence shown by both the Aam Aadmi Party (AAP) and the Bharatiya Janata Party (BJP) for years. I have complained to EC about the AAP's unfair tactics to influence voters with various inducements," she said. Voting for bypoll will be held on out a door-to-door campaign. June 23 and counting of votes She interacted with people in will be taken up on June 26.

I, Jagbir S/o Sh. Satbir Yadav R/o House No. 858/28, Pritam Colony, Bahadurgarh, Distt. Jhajjar (Haryana) do hereby solemnly affirm and declare

1. That I am Contested in Ward No.-25 for Municipal Councillor Bahadurgarh 2. That I am including in F.I.R No. 266 dated 18.05.2017 P.S. City Bahadurgarh. In Act 323, 325, 506/34 IPC, JMIC Dharampal Bahadurgarh. 3. I have not been punished in an

4. That above statements are true or

**JAGBIF** 

IN THE DEBTS RECOVERY TRIBUNAL 600/1, University Road, Hanuman Setu Mandir, Lucknow (Area of Jurisdiction, Part of Uttar Pradesh

DRC NO. 768 OF 2020 Notice under Rule- 2 of the IInd Schedule of Income Tax Act, 61, read with Section 29 of The Recovery of Debts and Bankruptcy Act, 1993

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V/S. BALDEEP AURORA AND

To, 1. M/s. JKG Constructions Pvt. Ltd. Corporate Office At- D-64,

Kaushambhi, Near Kaushambi Metro Station, Ghaziabad-201010 U.P. Through its Director A. This is to notify a sum of Rs. 55,26,402 (Rupees Fifty Five Lakh Twenty Six Thousand Four Hundred Two Only) together with pendentilite and future interest @ 12% per annum from the date of filling of the original application till further realization become due from you as per Certificate Bearing No. 768 of 2020 dated- 28-01-2020 in O.A. No.- 967 of 2019 passed against you by Hon'ble DRT,

B. You are hereby directed to pay the sum within 15 days of receipt of this notice, failing which the recovery shall be made in accordance with the Recovery of Debts and Bankruptcy Act- 1993.

C. You are hereby ordered that declare on affidavit the particulars of assets on or before 11.07.2022. D. You are hereby ordered to appear before the undersigned on 11.07.2022 at 11 A.M.

E. In addition to the sum aforesaid, you will also be liable to pay the following:

Application fees	Rs. 58,000/-
Advocate fees	Rs. NIL
Publication charges	Rs. NIL
Miscellaneous- expenses	Rs. NIL
Total Cost	Rs. 58,000/-

Recovery Officer-

## PUBLIC NOTICE Jain's bail plea rejected under PMLA

There is possibility that Jain could tamper with evidence: Court

STAFF REPORTER NEW

In a setback for Delhi not influence witnesses and Satyendar Jain, a special court of Rouse Avenue on Saturday rejected his bail plea in the money laundering case.

Special Judge Geetanjli Goel denied the relief to Jain, saying that in the absence of medical documents showing his medical condition, the accused cannot be enlarged on bail only on the ground that he suffers from sleep apnea.

The court also said that if granted bail, there is a possibility that Jain could tamper

Public Notice
This is to inform general public that Mr. Dindayal has acquired the Property No. Rz-F-772/4A-11, Raj Nagar Part-II (Palam Colony, Village Palam, New Delhi-10077 (As per technical ) Back Side, Land area measuring 30 Sq. yds., out of Khasra No. 44/17/1, Situated at Village Palam, Delhi state Delhi abadi known as Raj Nagar, Part-II, Palam Colony, New Delhi on POA basis vide Notarized GPA, ATS & Will, executed by Mr. Raghubir Dayal, and Now, Mr. Dindayal is intending to sell the above said property to Mr. Ram Singr Rai vide Sale Deed. Further Mr. Ram Singr Rai vide Sale Deed. Further Mr. Ram Singr Rai is mortgaging the above said property with Fullerton India Home Finance Co. Ltd. & in case anyone has any objection, the same may be raised within 07 days of this publication to Mr. Unesh Dhawan/ Mr. Sudhir Jain (Advocates), Law Veritas North, Unit no 007,

(Advocates), Law Veritas North, Unit no 907, 9th Floor, GD-ITL Tower, (B-08), Netaji Subhash Place, Delhi-110034 or contact at 9066707172/9818228636 (M).

1. Name of the work

4. Cost of tender paper

6. Period of Completion of work

Document in the website

8. Date of opening of bid

be seen in the said website

7. Date and time of availability of bid

2. No of works

3. Estimated Cost

with evidence as he occupied an influential position.

"Considering the facts and

circumstances of the case and the nature of allegations against the accused and that the appli-cation for bail does not pass muster even on the triple test (accused is not a flight risk, will dence) for grant of bail at this stage, the application is dismissed being without merits," the judge said in her order while rejecting his bail plea. The court rejected the submission of Jain's advocate that the accused was suffering from sleep apnea that was "quite

Jain's lawyer had claimed that it could even cause sudden death of a patient if the machine was cut off in the absence of an attendant, in case

Public Notice
This is to inform general public that Smt. Beena Tripathi
W/o late Mr. Keshav Parshad has acquired the Ground
Floor, Without Roof rights, Plot no. 36-8, area
measuring 100 sq. yds. i.e., 83.61 sq. mtrs., out of
Khasra no. 109A, Situated in the Revenue estate of
Village Palam, Delhi estate Delhi, abadi known as
Colony Raja Puri, Block-E, Uttam Nagar, Delhi 110059
vide Relinquishment Deed dated 02.09.2021, reg. as
doc. no. 8290 executed by 1. Mrs. Jyotika Tiwari D/o
late Mr. Keshav Parshad, 2. Mrs. Pradeepika Dubey D/o
late Mr. Keshav Parshad through SPA Mrs. Beena

late Mr. Kesnav Parshad Q. Mrs. Prädeepika bubey D/o late Mr. Keshav Parshad through SPA Mrs. Beena Tripathi, 3. Mrs. Ritika Tripathi D/o D/o late Mr. Keshav Parshad and A. Mrs. Shilpa Tripathi D/o late Mr. Keshav Parshad, and Now. Smrt. Beena Tripathi W/o late Mr. Keshav Parshad is intending to sell the above said property to Mr. Gaurav Tripathi vide Sale Deed. Further

property to Mr. Gaurav Tripath Ivide Sale Deed, Further Mr. Gaurav Tripath Is mortgaging the above said property with Fullerton India Home Finance Co. Ltd. & in case anyone has any objection, the same may be raised within 07 days of this publication to Mr. Muneesh Dhawan/ Mr. Sudhir Jain (Advocates), Law Veritas North, Unit no 907, 9th Floor, GD-ITL Tower, (B-

Government of Odisha, e- Procurement Notice INVITATION FOR BIDS (IFB)

CDL (P&R) 04/2022-23 Email Id-sedklp

Odisha invites Percentage Rate bids in double cover system to be received in ONLINE MODE from eligible

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: 03 (Three) Nos

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Bid Identification No. C.C.E.Dkl.(R&B) 04/2022-23

contractors for construction of Building works as detailed below:

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The Chief Construction Engineer, Dhenkanal (R&B) Circle, Dhenkanal on behalf of Governor of

: Rs. 1,25,58,810/- to Rs. 7,24,55,017/-(as given in column No. 03 of table)

: 'B' 'A' 'Special' & 'Super'
(as given in column No. 06 of table)

(as given in column No. 07 of table)

: Dt.08.07.2022 at 11.30 hours The bidders have to participate in ONLINE biding only further details can be seen from the e

Procurement Portal: www.tendersodisha.gov.in. Any addendum / corrigendum / cancellation of tender can also

07(Seven) to 15 (Fifteen) Calendar months

: From Dt. 23.06.2022 to 5.30 P.M. of Dt.07.07.2022



the patient removed the machine or there was a power failure as it needed power back-up which was not there

He had also submitted that the accused had suffered severe pneumonia during COBID-19 and had just managed to survive. But the court noted that no specific ground was taken in the bail application regarding the medical condition of the accused.

Public Notice

NOTICE is hereby given that Mr. Manish Shah & Mr. Mahesh Kumar Shah are owners of the Second Floor without roof rights ("sald floor"), area measuring 200 sq. yds., approx., out of total area measuring 250.6 sq. yds., patrof Property bearing No. XV/7531/1, situated at Tel Mill Street, Ram Nagar, Pahargani, New Deihi vide Sale Deed dated 24.03.2020 (Doc. No. 7342). Mr. Manish Shah & Mr. Mahesh Kumar Shah have misplaced the Original Sale Deed dated 18.05.2018 executed by Mr. Nawal Kishor Gupta in favour of Mr. Rahul Jindal (40%) & Mr. Amit Mittal (60%) in respect of the said floor. Anyone who find the above said document shall handover the same to the Manager of Bajaj Housing Finance ttd. having its Office 9th Floor, KM Trade Towers, H3, Sec-14, Kaushambi, Ghaziabad, Uttar Towers, H3, Sec-14, Kaushambi, Ghaziabad, Uttar Towers, H3, Sec-14, Kaushambi, Ghaziabad, Uttar Towers, H3, Sec-14, Kaushambi, Shaba & Mr. Mahesh Kumar Shah are availing a loan on this property from Bajaj Housing Finance ttd. by mortgaging the said property, In case anyone has any objection regarding mortgage of the said property, the same may be raised within 7 days of this publication to Mr. Muneesh Dhawan/ Mr. Sudhir Jain (Advocates), Law Veritas North, Unit no 907, 9th Floor, GÖ-TI. Tower, (6-08), Netaji Subhash Place, Delhi-110034 or contact at 9066707172/9818228636 (M).

Chief Construction Engineer

Dhenkanal(R&B) Circle, Dhenkanal

## Water supply will be hit in parts of city: DJB

**STAFF REPORTER** ■ NEW DELHI

 $F_{\text{Tughalaqabad and New}}^{\text{rom Civil Lines to}}$ Delhi Municipal Council due to depleting water level in river Yamuna.

As per Delhi Jal Board (DJB) advisory, due to less receipt of raw water in Delhi Sub Branch (DSB), Carrier Line Channel (CLC), and reduction of pond level that is 667.30 ft. against normal level of 674.50 ft. in River Yamuna at Wazirabad. As raw water is not coming from Haryana, production has been affected at Delhi's three main treatment plants at Wazirabad Chandrawal Water

Treatment Plants. "Delhi Jal Board has done rationalization of water in whole Delhi. Therefore, water supply will be available at low pressure in the (NDMC) areas to parts of Delhi morning and evening of Cantt, water supply will be affect- 19.06.2022 and so on till the suf-Haryana in DSB, CLC and in River Yamuna," it stated. "The water supply is likely to be affected are civil lines, Hindu Rao Hospital and adjoining areas, Kamla Nagar, Shakti Nagar, and adjoining areas, Karol Bagh, Pahar Ganj, and NDMC areas, Old and New Rajinder Nagar, Patel Nagar including East and West, Baljeet Nagar, Prem Nagar, Inderpuri and adjoining areas, Kalkaji, Govindpuri, Tugalkabad, Sangam Vihar, Ambedkar

Nagar," the advisory said.

writes to Rajnath



am Aadmi Party (AAP) Amp Raghav Chadha on Saturday wrote to Defence Minister Rajnath Singh asking him to roll back the "ill-conceived" Agnipath scheme. In a letter, Chadha said the scheme had "justifiably caused great anguish among potential recruits from across the country". He further sought Singh's attention on five issues related to the new recruitment scheme.

Taking to Twitter, the AAP national spokesperson shared the letter written to Singh. "Through this letter, I implore the Hon'ble Defence Minister Shri Rajnath Singh ji to rollback the ill-thought Agnipath scheme and stop this 'trial by fire' of youth of our country," Chadha said.

In the letter, the AAP leader said, "The recent modification to the basic structure of the Army has justifiably caused great anguish among potential recruits from across the country. The hopes and dreams of many young aspirants have been stifled by the controversial 'contractualization' of the Armed forces."

Chadha also highlighted the key five issues in the scheme according to him in his letter. "Firstly, we need jawans with peace of mind and job security. The Union government has failed to comprehend that a jawan supports not only himself but his family.

Only individuals with

dier is certainly an avoidable proposition," he wrote.
"Secondly, the scheme has overlooked issues of inade-Man arrested for

serve in the armed forces. A

iawan that is busy contemplat-

ing career moves or wondering

his tenure of four years is over

will find it harder to serve our

country. An ill-motivated sol-

## making inflammatory speech against Agnipath scheme

**STAFF REPORTER** NEW

The Delhi Police has arrested a man for allegedly making an inflammatory speech and instigating youths protesting against the Agnipath scheme.

Police said Surender Sharma alias Fauji made the alleged speech Friday morning to a gathering of 50-60 agitators during the protest near the gate of the MCD office in Baba Haridas Nagar.

The youths were shouting slogans to press for the withdrawal of the newly announced Agnipath scheme for the recruitment of soldiers in the armed forces on a contractual basis for four years.

The protesters were moved to one side of the road so that the traffic movement was not disturbed, a senior police officer said, adding they were later asked to disperse peacefully.

Later, Sharma, a resident of Asalatpur Khawad village near Daulatpur, joined the protest and started to "instigate" the agitators through his inflammatory speech.

## Redevelop Roshanara Bagh at par with Lodhi Garden: LG



**STAFF REPORTER** ■ NEW DELHI

 $R^{
m oshanara\ Bagh,\ a\ Mughal-}$ era garden, is named after Roshan Ara, one of the daughters of Emperor Shah Jahan, to be aesthetically redeveloped at par with the Lodhi Garden or the Nehru Park.

Delhi's Lieutenant Governor Vinai Kumar Saxena on Saturday visited the historic Mughal era garden Roshanara Bagh in North Delhi and directed officials to redevelop and rejuvenate at par with the Lodhi Garden or the Nehru Park by October end this year. The Mughal era garden is Park.

located in Shakti Nagar near Kamala Nagar Clock Tower and the North Campus of the University of Delhi. People flock in numbers here just to sit back or to indulge in different sports like badminton, cricket and more.

Saxena directed the Municipal Corporation of Delhi (MCD) and other officials to aesthetically restore, revamp and redevelop the greens spread over 57 acres of Roshanara Bagh into an ecologically rich and landscaped garden and bring it at par with the Lodhi Garden or the Nehru

courage and peace of mind can

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WORLD 5
LANKA CLOSES GOVT
'INDIA, EU TRADE PACT TO PACERS, MIDDLE-ORDER

OUT TO PACERS, MIDDLE-ORDER

OFFICES AMID FUEL CRISIS UNLEASH FRESH POTENTIAL, MAKE INDIA FAVOURITES

**VIJAYWADA** 



\*Late City Vol. 32 Issue 168

\*Air Surcharge Extra if Applicable

## sunday pioneer www.dailypioneer.com **Govt offers slew of sops** 10% quota for demobilised Agniveers in

to douse Agnipath fire

PIONEER NEWS SERVICE

As agitation against the Agnipath scheme continued on Saturday, the Government tried to pacify protesters by announcing a ten per cent reservation for demobilised Agniveers in Central paramilitary forces, Defence Ministry and its public sector undertakings.

The Ministry of Home also decided to give three-year age relaxation beyond the prescribed upper age limit to Agniveers for recruitment in CAPFs and Assam Rifles. For the first batch of Agniveer, the age relaxation will be for 5 years beyond the prescribed upper age limit.

Defence Minister Rajnath Singh strongly defended the new recruitment model for the Armed forces saying it was announced after wide-ranging consultations, including with the ex-servicemen and said a misunderstanding is being spread for political reasons.

The reservation in his Ministry was announced soon after Rajnath reviewed the implementation of Agnipath with the three Services Chiefs and other senior officials.

Rajnath said the scheme will bring revolutionary changes in the enrolment process for soldiers, asserting that there will be no compromise on the quality of training to be imparted to the personnel to be recruited under the

Similar initiatives to induct Agniveers after a four-year stint in the Armed forces were announced by Petroleum and Housing Minister Hardeep Puri. The Civil Aviation

Ministry too said it will provide

jobs to the retiring soldiers.

inductions will be undertaken by the Assam Rifles and Central Armed Police Forces (CAPFs) including the Border Security Force (BSF), Central Reserve Police Force (CRPF), Indo-Tibetan Border Police (ITBP) and Central Industrial Security Force (CISF).

In a series of tweets, the Home Minister's Office said, "The Ministry of Home Affairs (MHA) decides to reserve 10 per cent vacancies for recruitment in CAPFs and Assam Rifles for Agniveers, completing four years under the Agnipath scheme announced by the Government of India, led by Prime Minister Narendra Modi?

It also said, "The MHA

to the retiring soldiers.

The most number of actions will be undertaken the Assam Rifles and tral Armed Police Forces PFs) including the Border urity Force (BSF), Central erve Police Force (CRPF), p-Tibetan Border Police scribed upper age limit."

also decides to give 3 years age relaxation beyond the prescribed upper age limit to Agniveers for recruitment in CAPFs and Assam Rifles. Further, for the first batch of Agniveer, the age relaxation will be for 5 years beyond the prescribed upper age limit." scribed upper age limit."

The Centre has already announced a "one-time" waiver in the age limit for the new military recruitment ache. military recruitment scheme to 23 from 21. The decision was taken as

no recruitment has taken place in the last two years due to the corona pandemic. As regards the paramilitary

forces, over 73,000 posts are vacant in five wings of the paramilitary forces — BSF, CRPF, ITBP, SSB, and CISF.

Continued on Page 5

Rlys bears brunt, stopped in tracks, ₹200 crore lost

**Train operations** halted in Bihar

PIONEER NEWS SERVICE

Violent protests hit train operations in several States

ing to a halt in Bihar and reports of attacks on policemen and police stations and largescale damage to public property trickled in from across the country on the fourth consecutive day of the agitation against the Agnipath military recruitment scheme.
While the estimated losses

CAPF, Defence

Min, PSU jobs

incurred by Indian Railways is pegged at ₹200 crore as of now which includes burning of 50 passenger coaches, the Railway Protection Force did flagmarch at several stations, including New Politics. including New Delhi Railway Station, Patna, Ranchi and

To offset the crisis, the Centre on Saturday announced a slew of incentives, including reserving 10 per cent vacancies in its paramilitary forces and the Defence Ministry for Agnipath retirees and said it will look into any grievance about the new military recruit-ment scheme "with an open

Despite the Centre's steps to assuage concerns, there was no let-up in the violent protests. Violent anti-Agnipath protests continued rocking Bihar for the fourth consecutive day on Saturday, with agitators torching vehicles parked on the premises of a police outpost in Jehanabad district.

Continued on Page 5 | neighborhood was attacked on

Blasts hit gurdwara in Kabul, 2 killed



**Afghan security forces** stop explosive-laden vehicle from ramming into gurdwara, bigger tragedy averted

PNS/AGENCIES ■ NEW DELHI/KABUL

A serial blasts ripped through a gurdwara in Kabul on Saturday, killing two persons, including a Sikh and injuring seven others, while Afghan security personnel thwarted a bigger tragedy by stopping an explosive-laden vehicle from hitting the worshiping place of the minority community in the war-torn country.

In the latest targeted assault on a place of worship of the community Afghanistan, Gurdwara Karte Parwan in Kabul's Bagh-e Bala

early Saturday morning, coupled with a gun battle followed after, that lasted several hours between the terrorists and Taliban fighters, said Abdul Nafi Takor, a spokesperson for the Afghan Interior Ministry. Takor said a vehicle packed

with explosives was detonated outside the gurdwara thwarting a bigger tragedy that could have claimed scores of lives. Three attackers involved in

the incident were killed by the Taliban forces, the Pajhwok news agency reported. Takor confirmed that at least one member of the Islamic Emirate forces and an Afghan Sikh national were killed in the incident. Seven others were injured and hospitalised.

According to the statement from the Afghan Interior Ministry, an explosive-laden vehicle aiming at targeting the place was thwarted before reaching its target place.

India condemned the attack on the gurdwara in Kabul with External Affairs Minister S Jaishankar terming it a "cowardly" act. He also said India is monitoring the situation in the strife-torn country

The cowardly attack on Gurdwara Karte Parwan should be condemned in the strongest terms by one and all. We have been closely monitoring developments since the news of the attack was received. Our first and foremost concern is to ensure the welfare of the community," Jaishankar tweet-

> The Ministry of External Affairs (MEA) said India is "deeply concerned" about the "We are deeply concerned at the reports emanat ing from Kabul about an attack on a sacred Gurdwara in that city," MEA Spokesperson

> Arindam Bagchi said. Continued on Page 5

# to push up genome sequencing

Over 13K new Covid cases logged in 24 hrs across country

PIONEER NEWS SERVICE

NEW DELH

Amid a fresh surge in daily Covid-19 cases with India logging over 13,000 new infections for the first time in 113 days, the Government has asked the States and Union Territories to submit a "larger number" of samples for whole genome sequencing from districts and areas that are reporting maximum number of infec-

tions during seven days. Delhi recorded 1,534 new Covid cases and 3 deaths on



Saturday while the positivity rate stood at 7.71 per cent.

India logged a single-day rise of 13,216 new coronavirus infections taking the case tally to 4,32,83,793, while the active cases have increased to 68,108, according to data of Health

Ministry. With 3883 new cases on Saturday, Maharashtra logged the highest number of cases across the country in the last 24 hours. The State also reported two deaths during this period.

Since Saturday morning till now, 10 States and Union Territories — Maharashtra

Kerala, Delhi, Karnataka, Tamil Nadu, Haryana, Uttar Pradesh, Telangana, West Bengal and Gujarat — have logged over 1,000 cases.

Police personnel try to snatch a burning effigy from a protester during a protest against the Agnipath scheme, in Kolkata on

According to sources in the Union Health Ministry, the direction was issued during Friday's meeting by the INSACOG that reviewed the Covid-19 data to check the possibility of any new emerging variant or sub-variant, and ascertain the reasons behind the latest breakthrough.

The idea behind asking States and Union Territories to send a larger number of samples is to keep a closer watch over the current circulating sub lineages of Omicron and its correlation to the current epidemiological picture," an offi-

cial from the Ministry said.

Continued on Page 5

## As cases spike, Govt asks States | Central paramilitary to celebrate | Farooq declines to Yoga Day at 75 iconic locations

RAKESH K SINGH NEW DELHI

The Union Home Ministry has directed the Central paramilitary forces to celebrate the eighth International Yoga Day on June 21 at 75 iconic locations across the country.

The Ministry has nominated the Central Reserve Police Force (CRPF) as the nodal agency for coordination with other paramilitary forces like the Border Security Force (BSF), Indo-Tibetan Border Police (ITBP), Central Industrial Security Force (CISF), Sashastra Seema Bal (SSB), National Security Guard and Assam Rifles. The theme of the event will be "Yoga for

Humanity."

"All the Central Armed Police Forces (CAPFs or the paramilitary forces), Assam



Rifles and NSG and their respective field formations will actively take part in the celebrations in 75 iconic sites/locations to celebrate 8th IDY-2022 on June 21, 2022.

Accordingly, you are requested to issue timely directions to your respective field

formation under your com-

mand for active participation at these iconic sites falling in their respective area of responsibility so as to make this event a grand success," reads an order issued on Saturday by the Nodal Officer of the CRPF.

Continued on Page 5

# join Prez poll race, says J&K needs him

But Abdullah thanks Mamata for offering him the candidature

PIONEER NEWS SERVICE

Former Parliamentarian and Jammu & Kashmir National Conference president Farooq Abdullah on Saturday said he would not join the Presidential poll race as the joint Opposition candidate claiming J&K was passing through a critical juncture and his people needed him.

Thanking Bengal Chief Minister Mamata Banerjee for proposing his name as a joint



Opposition candidate for the office of President of India. Farooq in a written statement said, "I have taken a few days to discuss this unexpected development with my family and senior colleagues. I believe that Jammu & Kashmir is passing through a critical juncture and my efforts are required to help navigate these uncertain

Continued on Page 5

# My mother is simple but extraordinary: Modi

A BLOG PENNED BY PRIME MINISTER NARENDRA MODI

s his mother is entering her Ahundredth year, Prime Minister Narendra Modi penned an emotional blog. He recollected some special moments from his childhood that he spent with his mother. He recalled several sacrifices made by his mother as he grew up and mentioned various qualities of his mother that have shaped his mind, personality, and self-confidence.

"Today, I feel extremely happy and fortunate to share that my mother Smt Heeraba Modi is entering her hundredth year. This is going to be her birth centenary year." wrote

PM Modi.

A symbol of resilience

Recalling hardships his mother faced during her childhood, PM Modi said, "My Mother is as simple as she is extraordinary. Just like all mothers." At a tender age, PM Modi's mother lost her mother. He said, "She does not even remember my grandmother's face or the comfort of her lap. She spent her entire childhood without her mother."

He recalled the tiny house Vadnagar with mud walls and clay tiles for a roof where he stayed with his parents and siblings. He mentioned innumerable everyday adversities that his mother encountered

and successfully overcame. He mentioned how his mother not only did all household chores by herself but also worked to supplement the meagre household income. She

used to wash utensils at a few houses and take out time to spin the charkha to help meet the household expenses

PM Modi reminisced: "During the rain, our roof would leak, and the house would flood. Mother would place buckets and utensils below the leaks to collect the rainwater. Even in this adverse situation, Mother would be a symbol of resilience.

Deep respect for those engaged in cleanliness

Cleanliness, PM Modi said, was something that his mother had always been extremely particular about. He shared several instances which gave a glimpse of his mother being very particular about main-



taining cleanliness.

PM Modi said that his Prime Minister Narendra Modi takes blessings of his mother Heeraba on her 100th birthday on Saturday

those involved in cleaning and sanitation. Whenever some-one would come to clean the drain adjacent to their house in Vadnagar, his mother wouldn't let them go without having tea. Finding happiness in others'

mother had a deep respect for

pys
PM Modi mentioned that his mother would find happiness in other people's joys and was extremely large hearted. He recalled: "A close friend of my father used to stay in a nearby village. After his untimely death, my father brought his friend's son, Abbas, to our home. He stayed with us and completed his studies. Mother was as affectionate and caring towards Abbas just like she did for all of us siblings. Every year on Eid, she used to prepare his

was common for neighbourhood kids to come to our house and enjoy mother's special preparations?

favourite dishes. On festivals, it

PM Modi's mother has publicly accompanied him only on two occasions

In the blog post, PM Modi highlighted the only two instances when his mother accompanied him publicly. Once, it was at a public function in Ahmedabad when she applied tilak on his forehead after he had returned from Srinagar where he had hoisted the national flag at Lal Chowk completing the Ekta Yatra. The second instance was when PM Modi first took oath as Gujarat's Chief Minister in

Continued on Page 5

# Rollback Agnipath: Sonia, Rahul

#### Sonia urges youth to protest peacefully

PIONEER NEWS SERVICE ■ NEW DELHI

 $\begin{array}{c} F^{rom\; her\; hospital\; bed,\; an\; ail-}\\ F^{ing\;\; Congress\;\; president}\\ Sonia\;\; Gandhi\;\; on\;\; Saturday \end{array}$ launched a scathing attack on the Centre's Agnipath scheme saying the controversial recruitment scheme is "directionless" and vowed to work for its withdrawal.

The party also announced a sit-on satyagraha against the Agnipath at Jantar Mantar on



to the youths protesting against the scheme to adopt peaceful and non-violent means to fight recruitment scheme. for their demands, former party chief Rahul Gandhi said just as Prime Minister Narendra Modi had to withdraw the farm laws,

he will have to accept the demand of the youth and rollback the Agnipath defence

Sonia, who is being treated at a private hospital for a lower respiratory tract infection and post-Covid symptoms,

pain of the youths over the three-year delay" in recruitment despite lakhs of vacancies in the Army.

"It is unfortunate that the government has announced a new armed forces' recruitment policy, which is completely directionless and it has done so while ignoring your voices," she said in a statement in addressed to the youths.

Declaring her party's support for them, the Congress president said along with the youths, several ex-soldiers and defence experts have questioned the scheme.

The party chief said she also empathises with the youths who are awaiting results and appointments after taking the

Force. "The Congress stands with you with full force and promises to struggle for your interests and for the withdrawal of this scheme. Like true patriots, we will articulate your voices following the path of truth, non-violence, resilience and peace," she told the youths in her letter.

"I appeal to you to use peaceful and non-violent means to protest for your rightful demands. The Indian National Congress is with you," the Congress chief added in the Open letter to youths.
Rahul said that for eight

consecutive years, the BJP government has "insulted" the values of 'Jai Jawan, Jai Kisan'.

In a tweet message, Rahul

er also that the Prime Minister will have to withdraw the black farm laws. In the same manner, he will have to accept the demand of the youth of the country by becoming 'maafiveer' and take back the 'AgnRollback Agnipathipath' scheme," he said.

At the AICC Press conference, Congress leader Kanhaiya Kumar, known as vocal against the system, said that there is a plan just to defame Bihar for any such examinations held. He mentioned like in the earlier railways exams when northern India was engulfed in flames it is quite visible that job aspirants across the country are petrified by the Modi government's unthoughtful scheme.

## Pawan appointed chairman of media and publicity in Cong

PNS NEW DELHI

ongress president Sonia Gandhi has appointed Pawan Khera as the chairman of media and publicity in the new communications department of the party.

Early this week she had appointed Jairam Ramesh as the new AICC general secretary in-charge of communications, replacing Randeep Surjewala.

The party had resolved to revamp its communication and media department at the threeday brainstorming session in Udaipur last month to improve its connect with people and



change its communications

'Congress president has approved the appointment of Pawan Khera as the chairman of media and publicity in the new Communications department, with immediate effect, said an official release. Till now, Khera was the national spokesperson of the Congress.



Prime Minister Narendra Modi with Gujarat Chief Minister Bhupendra Patel and Gujarat BJP president CR Patil during the inauguration of the various development projects, at the 'Gujarat Gaurav Abhiyan' programme, in Vadodara.

## **Civil Aviation Ministry** to give wings to highly skilled Agniveers

mid the nationwide Aprotests, the Union Ministry of Civil Aviation on 18 June announced to induct highly skilled, disciplined and motivated Agniveers into its various services and give them wings to fly.

The announcement comes days after Union Defence Ministry rolled out Agnipath scheme on 14 June.

The Ministry, through its social media handle, wrote, "Civil Aviation is looking forward to inducting the highly skilled, disciplined and motivated #Agniveers into its various services and give them wings to fly.

Citing the opportunities, the ministry said that it will provide opportunity for Agniveers in the air traffic and aircraft technician ser-

Among other opportunities, the Ministry said that the Agniveers can take be induct-

ed in the maintenance, repair and overhaul of aircraft. They (Agniveers) can also provide meteorological and air accident investigator p-4 civil.
While options like work-

ing as safety, administrative, finance, IT & communications staff will be provided by the Ministry to Agniveers. Apart from this, Agniveers will have the opportunity to handle logistics and supply chain management wings of Ministry, the tweet added.

With series of protests gaining momentum in the country against the Agnipath scheme, Air Chief Marshal VR Chaudhari on 198 June termed the Central government's decision to reserve vacancies for Agniveers in CAPFs and Assam Rifles as a 'very positive step".

He also asked the protesting youth to gather correct information and get their doubts about the scheme clarified instead of resorting to

## MoPSW announces 6 avenues for transition of Agniveers to merchant navy

PTI ■ NEW DELHI

The Ministry of Ports, Shipping and Waterways (MoPSW)on Saturday announced six service avenues for smooth transition of Agniveers in various roles of the Merchant navy, post their stint with the Indian Navy.

According to an official statement, the scheme will enable Agniveers to acquire necessary training, with naval experience and professional certification to join the remunerative merchant navy across the world.

The announcement comes amid widespread protests against the recently unveiled 'Agnipath' scheme for recruitment of soldiers in the armed forces on a short-term contractual basis. The soldiers recruited under this scheme will be called 'Agniveers'.

According to the statement, these schemes for Agniveers include transition from ratings in Indian Navy to certified ratings in Merchant Navy, transition from electrical

The Government on Thursday night increased the upper age limit for recruitment under the Agnipath scheme to 23 years from 21 years, for the year 2022

yeal 2022
ratings in Indian Navy to certified electro-technical ratings in Merchant Navy, transition from ratings in Indian Navy to certified class IV-NCV CoC holder in Merchant Navy. Besides, transition from

electrical ratings in Indian Navy to certified electro technical officers in Merchant Navy and transition from cook in Indian Navy to certified cook in Merchant Navy. The statement said some of

the schemes are devised for Agniveers with a diploma in mechanical or electrical engineering or ITI trade certificate in electronic or Electrical stream - either joining with these qualifications or acquiring these during their tenure with the Indian Navy.

It said the MoPSW will

issue Indian National Database of Seafarers' (INDOS) and Continuous Discharge Certificate (CDC) for those Agniveers who intend to explore in any of the said schemes through Indian Navy. In an attempt to pacify the

protesters, the government on Thursday night increased the upper age limit for recruitment under the 'Agnipath' scheme to 23 years from 21 years, for the year 2022. Unveiling the scheme on

Tuesday, the government had said youths between the ages of 17-and-a-half and 21 years would be inducted for a fouryear tenure, while 25 per cent of them will be subsequently inducted for regular service.

A major objective of the scheme is to bring down the average age of military personnel and cut the ballooning salary and pension bills. The announcement of the

new scheme came against the backdrop of recruitment in the military being stalled over the coronavirus pandemic for over two years.

## Covaxin demonstrates robust safety in 2-18-yr-old kids: Bharat Biotech

PIONEER NEWS SERVICE ■ NEW DELHI

yderabad-based Bharat Biotec International Limited (BBIL) has said that Covid-vaccine Covaxin (BBV152) has proven to be safe, well-tolerated, and high-Îy immunogenic in pediatric subjects in phase II/III study. The study, according to the company, has been accepted and published in Lancet.

The company in its statement issued here said that Bharat Biotech had conducted phase II/III, open-label, and multicenter study to evaluate the safety, reactogenicity, and immunogenicity of Covaxin in healthy children and adolescents in the 2-18 years of age group.

"The clinical trial conducted in the pediatric population between June 2021 and September 2021 has shown safety, less reactogenic, and robust immunogenicity. The data was submitted to the Central Drugs Standard Control Organisation (CDSCO) during October 2021, and received a nod for emergency use in children aged 6-18 years," said the statement.

Krishna Ella, Chairman and Managing

Director, Bharat Biotech, said: "Safety ical for children Covaxin has now proven data for safety and immunogenicity in children. We have now achieved our goal of developing a safe and efficacious COVID-19 vaccine for adults and children, for pri-

mary immunization and booster doses, making Covaxin a universal vaccine. It has proven to be a highly safe vaccine based on data from more than 50 million doses administered to children in India. Vaccines are a great preventive tool; the power of vaccines can only be harnessed if used prophylactically."

He added that in the study, no serious adverse event was reported. A total of 374 adverse events were reported, and the majority of adverse events were mild in nature and resolved within a day. Pain at



the injection site was the most commonly reported adverse event.

Covaxin, is formulated uniquely such that the same dosage can be administered to adults and children alike, for primary and booster doses, making it truly a universal vaccine. Covaxin is a ready-to-use liquid vaccine, stored at 2-8°C, with 12 months shelf life and multi dose vial policy," added the statement. It further added that Bharat Biotech has a stockpile of more than 50 million doses of Covaxin ready to be distributed as required.

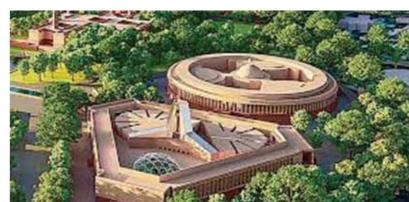
## Work on new Parliament building on as per schedule, says Birla

PIONEER NEWS SERVICE ■ NEW DELHI

Lsaid work on the new Parliament building is progressing as per the schedule and the Winter Session of Parliament this year is likely to be held in the new building. Interacting with the media persons, Birla said the new building would be a green building equipped with necessary facilities for environmental and energy conservation.

The new Parliament building will have a seating capacity of 888 members in the Lok Sabha Chamber, and during joint sessions of both Houses, 1272 Members can be seated. The Rajya Sabha Chamber will have a seating arrangement of 384 members.

"The new building is being made tech-no-friendly for MPs. Members' Desks will be equipped with a multimedia screen through which they will be able to vote in the House, register attendance and request an opportunity to speak in the House. They will be able to access the MP Portal through the touch screen available in it.



Apart from this, they will also be able to access the documents uploaded earlier in their personal folders," said Birla detailing the new Parliament building infrastructure.

Speaker said that the Parliament library will soon be available on mobile devices. The Parliament library is being digitized and for the first time, the people of the country are being allowed to use the resources of the Parliament library online. Besides, physical entry of the general pub-

Aspirants protesting against Agnipath may not get

lic to the Parliament library will be facilitated. The library has lakhs of books on various subjects including politics, arts, science, space, and literature. Apart from this, thousands of books, biographies, and autobiographies on well-known historical figures and great leaders of modern India are also available. Birla said the process is on to launch a portal in July this year to ensure that people can read digitized

## Ex-treasurer of educational society held for duping medical aspirants

PNS NEW DELHI

The Enforcement Directorate (ED) on Saturday said it has arrested a former treasurer of a Maharashtra-based educational society under the Prevention of Money Laundering Act (PMLA) for allegedly duping medical aspirants by promising them admission in a college which was not eligible for the MBBS course. Appasaheb Ramachandra Deshmukh of Kolhapur-based Chhatrapati Shivaji Education Society (SCSES) was taken

till June 24 by a special court, the ED said in a statement. His brother and former president of the charitable educational society, Mahadev Ramachandra Deshmukh, was

into custody on Friday and he

has been sent to ED custody

case in May. He is in presently undergoing judicial custody. The ED said Appasaheb Ramachandra Deshmukh was the treasurer of the educational society between 2011-2016. He, in connivance with his brother, and others "fraudulently" collected about Rs 29 crore from more than 350 students in guise of admission in MBBS but no admission was given to the said stu-

The PMLA probe revealed that in order to "hide" the source of the funds and to project it as untainted, funds were collected in cash and deposited into the bank account of Appasaheb Ramchandra Deshmukh and his family members, the agency alleged.

The money laundering case was registered by the ED after taking cognizance of a



Satara (Vaduj police station) district police FIR against Mahadev R Deshmukh and others in which it was alleged that the management of the society "collected funds in cash from the students for admission in MBBS course into a college named Institute of Medical Science and Research, Mayani (a college of Shri Chhatrapati Shivaji Education Society) whereas,

the college was not eligible for

"The society trust received permission to run a medical college for the academic year 2012-13 and 2013-14 for 100 seats per annum (85 seats government quota and 15 seats management quota)." However, the agency had said, the admission regulatory authority in 2014 rejected the permission for admission in MBBS for the academic year

## police clearance to join Armed forces: IAF chief PIONEER NEWS SERVICE

**NEW DELHI** 

TAF chief V R Chaudhari on  $oldsymbol{1}$ Saturday cautioned the job aspirants involved in the agitation against the Agnipath scheme that they may not get police clearance to join the armed forces.

He also admitted he had not anticipated such protests against the new recruitment policy rolled out on Tuesday. Chaudhari on Friday had announced that recruitment under the 'Agnipath' route will start from June 24. The Army will start the process on Monday next.

Sharing his views in an interview with the India Today news channel, the IAF chief cautioned the possible candidates participating in the stir that they may have to pay a high price at a later date.
"We condemn this kind of

violence. This is not the solu-



tion. The last step is police ver-He also urged those havification: if anyone is involved, ing concerns about the policy they won't get clearance from to visit the nearest military station to clear their doubts.

to get hold of the correct information, understand the scheme in its entirety. They will themselves see the advantage and benefits of the scheme. I am sure this will quell all their doubts, whatever they have in their minds," he added Chaudhari said the 'Agnipath' scheme had been in the making for the last two

years and aims to reduce the age profile of the armed forces from 30 to 25 years.

Those who are discharged

after the four-year tenure will not only have served the nation but will "go back as disciplined, motivated and imbibe ethos of the services", he said. The IAF chief said the government and the defence establishment are doing their best to address concerns and dispel fears of job seekers, especially with regard to their insecurity about the future.

# Divisive forces trying to create My mother is simple but... disturbance: UP Dy CM Pathak

PNS LUCKNOW

UP Deputy Chief Minister Brajesh Pathak has advised the youth opposing the Agnipath scheme not to be misguided by anti-social elements, saying divisive forces are trying to create disturbance in society by using youth as their

Stressing the need to avoid becoming a tool in the hands of anti-social forces, the deputy chief minister appealed to the youth to make preparations and take advantage of the Agnipath scheme.

Ālong with this, Pathak has welcomed the decision of the Union Ministry of Home Affairs to reserve 10 per cent vacancies in Central Armed Police Forces (CAPF) and Assam Rifles for Agniveers who complete four years of service as well as relaxation of



three years in the entry age limit for them.

In a statement released on Saturday, Pathak said that the Agnipath scheme would create new opportunities for the

"This scheme is a golden opportunity for the bright future of youth as only fit and bright youth will join the Indian Ármy," Pathak said.

He said that earlier due to the policies of the previous governments, on an average, one out of 10 candidates was recruited in the army and the remaining nine were left to fend for themselves. "But now in the Narendra Modi government, if four youths are selected for the army, then one will get permanent appointment after four years and the remaining three will get a lump sum amount of about Rs 12 lakh and better opportunities for their appointment in police and

The deputy chief minister said that the youth should also understand that this service was not only for the Indian Army as opportunities would remain for service in the paramilitary forces.

other departments," he point-

"While Union Home Minister Amit Shah has talked about giving preference to these youth in various services; various state governments, including Uttar Pradesh, have announced to give priority to them in police service," Pathak

Agniveers will be given financial packages for business, easy bank loan facility and priority will be given to them in the recruitment of paramilitary forces and police, he said.

The deputy chief minister said that the Agnipath scheme was a historic step towards making the Indian Armed Forces more youthful. "Joining the Armed Forces is a matter of pride for every Indian and this initiative will see more youth join the national service, create new employment opportunities and contribute to creating a skilled and fit workforce," he

Pathak said that instead of protesting, youth should prepare for the recruitment of Agniveers which is going to happen soon.

From Page 3 A life lesson PM Modi's moth-

PM Modi wrote that his mother made him realise that it was possible to be learned without being formally educated. He shared an incident when he wanted to publicly honour all his teachers, including his biggest teacher - his mother.

However, his mother declined saying, "See, I am an ordinary person. I may have given birth to you, but you have been taught and brought up by the Almighty."

The PM further added that though his mother did not come to the event, she made sure that he called someone from Jethabhai Joshi Ji's family - his local teacher, who taught him alphabets. "Her thought process and farsighted thinking have always surprised me," he said.

A dutiful citizen

Modi mentioned that as a dutiful citizen his mother has voted in every election since the time elections began, from panchayat to Parliament. Leading an extremely simple

Reflecting on his mother's

extremely simple lifestyle, Modi wrote that even today, there are no assets in his mother's name. gold ornaments, and she has no interest either. Like earlier, she continues to lead an extremely simple lifestyle in her small room," the PM stated.

Remaining abreast with current developments

Modi said that his mother remains abreast with current developments in the world. He mentioned it in his blog. "Recently, I asked her how long she watches TV every dav. She replied that most people on TV are busy fighting with each other, and she only watches those who calmly read out the news and explain everything. I was pleasantly surprised that mother keeps track of so

Sharp memory despite her age The PM shared another instance from 2017 that showcases his mother's alertness despite her old age. In 2017, Modi had gone to meet her directly from Kashi and had carried prasad for her. "When met mother, she immediately asked me if I had paid obeisance to Kashi Vishwanath Mahadev. Mother still uses the full name - Kashi Vishwanath Mahadev. Then during the conversation, she asked me if the lanes that lead to the Kashi

premises. I was surprised and asked when she visited the temple. She revealed that she had gone to Kashi many years back, but surprisingly remembered everything," said Modi. Respecting other's choices

The PM further elaborated that his mother not only respects others' choices but also refrains from imposing her preferences. "In my own case especially, she respected my decisions, never created any hurdles, and encouraged me. Since childhood, she could feel that a different mindset grew inside me," mentioned Modi.

It was Modi's mother who gave him full support when he had decided to leave his home. Understanding his desires and blessing him, his mother said, "Do as your mind says."

Focus on garib kalyan Modi said that his mother has always inspired him to have a strong resolve and focus on garib kalyan. He shared an instance from 2001 when he had been declared as the Chief Minister of Gujarat. After reaching Gujarat, Modi went straight to meet his mother. She was extremely ecstatic and told him, "I don't understand your work in the government, but I just want you to never take a

His mother keeps assuring him that he should not worry about her and remain focused on the larger responsibilities. Whenever I speak to her on the phone, my mother says, "Never do anything wrong or anything bad with anyone and keep working for the poor."

Mantra of life - Hard work The PM said that his parents' honesty and self-respect have been their biggest qualities. Despite struggling with poverty and its accompanying challenges, Modi said, his parents never left the path of honesty or compromised on their self-respect. Constant hard work was their foremost mantra to overcome any chal-

An icon of Matrushakti

The Prime Minister further said, "In my mother's life story, I see the penance, sacrifice, and contribution of India's matrushakti. Whenever I look at mother and crores of women like her, I find there is nothing that is unachievable for Indian

Modi encapsulated his mother's inspiring life story in a few

"Far beyond every tale of deprivation, is the glorious story of a mother, Far above every struggle, is

the strong resolve of a mother."

## **BJP J&K unit expells corrupt** corporator from primary membership

PIONEER NEWS SERVICE

Aday after the BJP corporator from Ward no. 53 of Municipal

the Anti Corruption Bureau along with her husband while accepting a bribe of Rs 10,000 for issuing a Mulba Clearance certificate the J&K Unit of the party expelled her from the primary membership of the party dence of masses and workers in

According to a statement issued by the BJP, "the Disciplinary Committee of the party had recommended a strong and quick action against Corporator to instill confithe party". Acting on the recommendation, J & k Unit Chief Ravinder Raina took the decision to expel Jyoti Devi from

# the primary membership of

According to a tweet

near his home. Preliminary investigation reveals that he had left his home for work in his paddy fields yesterday in the evening, where he was shot dead by terrorists using a pisfather, two daughters, the

Vishwanath Temple are still the

same, as if there is a temple

tol". According to a police spokesman, Farooq Ahmad

along the yatra route and at vulnerable locations to pre-

studying in class 12th. His son is studying in

was gearing up welcome pilgrims and

arrangements ensure peaceful conduct of the Amarnath vatra starting

**GOVERNMENT OF JAMMU & KASHMIR** Office of the Executive Engineer Quality Control & Procurement Division, HMT, Srinagar

place after a gap of two years due to Covid-19 pandemic.

## Special Cell of Delhi Police busts FICN cartel, arrests two

STAFF REPORTER **NEW DELHI** 

The Special Cell of Delhi ■ Police has busted a Maldabased international fake Indian currency notes (FICN) cartel and arrested two persons here with Rs four lakh. Police said that the seized FICN was pumped in India through the porous Indo-Bangla border.

The accused have been identified as Aniqul Islam

"We are closely monitor-

ing the situation and waiting

for details of the further devel-

responding to media queries on

the reported attack on the

istry, in a statement, said two

persons were injured after

unidentified attackers attempt-

The Afghan interior min-

(24) and Shariqul Sheikh alias Sahim (21), both residents of Malda district in West Bengal. A total of Rs four lakh

fake currency in the denomination of Rs 2,000 notes were recovered from them. The recovered notes are of high quality having all the security features, including security thread and watermarks etc., police said. According to Rajiv Ranjan, the Deputy Commissioner of Police (DCP), Special Cell, 0n the

basis of a tip-off, a raid was conducted on Friday and the accused, members of Maldabased international syndicate, were apprehended near Dilshad Garden Metro Station when they reached there to deliver the recovered consignment of FICNs to one of their associates.

They have been working for this syndicate for the last two to three years. They used to procure FICNs from their other associates at Malda and

supply it in Delhi-National Capital Region (NCR) and Uttar Pradesh. These FICNs are being smuggled from Bangadesh, through bordering areas," the DCP said. "The accused also revealed

that they used to get FICNs from their associates at Malda at a lower price and supplied at higher price. They have already delivered about four to five consignments amounting over Rs 20 lakh in Delhi-NCR area,"

#### J&K cop martyred in fresh incident of targeted killing Mir is survived by an aged companies of para military forces have been deployed at disrupting the yatra taking

**MOHIT KANDHARI** ■ JAMMU

n a fresh incident of tar-**I**geted killing a Sub Inspector of Jammu and Kashmir police was shot dead by 'unidentified' terrorists in his paddy fields late Friday evening at Samboora in Pampore area of South Kashmir's Pulwama district.

posted by the Kashmir Zone police on Saturday, the dead body of Sub Inspector Farooq Ahmad Mir of Samboora posted in IRP 23 BN was found in paddy fields

elder one is studying MBBS and younger daughter is

class 7th. The killing took place at a time when the

making elaborate security

from June 30.

Department, detailed as per Annexure "C".

Tender document Fee (Rs): -1500/-, Estimated cost: -520 Lacs, Earnest Money Deposit: -01 Lac Performance Security at the time of placement of allotment order: -@3% of the estimated value S. No. B Name of the work:- Fixing up the Rate contract for supply of labour for de-stacking, counting, measuring & Loading of Alum, Bleaching, LPAC, MS Pipes, GI/DI/CI fittings, Chlorine Gas, Hand

Tender document Fee (Rs): -500/-, Estimated cost: -06 Lacs, Earnest Money Deposit: -12000.00

Client Name: Chief Engineer Jal Shakti Kashmir PHE Department Srinagar.
Circle: Superintending Engineer, PHE Mechanical, Jal Shakti Department, Circle South, Srinagar Division: Quality Control & Procurement Division PHE Jal Shakti Department, HMT Srinagar Bidding Type: Open

Estimated Cost: A. Rs 50.00 Lakhs Approx. (Rupee Fifty Lakhs only) B. Rs.06.00 Lakhs Approx. (Rupees Six Lakhs only)

Bid document fee payable in the shape of treasury Challan/ e-transfer under major Head MH 0215-Rev-Misc: Executive Engineer QC&PD PHE Jal Shakti HMT Srinagar.

CDR/FDR/BG from nationalized banks only having a branch in Srinagar. B. Rs. 12000/= (Rupee Twelve Thousand only) in the shape of CDR/FDR from nationalized banks only having a branch in Srinagar. Earnest Money Deposit (EMD) in favour of: Chief Accounts Officer, Jal Shakti Kashmir PHE

**Tender Dates** Bid Document Downloading Start Date.: 17-06-2022......06.00 PM, Bid Document Downloading Enc Date.: 01-07-2022......02.00 PM, Clarification Start Date: 17-06-2022......06.00 PM, Clarification Enc

of contract and other details can be seen/downloaded from the website <a href="www.jktenders.gov.in">www.jktenders.gov.in</a>
The bids shall be submitted in electronic format on the website <a href="www.jktenders.gov.in">www.jktenders.gov.in</a>. The bids uploaded on the website up to due date and time, will be opened on the time and date (given in the critical date schedule), in the office of the Superintending Engineer, PHE Mechanical, Jal Shakt Department, Circle South, Srinagar in presence of the bidders who wish to be present. In case offices

convenient/feasible to the tender opening committee/authority of the Department. PHE Department Srinagar on the time and dategiven in the broadband information of tender or an

other date and time convenient to Superintending Engineer, PHE Mechanical, Jal Shakti Depa Circle South, Srinagar... The date and time of opening of  $2^{nd}$  cover i.e. Financial Bids shall be notified separately. The Financia

bids of qualified bidders shall be opened online on same website in the office of Chief Engineer Ja

INSTRUCTION TO BIDDERS REGARDING E-YENDERING PROCESS: http://jktenders.gov.in

procure new Digital Signature Certificate. b. The bidders have to submit their bids online in electronic format with Digital Signature. The bid cannot be uploaded without Digital Signature. No Proposal will be accepted in physical form.

d. Before submission of online bids, bidders must ensure that scanned copies of all the necessa documents have been attached with bid. e. The department will not be responsible for delay in online submission of bids whatsoever reason

g. The details of cost of documents, EMD specified in the tender documents should be the same, a submitted online (scanned copies) otherwise bid will not be accepted. h. Bidders can contact the undersigned for any guidance for getting DSC or any other relevant detail

tendering portal to store important documents like Experience certificate, Balance sheet, VAT Certificate, sales Tax Clearance Certificate and other related documents etc., and attach these

certificates as Non-Statutory documents while submitting their bids.

j. Bidders are advised not to make any change in BOQ (Bill of Quantities) contents or its name. In no

http://jktenders.gov.in (As per J&K Finance Department Order No: -A/24(2017)-651, Dated: -07-06-2018, furnishing of hard copies of bids immediately after submission of e-tenders is dispensed with. Hence

Position of Funds: - The availability of funds shall be ensured before placement of Supply order.

#### ed to enter the area, according to Tolo news. Reports indicated an explosion took place outside country has experienced conthe gate of the gurdwara. About tinuing attacks by rival Sunni

Blasts hit gurdwara...

First the gunmen threw a hand grenade which caused a fire near the gate of the gurd-

Besides, 18,124 posts are

Rajnath

also vacant in police forces in

Union Territories. The 10-

lakh-strong CAPF is one of the

largest job providers in the

approved a proposal to reserve

10 per cent of the job vacancies

in the Ministry of Defence for

Agniveers meeting requisite

eligibility criteria, officials said.

will be implemented in the

Indian Coast Guard, defence

civilian posts and all the 16

Defence Public Sector

Undertakings — Hindustan

Aeronautics Limited (HAL),

Bharat Electronics Limited

(BEL), Bharat Earth Movers

Limited (BEML), Bharat

Dynamics Limited (BDL),

Garden Reach Shipbuilders &

Engineers (GRSE) Limited,

Goa Shipyard Limited (GSL),

Hindustan Shipyard Limited

(HSL), Mazagon Dock Shipbuilders (MDL), Mishra

Dhatu Nigam (MIDHANI)

Limited, Armoured Vehicles

Nigam Limited (AVNL),

Advanced Weapons &

Equipment India Ltd.

(AW&EIL), Munitions India

Limited (MIL), Yantra India

Limited (YIL), Gliders India

The 10 per cent reservation

Meanwhile,

25-30 Afghan Hindus and

Sikhs were present inside the gurdwara when the ISIS attack-

ers stormed the premises.

**Govt offers slew.** Limited (IOL) and Troop

> Comforts Limited (TCL). This reservation would be in addition to existing reservations for ex-servicemen.

Necessary amendments to relevant recruitment rules will be undertaken to implement these provisions. The DPSUs will be advised to make similar amendments to their respective recruitment rules. Necessary age relaxation provision will also be made to enable recruitment of Agniveers to the above posts, the Defence Ministry said.

Defending the new policy earlier in the day, Rajnath said, "It is bringing revolutionary changes in the recruitment process in the Armed forces. Some people are spreading misunderstanding about it. Maybe, there could be some confusion among the people as it is a new scheme?

He made these comments at a conclave organised by the TV9 media group.

Without taking the name of any political party, the Defence Minister suggested that some of the protests against the Agnipath scheme could be based on political con-

#### spokesman said, as Associated Press quoted. Zadran, Khalid

wara, the Interior Ministry

chief, said the police operation ended after the last attacker was killed several hours later. 'The security forces were

the attack and eliminate the attackers in a short span to prevent further casualties," he said. Since the Taliban took power in August last year, the

able to act quickly to control

Saturday's incident is the latest targeted attack in line, on a worshiping place of the minority community in

Afghanistan.

Muslim militant group Islamic

## Central paramilitary to celebrate Yoga Day...

vance of the Covid-19 protocol must be in Himachal Pradesh among others. ensured during the event.

Union Home Ministry include Cellular Jail, Andaman and Nicobar Islands, Rushikonda Beach, Visakhapatnam, Mahabodhi Temple, Bodh Gaya, Nalanda Mahavihara, Nalanda, Rock Garden, Chandigarh, Diu Fort, Daman and Diu, Jantar Mantar and Red Fort in New Delhi, Churches and Convents of Goa,

Statue of Unity, Kevadia, Gujarat, Suchetgarh Border, Jammu The order further said strict obser- Dholavira, Kutch, Gujarat and Atal Tunnel

Rangghar, Sibsagar, Assam, Bhoramdeo Temple, Chouragaon, Kabirdham district, Chhattisgarh, Lotus Temple, Bahapur, Delhi, Fort Agoda, Goa, Modhera Sun Temple, Gujarat, Sabarmati River Front, Gujarat, Kurukshetra, Haryana, Rakhigarhi, Hisar, Haryana, Kangra Fort, Nalagarh Palace and

SKICC, Dal Lake, Srinagar, Martand Sun Temple, The other iconic locations are Golden Anantnag, Jammu and Amount Details

Parashar Lake in Himachal Pradesh,

Monuments at Pattadakal, Karnataka, Halebeedu, Karnataka and Gol Gumbaz,

## Farooq declines to join Prez poll race, says...

I have a lot more active politics ahead of me and look forward to making a positive contribution in the service of J&K and

the country Therefore, I would like to respectfully withdraw my name from consideration and

I look forward to supporting the joint Opposition consensus candidate."Farooq also made mention of other Opposition leaders for offering their support to him at this stage. "I'm very grateful to Mamata didi for proposing my name. I'm also grateful to all the senior leaders who offered me their

touched by the support that I've received & honoured to have been considered for the highest office in the country," he said in a statement released to the press.

# As cases spike, Govt asks...

From Page 3 "Also, we want to see if we are missing any important clues related to newer subvariants during routine sequencing through the sentinel surveillance," he added.

said there is no variant of con-

cern in the country as of now.

India now has BA.4 and BA.5

in addition to BA.2 with

The last review meeting

slightly higher transmissibility as compared with other Omicron sub lineages," the official said.

The INSACOG is a joint initiative of the Department of Biotechnology under the ministries of science and technology, and health to carry out genome sequencing of a virus to understand how it spreads

## Rlys bears brunt, stopped...

From Page 3 A large number of pro-

testers gathered outside Tehta police outpost around 8.30 am and started pelting security personnel with stones. Later, they set several

vehicles, including a bus and a truck, on fire, they said. In Patna and its outskirts,

bandh supporters were restrained by the Bihar Police from forcing shops to down their shutters, but they hurled stones and set fire to Taregana railway station in Masaurhi subdivision and a jeep belonging to the railway police. There was also cross-fir-

ing and journalists covering

Danapur sub-division, bandh supporters vandalised an ambulance and the driver alleged that a patient and attendants inside were also beaten up by the mob. Normal life was affected in Gaya, Buxar and Jehanabad

the clash were assaulted. In the

districts, as well as some other parts of Bihar, as vehicles remained off the roads and shops and business establishments were shut, barring those selling essential items, due to a Statewide bandh called by student organisations led by Left-wing All India Students' Association

## Police book 2 for supplying arms to Deepak **Boxer gang**

The Crime Branch of Delhi Police has arrest I ed two men for allegedly supplying arms to the members of Deepak Boxer gang.

dent of Ranhola. According to Amit Goel, the Deputy Commissioner of Police (DCP), Crime Branch, police got information that Nitin and Mustag are arms facilitators of shooters of the f. All the required information for bid must be filled and submitted online Deepak Boxer gang.

said the DCP. "During interrogation, Nitin revealed that

weapon Mustaq was also apprehended from Delhi," said the DCP.

**STAFF REPORTER** ■ NEW DELHI

Police laid a trap on Wednesday near Chath Park, Ganda Nala, Vikash Nagar. Áround 1.15 PM, Nitin was intercepted and apprehended, who was riding a bike and carrying a backpack,"

gang members on direction of associates of Deepak Boxer who are running in judicial custody in Haryana jails," said the DCP. "On his insurance, the source of the illegal

TENDER DOCUMENT E-N.I.T. No: - PHE/QC&PD/08/e-Tender Dated: 17-06-2022.

For and on behalf of the Lt. Governor of UT of Jammu and Kashmir, E-tenders are invited for: A. Fixing up the Rate Contract for supply of labour for de-stacking, counting, measuring and loading of pipe materials (assorted size G.I & D.I Pipes) in trucks at stores of Jal Shakti PHE QC&P Sub Division 2nd for dispatch to various territorial Divisions of Jal Shakti PHE (K) Department.

B. Fixing up the Rate Contract for supply of labour for de-stacking, counting, measuring & Loading of

Alum, Bleaching, LPAC, MS Pipes, Gl/Dl/Cl fittings, Chlorine Gas, Hand Pumps, Spun Yarn, HDPE pipes etc. in trucks at Jal Shakti (PHE) QC&PD Sub Division Store 1st HMT Zainkote for dispatch to various territorial Divisions of Jal Shakti PHE (K) Department on item rate basis in two covers from Govt registered firms, and possessing valid Labour license, issued by Labour Commission of UT of J&K for:-S. No. A Name of the work:- Fixing up the Rate Contract for supply of labour for de-stacking, counting, measuring and loading of pipe materials (assorted size G.I & D.I Pipes) in trucks at Stores of Jal Shakti PHE QC&P Sub Division 2<sup>rd</sup> in trucks for dispatch to various territorial Divisions of Jal Shakti PHE (K)

Pumps, Spun Yarn, HDPE pipes etc. in trucks at Jal Shakti (PHE) QC&PD Sub Division Store 1st at Srinagar for dispatch to various territorial Divisions of Jal Shakti PHE (K) Department, detailed as pe Additional

General

Harkhand, Group of Monuments at Hampi, Karnataka, Group of Karnataka, Group of Monuments at Hampi, Harkhand, Group of Monuments at Hampi, Harkhand, Group of Monuments at Hampi, Harkhand, Group of Challan/ e-transfer to J&K Bank A/c No:0005010100005110 IFSC: JAKAOCHINAR B. Rs 500.00In the shape of treasury Challan/ e-transfer to J&K Bank A/c No:0005010100005110 IFSC: JAKAOCHINAR Bid document fee pavable in the shape of treasury Challan/ e-transfer under major Head MH

E-mail: xenmandp@gmail.com
Earnest Money Deposit (EMD): A. Rs. 100000/= (Rupee One Lakh only) in the shape of

Date: 17-08-2022......04.00 PM, Clarification Start Date: 17-08-2022.......06.00 PM, Clarification End Date: 27-08-2022......04.00 PM, On Line Bid Submission Start Date: 18-06-2022.....09.00 AM, Bid Submission End Date: 01-07-2022......03.00 PM, Date of opening of Cover 1st.: 02-07-2022.....02.00 PM, Bid Validity Period: 180 days from opening of the Price Bid, Officer Inviting Bid: Executive Engineer QC&PD PHE Jal Shakti HMT Srinagar payable at Srinagar., Bid opening Authority: Chief Engineer, Jal Shakti Kashmir PHE Department Srinagar, Address: Engineering Complex, Near Silk Factory, Raj Bagh Srinagar Kashmir-190001. (e-mail: kmrphed@gmail.com)

The tenders of qualifying/eligibility criteria, consisting of general and commercial terms and conditions of contract and other details can be seen/deventograded from the website www.ittenders.com.in

happen to be closed due to a holiday, or any other reason/s, on the schedule date of opening - the bids will be opened on the next working day at the scheduled time and venue or on any day THE COMPLETE BIDDING SHALL BE ONLINE IN TWO COVER SYSTEM:
The Cover 1st of bids shall be opened online in the office of the Chief Engineer Jal Shakti Kashmi

Shakti Kashmir PHE Department Srinagar.
The bids for the work shall remain valid for a period of **180 days** from opening of the Price Bid

To participate in bidding process, bidders have to get (DSC) "Digital Signature Certificate" as per Information Technology Act-2000, to participate in online bidding. This certificate will be required for digitally signing the bid. Bidders can get above mentioned digital certificate from any approved vendor. The Bidders, who already possess valid (DSC) Digital Signature Certificates, need not to

c. Bids will be opened online as per time schedule

in respect of e-tendering process.

i. Bidders are advised to use "My Documents" area in their user on www.jktenders.gov.in, e

recovered illegal arms were procured from Mustaq and were further being delivered to filling the net item rate inclusive of all taxes and it should be saved with the same as it contains.

K. Bidders are advised to scan their documents at 100 DPI (Dots per Inch) resolutions with Black and White, JPEG Scan properly, convert scanned images to PDF.
The guidelines for submission of bid online can be downloaded from the websit

hardcopies need not to be submitted. The hardcopies along with EMD shall be obtained from the bidder who is declared as L1 (Lowest Bidder) for each of the item on tender as per BOQ evaluation

Sd/- Executive Engineer, Jal Shakti (PHE) QC&PD HMT Srinaga No. DIPK-4306/22 Dated: 18-06-2022

Vikaspuri. Mustak told police that he started procuring illegal arms from arms peddlers of after opening of Financial bids). Mewat, Haryana and started selling them to local criminals of west and outer districts of

The accused have been Nitin (34), a resi dent of Uttam Nagar, and Mustak (27), a resi-

# Lanka closes Govt offices, schools from next week amid fuel crisis

Crisis-hit Sri Lankan government has cannounced a shut-down of public sector offices from next week, beginning Monday, due to severe fuel shortages as the island nation continues to reel under its worst economic crisis.

The Sri Lankan Education Ministry has also asked teachers in all government and government approved private schools in the Colombo city limits to conduct online classes from next week due to prolonged power cuts, the Daily Mirror newspaper reported.

With its existing fuel stocks fast depleting, Sri Lanka is under intense pressure to get foreign exchange to pay for its imports, which has brought several sectors of the country's economy to

Consequently, spontaneous protests have been reported at filling stations around the country where consumers have been waiting in long serpentine queues for fuel for hours.

"Taking into consideration the severe limits on fuel supply, the weak public transport system and the difficulty in using private vehicles this circular allows minimal staff to report to work from Monday," the Public Administration and Home Affairs Ministry said in a circular issued on Friday. However, those employed in the



healthcare sector will have to continue reporting to work, the circular stated. The Sri Lankan Education Ministry

announced that all government and government approved private schools in the Colombo city limits would remain

shut in the next week due to prolonged power cuts, and asked teachers to conduct classes online, the Daily Mirror newspaper reported. Sri Lanka is fac-

ing power outages for upto 13 hours in a day for the past several months now. Earlier this week, Sri Lanka's cash-strapped government approved sever-al measures, including imposing a 2.5 per cent social contribution tay on comper cent social contribution tax on companies based on their turnover and declaring Fridays as holidays for most public sector employees, to facilitate the economic recovery and mitigate energy and food crisis.

The Cabinet also approved a move to grant government officials one leave per week for the next three months to engage in agriculture to mitigate the approaching food crisis.

On Friday, Sri Lanka's Prime Minister Ranil Wickremesinghe said that around four to five million out of the country's 22 million population could directly be affected by the food

The nearly bankrupt country, with an acute foreign currency crisis that resulted in foreign debt default, announced in April that it is suspending nearly USD 7 billion foreign debt repayment due for this year out of about USD 25 billion due through 2026. Sri Lanka's total foreign debt stands at USD

## tag some illegal migrants to track movements

PTI ■ LONDON

The UK government is to launch a 12-month pilot scheme that will involve some illegal migrants seeking asylum in country being electronically tagged to keep track of their movements, it emerged on

Saturday.

British Prime Minister
Boris Johnson defended the
plans as he said it was essential that people who arrived through dangerous routes on small boats and hidden in lorries could not simply "vanish". Documents linked to UK

Home Office proposals suggest that government wants to obtain data on how frequently asylum seekers abscond.

"This is a very, very generous welcoming country. Quite right too. I am proud of it, but when people come here illegally, when they break law, it is important that we make that distinction," Johnson told reporters on his return from Ukraine. "That is what we are doing with our Rwanda policy. That is what we are doing to make sure that asylum seekers can't just vanish into rest of country," he said.

## UK to electronically | Pak energy crisis: Karachi markets to shut at 9 pm to save electricity

PTI ■ KARACHI

The vibrant nightlife in Pakistan's biggest city Karachi has been hit with the Sindh province government directing all shopping malls, markets, wedding halls and restaurants to close down early to save fuel and energy.

The move by the provincial

The move by the provincial government on Friday was aimed to overcome the energy crisis in the country that has also affected Pakistan's econo-

"We are facing an ongoing energy crisis emergency and we need to take measures which might not be popular but necessary to control the situation," Home Secretary Dr Saeed Ahmed Mangnejo said.

Mangnejo said that all markets, bazaars, shops and shopping malls would have to close by 9 pm while wedding halls and restaurants have also been instructed to shut down by 10.30 pm.

Karachi, being a cosmopolitan city, is famous for its nightlife with restaurants, markets, malls, cineplexes, wedding halls all remaining outlets open till late into the night. The official said these measures were

being taken to not only reduce wastage of fuel and electricity but to find a solution to the prevalent power outages and load shedding so the shortfall between the demand and supply of electricity could be

Karachiites in recent weeks have spent sleepless nights in the hot sweltering weather conditions due to prolonged power cuts and load shedding with angry residents even coming out on roads in many areas to protest the hours-long power

Mangnejo said that a notification from the Sindh government also authorised station house officers (SHOs) to register complaints against people who violated the directives.

The federal government on Saturday also issued similar instructions for the Punjab province.

## Firefighters trapped in Philadelphia building collapse

AP 📕 PHILADELPHIA (US)

The Philadelphia Fire Department said "several" firefighters and a city inspector became trapped when a building collapsed during a fire response early Saturday, with more than one person still under the rubble hours

"So far, several were rescued and transported to hospitals. Work continues to free others," the fire department tweeted. It said an "L and I inspector" was among those caught in the collapse, appar-

It was not immediately clear how many people were still trapped, their condition or the condition of the injured. The department did not answer a phone call seeing comment.

The tweet included a photo of the scene, which showed a pile of rubble and bricks surrounded by dozens of firefighters and other emergency responders. No signs of smoke or fire were visible in the photo, however the tweet

ently referring to the said, "The fire response Department of Licenses and remains at 2-alarms."

About four hours earlier, just after 2.05 am, an official fire department Twitter account for automated alerts sent a tweet warning people to avoid a fire at an address in the Fairhill neighbourhood of northern Philadelphia.

That was immediately followed by a brief tweet listing the same location and the words, "UPDATE: All Hands".

At about 2.20 am, another tweet said the fire was under control, listing the same

## Russia frees captive medic who filmed Mariupol's horror

Acelebrated Ukrainian medic whose footage was smuggled out of the besieged city of Mariupol was freed by Russian forces on Friday, three months after she was taken captive on the streets of the city.

Yuliia Paievska is known in Ukraine as Taira, a nickname she chose in the World of Warcraft video game. Using a body camera, she recorded 256 gigabytes of her team's efforts over two weeks to save the wounded, including both Russian and Ukrainian sol-

She transferred the clips to an Associated Press team, the last international journalists in the Ukrainian city of

with it embedded in a tampon on March 15. Taira and a colleague were taken prisoner by Russian forces on March 16, the same day a Russian airstrike hit a theater in the city center, killing around 600 people, according to an Associated Press investigation.

"It was such a great sense of relief. Those sound like such ordinary words, and I don't even know what to say," her husband, Vadim Puzanov, told The Associated Press late Friday, breathing deeply to contain his emotion. Puzanov said he spoke by phone with Taira, who was en route to a Kyiv hospital, and feared for her health. Initially the family had kept quiet, hoping negotia-

But The Associated Press spoke with him before releasing the smuggled videos, which ultimately had millions of viewers around the world, including on some of the biggest networks in Europe and the United States.

Puzanov expressed gratitude for the coverage, which showed Taira was trying to save Russian soldiers as well as Ukrainian civilians.

Ukrainian President Volodymyr Zelenskyy announced Taira's release in a national address. "I'm grateful to everyone who worked for this result. Taira is already home. We will keep working to free everyone," he said. Hundreds of prominent Ukrainians have been kidlocal officials, journalists, activists and human rights defenders. Russia portrayed Taira as working for nationalist Azov Battalion, in line with Moscow's narrative that it is attempting to "denazify"

But AP found no such evidence, and friends and colleagues said she had no links to Azov, which made a last stand in a Mariupol steel plant before hundreds of its fighters were captured or killed.

The footage itself is a visceral testament to her efforts to save the wounded on both sides. A clip recorded on March 10 shows two Russian soldiers taken roughly out of an ambulance by a Ukrainian soldier.

Book titled 'The Burning

Solution' released

#### Gaza rocket into Israel breaks 2-month lull, Israel responds

Jerusalem: Palestinian militants fired a rocket into southern Israel early Saturday, shattering a two-month lull in violence at Gaza-Israel border in contrast to soaring tensions in occupied West Bank.

The Israeli military said aerial defense systems intercepted the projectile, which activated warning sirens in southern coastal city of Ashkelon.

There were no reports of casualties. Hours later, Israeli aircraft carried out a series of airstrikes on four military sites for Hamas, the militant group that rules Gaza.

## Money

# 'Coal Ministry should import all coal for power sector'

New Delhi: With overseas shipments becoming increasingly necessary to meet the burgeoning power demand in the country, centralised import for all electricity utilities by the coal ministry should be done as it would bring efficiencies and reduce cost, sources said. Two

hereby solemnly affirm and declare as

the court of Shri Fakhruddin, ADSJ

hajjar. 3. That above statements are true or

WAZIR SINGH RATHEE

sources with knowledge of the matter said a view emerging in the power ministry is that the coal ministry should take the complete responsibility of imports of the dry fuel to tide over the shortage. Power generating companies can give their monthly requirement to



#### PUBLIC NOTICE , Wazir Singh Rathee S/o Sh. Preet Singh Rathee R/o Gali No.-5, Friends has diswoned and severed all her connections & relations Colony, Najafgarh Road, Ward No.-13 Bahadurgarh, Distt. Jhajjar (Haryana) do

1. That I am Contested in Ward No.-13 for Municipal Councillor Bahadurgarh.

2. That I am including in F.I.R No. 703 any of the moveable or immovable properties of smt Suman Chopra or ancestral Properties. Furter Smt. 24-07-2007-P.S. City Bahadurgarh. In Act 323, 506 in the Court of Khusbu Suman Chopra shall not be responsible for the acts of omission and commission done by Mr, Vikram Chopra aged about 40 years, his wife Priyanka Chopra Goyal, JMIC Bahadurgarh and F.I.R. No 252/2017 P.S. Line Par Act 427, 506 3PDP Act in the Court of Versha Sharma aged about 39 years and their two minor daughters namely Baby Cherisha Chopra aged about 11 years & Baby Inaaya Chopra aged about 6 years. Anyone dealing with Mr. Vikram Chopra aged about 40 years, his wife Priyanks Chopra aged about 39 years & their SDJM Bahadurgarh and Case type -CRA, Filling No. 651/2017, Filling Date 10-04-2017, Registration No. 86/2017 In

two minor daughters namely Baby Cherisha Chopra aged about 11 years and Baby Inaaya Chopra

with her son Mr. Vikram Chopra aged 40 years, his wife Priyanka Chopra aged about 39 years & their two minor daughters namely Baby Cherisha Chopra aged about years and Baby Inaaya Chopra aged about 6 years for all purpose, who shall have no claim or rights to

aged about 6 years shall be doing at his/her own risk Nikhil Bahri (Advocate) 130, Block-1, Delhi High Court





"All the tenders issued by CIL and its Subsidiaries for procurement of Goods, Works and Services are available on websites of Coal India Ltd. www.coalindia.in/respective Subsidiary Company (CCL, www.centralcoalfields.in), CIL e-procurement portal https://coalindiatenders.nic.in and Central Public Procurment Portal https://eprocure. gov.in in addition, procurement is also done through GeM portal https://gem.gov.in".



**UJVN Limited** H.O.: "UJJWAL", Maharani Bagh, G.M.S. Road, Dehradun-24800 Telephones: 0135-2763808, Fax: 0135-2763508 **Tender Notice** 

Office of Executive Engineer (E&M-I), Lakhwar Project, Dakpathar, invites sealed tenders from interested parties. Brief Tender No: 02/EE(E&M-I)/LP/2022-23 ted parties. Brief summary of tender is given below: Name of the Work: Annual maintenance of 33 KV& LT lines of Lakhwar

Estimated Cost: Rs.22.31.340.00(taxes extra) Date of availability of bid document on website: 18/06/2022

Last Date for submission of tender: 08/07/2022 up to 16:00 hrs For fuller & further details, kindly visit our website. The tender document can be downloaded from the Nigam's website "www.ujvnl.com".

EXECUTIVE ENGINEER

"AVOID WASTEFUL USE OF ELECTRICITY"

This is to notify the general public all and sundry that Mrs. Suman Chopra W/o Late Sh. Virender Chopra R/o WZ-13, Plot No-10 , Meenakshi Garden New Delhi-18, the coal ministry, which in

turn can direct Coal India to become the nodal agency for all imports, they said. Coal India Ltd has in recent days floated tenders to import coal to supplement its supplies. States and power producers have also been asked to do the same.

This job can be singularly handed by Coal India. Sources said entire process needs to be standardised and streamlined so that coal requirement is met without any delays or fears of power outage. "Coal ministry and

New Delhi: Moody's

Investors Service has upgrad-

ed the baseline credit assess-

ments of ICICI Bank and

Axis Bank, reflecting

improvements in credit fun-

damentals, particularly asset

quality. The global rating

agency has upgraded the baseline credit assessments

BCAs does not result in any

change in the deposit ratings

because these are already at

the same level as the India

sovereign rating (Baa3 stable),

Moody's said in a statement

on Friday. "The upgrade of

the two banks' BCAs is driven

by improvements in asset

quality, capital, and prof-

The upgrade of the

(BCAs) to baa3 from ba1.

Moody's upgrades baseline credit

assessments of ICICI Bank, Axis Bank

Coal India have the expertise and the experience when it comes to coal. Hence they should take the responsibility of importing coal on behalf of the entire power sector and provide arrangements for delivery of coal upto plant," said a source. The bulk order of coal will also provide a better bargaining power to the country and help reduce costs, he said, adding this in turn will help generating companies bring down the cost of power production. Currently onus of coal imports lies with individual power producing companies.

itability. Their asset quality

has seen a significant improvement, with both the

gross and net non-perform-

ing loans (NPL) ratios declin-

reduced at the same time as

provision coverage has

increased. Lower credit costs

have resulted in higher prof-

itability," it said.

"Credit costs have also

## Odisha at cusp of economic revolution: PwC India head

Bhubaneswar: Odisha is poised for massive industrial and economic growth and PwC India is committed to contribute to it, a top official of the multinational firm said.

PwC India had launched its new office in Bhubaneswar recently and collaborated with industry association FICCI to organise a symposium named 'Reimagining Odisha: Unlocking the opportunities for Economic Transformation'.

"Odisha is at the cusp of an economic revolution and we are happy to partner stake-holders like FICCI in this journey to help the state emerge as an economic powerhouse," PwC India chairperson Sanjeev

Krishan said. "With our local presence, we aim to get closer to the issues at hand and proactively look at ways to make a difference that will help the state and its industrial and economic ecosystem achieve its full potential," Krishan added. FICCI Odisha State Council chairperson Ranjan



Naik said the state was transitioning from an economy of iron ore to steel, and coal, bauxite to aluminium with a host of value-added products.

'As the Indian economy grows, Odisha will soon be host to 200 MTPA (million tonnes per annum) steel facilities and 15 MT aluminium production facility," Naik said.

He underlined that the industries needed to embrace environmental, social and governance factors in letter and spirit. "There is an increasing need for technology integration and community engagement,



#### Kattankulathur: Nikhil Chaudhary, an author, an entrepreneur, and an alumni of SRM Institute of Science and Technology (2009 batch), has released a book titled 'The Burning Solution'. The release was done by SRMIST's Registrar S Ponnusamyin the presence of Director (Alumni

Affairs) A Rathinam, Dean

(School of BioEngineering) M

Vairamani and HoD (Biotech)

RA Nazeer.

In his book, Mr. Chaudhary tells us about the natural food techniques which are scientific and based on his experience with patients from five continents and over 43

countries, all of whom benefited from his advice and most of them even gave up medication in the first week itself.In his presidential address, S Ponnusamy mentioned that Nikhil Chaudhary has made the Institution proud. He urged everyone needs to give back something to their Alma Mater.

Walking down memory lane, Nikhil Chaudhary explained how his life turned into this career. He emphasized on how it is important to address major problems like Diabetes, fatty liver, obesity and other gastrointestinal problems. He motivated student to achieve something in their life.

## India, EU trade pact to help unleash fresh potential: Goyal

**Brussels:** With India and the between the EU and India. European Union (EU) formally resuming negotiations for proposed agreements on trade, investments and geographical indications (GI), Commerce and Industry Minister Piyush Goyal has said implementation of these pacts would help unleash the significant untapped potential for enhancing economic ties between the

two regions.
India and the EU on June 17 formally resumed negotiations on the proposed agreements, after a gap of over eight years. Goyal said they were here to relaunch the negotiations for a fair, equitable and balanced free trade agreement (FTA)

"We have our teams in

place...It will further strengthen our relations. Our bilateral trade has grown significantly in the last few months...There is a significant untapped potential which we will hope to unleash with the execution of these three agreements -- trade , investment and GIs," he told reporters here. India had started negoti-

ations for a trade pact, dubbed the Bilateral Trade and Investment Agreement (BTIA), with the 27-country economic bloc in 2007, but the talks stalled in 2013 as both sides failed to reach an agreement on key issues, including customs



its, and the movement of professionals. Asked about the key demands from the Indian side, Goyal said India wishes to engage with the world on modern products and look at areas where it can gain in terms of new technology and investments. "All cards are on the

an open heart and an open mind... Agreements do not have to always be about gain or demands, I think agreements also have to be which is good for both negotiating teams and for the people," he said.

He added that there was a time when India was "super

sensitive" on issues like gender and sustainability, but in the last few years, the country has demonstrated to the world very deep commitment on these subjects". "We are looking at technology, we are looking at long term larger finance and low cost in order to transition much faster on the sustainable side," he added.

# PACERS, MIDDLE-ORDER MAKE INDIA FAVOURITES IN SERIES DECIDER

lot of grey areas are yet to be addressed but a young Indian team, with an admirable collective temperament, will start as favourites in the seriesdeciding fifth T20 International against South Africa here on Sunday.

In a space of eight days, this Indian team has played four games. It fielded an identical XI, which is in sync with Rahul Dravid's "school of continuity" scorn the padic in the of continuity", seen the nadir in the first two games, only to break its own record of highest margin of victories over the Proteas — by 47 runs in the third game and by 82 runs in the fourth.

With Dinesh Karthik doing exactly what is expected of him and Harshal Patel and Avesh Khan also hitting the straps, the Indian fans would want to see Yuzvendra Chahal perform a trick or two at his IPL home ground in a match that matters the most.

Therefore, when the teams step out on the M Chinnaswamy Stadium turf, the side that looked jaded and overcooked in the first two games will start as overwhelming favourites as the South Africans

If Temba Bavuma is unable to recover, they will miss a leader more than the batter. And suddenly in the last two games, the batting has looked iffy on tracks that have variable bounce, which has made this Indian attack look way more lethal.

Call it strangely pleasant, but it remains a fact that in this series a lot of things haven't exactly gone as per plan but yet India have managed to level the series after being 0-2

A young captain who, perhaps, would have liked a few days in his hometown in Rourkee had there not been a pressure from one of the stakeholders to have at least a few stars in the absence of safe 'boxoffice' bets like Virat Kohli, Rohit Sharma or Jasprit Bumrah.

Neither has Pant's captaincy been exceptional nor has his similar pattern of dismissals inspired confidence but India have somehow managed to pull through.

If they finally win the series the young man would be in that leadership mix alongside Hardik Pandya and KL Rahul when the next transition in Indian cricket happens after the 2023 ODI World Cup.

If coach Dravid wanted to



check out whether there is a possibility to tinker with the existing top three, the troika of Ishan Kishan, Ruturaj Gaikwad and Shreyas Iyer haven't exactly fitted into the jigsaw

Gaikwad, with his current technique, would be nine out of 10 times found wanting against quality attack on better pitches, with

sporadic performances here and there. In top flight cricket, he won't get those couple of uncapped domestic bowlers whom he can bully. On the contrary, he could get

Ishan Kishan has a limited range of strokes and one shouldn't go by the volume of runs scored in this series as the extra bounce and pace on Australian wickets will be a difficult proposition.

Shreyas Iyer got a full series but he should be the first one to admit that he has blown it with both hands that he has blown it with both hands and when India next play against Ireland at Malahide, his place will go to Suryakumar Yaday, consid-ered a way better T20 proponent. There is something about big ICC event years and Karthik revving

up his performances.

He is already going to don the big gloves in Ireland and the manner in which he is proving to be an asset at the back-end, no one should be raising eye-brows if he becomes the designated keeper-batter by the time India play Pakistan at MCG the in the last week of October.

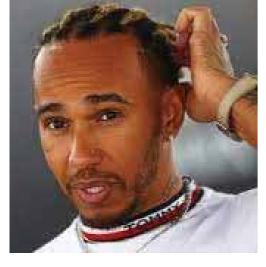
Among the bowlers, Bhuvneshwar Kumar is once again swinging the new ball and Avesh Khan, having developed a well-disguised bouncer along with an ability to bowl more fuller and hit the hard lengths, is also a contender among the five pacers that India despite an improved effort, have been below-par. Axar Patel has blown hot and cold, but more important, looked uni-dimensional while Chahal, in his bid to be quicker through the air, has proved to be profligate.

The series hasn't been one of India's best but somehow, just like top teams do, the 'Men In Blue' have found their way out to win matches under pressure. That augurs well as Pant and his men aim to wrap up the series at the 'Garden City'.

Teams (from): India: Rishabh Pant (c & wk), Ruturaj Gaikwad, Ishan Kishan, Deepak Hooda, Shreyas Iyer, Dinesh Karthik, Hardik Pandya, Venkatesh Iyer, Yuzvendra Chahal, Axar Patel, Ravi Bishnoi, Bhuvneshwar Kumar, Harshal Patel, Avesh Khan, Arshdeep Singh, Umran Malik.

South Africa: Temba Bavuma (c), Quinton de Kock (wk), Reeza Hendricks, Heinrich Klaasen, Keshav Maharaj, David Miller, Lungi Ngidi, Anrich Nortje, Wayne Parnell, Dwaine Pretorius, Kagiso Rabada, Tabraiz Shamsi, Tristan Stubbs, Rassie van der Dussen,

## F1 puts brakes on porpoising as it bounces back into Canada



**AP** MONTREAL

ewis Hamilton joked that he felt shorter from the Labuse to his spine last week as the seven-time Formula One champion bounced around the street circuit in Azerbaijan.

It took all week for his body to recover because Mercedes is suffering from effect plaguing several teams after F1 cleared the way for different techniques for downforce aerodynam-The FIA stepped in ahead of the Canadian Grand

Prix with technical directives designed to counter the bouncing of the cars that's been a byproduct of ground effect changes, a move welcomed by Hamilton for his He's not seen a physician about many of his ail-

ments - Hamilton uses Angela Cullen, his personal physiotherapist, for recovery - but couldn't dismiss the possibility he and other drivers are being subjected to potential micro-concussions each time they are

"I've definitely been having a lot more headaches in the past months, but I've not seen a specialist about it, so I'm not taking it too seriously. I've just taken painkillers, so hopefully I don't have any concussions,' Hamilton said Friday

He rejected the idea his suffering is worse than others because he's 37 - "there's a lot more to recovery and I don't think that journey has anything to do with age, I think it's generally just because the bruising can be quite severe" - and Hamilton insisted the porpoising needed to be addressed by F1's governing body for safety reasons.

"Putting the technical stuff aside... I cannot stress more how important health is for us," he said. "Safety has to be paramount and has, has to be the most important thing.

But reactions to the change differed amongst the 10 teams - and had little immediate effect on Friday's two practice sessions. Max Verstappen, the reigning champion and current points leader, paced both sessions as he seeks his sixth win in nine races. Hamilton was 13th in Friday's second practice, and teammate George Russell was seventh.

Ferrari driver Charles Leclerc, for example, did not think the FIA should have stepped in ahead of the ninth race of the season. Some teams have better managed the issue, he said.

"I feel it is the team's responsibility to give me a car that is OK to drive, and I don't have any particular problems with it," Leclerc said.

Yes, it is different from last year's car, whether it is undrivable, or very hard on myself, I don't think it is. On our side, we found solutions to make it bet-

Verstappen was against a technical directive for the same reasoning: Red Bull isn't struggling the same way rival Mercedes is, and Mercedes and the teams bogged down by the porpoising need to raise the ride height on the cars to stop the bumping.

The porpoising we have at the moment is not nice and I don't think it's correct, but some teams are able to handle these things a lot better than others,' Verstappen said. "It is possible to get rid of it, so I don't

think we have to overdramatize what is happening. The theory throughout the paddock is that raising the right height will hurt performance, something Mercedes is not willing to sacrifice even at the expense of its drivers' aching bodies.

## India shines on day 1 of Asian Track Cycling Championships, bag 10 medals

PTI ■ NEW DELHI

a start to their campaign at the Asian Track Cycling Championships by bagging 10 medals, including a gold, on the opening day of competitions here on Saturday.

The opening day of the 41st Senior, 28th Junior Asian Track and 10th Para Track Cycling Championships witnessed 12 finals out of which four were for Para Championships. The Indians clinched one silver and six bronze medals in the senior and junior events, while one gold, one silver and one bronze were won in the Para events. The Indian team opened its tally

with a silver medal in the junior women's 4km team pursuit event with Pooja Dhanole, Himanshi Singh, Reet Kapoor and Jasmeek Kaur Sekhon clocking 4:54.034s against Korean riders KIM Chaeyeon, Cheon Yunyeong,



Kim Eunsong, AN Yeongseo, who clocked 4:47.360s to win the gold. Kazakhstan bagged the bronze with a timing of 4:48.872s.

In senior women's 4km team pursuit event, the Indian riders consisting of Rejiye Kh Devi, Chayanika Gogoi, Meenakshi and Monika Jat outclassed Uzbekistan riders Evegeniya Golotina, Madina Kakhkhorova, Margarita

Misyurina, Yania Kuskova to secure a bronze medal by clocking 4:44.699s. After a gap of 17 years, the Indian team won a medal in the senior

women's category in any Asian Track Cycling Championships. Gold and silver in the event were won by Korea (Jumi Lee, Jieun Shin, Youri Kim, Ahreum Na) and Kazakhstan respectively. The Indians clinched another bronze when Niraj Kumar, Birjit Yumnam, Aashirwad Saxena and Gurnoor Poonia combined to clock 4:22.737s and finish third in the junior men's 4km team pursuit event. Kazakhstan won the gold while Korea bagged the silver.

India secured another bronze in the senior men's 4km team pursuit event. Japan won the gold while Korea bagged

India chief coach VN Singh was a proud man after the display of the home team on the opening day.

"India has progressed a lot in the endurance events, around 8 years ago it was difficult to complete the race but now the scenario has changed and Indian riders are not only completing the races but also winning the medals,'

In the women's senior team sprint event, India's Trishya Paul, Shushikala Agashe and Mayuri Lute, who had accused former chief coach RK Sharma of sexual harassment during a recent training tour of Slovenia, won the

bronze medal with a timing 50.438s. Korea's Sunyoung CHO, Hae Ji Park and Hyeonseo Hwang won the gold, clocking 49.685s, while Japani's Riyu Ohta, Yuka Kobayashi and Mina Sato bagged silver with a timing of 49.973s. In the elite men's team sprint event, India's David Beckham, Ronaldo Singh and Rojit Singh won the bronze with a timing of 44.627s. Japan won the gold while Malaysia bagged the silver.

## Mumbai march into Ranji Trophy final, to meet MP

**PTI** ■ BENGALURU

Domestic giants Mumbai completed the formality of qualifying for the Ranji Trophy final by virtue of first innings lead on the final day of their lastfour match against Uttar Pradesh, here on

The 41-time champions, Mumbai thoroughly dominated from the first ball of the game, which ended in a draw, at the Just Cricket Academy ground.



Mumbai had posted 393 in their first innings and then bundled out Uttar Pradesh for a meagre 180, to gain a massive first-innings lead.

on Friday, Mumbai had piled up a mammoth 449 for 4 in their second essay, courtesy hundreds by Yashasvi Jaiswal and Armaan Jaffer.

At stumps of Day 4, Mumbai took an overall lead of 662 runs, making it amply clear that there was only one result possible from the match.

On Saturday, play began after lunch due to wet out-field and overnight batters Sarfaraz Khan and Shams Mulani continued to torment the UP bowlers.

Both Sarfaraz (59 not out) and Mulani (51 not out) completed their half-centuries, after which both the captains decided to shake hands.

Mumbai posted 533 for 4 in their second essay.

Sarfaraz hit one boundary and three sixes, while Mulani hammered six fours.

Mumbai will meet Madhya Pradesh in the final, which will be played at the M Chinnaswamy Stadium from June 22.

The final will be a battle between two former Mumbai players Amol Mazumdar and Chandrakant Pandit, who are coaches of Mumbai and MP respectively.

## Pant falling into outside off-stump trap, not a good sign: Gavaskar

PTI ■ RAJKOT

atting great Sunil **D**Gavaskar has questioned Rishabh Pant's shot selection, saying it is "not a good sign" that the Indian stumper is repeatedly falling into the outside the off-

stump trap in the ongoing T201 series against South Africa. Pant, who has scored 740 runs in 47 T20Is at

23.12, has been getting out in almost identical fashion while going for the big shot wife outside the off-stump. "He hasn't learned. He hasn't learned from his pre-

vious three dismissals, Gavaskar said while commentating on Star Sports. "They throw wide, and he keeps going for it. He can't throw enough muscle on that. He has got to stop look-

ing to go aerial that far outside the off-stump. "There is no way he's going to get enough on it. It has gone to short-third! They all plan it, South African bowlers and Temba Bavuma... just bowl wide outside

the off-stump and you will get him." Pant has scored 29, 5, 6 and 17 in the last four innings, "10 times, he has been dismissed wide outside off-stump (in T20s in 2022). Some of them would have been called wide if he hadn't made contact with it. Because he's so far away, he has to reach out for it. He will never get enough power on it.

## 'India has talent to win more Olympic medals in athletics'

ndary long jumper Anju **∟**Bobby George on Saturday said India has the talent to win more Olympic medals in athletics after superstar javelin thrower Neeraj Chopra opened the country's account by winning a historic gold in the Tokyo Games.

Anju, the lone World Athletics Championships medallist Indian with her bronze in 2003, said the athletes need proper guidance to achieve success.

"Indian athletes are good in technical events in Olympics but are yet to reach that level to win medals in sprinting and long distance running," she said

'We can win more Olympic medals in athletics. We need good coaches and facilities at grassroots. Through Khelo India Games, we are putting in effort but it will take time," Anju said at the TV9 'What India Thinks Today' Global Summit.

"Slowly, we will see the changes. Things are moving in a



positive direction," she added. Chief badminton coach of the Indian badminton team Pullela Gopichand said India can fight for gold medals in all

"To achieve that strong planning and execution and a scientific approach are needed," he

categories in the coming 4-8

"In the last eight years, Indian

Structures laid down by the govresults. But still a long way to go. "We have to identify talented players. Consistent scientific training with international exposure should be provided to them. The first step towards it is to identify players keeping in mind their physicality and talent," Gopichand said. Former India football captain

Bhaichung Bhutia said the country should target individual sports like China has done to win more medals. He said India realistically

sports have grown a lot.

should target 14 medals in the 2024 Olympics but winning 50 should be a long-term plan.

Shooting is the biggest medal prospect at the Olympics. Badminton, wrestling and archery are also huge prospects," he said.

On private investment in sports, Bhutia said academies set up by sportspersons is the way

## grandmasters in Chess. During fellowship programmes who can make big in the coming years.

## Indebted to chess, it's payback time: Anand

PTI ■ NEW DELHI

Tt's time to give back to the Isport, says the legendary Viswanathan Anand, who is seeking to enter global chess administration with an aim to make it professionally more enticing for the youth.

board still leave opponents grasping at straws, wants to fully commit himself as "someone" who can work towards the betterment of the sport.

In an exclusive interview with PTI, the five-time world champion charted out his future plans, days after the All India Chess Federation (AICF) unanimously decided to endorse his candidature for the deputy president's post in the forthcoming FIDE election.

"Compared to three or four years back, I have cut down on my time as a active chess player. I have long aspired to come into the chess administration and this opportunity as the deputy president will be a huge learning curve for me," Anand remarked. The game of chess helped

me become what I am today. It's time for me to give back. The idea is to encourage more youth to take up the sport seriously and Anand, whose moves on the make it a profession. I will communicate my ideas and vision once I am elected to the new panel," he added. While Anand will be part of

incumbent Arkady Dvorkovich's panel, among other candidates is the seasoned administrator and former deputy president of the international chess federation, Bachar Kouatly. However, Anand believes

the Dvorkovich administration will have a clear advantage over the others because of the work done by them to make the sport immensely popular, especially at the height of the COVID-19 pan-



tions. has done some outstanding work to give the game a facelift especially when every sport was sidelined because of the COVID-19 pandemic. So, I readily agreed to be a part this panel when I was nominated for the position," Peddi from Hyderabad. Anand said, speaking about his decision to take part in the elec-

The year was 1987 when India got its first grandmaster in Anand. As many as 35 years down the line, India has 74 of them, with the latest being the 19-year-old Rahul Srivatshav

"I always had a firm belief that we deserve to have many

the first time ten years of my career, there were only Pravin Thipsey, Dibyendu Barua, and I. But the current figures make me immensely happy because of the fact that we have progressed so much in chess by leaps and bounds," Anand said.

It is unbeknownst to many that there is a serious cost factor involved when it comes to making a child an age-group world champions or a Grandmaster. Unlike other sports like cricket, football, badminton, or even hockey, where talented athletes are offered scholarships, chess doesn't seem to have many.

Anand, however, mentions that once he gets into administration, his prime focus would be to help those athletes who are talented enough to make the country proud.

The (Viswanathan) Anand academy already nurtures many talented youngsters through the

Besides, the FIDE has many ongoing projects for such talented athletes, especially in a country like India, where there is no dearth of talent. "If and when I involve myself

as an administrator, my main focus would to guide the top talent who can make India immensely proud."

Following his spectacular show at the recently-concluded Norway Chess event, where he beat his arch-rival and current world champion Magnus Carlsen, the 52-year-old Anand is back in the top 10 of the world chess rankings after a long hiatus of 32 months.

During the discussion, Anand also brushed aside retirement plans said that even if he makes a foray as an active administrator, he will not bid adieu to the sport as a player any-

#### ANUPAM KHER

The actor, who is known for his work in films like Saaransh, Vijay, Ram Lakhan, Khel, Darr, among others, speaks with SUPRIYA RAMESH about his experience shooting for The Kashmir Files, why he thinks it stands out and more. Catch the world television premiere of The Kashmir Files on Zee Cinema on June 25 at 8 pm

**VERY SOUL'** 



Did shooting in Kashmir bring back any childhood memories?

engraved in our very soul. Going back to my home ground for this film was a life-altering experience. I couldn't believe my own memory of how it was still so fresh in my head. The beautiful meadows of Handwara and Sopore, family visits to Kheer Bhawani, Nishad Gardens and probably the most enchanting place in the world - Dal Lake! I still remember how Baramulla's cherries used to get delivered to my house through our tiny window. I must have covered every alluring spot on the face of this Earth and I would say, if there's true beauty on this plane, haminastu, haminastu!

> ■ What made you believe in Vivek Agnihotri's vision for the story?

Making a film on Kashmir's history is no easy task. Vivek's approach for The Kashmir Files seemed a liberating one. When I heard the script, I was sure I wanted to be a part of the project. Of course, the subject is close to my heart but also, it was an intersection point where my heart and craft synced. There were moments on the set where Vivek and I used to look at the monitor after the shot and get overwhelmed. I think that's the passion I saw in him which got me immediately onboard

I LIKE TO KEEP MOVING, KEEP EXPERIMENTING AND REINVENTING MYSELF. **CROSSING BORDERS** TO TEST MY CRAFT COMES WITH A LOT OF CHALLENGES THAT KEEP ME ON MY TOES **ALL THE TIME** 

■ What do you think drove The Kashmir Files to break box-office record?

Films have been an integral part of our lives, they enrich our perspectives and fuel our way of life. The Kashmir Files was our small attempt at translat ing a whirl of emotions into a script and letting a wave out for people to connect with and feel heard. We all have gone through the worst in the past two years but it was pain and grief that brought us close. The Kashmir Files is a window to the unforgettable time Kashmiri pandits have seen in their lives and, in some way, I feel people resonated with that pain. What followed was a chain reaction of emotions

across the globe that drove the success of this film.

How was your experience working with your co-stars?

First of all, I'm grateful to Vivek and Pallavi for making The Kashmir Files. It's beyond any words that can justify what the journey was like for us. It was a delight to collaborate with Pallavi and Mithun Da after a long time. Also, working with Darshan Kumar and Bhasha Sumbli was an absolutely refreshing experience. Collectively, it was an intense process for us to shoot for this film as we felt the pain all over again. At times, it was difficult to separate on-screen emotions from what I felt within for real. However, seeing my co-actors immersing themselves into the role and completely detaching from the real world, made the whole process easy to follow.

■ You've worked on more than 500 films. What do you think stood out about this project?

I like to keep moving, keep experimenting and reinventing myself. Crossing borders to test my craft comes with a lot of challenges that keep me on my toes all the time. However, I believe The Kashmir Files is beyond every film that has been a career-defining for me. This film isn't a script or elegant series of dialogues, it is truth, my truth. So, clearly it stood out and made its impact on the world.

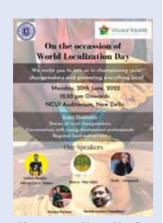
## Plan Your Day

#### **GO LOCAL**

illage Square in collaboration with National Cooperative Union of India (NCUI) will celebrate World Localisation Day with rural changemakers, development professionals and artisans from across India

As the name implies, event will be the culmination of stories, insights, ideas, and opportunities around Vocal for Local through storytelling by rural changemakers, panel discussion on opportunities for youth in developing rural India and local food and craft fair. Shop local food and craft from

World Localisation Day is celebrated on June 20 every year. It aims to inspire the worldwide localisation movement for systemic change. The objective of the event is to showcase local influencers.



sourced products and bring them to our urban audience to get a flavour of localism

What: Food & art fair Where: NCUI Auditorium, Hauz Khas, New Delhi When: June 20, 2022

# Sound of.

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

**Bollywood Vibes** 

Darbadar (Jubin Nautiyal) Naacho Naacho (Rahul Sipligunj)

**English Vinglish** Numb (Khalid) Yet To Come (BTS) So Good (Halsey)

Sun Bhi Le (Arijit Singh) Tera Sath Ho (Guru Randhawa) Dafa Kar (A R Rahman)

Potion (Calvin Harris) Bump Heads (Eminem)

−his Father's Day don't miss a chance to surprise your father and make him feel special and pampered. He is the man who grants your wishes and happiness after all. So, if you are stumped as to what to do for your father, go for

some cool fandom accessories and pop culture products from Epic Stuff Store- The Home of Heroes! It has got the ultimate collection of super cool officially licensed fan merchandise of Harry Potter, Friends TV show, Game of Thrones, Batman, Superman and even good old Tom & Jerry.

Pick and choose your favourites from an array of fabulous creations and get the kind of product that defines your dad's personality.

Ceramic coffee mug: Your dad deserves teh best coffee. Give the gift of a great cup of coffee in a mug that celebrates the best dads out there.

Priced at: ₹399

Wall clocks: For the best dad in the world, give the gift of time. A new wall clock is a perfect way to show how much you Priced at: ₹699



In today's fast-paced life where we have no time to guard our mind and body, yoga seems to be the perfect way to untangle both. This International Yoga Day, learn and practice it the right way

oga is a mind and body practice. Different styles of yoga combine physical postures, breathing ways and contemplation or relaxation. Yoga training is more than just gaining flexibility and strengthening immunity. However, they can help you lead a healthy and peaceful life if the training is followed right. There are many effects that you can follow on and off the yoga mat so you can also lead a life of pleasure and relaxation. \*Exercise gratefulness

Yoga helps calm down your mind and concentrate on the effects in your life that you are thankful for. As you exercise gratefulness on the mat, you shall also embrace gratefulness in your diurnal life. Life is short to concentrate on effects that outrage you but should rather be appreciated for aspects that make you happy.

\*Let it flow

Yoga satisfies your inner peace and teaches you that nothing in this world is endless. Stress can destroy you mentally and harm you physically but yoga saves you and heals everything.

\*Live in the present

We all spend time planning and living in the future. Though the idea can be enticing, yoga teaches you to be present at the moment. Once you start living in the present, you tend to appreci-

\*Exercise ahimsa While doing yoga, you take care of

your body by not stretching it too far. You can also exercise it off the mat by being kind and compassionate toward other humans, creatures and all forms **∗**Will to evolve

During yoga, you increase your stamina and stimulate your body to be ready to evolve, encouraging yourself to be more accepting of the change. Similar is the amenability to evolve and learn every day in your life. There are six branches of yoga and

each of it represents a set of character-Hatha yoga: It is the physical and

internal branch that aims to raise the body and mind



*Raja* yoga: It involves contemplation and strict adherence to a series of correctional ways known as the eight branches of yoga

Air yoga: It is a path of service that aims to produce a future free from negativity and egoism

Bhakti yoga: It aims to establish the nel feelings and cultivate acceptance and

Jnana yoga: It is about gaining wisdom, following the path of scholarly and growing your mind by studying and educating yourself

Tantra yoga: It promotes self-love, respect and acceptance, and the consummation of a relationship

There are numerous types of yoga practices all over the world to keep you mentally and physically fresh but have you ever heard about prana flow? When restated from Sanskrit, prana means "breath of life," "spirit- energy," "vital energy," or "life force energy. Various *yogis* who have devoted their lives to *prana* and yoga have endured an inflow of energy through their spirits over the time. The inflow of energy is harmonious and flows organically



through all corridors of the body to keep it active and healthy and builds the vulnerable system for the well-being of the body as well as rapid-fire mending in case of injuries and hurt.

The movement of breaths is associated with *prana* inflow — as you gobble, the energy is drawn overhead and as you exhale, energy flows over.

Prana promotes the actuality of the

energy throughout the macrocosm and within ourselves, which is responsible for every voluntary and involuntary action in our body - from breathing to thinking. It is also responsible for the quality of our studies, energy and rotation to different corridors of our

It promotes the actuality of an energetic body away from our physical body

that is present in the macrocosm. The

subtle or energetic body is associated with one's air or vibe that helps a yogi feel someone's additional energy when The energetic body consists of a net-

work of channels, more frequently known as the nadis, made of the main central channel, two side channels - the sun and the moon and thousands of lower channels.

On the right side of the spine, the powers of wrathfulness, covetousness, aversion, apprehension, dislike and ignorance are flowing, meaning counting further on the negative or the hotter side of the feelings. Therefore, this side is frequently regarded as the 'sun' channel of the energetic body and is represented as 'ha' in Sanskrit. While on the left side of the spine, the comparatively cooler powers like that of desire, attachment, love, like and pining are flowing. Hence, naming the left side is the 'moon' channel of the body and is represented as 'tha' in Sanskrit.

central channel of the energetic body. The ultimate thing of hatha yoga through prana inflow is to combine the side channels into the central channel so they can come together as one energy inflow through physical manipulation of the body.

When the main idea of the prana inflow is achieved, a yogi has achieved 'samadhi' or full integration. Pure wisdom, bliss and pleasure come as an integral part of the yogi and flow through his central channel of the energetic body.

There are various poses and asanas that you can employ and will help in the energy inflow in your body. Some of which are rocking forward fold, empty coat sleeves, breath of joy, high jab kicks, victory pose and tadasana.

Shruti Shah, Yoga Teacher, Founder-Flow with Shruti

#### "I was clear about my goal and decided to achieve it no matter what," says Anurag Jasuja

Much of the fascination in cryptocurrencies appears from the need to trade for profit with speculators driving costs high sometimes. Another operation that has born to associate degree upsurge within the digital world is digital selling. To interact with potential customers, digital channels like



search engines, social media, email and alternative websites are used. Although at the start, digital cash was an overseas and feared idea, people, particularly businessmen, took the danger and gained great profit and output. Crypto additionally helps you retain track of transactions involving a range of assets, as well as cash, assets, and

Anurag Jasuja, who has a keen interest within the digital selling world, believes that you simply will reach a broader audience with digital selling than you'll with ancient.

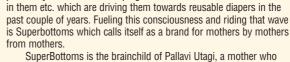
Jasuja, from a really young age started persuading his career and dealing towards his goals. He has an especially victorious fan base with a pair of million-plus followers on Instagram. His social media likes and views raised over 1,000,000 within the

last half dozen months together with his artistic and enticing content.

His posts are unit browse and appreciated by countless folks. He left no stone right-side-out in achieving his goals and has worked onerous, giving his 100 per cent dedication. Anurag says: "The journey wasn't straightforward. I had no power backup Nevertheless, I had a vision of my goals and continuously wished to figure something out for it.

#### Some mothers do 'ave it

Climate change and increased eco-consciousness is something on the uptick not just in India but globally. Of interest is how most Indian mothers are also increasingly using that as a purchasing influencing factor in even things like diapers for their little ones. There are additional factors like relatively higher presence of chemicals in disposable diapers, the higher possibility of children developing rashes etc.



could not find an eco-friendly, or even baby-friendly diaper for her child and decided to create one herself in 2016. The brand today, is a collaborative effort with a core team of parents, who have been striving to find the healthiest solutions to their babies' diapering needs. They also stand for responsible and equal parenting which besides sustainability are the core ethos of the company.

Each reusable, cotton diaper from Superbottoms has 17 layers of cotton and a microfleece lining and can stay dry all night. An innovative buttoning system (having a patent pending on it) ensures one-size-fits-all functionality and can fit a child up to the age of three years. And they can be washed, re-used, and repeated up to 300

"When we started out, people were not aware of the product's

potential as there were no strong players in the cloth diapering category back then. So, the onus was on us to inform and educate our customers, a practice we follow even today," says Utagi. It's the only reusable diaper brand in India to be certified by CPSIA as being safe for babies.

#### One needs to follow their passion to be truly happy: Irfan Siddique

Travel and lifestyle blogger, Irfan Siddique is on the hunt for the best in North India. He recently travelled to Himachal Pradesh and Uttarakhand to see some of the most beautiful and untouched portions in the State. His wanderlust photos and films are inspiring people to travel to those

He has provided thorough descriptions of each location he has visited, allowing his viewers to plan

their journey. From travel tricks and tips to hotel and destination reviews. His

depiction of Rishikesh was fantastic and the manner he portrayed Himachal's beauty is admirable. His stream is well-balanced, with topics ranging from travel to

skincare to automobiles. His footage of the Skoda Kushaq Monte Carlo automobile debut is similarly attractive. Siddique has worked for Ford India, Tata Motors, Skoda, Nissan India, MG Motor, Renault, and Hyundai, among others. His content's USP is detailed insights about travel, automobiles, and lifestyle products. He has appeared on television and has worked with every major Indian brand. He loves to know about different customs, cultures and traditions

Not only this, but his sense of styling is also something commendable if you are a fashion lover, you can take some ideas from his different looks. Moreover, his love for automobiles is not hidden, his Instagram has some fantastic content about vehicles and gadgets as well.

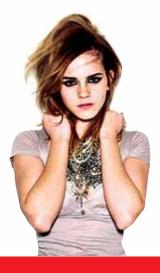
In terms of his personal life, Siddique has a successful corporate career as a product analyst. One of the highlights of his career was his collaboration with famous culinary expert Ranveer Brar.

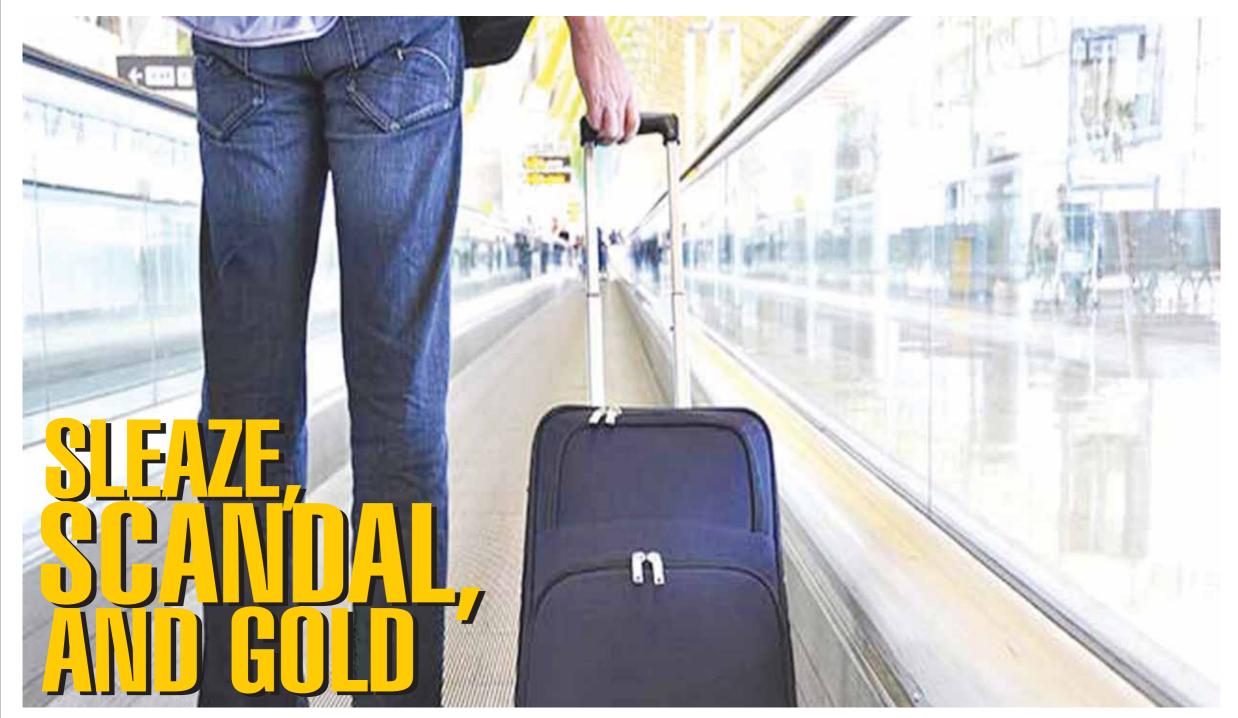


New Delhi, June 19, 2022

# a Common the pioneer of the pioneer

I don't want other people to decide what I am. I want to decide that for myself.





Swapna had dropped a 'bombshell' alleging that Chief Minister Pinarayi Vijayan had utilized the services of the consulate general to smuggle out a suitcase stuffed with currency notes to UAE during his official tour to West Asia in 2016, writes KUMAR CHELLAPPAN

erala is in a state of turmoil. The months of June, July, and August usually keep the state wet thanks to incessant rains of South West Monsoon. Instead of rainfall and hailstorms, Kerala has been pinned down by allegations of corruption involving a select few of the ruling CPI-M..

June 13 turned out to be a literal Black Monday for Chief Minister Pinarayi Vijayan who was flying back to Thiruvananthapuram from his native district of Kannur after the weekend sojourn in his palatial mansion at Pinarayi, his hometown. When the IndiGo aircraft landed at Thiruvananthapuram airport and Vijayan alighted from the plane, two young Congress workers who were travelling in the same flight shouted slogans like "Quit Pinarayi ,Quit" and "Down with Corruption". They were allegedly assaulted by E P Jayarajan, convenor of the Left Democratic Front and an acolyte of the chief minister. The "trouble makers" were handed over to Police who registered a case against the duo for the attempt to murder the Chief Minister. Jayarajan told reporters that both the Congress workers were fully drunk and it was difficult to make out what they were shouting at.

How come two murderers who were allegedly deputed to assassinate a VVIP consumed alcohol and got inebriated is a million-dollar question.

The incident that took place inside the aircraft was the culmination of a three-day long State-wide agitation and demonstration by the opposition Congress and the BJP demanding the resignation of Vijayan over the statement made by Swapna Suresh, a former liaison executive with the Thiruvananthapuram office of the United Arab Emirate Consulate General. Early last week, Swapna had dropped a 'bombshell' alleging that the chief minister had utilized the services of the consulate general to smuggle out a suitcase stuffed with currency notes to UAE during his official tour to West Asia in 2016. This is the first time in Kerala's political history that allegations of this magnitude are thrown at the top political leadership of the State. Swapna, who herself is not an honest character, had given a statement to a judicial magistrate at Ernakulam under Section 164 of the Code of Criminal Procedure that she had facilitated the transport of the suitcase stuffed with currency notes through the diplomatic channel in Thiruvananthapuram international airport to be flown as diplomatic baggage to the UAE. She also disclosed that the then consul general of the UAE had sent big vessels covered with silver foils from his office to the Chief Minister's Official bungalow Cliff House. Though it was claimed at that time that the vessels were packed with biriyani, questions are raised about Vijayan's obsession with the delicacy. "Eating the UAE-cooked biriyani

every day is suspicious and needs an elaborate probe," said a senior opposition leader. It is alleged that the biryani vessels were being deployed to smuggle gold from West Asia to Cliff House.

The memories of 2019-20 are still fresh in

the memory of the people. Swapna Suresh, and her associates Sarit and Sajith were arrested by the central agency for alleged smuggling of gold through diplomatic channels in the airport. The 2021 assembly election was fought against the backdrop of Swapna, Gold and Smuggling. She was arrested by the National Investigation Agency and the Customs Department under charges of gold smuggling but was released on conditional bail after yearlong incarceration. Sarat and Sajith, her two male associates too were arrested by the police but the prize catch was M Sivasankar, the IAS officer who was the principal secretary to the chief minister allegedly for facilitating the smuggling. Sivsankar spent almost six months in jail before he too was granted bail in the case. Meanwhile, the investigation into the case by the central agencies like Enforce Directorate, Customs, Directorate of Revenue Intelligence and CBI came to a halt as the State administration put up a massive resistance against such probes. The agencies could not lay their hands on the file related to the "gold smuggling" as the room in the State Secretariat where the files were stored was engulfed in flames devouring the entire stock of files. Though Swapna and her associates had visited the Chief Minister's Office and residence more than a dozen times to take orders, the closedcircuit TV visuals from both the venues were lost "because of thundershowers and lightning". Moreover, the probing agencies could not extradite the kingpin of the smuggling syndicate based in Dubai because of his connection in high places.

It was at this juncture that Swapna, who had been a Kerala State Government Official coordinating with scientists of the Indian Space Research Organization (ISRO) to set up Kerala's Space Park in the capital city, came out with the disclosures about the chief minister taking with him the currency notes to UAE. Swapna also claimed in her statement that Vijayan's wife Kamala, daughter Veena and her new husband Mohammed Riyaz (minister for PWD and tourism in Vijayan's council of ministers) have business interests in West Asia and had sought the former's help in meeting the Dr. Sheikh Sultan bin Mohammed Al Qasimi, Ruler of Sharjah, during his visit to India in April 2017. Swapna said the chief minister, his wife and daughter had one on one meetings with the ruler of Sharjah and had asked him for help in investing their savings in Sharjah. Though Veena Riyaz was granted permission to set up an enterprise in the oil kingdom, it was withdrawn following opposition within the

2019-20 ARE STILL FRESH. SWAPNA SURESH, AND HER ASSOCIATES SARIT AND SAJITH WERE ARRESTED BY THE CENTRAL AGENCY FOR ALLEGED SMUGGLING OF GOLD THROUGH DIPLOMATIC CHANNELS AT THE AIRPORT. THE 2021 ASSEMBLY **ELECTION WAS FOUGHT** AGAINST THE BACKDROP OF SWAPNA, GOLD AND SMUGGLING. SHE WAS ARRESTED BY THE NATIONAL INVESTIGATION AGENCY

THE MEMORIES OF

INCARCERATION

**CONDITIONAL BAIL** 

AFTER YEAR-LONG

AND THE CUSTOMS

**CHARGES OF GOLD** 

RELEASED ON

DEPARTMENT UNDER

SMUGGLING. SHE WAS

royal family itself, according to Swapna. If these allegations are found true, this could end up as a major case against Pinarayi Vijayan for violation of diplomatic propriety. The disclosures come at a time when there are reports in a section of Kerala media that Vijayan and his family had made thousands of crores worth of investments in the UAE.

Despite Vijayan feigning ignorance about Swapna ( he described her as the controversial woman), she had made it known that she was a regular visitor to the former's household and had tutored the chief minister and his family members about the etiquettes to be followed while calling on the Ruler of Sharjah. In another disclosure, Swapna alleged that Vijayan had illegal relations with Believer's Church, a sect launched and owned by self-styled bishop K P Yohannan. He had helped Vijayan and family members in laundering their ill-gotten wealth abroad. To date, names of only a couple of prominent RSS leaders were having illegal relations with Yohannan and his Church. These Sangh leaders had helped the Believers' Church to open schools, orphanages and hospitals in north Indian states. Interestingly, the Sanghowned newspaper and publications were careful not to publish reports about the Income Tax Department's raid in Believers' Church offices and institutions owned by the Church. There was a lot of sound and fury when the Kerala Government led by Vijayan decided to purchase the Cheruvalli Estates of the Church measuring more than 1,000 acres to construct an airport in Sabarimala. The raid by IT department in 2020 had hogged the national limelight when it was announced by the officials that an amount of Rs seven crore was found in a car parked in the Church-owned

establishment. Swapna's disclosure to the judicial magis trate was just one of the charges being faced by Chief Minister Vijayan who returned to power with an unprecedented majority of 99 seats (out of 140 that were at stake) in the 2021 assembly election. Vijayan's is the first government in the last four decades to win successive elections and retain power. But the second term of Vijayan began with a lot of heart burning among senior CPI-M leaders as they were side-lined during the election and ministry formation. Mohammed Riyaz, daughter Veena's new husband, who was elected to the House for the first time was made a minister and important portfolios (tourism and Public Works Department) were given to him. Similarly, the appointment of T N Seema, a former heart-throb of party leaders as chairperson of the Nava Kerala Mission in the rank of principal secretary to the State, has shocked the entire bureaucracy. "Her only qualification is that she had accompanied the chief minister in his State-wide yatras and nothing more than that," said a serving IAS officer.

The CPI-M and its chief minister have become the butt of jokes even within the party and its alliance partners. The present scenario reminds one of the scenes from the 1991 movie Sandesham, a political satire directed by ace movie maker Sathvan Anthikkadu, which became a runaway success thanks to the punchline dialogues. The opposition RMP's strategy to attack the ruling INP is to link the young leaders of the latter to all illegal pregnancies and sex scandals happening across the State, and this has come true in the case of the CPI-M. Not a single day passes in the State without reports about sex scandals featuring CPI-M leaders in them. When the CPI-M was in the opposition in 2011 it had used the services of Saritha Nair to discredit the then chief minister Oommen Chandi. Saritha had alleged that Chandi had summoned her to his official residence and abused her sexually. One of the very few politicians in the State with a clean image, even Chandi's rivals would not have believed the charges. Commissions of inquiry and Courts found the charges to be baseless and exonerated him from all cases

Kerala's tryst and rendezvous with sex, scandals, and spicy allegations are nothing new. The Marxist-dominated media in the State needs three or four essential ingredients to churn out spicy reports about anybody who matters in public life. Remember the 1995 ISRO spy scandal? It had a fair and fat Mariyam Rasheeda, a Mali woman, Nambi Narayanan, and Sasi Kumaran two leading space scientists, an IPS officer who was infamous for his passion for fat women... A series of 'stories' peppered with spicy and steamy incidents which may put Harold Robins to shame figured in Malayalam newspapers and weeklies. Decades later, Cherian Philip, a Congress leader, disclosed to the world that the spy scandal was a ploy by the party faction opposed to K Karunakaran, the then chief minister to unseat from the chair in which they succeeded. While Karunakaran bowed out from political center stage with tears in his eyes, the accused police officer was elevated to the post of the state police chief by the same politicians who were once crying for his blood. India's quest for cryogenic engine technology continues without success as Narayanan and Sasikumaran opt for premature retirement.

Now, we have Saritha Nair, Swapna Suresh, and a host of other ladies.. The chances of the central agencies reaching anywhere near the truth in the gold smuggling case look bleak as all lawyers appearing for the agencies are Swayamsevaks!

(The writer is Special Correspondent of The Pioneer)

New Delhi, June 19, 2022

# LOOMING PANDEMIC

By 2050, 11.44 million people in India are expected to be living with dementia, which is up from 3.84 million in 2019, says the Global Burden of Disease study, published in the Lancet Public Health. It will primarily be due to population growth and population aging coupled with factors like smoking, obesity, high blood sugar, and lack of education of the subject. Side effects of medicines, vitamin deficiencies and thyroid hormone imbalance are other causes while Covid-19 has just added to the woes. The HEALTH PIONEER reports.



ome lapse in memory over time Sin an elderly person is expected. However, forgetfulness becomes problematic if you find your loved ones struggling to remember recent events or conversations, constantly asking the same questions, repeating themselves or forgetting how to perform tasks they've been doing conmaking tea. High chances are that they might have dementia.

Dementia is an umbrella term used for impaired ability to remember, think, or make decisions that interfere with everyday activities. Alzheimer's disease—a progressive neurologic disorder that causes the brain to shrink and brain cells to die is the most common type of dementia.

It is common in people over 65 years but is also seen sometimes in younger people in their 50s. Medical

◆Developing effective ways to meaningfully engage the elderly using puzzles, simple kitchen activities, music, classic movies, reminiscence activities, or colourful

Don't argue or correct them understand their sense of reality and live in it with them.

◆Seek professional help when required so that you don't burn out.

experts say that there is a tendency to ignore early signs of dementia and most patients are brought for medical help when their disease is in advanced stages in India.

The World Health Organization reports on dementia rings an alarm bell. "Today there are around 55 mil-

#### **GO HEALTHY**

Seven healthy habits can help in lowering cases related to dementia among people with the highest hereditary risk, research by American Institute of Neurology has said. These are: eating better, being active, not smoking, losing weight, blood sugar and maintaining healthy blood pressure. The findings have been published in the journal

lion people worldwide living with dementia, with over 60% living in low and middle-income countries. As the proportion of older adults increases, this number is expected to rise to 78 million in 2030 and 139 million in 2050! Dementia also happens to be the 7th leading cause of death

DEMENTIA DEVELOPS SLOWLY OVER DECADES, FIRST MANIFESTING AS GRADUAL COGNITIVE DECLINE THAT ONLY SHOWS UP IN COGNITIVE TESTS. IT THEN DEGENERATES INTO COGNITIVE IMPAIRMENT IN WHICH THE INDIVIDUAL NOTICES THEIR FAILING MEMORY BUT CAN STILL LOOK AFTER THEMSELVES AND FINALLY INTO FULL-BLOWN DEMENTIA

amongst all diseases," it says.

"India's burden would be much higher than what the Global Burden of Disease data shows," Prof (Dr) Rajinder K Dhamija, Director of the Institute of Human Behaviour and Allied Sciences in New Delhi said, adding that the Government need to

work on the national policies and programmes specifically targeting epilepsy, neuro infections, dementia and neuro-degenerative diseases.

As per 2020 Lancet Commission, nearly 40% of dementia cases could be prevented or delayed if exposure to 12 known risk factors were elim-

#### TIPS TO CONSIDER EARLY ON AND AS THE DISEASE PROGRESSE

- 🗖 Try to keep a routine, such as bathing, dressing, and eating at the same time each day.
- Help the person write down to-do lists, appointments, and events in a notebook or calendar.
- Plan activities that the person enjoys and try to do them at the same time each day
- Consider a system or reminders for helping those who must take medications regularly.
- When dressing or bathing, allow the person to do as much as possible.
- Buy loose-fitting, comfortable, easy-to-use clothing.
- Use a sturdy shower chair to support a person who is unsteady and to prevent falls. You can buy shower chairs at drug stores and medical supply stores.
- Be gentle and respectful. Tell the person what you are going to do, step by step while you help them bathe or get dressed.
- Serve meals in a consistent, familiar place and give the person enough time to eat.

#### TO HELP MAKE COMMUNICATION **EASIER FOR PWD, YOU CAN:**

- Reassure the person. Speak calmly. Listen to his or her concerns and frustrations. Try to show that you understand if the person is angry or
- Allow the person to keep as much control in his or her life as possible.
- ☐ Respect the person's personal
- Build quiet times into the day, along with activities.
- Keep well-loved objects and photographs around the house to help the person feel more secure.
- Remind the person who you are if he or she doesn't remember, but try

- Try distracting the person with an
- activity, such as a familiar book or photo album, if you are having trouble communicating with words.

#### REMOVE HAZARDS AND ADD SAFETY FEATURES AROUND THE HOME. TRY THESE TIPS:

- If you have stairs, make sure there is at least one handrail. Put carpet or safety grip strips on stairs, or mark the edges of steps with brightly colored tape so they are more visible
- Insert safety plugs into unused electrical outlets and consider safety latches on cabinet doors.
- Clear away unused items and remove small rugs, electrical cords, and other items the person may trip
- Make sure all rooms and outdoor areas the person visits have good lighting.
- Remove/lock up cleaning and household products, such as paint thinner and matches.

#### TIPS FOR A HEALTHY AND ACTIVE LIFESTYLE FOR PWD

- Consider different activities the person can do to stay active, such as household chores and cooking, exercise, and gardening. Match the activity to what the person can do. Help get an activity started or join
- in to make the activity more fun. Add music to exercises or activities
- if it helps motivate the person. Be realistic about how much activity can be done at one time.
- Several short "mini-workouts" may be
- Take a walk together each day. Buy a variety of healthy foods, but consider food that is easy to prepare.
- Give the person choices about

inated — low education, high blood pressure, hearing impairment, smoking, midlife obesity, depression, physical inactivity, diabetes, social isolation, excessive alcohol consumption, head injury, and air pollution. Dr Suvarna Alladi, Professor of

Neurology, National Institute of Mental Health and Neurosciences, ment. "Dementia is common brain disease among older people with loss of memory being a major problem which might lead to agitation, suspicion and other distressing behavioural problems. Thus, it is very important to consult a doctor in the early stages of the disease, so that the best can be done for persons with dementia," Dr Alladi was speaking at an ASSOCHAM event recently.

Type 2 diabetes, heart disease or stroke have double the risk of devel-

oping dementia, as per a study from Karolinska Institutet in Sweden published in the journal Alzheimer's & Dementia. Yet another study published in the Journal of Science and Medicine in Sport has found that better performance on physical tests is related to better cognition later in life and may protect against

The researchers found that children with the highest levels of cardio-respiratory and muscular fitness and lower average waist-to-hip ratio had higher midlife scores in tests of processing speed and attention, as well as in global cognitive function.

For caregiver too, living with PwD is full of challenges---confusing, frustrating, and heartbreaking as they require round the clock care and attention to get through their day. It becomes more challenging if they have other co-morbidities.

#### Yoga invites us to foster peace instead of panic, cultivate calmness instead of chaos, activate awareness instead of aggression, and experience freedom instead of fear. The International Day of Yoga on June 21, 2022, marks the eighth annual global celebration, the theme for this year is 'Yoga for Humanity'.

Bharat is the 'Vishwa Guru' of yoga. Yoga is our cultural heritage and our ancient and rich scriptures have given us the technology to achieve happiness, harmony, and well-being for all humankind. For this 8th year of the International Day of Yoga, the eight pillars of Ashtanga yoga are a reminder to reclaim our humanity and restore a sense of balance amid challenging times globally.

#### EIGHT PILLARS OF YOGA

The eight pillars of yoga help us to transform ourselves to reach our highest potential. The first pillar is Yama or ethical conduct of nonviolence, truthfulness, non-stealing, moderation of senses, and non-hoarding. Niyama or personal practices such as cleanliness, contentment, self-study, austerity, and effort, and surrender to divinity constitute the second pillar. Yama and Niyama are the foundation or bedrock of the other five aspects of yoga. The third component is asanas or physical postures which are comfortable to the body and uplifting for the spirit and the mind, allowing us to experience a sense of stillness, stability, and flexibility. Breathing practices or pranayama come next. One experiences a sense of lightness and joy with every inhalation and exhalation and a sense of control to modulate our mood and uncover the light within. The fifth pillar is Pratyahara or turning inward, just like

## YOGA FOR HUMANI'I

It is an irony that even though yoga is a gift of India to the world, it has been hijacked by the West and other countries and has now become a mega commercial industry. To claim what is truly our heritage, we need to propagate and promote yoga without deviation or diluting its classical essence, says Dr Ishwar V Basavaraddi

a turtle that withdraws its limbs within, one learns to detach oneself to experience a sense of quietude conducive to reflection and introspection. Dharana or concentration is the sixth pillar. Dhyana or meditation, the practice of remaining still without external or internal conflict is the penultimate. Samadhi, the sense of complete harmony with oneself, with others, and with the universe is the pinnacle of yoga practice, resulting in attaining moksha or complete liberation.

#### YOGA AS A SOFT SKILL

It is an irony that even though yoga is a gift of India to the world, it has been hijacked by the West and other countries and has now become a mega commercial industry. The commercialization of yoga is phenomenal at a global level. The industry is projected to grow to \$250 billion by the year 2027. In this space, India only has a very small slice of the pie. To claim what is truly our heritage, we need to propagate and promote yoga without deviation or diluting its classical essence. In this regard, there is tremendous support under the vision and the leadership of our Prime Minister Narendra Modi. Inspired by this vision, a three-



Firstly, we need to continue to enhance training and skill development. There is a systematic effort involving yoga gurus, major institutions, and schools of yoga toward the standardization of yoga through global certification. The process of benchmarking and setting high values and standards for yoga professionals and teachers who are properly qualified to teach is also underway. Secondly, creating employment opportunities to meet the huge demand for high-quality teachers within India and abroad is crucial through institutions that offer higher education in yoga with

robust standards. The thrust should also be on producing evidence-based research to support the myriad benefits of yoga. Yoga, as a soft skill can be furthered by encouraging yoga schools to teach in regional languages and harnessing technology to offer courses at a basic, professional, specialization level. Thirdly a sense of community and networking among working yoga professionals, not just within India by across the globe will begin to bridge the distance in communication and differences within the various approaches to yoga as is practiced today. RECLAIMING OUR HUMANITY

#### WITH YOGA

At a fundamental level, yoga improves our lives through holistic, integrative and sustainable practices. These include proper diet as is conducive to our wellbeing, proper practice of asana, pranayama, and meditation to enhance the quality of our lives and proper relaxation and recuperation to balance our body and mind.

Even though yoga may be practiced as a group, each person takes away what she or he needs depending upor their mental, physical, and emotional constitution. The teacher may be the

same, however, the effect that the teaching will have on each person will be different. The transformative nature of yoga helps us to transcend, as master Patanjali says "yogaha chitta vritti nirodha". Yoga invites us to transform and break the patterns of toxicity. At a very practical level, the technology of yoga can be utilized in myriad ways. For example, when one practices tadasana, (the basic standing posture), it can be performed in many ways depending on the situation and individual disposition. It can be performed with arms raised, as a side bend, or done with a twist while standing. The same tadasana can be modified for children as well as pregnant women, seniors, and those with disabilities. One size does not fit all, and yoga is a classic example of that.

#### ROAD AHEAD: ASPIRE, PER-SPIRE, INSPIRE

With abhyasa and vairagya (discipline or continuous study and a sense of detachment), we can all become more resilient and stronger in our bodies and minds. In this era of uncertainty marked by pandemics and wars, ancient Indian values such as nonviolence, integrity, and truthfulness are more pertinent than ever before. According to the Bhagavad Gita, Yoga is samatvam or a balanced state. May this International Day of Yoga not just be about a day of practice but a reminder to aspire towards our highest altruistic values and to share this light of yoga with others. 'Lokaha samastaha sukhino bhavantu' - May all beings in every space experience hap-

(The writer is Director, Morarji Desai National Institute of Yoga, Union Ministry of Ayush)

## TOP 300 DRUG BRANDS TO HAVE QR CODES ON

#### LABEL FOR ENSURING AUTHENTICITY The Centre has introduced quick response (QR) codes to

ensure authenticity and traceability of 300 common drug brands, including analgesics, vitamins, diabetic, and hypertension medicines, among others. Amendments have been made accordingly to the Drugs Rules, 1945, to implement this. In March, the Union Health Ministry had asked the department of pharmaceuticals (DoP) to shortlist 300 drug brands that can be included for implementation of mandatory QR codes. The National Pharmaceutical Pricing Authority (NPPA) had identified the list of 300 drugs, which include widely used medicines, such as painkillers, contraceptives, vitamins, blood-sugar, and hypertension medicines. Popular brands, such as Dolo, Allegra, Asthalin, Augmentin, Saridon, Limcee, Calpol, Corex, Thyronorm, Unwanted 72, were identified. These high-selling brands have been shortlisted based on their moving annual turnover (MAT) value, said an offi-

#### PARLIAMENTARY PANEL CALLS FOR RULES AND **GUIDELINES FOR E-PHARMACY SECTOR**

Expressing its displeasure on the delay in finalising the e-Pharmacy Rules to control the online pharmacies in the country, the Department related Parliamentary Standing Committee on Commerce has recommended the draft of the e-pharmacy rules the Centre has published almost four years back to be finalised and implemented at the earliest. The Committee, headed by Member of Parliament V Vijayasai Reddy, in a report on the promotion and regulation of e-commerce in India presented to the Chairman of Rajya Sabha on June 15, added that a comprehensive guideline for the e-pharmacy or e-health platforms should be released by the government, among others.

#### ALERT ON MEDTRONIC'S CERTAIN BATCHES OF AUTO SUTURE CIRCULAR STAPLER

The DCGI has issued an alert notice on US medical technology major Medtronic's DST series EEA auto suture circular stapler and loading unit with DST Series technology stapler used in open and laparoscopic surgeries as a glitch could result in various adverse impacts to the patients. The DST Series EEA stapler is used throughout the alimentary tract for the creation of end-to-end, end-to-side, and side-to-side anastomoses in both open and laparoscopic surgeries.

# Mental health, constraints, and a refined world

You are not alone in the - I Ziferstein, Russian psychiatrist

 $M^{
m ental}$  health involves identification, prevention as well as assessment and treatment of persons suffering from various mental health disturbances. The best way to judge the normality of behaviour of an individual is not only whether such behaviour finds acceptance by society but also whether such behaviour fosters the well-being of the individual, thereby of the group. It must not interfere with optimal functioning and growth. Medical sciences put their faith in vaccines and antibiotics for restraining physical aberra-

On the contrary, social sciences have been endeavouring hard to work out principles which prevent maladaptive behaviour and thus nurture a refined world. It must be remembered that causation of maladaptive behaviour has close implications for prevention and treatment. It is unfortunate that despite intense research work going into the relationship of both, we lack sufficient knowledge about the causes of functional psychoses like schizophrenia and bipolar disorders and a lot more. But the more fortunate thing is that with increasing scientific findings, our understanding of maladaptive behaviour has been getting enhanced and this in turn proves to be more capable of preventing unease and sadness. Mental health cases are, if I can use Allen Ginsberg lines from his famous poem KADDISH, "like a poem in the dark — escaped back to oblivion...". Incidentally KAD-DISH is a long poem Ginsberg wrote on the death of his men-

tally ill mother. What are the implications of prevention? Healthy development of human beings and their ability to cope with incoming dooms on physical, psychological and sociocultural levels are important criteria. Principal emphasis in physical health measures is on family planning and postnatal care, including genetic counselling, to assess and indicate defective children. Research in the field of genetic code may make it possible for people to genes. Next



Problems arise when we enter the realm of psychologhealth measures. Psychiatrists, by and large, are one with others on one crucial element; need to learn needed competencies: physical, emotional, intellectual and social. These competencies, a wellevolved individual requires in order to effectively grapple with anxiety-arousing situations and handle emotions constructively. Yet another psychological health measure is one that necessitates obtaining a correct frame of reference in terms of realty, feasibility and value assumptions.

Let me devote some time to two very important areas of abnormal psychology. First, for example, taking much explored and researched area of father-son relationship (Oscar M and his troubled relationship with his father so graphically depicted in Kafka's Diaries), when a father's assumptions about his young son are inaccurate, hypothetical and seem to be threatening to his son, that father's behaviour will be rated as maladaptive and away from realty. Similarly, Sigmund Freud, in his case studies volume 9, described a young boy who approached him for his problems of "fears", "compul- I don't have,/ The feelings I comes adequate nutrition for sive impulses" and "prohibi- don't have, I won't say I have, I comes across a father's inabil- awfully low. There are short- ry health centre or NGOs etc. Government of NCT of Delhi. expectant mothers and post- tions". Freud asked him to The feelings you say you have, ity to find satisfying values that ages of personnel in other cat- Second, he can join other Views expressed are personal)

state whatever occurred in his head even if these were "unpleasant, irrelevant or senseless". Freud noticed, "From the precipitating cause of the patient's illness in the adult years there was a thread leading back to his childhood."

Most importantly, Freud detected that "The conflict at the root of his illness was in essence a struggle between the persisting influence of his father's wishes and his own amatory predilections." Freud continued, "There can be no question that there was something in the sphere of sexuality that stood between the father and son...". Freud named it "The Father Complex". In general, Freudian analysis laid faith in the fact that unconscious contents of the mind consisted in "the activity of ....desires or wishes which drive their energy directly from primary physical instincts."

Second, there are many such explored relationships having relevance to human psychology: for instance, the relationship between man and woman as displayed in DH Lawrence's poems and novels. Let us look at some nuances of Lawrence poem: To Women, As far As I'm Concerned -

"The feelings, I don't have

relationship with his son. The job of a father is to prepare his son for problems son is likely to encounter in future at various life stages. Father's responsibility is all the more crucial if his son has suffered childhood traumas and has terrifying childhood memories. He must not compound his son's grievances by imposing his own unfulfilled desires. Fraud quotes in the case studies Persian mystical poet Muhammad ibn Muhammad as saying, "For when the flames of love arise/Then self, the gloomy tyrant, dies." In families, equilibriums

get disturbed many times due to untoward and untimely occurrences and at such times parents have an important role to play in adjusting their behaviour in a manner son does not move into the world of alienation and disequilibrium. Relationships between man and woman have explanatory values with reference to human psychology. Lawrence's poem is one such example. These and similar episodes from literature contribute to our understanding of abnormal behaviour.

Since sociocultural concerns reflect on pathological social conditions causing maladaptive behaviour, psychiatrists and psychologists pay increased attention to sociocultural factors in activating better development and functioning of all members. Measures like public education, social security, free shelter, medicines and food and social legislation to wipe out inequality in various spheres take into consideration future stress and psychopathological growth in adults and old people. Mental health of a person depends on how mature the society is.

However broad and laudable the objectives of mental health efforts both at government and non-government levels may be, resources place many limitations on such efforts. Though much headway has been made in the area of understanding, treating and preventing mental disorders, limitations continue to deter the professionals. Personnel inadequacy is

the first to catch our attention. It is well known that not only in India but also the world over, the number of psychiatrists mentioned instances, one available for treating patients is in a mental hospital or prima-

help in fostering a meaningful egories also like volunteers, psychiatric nursing, and other mental health fields. The second limitation is lack of facilities. Good and sophisticated buildings and other required infrastructure for servicing mentally ill persons who are admitted there are causes of concern. Non-existence of required facilities like mental health hospitals at local levels lead to behaviour disorders becoming more severe, harsh and more difficult to treat. Research is the third area of concern. Financing of mental health projects in view of the magnitude and social importance of mental disorders is inadequate. A study conducted long back suggested expenditure on alcohol is roughly 150 times more than expenditure on research on mental health. Research is mandatory for better concepts and procedures that help in better under-

> There has been criticism that mental health programmes are victims of duplications and yawning gaps. These seem to be collections of bits and pieces rather than an integrated whole. It ought to be remembered that persons suffering from mental health problems in their day-to-day life come across all sorts of handicaps: educational, financial, legal and occupational. Psychiatrists believe that there should be a combined in-house approach to address all such problems under one roof to help patients cope with all such issues. Severe shortage of data is frustrating.

standing of mental disorders.

One needs to turn one's attention to the services one can render towards mental health problems. A citizen can be helpful in more than one way. Be s/he a student, a lawyer, a businessperson, a politician, a film actor, s/he has her/his interests at stake, directly or indirectly. Though the mental health of a nation gets manifested in various ways like quality of leadership, moral responsibility, courage, selfreliance, scientific and cultural achievements, etc, in a democracy it is the people who plan and implement the goals. There are different ways an individual can assign to himself a role in the area of mental health. Psychologists suggest a number of such ways. First, he can volunteer to work members and act in a group and contribute to enlightened public education. Third, he can help and support others to understand the need for expanded mental health facilities for all age groups. Fourth, he can use science to create conditions that are conducive to solving problems of mental health.

To conclude, pragmatic wisdom dictates us the follow-

First, we are living in times when every one of us is fronted with difficulties that are difficult to cope with;

Second, these are the testing times when the individual in question will require psy-chological and behavioural assistance;

Third, such difficulties are common, not rare, that visit upon people from all sorts of life, from the poorest to the most affluent.

Fourth, primary forms of maladaptive behaviour, if unattended and untreated, may grow into severe forms of mental illness, including psychosis, as suggested by some psychiatrists. In order to prevent these, it is essential to have early detection and course correc-

Fifth, all types of measures - primary, secondary and tertiary - are very effective in the long-range management of mental health of both individuals and society. We cannot afford to ignore any.

Management of mental health requires a holistic approach because a majority of us face, at some point of time in life, one or other form of maladaptive behaviour: mild or serious. That is the reason Russian psychiatrist Ziferstein said, 'You are not alone in the world.' How tragic but really so

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Management of mental health requires a holistic approach because a majority of us face, at some point of time in life, mild or serious maladaptive behaviour in one form or another. But no matter how broad and laudable the objectives of mental health efforts both at government and non-government levels may be, resources place many limitations on such efforts



KK SRIVASTAVA

#### PERSPECTIVE -

# Sanctions bring Iran and Venezuela closer

The West can hope the continued camaraderie between Venezuela and Iran would not form another 'axis of evil' to challenge the current tumultuous power calculus in the world, already threatened by **Vladimir Putin and** possible aggressions from Xi Jinping in the days to come



MAKHAN SAIKIA

Hawkish Iranian President Ebrahim Raisi and his visiting Venezuelan counterpart Nicolas Maduro signed a 20-year partnership agreement last week to boost cooperation in energy, economy, tourism, culture and politics. After signing the deal, Raisi said Iran has always tried to have ties with "independent countries" and "Venezuela's resistance against imperialism and enemies was exemplary". The remark is very symbolic as it binds the Shia nation from West Asia to a South American country as both are targets of stringent economic sanctions from the US and the West. And, their coming together and signing a historic deal is well understood. Raisi reiterated that Iran "has decided to leverage" sanctions imposed on it and convert them into "improvement opportunities for the country". Iran is battling with its arch rivals, mostly the Sunni nations in the region like the UAE, Saudi Arabia etc which are maintaining longterm ties with the US. Therefore, Tehran is under constant pressure from both within and outside to champion the cause of the Shia nations and at the same time to counter massive economic sanctions so as to prevent the nation from driving towards a complete economic showdown.

Ostracised by the West, both Venezuela and Iran have found common ground to develop a stronger bilateral partnership. Economic and political relations have grown stronger between Tehran and Caracas despite continued US pressure to prevent the same.

Why has the US imposed sanctions against Venezuela and Iran? For over a decade and a half, the US has been persecuting Venezuela with stringent sanctions. The earliest sanctions imposed against Caracas were related to its lack of complete cooperation on anti-drug and counter-terrorism efforts. When Barack Obama was in power from 2009-17, he issued targeted sanctions against individuals for human rights abuses, corruption and anti-democratic initiatives. When Donald Trump came to power in 2017, he immediately expanded economic sanctions in response to increasing authoritarianism of Maduro over the years. Further, the Trump administration quickly recognised Juan Guaido, President of the democratically elected National Assembly, as interim President. Interestingly, along with the US, many other western governments projected Guaido as the country's rightful head of the state, decrying Maduro's constant attempt to crush democratic movements in the country. The Trump administration tightened sanctions against Venezuela's state oil

Venezuela, SA or in short PdVSA, the Central Bank and the Government. In fact, Trump threatened to sanction any company that works with the Maduro administration. Thus, Washington ratcheted up its bid to dethrone Maduro, who has been in power since

you would like us both to

have, we neither of us

have./The feelings people

ought to have, they never

have.../If people say they have

got feelings, you may be pret-

ty sure/they have not got

them./So if you want either of

us to feel anything at all,/You

better abandon all idea of feel-

"...abandon all ideas of feeling together," is what

Lawrence advocated. DH

Lawrence, the novelist evinced

keen interest in the abnormal-

ities of human behaviour,

including relationship between

man and woman. His novel

Sons and Lovers deals with the

themes of the Freudian

Oedipus complex. Lawrence

found in the relationship

between man and woman the

most important problem of

his age: sexual harmony as a

great spiritual passion. We

notice in his writings basic fea-

tures of human behaviour, his

religiosity and spirituality

which reflect on working of

mental activities. In Lawrence,

sex is a source of conflict and

passion; it is an emotional

activity giving us a psycholog-

ical insight into human nature

Taking the first two above-

and future of human beings.

ings altogether.

Maduro by all probabilities should have fallen by now. But being in power for almost nine years now, he has mastered the art of survival. In all these years, he had to encounter vehement protests from the Opposition, a section of military, media, civil society, international organisations and foreign nations. He has presided over one of the most devastating economic crises witnessed anywhere in the globe. His public approval ratings have sagged consistently while the oppositions have surged otherwise dramatically (the best instance being the result of the National Assembly election in 2015). Venezuela's journey to an autocratic system of governance started under its late President Hugo Chavez more than two decades ago. And this process has hardened under the leadership of Maduro as he was designated by Chavez as his successor. Political pundits say that by all world standards, Maduro's model of governance was a unique and an unusual case of democratic backsliding..

Corrales (2020) rightly says "granting the existing institutions the ability to perform a variety of functions traditionally reserved for other institutions", gives unbridled power to the President to save his position. This is what has made Maduro fail all the attempts of the opposition forces to stay in power till date

When it comes to Iran, the US has a long history of sanctions against Iran. For decades, it has been considered crucial by the US in its direct response to a series of the alleged evil actions by the radical elements and hardline governments in Iran. For the first time, the US imposed sanctions against Iran in the early 1980s in response to the country's active support to terrorism and extremism. From 1995, these measures were expanded against Tehran's continued support to terrorism and weapons of mass destruction (WMD). The sanctions included a full-fledged embargo on bilateral trade through the EO 12957 and 12959 signed by then President Bill Clinton. A year later in 1996, sanctions were imposed to isolate Iran from the non-US energy companies. Thus, a new idea of secondary sanction" surfaced differentiating them from the primary sanctions that directly target the US trade with a foreign country. The secondary

sanctions normally target the

company Pteroleos de Its "Function fusion", as non-US citizens or entities from engaging with trade with another foreign nation.

The signing of the Joint Comprehensive Plan of Action (JCPOA), popularly known as the Iran Nuclear Deal, on July 14, 2015 between the US, Iran and other five countries was a historic step by the Obama administration. The primary aim of the agreement was to curb Tehran's nuclear programme. Then Iran called the deal a "major step forward", while the US hailed it a step towards a "more hopeful" and "safer world". Moreover, the Islamic republic was more hopeful of bringing an end to the punishing sanctions against the country. But just after four years in 2018, President Trump withdrew from the JCPOA calling it "one-sided" and "horrible" and "defective to its core". Today, Iran's economy is in crisis. Many in Iran fear that the hawks in the US are trying to provoke a bitter conflict between the two nations.

The latest classified briefing organised by the Biden administration for Senators assured that Washington would ram up sanctions against Iran in the coming days. The reason seems to be the fleeting hope to revive the JCPOA. Hopes are really dim for a diplomatic pathway on Iran's fast expanding nuclear programme. These assurances come at a time when lawmakers from both the Republican and Democratic parties forced the Biden regime to articulate a back-up plan that could prevent Islamic Republic of Iran from joining the world's elite club of nuclear powers. For now, there are no talks. It is clear that existing sanctions against Iran would be maintained. But the Senators who attended the briefing put forward a range of possible next steps starting from a diplomatic solution to new punitive measures and finally huddling with new partners in West Asia.

Meanwhile Biden has revealed that he will be visiting Saudi Arabia and Israel in the next month to reassure its commitment to its allies in the region. In fact, his visit is not only a reaffirmation of Washington's alignment with its partners in the sensitive region but also to specifically display its "ironclad" commitment to Israel's security.

Now the question is whether the US and the rest of the West can achieve their strategic goals by unleashing punitive sanctions against Venezuela and Iran. Definitely, the answer is a big no. As the punitive measures go on increasing on Iran and Venezuela, their civilians' suffering is increasing. However, the principal aim of the western sanctions is to reverse the course of actions in both these countries along with many others in the world. Instead of

change or trying to bring liberal governments in such countries, the global governance system must see to it that such governments follow a rulebased international order. And for the current regimes in Caracas and Teheran, it is wiser not to bring hardship to their own people through their immediate actions simply by whipping an anti-western or an anti-American agenda. Such populist narratives are neither helpful for their countrymen nor for the international community. The bottom line is to maintain peace and equilibrium and not to invite chaos like the one imposed by Russia over Ukraine. Hope, continued camaraderie between Venezuela and Iran would not form another "axis of evil" to challenge the current tumultuous power calculus in the world, already threatened by Vladimir Putin and also possible aggressions from Xi Jinping in the days to come.

pressurising for a regime

(Dr Makhan Saikia has taught political science and international relations for over a decade in institutions of national and international repute after specialisation in globalisation and governance from Tata Institute of Social Sciences, Mumbai. He is the chief editor of the Journal of Global Studies, an international research journal)







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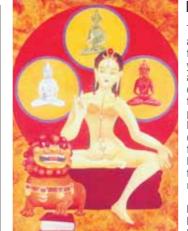




ARIES March 21-April 19

This week you need to be very cautious about your intake of liquor. Stress can be taking a mighty 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 bosses 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 on the lookout as there may be information about your health that has not yet come to light. If you feel that something is amiss with your health, believe in vour concerns and advocate for yourself. Be sure that you are supporting yourself as best you can with diet, exercise, nutrition and vitamins/minerals. On the career front, you miss a wonderful opportunity which has the potential to bring satisfying improvement in your status. Focus on your strengths, on what you do 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 if you're looking to improve your love life today. 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 likely to be good, but you are on a very fast track. Be careful when exercising: there could be sometimes 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 a job that 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, and differences 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 physically, 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 toward 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 however unless you have another opportunity. You need to be patient as this is a temporary situation. Self-improvement projects will be successful and bring you added confidence. You will make progress by making corrections. Try to be adjusting to the current environment; success is within your reach. 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

This week your firm approach to life can help solve half of the problems. A restless mind and aggression could give nothing but only increased BP problems and hypertension. You tend to have an intelligent and sensitive nature, and you may suffer if there is no channel to outgo your ideas and feelings. On the career front, you should go ahead with creative ideas along with your colleagues and peers. This is the right time for making deals, connections and collaborations. An increase in your confidence is indicated. Don't rush, finish what you have started before you decide to call 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 to the best of your capabilities. Balance in exercise, food and water intake, and getting adequate rest are a must. Breathing exercises and meditation are particularly useful for you now. On the career front, some unexpected events 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 your health graph will improve. If you are dealing with a serious illness already, a new and improved healing system or 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



#### 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, and undercover information could make you tense 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 persona 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

Lucky number 16 Lucky colour Orange Lucky day Tuesday



#### **AQUARIUS** Jan 20-Feb 18

This week you may be suppressing your emotions, and if so, this will impact your body negatively. 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 which is very important and supportive of good health. Excessively, this week you should be feeling loving toward everyone and everything. Share that good energy, others might need it too. Going for a walk or doing 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 joining the 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. On the love front, for those in a committed relationship, be sure that your munication 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 easily overcome past problems that you've been facing 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 energized 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 Lucký 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 as much as you can. Keep working ahead and things are likely to be fine On the work front, big ideas coupled with determination can help you achieve your targets if you choose your activities and projects wisely. This is a period of increased studying and learning, joining an educational course, vocational training, and research for a master's 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 colour Magenta Lucky day Sunday

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## **ASTRO**TURF BHARAT BHUSHAN PADMADEO

ny discipline, be it of recent or ancient origin, if not backed by **L**continued research and innovation, over a period of time, they may lose their relevance. Modern science and technology has been making remarkable progress on the strength of continued research. Research has been happening even in ancient discipline such as astrology, within and beyond India, mostly at individual level. The researchers beyond India have been sharing their experiences, such as their work on relevance of newly found planets Uranus and Neptune. But stuck to their egotistical hang, large majority of Indian practitioners won't test and apply their findings. Truth remains that in course of more than 3 decades of working, I found that they are quite relevant to meet the callings of contemporary time. Instead, Indian astrologers remained stuck to olden dictums. The worst is that they have failed to take into account valuable contributions made by Rishis of even Vedic time, because it involves some mathematical calculation every year. For example, "the concept of one day of the Sun equal to one year of the

earth", propounded by Rishi Lagadh. Most of the Indian astrologers are not even aware of it. But Western astrologers picked up the concept and further fine-tuned them. They throw light on annual trends of life with a fair amount of precision. The irony, is that Indian practitioners won't take pains to augment their knowledge. Because of their half cooked knowledge, they fail to prove true to the callings of present time, and in the process have been making a mockery of such a valuable ancient discipline. Otherwise, it could serve as a valued diagnostic tool to help mankind come out of their preconditioned mind, expand their vision, and turn life into a beautiful experience through reasoned approach.

One Indian Astrologer known for his pioneering research in Astrology, who openly shared his learning was late K S Krishnamurti. Through his organised research with the help of hundreds of his students, he developed the concept of Stellar Astrology. This nakshatra based concept, which now is known as KP system, systemised the prediction technique. It doesn't require

# Research & Innovation keeps a discipline live



rote system of learning various permutations and computations relevant to a particular matter under consideration. And then identify one out of them while making prediction, which carries equal probability of failure and success. Krishnamurtiji being a real seeker, free from any preconditioning

whatsoever, tested the western dictums and whatever he found relevant, adopted them openly. Accordingly, he accepted the Placidus system of house division, because he found it more scientific than the ongoing method applied by Indian practitioners. He embraced the relevance of angular

placement of planets, rather than the ongoing method of sign to sign placement. He brought into reckoning the annual progression method. He adopted the concept of Fortuna, a sensitive point in the chart that speaks volumes on one's future prospects. He accepted the scientifically calculated Newcomb's

Decades back, I came across the horoscope of a person, which had been condemned by many known astrologers as belonging to a non-performer. The reason they cited was placement of career signifying Saturn in the 8th house marked with difficulties and that too opposite Moon. Truth, to the contrary remains that he made his fortune during Saturn's dasha only. The reason: Saturn tenanted in Mars owned Scorpio sign indicated chemicals and fertilizers. Saturn occupying the nakshatra owned by Mercury deposited in the 7th house indicated business in partnership. Mercury being 6th lord indicated success in his venture over his competitors, and being 3rd lord it spoke of his self-initiatives as well as his abilities to liaison with multiple associates. They also overlooked his Fortuna that was beautifully aligned with Jupiter tenanted in the 6th house, which spoke volumes of his fortune ahead. His career initiative began close to 30th year, as progressed Meridian formed trine relationship with Mars, the lagna lord. But it did not have a smooth go. During the following two years he passed through unpredictable difficult phase. For, natal Meridian was placed adverse to Mars conjunct mischievous Neptune. But no sooner his progressed Meridian got beautifully aligned to Venus, he had the real breakthrough, where after he did not look back for long.

Another case belongs to a friend of mine. He had been unsuccessfully trying to gain a particular position in his field. The dasha and transit could not justify it. But no sooner his Fortuna, progressing it by a degree for every year, became trine to his natal Sun, the 11th lord identified with fulfilment of desires, he had his way.

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