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Crash toll 288 & counting...

803 hurt in India's worst trains pile-up in Balasore

PNS ■ KOLKATA

The death toll from the triple train accident at Bahanaga Bazar in Balasore, Odisha, on Friday has now risen to 288. Preliminary investigations suggest that a signal was initially given for the Coromandel Express to enter the main line but was later taken off, causing the train to enter the loop line where it collided with a parked goods train.

In the aftermath of the tragedy, efforts to remove the mangled coaches and repair the tracks at the site have begun in full swing, according to a railway official. The accident involved three trains: the 12841 Shalimar-Chennai Central Coromandel Express, the 12864 Bengaluru-Howrah Superfast Express, and a goods train. It stands as one of the worst railway disasters in the country's history.

As per reports available until late Saturday afternoon, the accident claimed the lives of 288 people, while 803 individuals sustained injuries, including 56 with severe injuries. The two express trains were carrying over 2,200 passengers with reserved tickets, along with many others travelling in unreserved coaches. The railways revealed that



Passengers wait at the site where Coromandel Express, Bengaluru-Howrah Express and a goods train derailed, in Balasore district on Saturday PTI

the Coromandel Express, while passing through the up main line, collided with a stationary goods train in the loop line at Bahanaga Bazar station, located approximately 280 kilometres from Howrah and 171 kilometres from Bhubaneswar. A loop line is a railway track connected at both ends to a main line, allowing trains to be diverted to accommodate passing trains.

The impact of the collision caused 21 coaches of the Coromandel Express to derail, with three coaches falling onto a neighbouring track where the Bengaluru-Howrah Superfast Express was simultaneously passing in the opposite direction.

Consequently, the Bengaluru-Howrah train collided with the fallen coaches, causing its rear two coaches to derail. The number of passen-

gers with reserved tickets on the Coromandel Express was around 1,257, while the Bengaluru-Howrah Superfast Express had 1,039 passengers with reservations.

The railways has announced an ex-gratia relief of ₹10 lakh to the next of kin of those who died, ₹2 lakh to the seriously injured, and ₹50,000 for passengers with minor injuries.

Investigations are currently underway to determine any human error, signal failure, or other potential causes behind the tragic accident.

A preliminary inquiry report has been submitted, and a high-level probe, led by the commissioner of railway safety, South Eastern Circle, has been initiated by the national transporter.

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Kavach could have saved lives, anti-collision system missing

PNS ■ NEW DELHI

The tragic collision of three trains in Balasore on Friday night, resulting in the loss of over 288 lives and injuring 803 people, has raised questions about the absence of the Kavach system developed by the Indian Railways to prevent such accidents caused by driver error or other factors.

According to Indian Railways spokesperson Amitabh Sharma, the rescue operation has been completed, and restoration work is now commencing.

However, he acknowledged that the Kavach system was not available on the tracks in Balasore where the collision occurred.

Kavach is an automatic train protection (ATP) system developed by the Research Design and Standards Organisation in collaboration with three Indian firms.

Its purpose is to assist locomotive drivers in avoiding missing danger signals and controlling speeding, ensuring safe train operations even in low-visibility conditions.

Railway Minister Ashwini Vaishnaw personally tested the "Kavach" system and had previously expressed its success.

In a tweet from March last year, he mentioned the system's ability to automatically stop a locomotive before reaching another locomotive at a dis-



Rescue work underway after an accident involving Coromandel Express, Bengaluru-Howrah Express and a goods train, in Balasore district on Saturday PTI

tance of 380 metres during rear-end collision testing.

Kavach functions by controlling train speed and automatically applying the brakes if the driver fails to do so in a timely manner. However, the absence of this crucial safety system on the tracks in Balasore raises concerns about the potential impact on acci-

dent prevention and mitigation.

As investigations into the tragic incident continue, the Indian Railways and relevant authorities will likely examine the reasons behind the unavailability of the Kavach system in Balasore and take necessary measures to ensure the safety of train operations in the future.

Guilty won't be spared: Modi at accident site

PNS ■ BALASORE

Prime Minister Narendra Modi on Saturday expressed his deep anguish over the train crash in Odisha that claimed the lives of 288 people and assured that strong action would be taken against those responsible.

Speaking to reporters after visiting the accident site and meeting the injured at a hospital in Balasore district, Modi conveyed his heartfelt sorrow and emphasized that the government is taking the incident very seriously.

"The government is deeply saddened by the incident. We will not spare anyone found guilty, and they will face strong consequences for this tragedy," he stated. He further assured that instructions have been issued to ensure a thorough and swift investigation into the mishap.

Modi acknowledged that



Prime Minister Narendra Modi interacts with rescuers as he takes stock of the situation at the site of the accident involving Coromandel Express, Bengaluru-Howrah Express and a goods train, in Balasore district on Saturday PTI

while it is impossible to bring back the lives lost, the Government stands firmly with the affected families, offering unwavering support.

"We will leave no stone unturned in providing all necessary medical assistance to the injured," he added.

Continued on Page 2

300 NDRF rescuers on job with cutters, canine squads

PNS ■ NEW DELHI

The Director General of the National Disaster Response Force (NDRF), Atul Karwal, said on Saturday that over 300 NDRF rescuers equipped with large metal cutters, canine squads, and heavy-lift equipment are working at the train accident site in Odisha.

Karwal stated that the NDRF is expected to conclude the search operation by Saturday evening.

Since the first NDRF team arrived at the accident site around 8.30 pm on Friday, the force has rescued 44 survivors and recovered 71 bodies from the wrecked railway coaches in Balasore district.

The NDRF is a federal contingency force operating under the Union Home Ministry.

"We have more than 300 rescuers divided into nine



NDRF personnel carry out rescue work after an accident involving Coromandel Express, Bengaluru-Howrah Express and a goods train, in Balasore district on Saturday PTI

teams working at the accident site. Our goal is to complete the search operation by this evening," Karwal said at the NDRF headquarters in New Delhi.

The initial NDRF team reached the site from its regional response center in Balasore

approximately one hour and fifteen minutes after the accident, which occurred around 7-7.10 pm on Friday. The remaining NDRF teams were deployed from Mundali in Cuttack district and Kolkata, according to Karwal.

Continued on Page 2

Screams of help still ring in survivors' ears

PNS ■ NEW DELHI

Train passengers, who survived the triple train crash on Friday, recounted horror. Recalling the incident, Anubhav Das, a passenger of the Coromandel Express which rumbled into a goods train in Odisha's Balasore, said there was the sound of screeching brakes and then a loud crashing of metal.

Though he came out of the accident unharmed, the screams of help of those stuck in derailed mangled coaches still ring in his ears. "It was a horrific sight. There were people injured, some crawling from under the train's debris," he posted on Twitter. Later, he said, he came to know that not just his train but another express train was involved in the accident.

Initially, in a series of

tweets, Das described how he thought the accident unfolded.

Later, speaking with PTI, Das recalled in shock how he stepped out of his coach unaware that he had survived an accident involving three trains. At least 288 people were killed and more than 1,100 injured in the accident.

"I was at the very end of my train. Around 6.30 pm, we heard a very long thud and then jerks which seemed like the emergency brakes. At that moment, we realised some accident had occurred and we had to disembark from the coach to be safe.

So when we were about to disembark from our coach and opened the doors, we saw that there were three other coaches that had derailed opposite our train on the other line," he said.

Continued on Page 2

CAPSULE

'INDIA INFRA ALONG LAC MATCHES UP WITH CHINA'
Pahalgam: India is matching up its infrastructure to China's projects at the Line of Actual Control (LAC) and there is no need for concern, Border Roads Organisation (BRO) chief Lieutenant General Rajiv Chaudhry said on Saturday.

GOVT BANS 14 FIXED DOSE COMBO DRUGS
New Delhi: The Government has banned 14 fixed dose combination drugs including Nimesulide and Paracetamol dispersible tablets and Chlorpheniramine Maleate and Codeine syrup.

PUNJAB: OVER 14 KG HEROIN SEIZED, 2 HELD
Chandigarh: Security forces on Saturday recovered more than 14 kilograms of heroin in two separate operations in Amritsar and Fazilka districts of Punjab.

SC stays HC order to decide if rape victim is 'manglik'

PNS ■ NEW DELHI

The Supreme Court intervened on Saturday, issuing a stay order on a peculiar ruling by the Allahabad High Court which had instructed the head of the astrology department at Lucknow University to determine whether an alleged rape victim woman was 'manglik' (an astrological condition) or not.

Conducting a special session on Saturday, the apex court took suo motu cognisance of the matter and expressed its confusion regarding the need for an "astrology



report" during a bail application hearing.

The order by the High Court was issued on May 23 while considering the bail plea of the accused individual, who was alleged to have raped the woman after falsely promising to marry her.

Continued on Page 2

59 MPs write to German envoy for early return of baby Ariha

PNS ■ NEW DELHI

Fifty-nine Members of Parliament from nineteen political parties have collectively written a letter to the German Ambassador, urging the early repatriation of baby Ariha Shah, who has been placed in forced foster care in Germany for over twenty months.

The German authorities took custody of Ariha Shah on September 23, 2021, when she was just seven months old, citing alleged harassment by her parents. Among the signatories of the letter are MPs Jaya Bachchan (SP), Hema Malini (BJP), Shashi Tharoor (Congress), Mahua Moitra (TMC), Dr. Farooq Abdullah (NC), Priyanka Chaturvedi (SS-Udhav), and others.

The letter, addressed to the German Ambassador Dr Phillip Ackerman, emphasises that while they respect German laws, as no criminal cases have

been filed against the parents, the child should be repatriated to India.

"Baby Ariha was taken away from her parents in September 2021 when she was seven months old. The German Child Services took custody of the baby after she had suffered an accident and was hospitalised," the letter states.

"An initial investigation was conducted into allegations of child sexual abuse, but it was found to be baseless, and no charges were filed against the parents. Following this, the child was placed in special child care and then moved to foster care.

"As Members of Parliament, we have a special responsibility for the welfare of our citizens. We request you to take all necessary steps to bring the child back to India," the letter, signed by Rajya Sabha MP Dr John Brittas on behalf of the other 58 MPs, asserts.

Continued on Page 2

India lost 1 tiger every alternate day this year

ARCHANA JYOTI ■ NEW DELHI

On an average, every alternate day one big cat has died in the country since January till May end. In the first five months, India has already lost 76 tigers against 56 last year during the same period.

These included 11 cubs and 25 female big cats. Besides natural deaths and territorial fights between the felines, officials in the Union Environment Ministry have attributed some mortalities to the harsh heat waves as well that the country is witnessing this time, stating that some felines could not cope with the dehydration.

An analysis of the data available from the website of the National Tiger Conservation Authority (NTCA) shows that almost half of the deaths of the total tigers occurred inside the tiger habitat with as many being reported from the fringes or outside the tiger reserves.



Madhya Pradesh which is presently grappling with the death of imported cheetahs and their cubs at the Kuno Palpur Sanctuary has topped the list of tiger mortalities at 22 big cats in the last five months.

Maharashtra reported 16 deaths while Uttarakhand has witnessed ten tiger deaths. Karnataka reported five deaths.

Continued on Page 2

'No incident of violence in last 24 hrs in Manipur'

There was no incident of violence in Manipur in the last 24 hours and the State was "completely peaceful" on Saturday, security adviser to state government Kuldiep Singh said.

3 minors die after mother throws them in well over dispute with husband

Three children died after allegedly being thrown in a well by their mother following a dispute with her husband in a village in this Uttar Pradesh district on Saturday, police said.

Central Coalfields Limited "A Miniratna Company" (A Subsidiary of Coal India Limited) NOTICE "All the tenders issued by CIL and its Subsidiaries for procurement of Goods, Works and Services are available on website of Coal India Ltd."

कार्यालय नगर पालिक निगम, भिलाई (छ.ग.) E-Procurement Tender Notice Main Portal : https://eproc.cgstate.gov.in

छत्तीसगढ़ पर्यावरण संरक्षण मंडल पर्यावास भवन, नार्थ ब्लॉक, सेक्टर-19, नवा रायपुर, अटल नगर, जिला-रायपुर (छ.ग.) 492002

If united, MVA can win 40 LS seats in Maha: Cong

Senior Congress leader Balasaheb Thorat on Saturday said the Maha Vikas Aghadi, comprising his party, the Shiv Sena (UBT) and the Nationalist Congress Party, can win up to 40 of the 48 Lok Sabha seats in Maharashtra if they fight the 2024 polls unitedly.

SC stays HC order to decide if rape victim...

From Page 1 During the hearing, the counsel for the accused argued that the marriage between the two individuals could not take place since the woman was believed to be 'manglik'.

As Solicitor General Tushar Mehta appeared in the matter, a bench of Justices Sudhanshu Dhulia and Pankaj Mishra asked him, "Mehta, you have seen this?"

PUBLIC NOTICE To be known to all that, Smt. Nandini Jagasia W/o Late Sh. Suresh R Jagasia R/o B-522, New Friends Colony, New Delhi-110025, am the Purchaser/Owner of Property bearing No.A-11/1, Naraina Industrial Area, Phase-1, New Delhi vide file no F. 6A(942)1968/LSB(11), lost/ misplaced my original Allotment Letter, Possession Letter, Site Possession, Perpetual Lease Deed Form C&D and other related documents of the above said property. An FIR to this effect has been lodged in Police Station, Vide LR No.476307/2022 dated 24/05/2023.

PUBLIC NOTICE To be known to all that, W. Virender Gupta S/o Sh. Mahesh Chand Gupta & Manita Gupta W/o Sh. Virender Gupta both R/o A-25, Ground Floor, DDA Janta Flat, Vasant Vihar, New Delhi-110057 are the purchaser of DDA Janta Flat No.A-25, Ground Floor, situated at Vasant Vihar, New Delhi-110057. The original documents i.e. Demand cum Allotment Letter, Possession Letter, Site Possession Slip and NOC for Electricity & water connection of the above flat has been lost. An FIR to this effect has been lodged in P.S. Crime Branch in vide S.O. No.430/2014 LR No.510174/2023 dated 02.06.2023.

THE PIONEER CLASSIFIEDS CHANGE OF NAME I, Munulu Vero, D/o Mr. Nuvեսav Vero, R/o H. No. 244, Phek Town, F/wing, Phek Village, Phek, Nagaland - 797108 state that both the names Munulu Vero and Kuluvolu Venuh are of the same person and I shall thereafter be known as Munulu Vero for all purposes.

THANKSGIVING Thank you holly spirit blessings Celine. PD(050)A I, Danish Farooqui, S/o, H.U. Farooqui, R/o. D-249, 4th Floor, Abul Fazal Enclave-I, Jamia Nagar, New Delhi-110025 have changed my son's name from Mohammad Yasir Farooqui to Yasir Farooqui for all future purposes. PD(051)A PD(052)C



During discussions, party functionaries have asked the state leadership to stake claim to these seats, he said.

Screams of help still ringing in survivors...

From Page 1 "We realised that was the Yesvantpur-Howrah Express... those were the three last coaches of the Yesvantpur Express which were general coaches and had about 250-300 people in them. We saw bloodied people... We gave them water and bed sheets from our coaches..." he said.

Das, a PhD scholar, was on the Coromandel Express on his way back home to Cuttack from a field trip when he witnessed the most horrific sight of his life.

India lost 1 tiger every alternate...

From Page 1 Officials in the Union Environment Ministry said that the deaths were not alarming given that the number of tigers have increased in the last four years as per the latest census which put the number to 3,167 tigers.

300 NDRF rescuers...

From Page 1 Karwal explained that the primary task of the NDRF is to search for and rescue survivors by cutting through the wreckage of the train coaches.

Crash toll...

From Page 1 While initial reports indicated a possible signaling failure, railway officials have stated that it is not yet clear whether the Coromandel Express entered the loop line and struck the stationary goods train or if it derailed first before colliding with the parked train upon entering the loop line.

3 members of ISIS-linked outfit remanded in NIA custody for 7 more days

A court here on Saturday sent three alleged members of an ISIS-linked terror module, arrested last week in Jabalpur city of Madhya Pradesh, in the custody of the National Investigation Agency (NIA) till June 10.

Guilty won't be spared: Modi at accident...

From Page 1 The prime minister emphasised that this tragic accident would serve as a lesson for the entire nation, prompting the government to place even greater emphasis on passenger safety.

From Page 1 The PM also visited the Balasore district hospital, where he interacted with the injured individuals. He inquired about their condition and whether they were facing any issues with their treatment.

59 MPs write to German...

From Page 1 "We do not cast aspersions on any agency in your country and assume that whatever actions were taken were considered to be in the best interests of the baby. We respect the legal procedures in your country, but given that no criminal cases are pending against any member of the family, it is high time to send the baby back home," the parliamentarians wrote.

From Page 1 The letter has also received endorsements from MPs Ahdhir Ranjan Chowdhury (Congress), Supriya Sule (NCP), Kanimozhi Karunanidhi (DMK), Agatha Sangma (NPP), Harsimrat Kaur Badal (SAD), Maneka Gandhi (BJP), and Pranet Kaur (Congress).

From Page 1 The Ministry of External Affairs stated that they have been consistently advocating for Ariha's return. "Our efforts have been guided by the best interests of the child, which we believe can only be fully realised when she is in her home country," the ministry said.

From Page 1 The child was accidentally injured by her grandmother in September 2021, after which the German authorities took her into their custody.

Min: Will act on complaints against Vig Special Secy

STAFF REPORTER ■ NEW DELHI

Delhi Services Minister Saurabh Bharadwaj on Saturday said the Delhi government will initiate disciplinary proceedings against IAS officer YVVJ Rajasekhar, Special Secretary Vigilance, after receiving multiple complaints against him.

"A detailed dossier has been submitted to Chief Minister Arvind Kejriwal urging him to take action and transfer him with immediate effect," Bharadwaj said. The Minister raised allegations against Rajasekhar including blatant insubordination, undisciplined behaviour and falsification of material facts and other serious transgressions.

Taking a dig at the Arvind Kejriwal government, Delhi BJP president Virendra Sachdeva said Kejriwal is trying to create an environment by getting his Minister Saurabh Bharadwaj to make statements



to remove the Vigilance Secretary as well and appoint his own officer in vigilance department to get clean chit in excise scam, sheeshmahal controversy, FBU controversy.

Delhi BJP president has questioned Kejriwal and Minister Saurabh Bharadwaj that if Vigilance Secretary is as corrupt as they have been propagating for the last 20 days, then why did it come to the notice of the Chief Minister only after the Supreme Court order of May 11?

"Kejriwal should show when on any day before May 11 he or any of his ministers had

spoken a word against any officer in Delhi?"

Earlier in a press statement, Bharadwaj alleged that the letter (to the CM) details the history of corruption and misconduct of Rajasekhar who is currently posted as Special Secretary Vigilance in the Delhi government.

In a detailed dossier submitted to the CM, Bharadwaj has shed light on the alarming record of Rajasekhar's involvement in various acts of corruption and misconduct.

The officer has a long history of being on radar of CBI, CVC & Vigilance and is in habit of keeping unauthorised possession of sensitive Vigilance files for ulterior motives.

The Minister expressed grave concerns regarding the negative impact of Rajasekhar's presence in the Vigilance Department, highlighting the urgent need for his transfer or removal.

Sisodia arrives at his home but fails to meet ailing wife

Sisodia's wife serious, hospitalised at LNJP

STAFF REPORTER ■ NEW DELHI

A day after former Delhi Deputy chief minister Manish Sisodia was granted interim relief by the Delhi High Court to meet his ailing wife, her condition worsened and she was hospitalised right before his arrival. Later, Sisodia left his residence for the central prison.

According to AAP sources, Sisodia's wife Seema was hospitalised as she felt unwell. She is suffering from multiple sclerosis and was hospitalised last month as well. "She was taken to the emergency ward of LNJP Hospital. Sisodia reached AB-17, Mathura Road, to meet his ailing wife at 9.38 am in a prison van. He was taken inside the house amid tight security. "But he could not meet his wife as she had to be hospitalised after her health deteriorated," a party source said.

In a related development,



the Delhi High Court on Saturday sought a report from the LNJP hospital on the health condition of Sisodia's ailing wife as it reserved its order on his interim bail plea for six weeks in a money laundering case arising from the alleged excise policy scam.

Senior advocate Mohit Mathur, appearing for Sisodia, told Justice Dinesh Kumar Sharma that pursuant to the court's directions passed on Friday, the former Delhi deputy

chief minister was taken in custody to meet his wife earlier in the day but the latter's health condition deteriorated and was taken to be LNJP hospital before he could reach home. Mathur thus urged the court to release Sisodia, his sick wife's sole caretaker, on a temporary basis. "Arguments heard. Order reserved. Let a report be called from LNJP and be filed by today evening," said Justice Sharma after a hearing held on a court holiday.

Centre focus on PR exercise, not passengers' safety: AAP

STAFF REPORTER ■ NEW DELHI

AAP minister Saurabh Bhardwaj and AAP MP Dr Sandeep Pathak took a jibe at the Modi government alleging that the government's entire focus is on "PR exercise and showing off" and not passengers' safety.

The AAP on Saturday demanded the resignation of Railway Minister Ashwini Vaishnaw after the Balasore train accidents in which at least 288 people have been killed and 803 injured, which is one of the deadliest such accidents since independence.

In a video message, AAP national general secretary (organisation) and Rajya Sabha MP Sandeep Pathak claimed anti-collision devices, which are crucial to avoid accidents, have been installed on just 2 per cent of the country's rail network. Pathak also extended his condolences to the bereaved families.

Pathak, who is also a member of the Parliamentary

Standing Committee on Railways, said ensuring the safety of train passengers is not on the government's agenda.

"In the last meeting of the railway committee, I had suggested that the government focus on the safety and security of passengers first. But the government's entire focus is on PR and showing off, not on safety and security," he said.

Installing anti-collision devices is the most important measure to avoid accidents but only 2 per cent of India's 65,000-kilometre rail network is equipped with these, he claimed.

If the Modi government has covered just 2 per cent of the rail network in nine years, then it means that it will take more than 400 years to install anti-collision devices across the network, he said.

According to Pathak, only 65 of the country's 23,000 trains are equipped with anti-collision devices.

4 held for robbing agents at gunpoint

STAFF REPORTER ■ NEW DELHI

Four persons, including a woman, were arrested for allegedly being involved in robbing two cash collection agents of more than Rs 55 lakh at gunpoint in north Delhi's Sadar Bazar area. The incident happened last month when Pawan Verma, a private firm employee, was on his way to his Sadar Bazar office to deposit the sum he had collected from a man in Karol Bagh.

Police have arrested Manoj Chauhan, 34, a resident of Jahangirpuri, Shantosh alias Shanti, 56, a resident of Kishan Ganj, Rakesh Kumar, 33, a resident of Pratapgarh, Uttar



Pradesh, and Shami, 35, a resident of Anand Parvat, Karol Bagh in connection with the broad daylight robbery.

On May 10, a PCR call was received around 4 pm about a robbery on Sadar Bazar's Nawab Road, police said. Pawan Verma, the complainant, said he had gone to Karol Bagh with a colleague of his, Baleshwar, on a scooter for collection.

MCD setting up 3 biogas plants

STAFF REPORTER ■ NEW DELHI

The Municipal Corporation of Delhi (MCD) with the help of the Urban Development Fund of the Ministry of Housing and Urban Development is in the process of setting up three biogas plants in the city.

The Biogas plants with capacity to process 200 TPD of cow dung are being set up at Goela Dairy, Nangli Dairy and Ghoga Dairy.

These bio gas plants will not only help create a robust dairy eco-system in the national capital, thereby, checking the menace of unauthorised dairies

but also create a scientific disposal of cow dung, which otherwise used to be disposed in drains and choking them or landed on the landfill sites adding to the waste there.

The Biogas plant at Nangli Dairy is spread over 2.72 Acres which is being set up with the help of the Urban Development Fund of MoHUA.

The plant has 3 Digesters to process 200 TPD of dung. One digester is of 27 m diameter and 12 m height while the other two digesters are of 18 meter diameter and 12 m height each. The test feed of cow dung at the rate of 25 TPD has started and the plant will start operation.

Lovelorn man slits colleague's throat, commits suicide, but woman survives

STAFF REPORTER ■ NEW DELHI

A 24-year-old man allegedly slit the throat of a woman colleague and later hanged himself at the office of a private firm in the Begumpur area here, police said on Saturday.

The 19-year-old woman, a resident of Rithala, survived the attack and was hospitalised, a senior police officer said.

Amit and the woman worked at 'Creative Concept Design' in Sector 25 in Rohini which was owned by his sister and brother-in-law, he said.

An exhibition stall designer, Amit was in love with the woman. However, she did not reciprocate to his feelings and



avoided him, the officer said. Around 3 pm on Friday, Amit, a resident of a JJ cluster in Rohini, attacked the woman with a knife, but other staff members intervened and rescued her, police said. As the woman was being

taken to the hospital, Amit locked himself in a room and allegedly committed suicide, they said.

The woman's father said that she never told him that a man in her office was troubling her.

"She called me from her colleague's phone and informed me about the attack. She has also suffered injuries to her hand," he said.

She passed her class 12 last year and when she did not get the college of her choice, she started working in the company seven months ago, the woman's father said.

He said his daughter has been discharged from hospital.

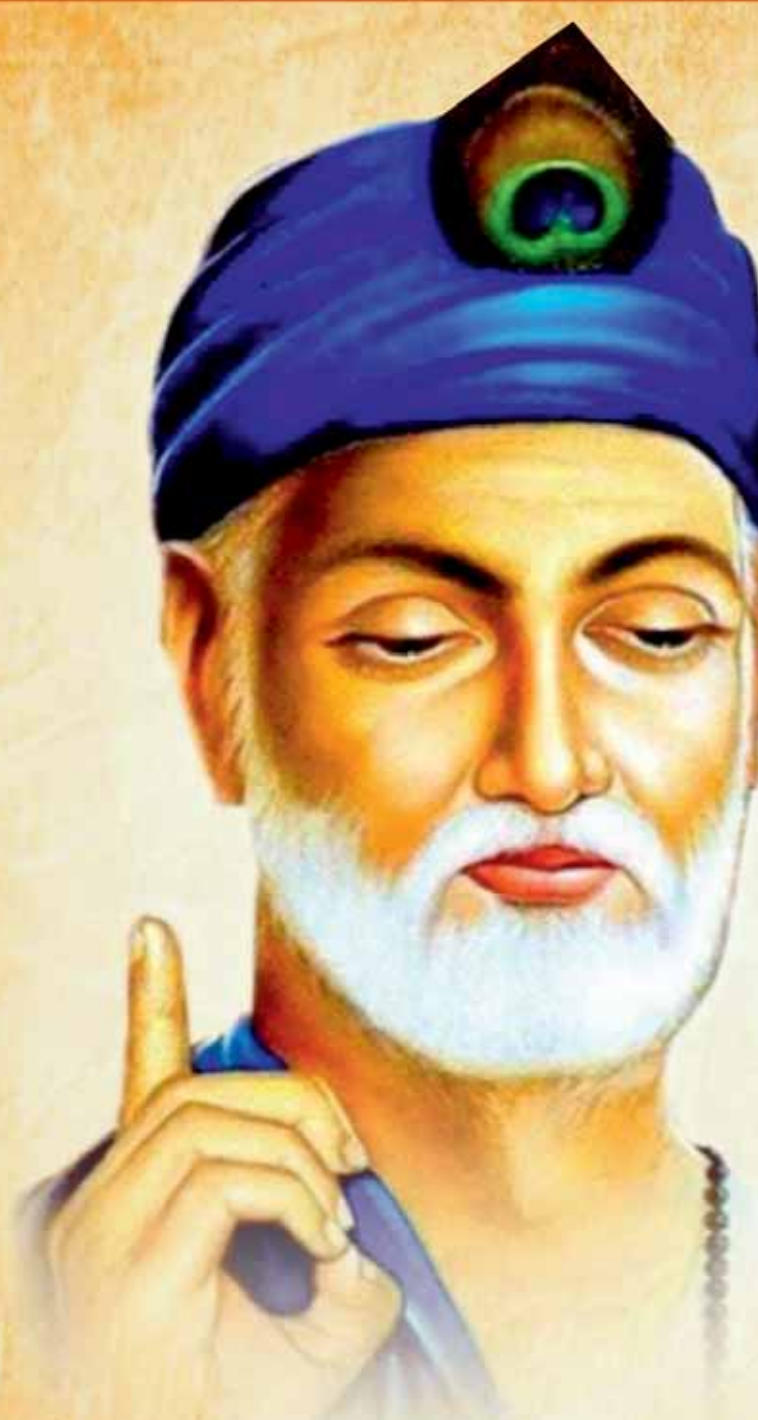
DJB chief visits Najafgarh STP for inspection




STAFF REPORTER ■ NEW DELHI

Water Minister and Delhi Jal Board Chairman Saurabh Bhardwaj inspected the Najafgarh STP lake on Saturday and directed the officials to convert the artificial lake as per expectations and complete the quality work in time.

He also asked officials to prepare a project to maintain the ecological system and recharge maximum underground water with cost-effective methods.

Bhardwaj also suggested DJB officials on various aspects during his inspection of Najafgarh STP lake.





कबीर मन निर्मल भया, जैसे गंगा नीर
पाछे पाछे हरि फिरै, कहत कबीर-कबीर

Heartiest Greetings to all on the birth anniversary of **Sadguru Kabir Sahib Ji** the Great Social Reformer

June 4, 2023

“Sant Kabir Das ji not only fought against social evils but also taught the lesson of humanity and love to the world. The path that he showed will continue to inspire generations to move forward on the path of brotherhood and goodwill.”
- Narendra Modi

ODISHA TRIPLE TRAIN CRASH

Express entered loop line, hit goods train: Probe

Signal goof-up

PTI ■ NEW DELHI

Preliminary investigations have revealed that the Coromandel Express train involved in a horrific rail tragedy in Odisha on Friday entered the loop line and crashed into a goods train parked there instead of the main line just ahead of the Bahanagar Bazar station, a source said.

The coaches of Bengaluru-Howrah Superfast Express capsized after crashing into the coaches of Coromandel Express that had scattered on the adjacent track.

While Coromandel Express was at a speed of 128 kmph, Bengaluru-Howrah Superfast Express was running at a speed of 116 kmph. The report has been submitted to the Railway Board, sources said.

The loop lines of the Indian Railways are constructed in a station area -- in this case, the Bahanagar Bazar station -- to accommodate more trains to ease out the operations. The loop lines are generally 750 metres in length to accommodate full-length goods train with multiple engines.

The two trains were carrying around 2,000 passengers. At least 288 people have been killed in the accident and near-



ly 1,000 injured.

An eyewitness to the incident, Anubhav Das, also told PTI that local authorities and railway officials had initially indicated that the train he was travelling on -- Coromandel Express -- had rammed into the goods train.

However, none of these accounts was officially confirmed by the railways.

While a thorough probe is underway, none of the authorities has so far talked about any possibility of a sabotage.

The national transporter has initiated a high-level probe into the train crash in Odisha's Balasore, which will be headed by the commissioner of railway safety, South Eastern Circle, officials said.

The commissioner of rail-

way safety works under the Ministry of Civil Aviation and investigates all such accidents.

"A M Chowdhary, CRS, SE Circle, will inquire into the accident," a spokesperson of the Indian Railways said.

The national transporter has also said anti-train collision system "Kavach" was not available on the route.

The crash involved Bengaluru-Howrah Superfast Express, Shalimar-Chennai Central Coromandel Express and a goods train.

"The rescue operation has been completed. Now, we are starting the restoration work. Kavach was not available on this route," Indian Railways Spokesperson Amitabh Sharma said.

The railways is in the process of installing "Kavach", an anti-train collision system, across its network.

Kavach alerts when a loco pilot jumps a signal (Signal Passed at Danger -- SPAD), which is the leading cause of train collisions. The system can alert the loco pilot, take control of the brakes and bring the train to a halt automatically when it notices another train on the same line within a prescribed distance.

While sources had earlier said a signalling failure could be the reason behind the crash, railway officials said it is not yet clear if Coromandel Express entered the loop line and hit the stationary goods train or it first derailed and then hit the loop line.

Survivors recount tales of horror

PTI ■ KOLKATA

Returning home to their families after several months of working in south India, passengers aboard the 12864 Bengaluru-Howrah Superfast Express suddenly heard a loud thud, following which they fell off their berths and lights went off. They were just five hours away from their destination in Howrah when the train they were travelling got involved in a triple train accident at Bahanagar Bazar station in Odisha's Balasore district.

The train, which was running a little over three hours late from its schedule, was moving towards its next stop Balasore, some 20 km away, when the accident took place around 7 pm on Friday.

Mizan Ul Haq, a resident of Bardhaman, was in one of the coaches at the rear of the train. "The train was running at a high speed. Around 7 pm, a loud sound was heard and everything started moving in all directions and I fell down on the floor from the upper berth as the lights went off inside the compartment," Haq, who was returning home from work in



Karnataka on a holiday, said. He said that somehow, he managed to come out of the damaged coach and then to safety.

"It was ghastly, many people with grave injuries were lying around beside mangled coaches," Haq, who was lucky to have escaped with minor injuries, told PTI at Howrah station, where medical aid, food and other assistance were provided by the railway authorities to the surviving passengers.

The unaffected 17 coaches of the 12864 Bengaluru-Howrah Superfast Express reached Howrah at 1 pm on Saturday with 635 passengers, of whom 40 to 50 people were administered medical treatment on arrival, North Howrah Deputy Commissioner of Police Anupam Singh said.

He said that five of them were sent to hospital for further treatment, while others left for their destinations.

Rekha, a Bengaluru resident coming to Kolkata for a visit, said that she was in a coach ahead of the wagons that got derailed.

"It was total chaos initially. We got off our compartment out of fear and sat in the nearby fields in the darkness till our train finally started for Howrah in the wee hours," she said.

Another Bardhaman resident, a carpenter who works in Bengaluru, said he was injured in the chest, feet and head when the coach in which he was travelling turned turtle.

Efforts on to identify victims, says TN Govt



PTI ■ CHENNAI

Three survivors of the train accident in Balasore in Odisha have returned to Chennai, even as the Tamil Nadu government is engaged in efforts to identify victims of the mishap but no official report on the injuries or toll pertaining to the state has been received from the Odisha government, Additional chief secretary of the revenue department Kumar Jayant said on Saturday.

Chief Minister M K Stalin reviewed the state of preparedness of the official machinery, especially the medical team, in coping with the situation in providing treatment to the injured when they arrive on June 4.

"About 250 people have moved from Bhadrak towards the south, particularly Chennai, through a special train today. So anybody who is able to travel has moved. We have not got any report on the death of passengers from Tamil Nadu," Jayant said.

BHOPAL DEVELOPMENT AUTHORITY, BHOPAL (M.P.)
No. 232/EE-7/e-tender/BDA/2023 Bhopal, Dated 02.06.2023

Notice Inviting e-Tenders

On-Line percentage rate bids for the following works are invited from Contractors and firms of reputed fulfilling registration & eligibility criteria mentioned in tender document.

S. No.	Portal Tender No.	Name of Work	Probable Amounts of Contract	Cost of Bid Document (excluding portal fees) (Rs.)	Period of Completion i/c rainy season
1.	DTCP-2023_278901	Construction of 43 Duplex and 61 L.I.G Duplex at Aerocity, Scheme Bhopal Development Authority, Bhopal	16.71 Crore + G.S.T.	45,000/-	Twenty four month i/c rainy season

1. The detailed NIT and all other details relating to the Bid Document can be viewed on the website <https://www.mpeproc.gov.in>

2. The Bid Document can be purchased after making on-line payment of portal fees and cost of Bid Document through Credit Card/ Debit Card/Cash Card or Internet Banking system at aforesaid website from 07.05.2023; 17:30 up to 21.06.2023 at 17:30 Other key dates may be seen in bid data sheet.

3. Amendments to the NIT, if any, would be published on website only, and not in newspaper.

4. Any relevant information can be obtained from office of the undersigned during the office working hours & days.

Executive Engineer
Division No 7

FORM NO. 5
DEBTS RECOVERY TRIBUNAL
600/1, University Road, Near Hanuman Setu Mandir, Lucknow- 226007
(Area of Jurisdiction-Part of Uttar Pradesh)

Summons for filing & Appearance by Publication
O.A.No. 403/2022
Date:

(Summons to defendant under section 19(3) of the Recovery of Debts due to Banks and Financial Institutions Act, 1993 read with Rules 12 and 13 of the Debts Recovery Tribunal (Procedure) Rules, 1993)

Original Application No. 403 of 2022
ICICI BANK LIMITED
.....Applicant
Versus
SUPREME LORRY SUPPLIERS AND FREIGHT CARRIER & OTHERS
.....Defendants

To,
1. SUPREME LORRY SUPPLIERS AND FREIGHT CARRIER through its partners- R/o Opp. T.S. Maan Market, Bhopa Road, Muzaffarnagar- 251001, U.P.

In the above noted application, you are required to file in Paper Book form in two sets along with documents and affidavits (if any), personally or through your duly authorized agent or legal practitioner in this Tribunal, after serving copy of the same on the applicant or his counsel/duly authorized agent after publication of the summons, and thereafter to appear before the Tribunal on 28/11/2023. at 10:30 A.M. failing which the application shall be heard and decide in your absence.

Registrar
Debts Recovery Tribunal,
Lucknow

PUBLIC NOTICE

ICICI Bank Branch Office: ICICI Bank Ltd, 3rd Floor, Plot No- 23, New Rohtak Road, Karol Bagh, Delhi- 110005

The following borrower/s have defaulted in the repayment of principal and interest of the loans facility obtained by them from the Bank and the loans have been classified as Non-Performing Assets (NPA). A notice was issued to them under Section 13 (2) of Securitisation and Re-construction of Financial Assets and Enforcement of Security Interest Act-2002 on their last known addresses, however it was not served and hence they are hereby notified by way of this public notice.

Sr. No.	Name of the Borrower/ Co-Borrower/ Guarantor (Loan Account Number) & Address	Property Address of Secured Asset / Asset to be Enforced	Date of Notice Sent/ Outstanding as on Date of Notice	NPA Date
1.	Futecho Solutions Private Limited, Sangeeta Mukul, Ruby, Mrityunjay Gupta, Mrityunjay Gupta, House No 9, J J Colony Block D, Nehru Vihar, Central Delhi Delhi- 110054, A/c No: 34340500254	Residential Property Flat No.09, 2nd Floor CSR Opera, Site No.16, 17 And 18 Katha No.10/4-16, 10/4-17 And 10/4-18 Cmc Katha No 125,126 And 127 Munekolala Varthu Hobli Bangalore East Taluk, Karnataka Bangalore- 560037	06-May-2023 Rs. 47,03,061/-	23/02/2023

The steps are being taken for substituted service of notice. The above borrower/s and/or their guarantors (as applicable) are advised to make the payments of outstanding within period of 60 days from the date of publication of this notice else further steps will be taken as per the provisions of Securitisation and Re-construction of Financial Assets and Enforcement of Security Interest Act, 2002.

Date : June 03, 2023
Place : Delhi

Authorized Officer
ICICI Bank Limited

PUBLIC NOTICE

ICICI Bank Branch Office: ICICI Bank Ltd, 3rd Floor, Plot No- 23, New Rohtak Road, Karol Bagh, Delhi- 110005

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Sr. No.	Name of the Borrower/ Co-Borrower/ Guarantor (Loan Account Number) & Address	Property Address of Secured Asset / Asset to be Enforced	Date of Notice Sent/ Outstanding as on Date of Notice	NPA Date
1.	Indragandhi K & Muruganandam R/ Flat No 6 Door No 22/6 Old Door No O-6 Block No 95, Block O 96 2nd Floor Rohini Gardens Dr. Mylapore Chennai Raja Annamalai Puram, 4307/1 4307/1P 4297 Chennai- 600028/ HPCHE00044636058, HPCHE00047134936 & LBCHE0000532822	All That Piece And Portion Of The Flat Bearing No.6 In The Second Floor, Building In Block No. 'O', Rohini Garden, Raja Annamalaiapuram, Chennai- 600028, (As Per Corporation Of Chennai Property Tax Demand Card Bearing New Door No.22/6 (Old Door No.O-6), Rohini Garden, Raja Annamalaiapuram, Chennai- 600028), And As Per Document Bearing R.S. No. 4307/1 Part And R.S.No.4297/part, As Per Patta Bearing R.S.Nos.4304/5 & RS.No. 4297/9, Block No.95, Mylapore Division, Previously Mylapore-Triplicane Taluk, Now At Mylapore Taluk, Chennai District, Flat Measuring 65.02 Square Meter (I.E.,700 Sq.ft.) In The Third Floor, And Together With 1/4 Th Undivided Share Land In 65.02 Square Meter (or) 700 Square Feet, (i.e., 175 Square Feet Uds Land), Along With All Common Rights In The Ways, Passages, Staircases, Common Walls, Open Spaces, Open Terrace, Parking Area And All Easementary Rights, Electrical Installation, Tneb Service Connection, Metro Water And Sewerage Connection (Cmwsb) And All Other Common Amenities Provided Thereon And Bounded On The:- North By: Flat No. O/5, Common Passage And Staircase Of Block 'O'; East By: Block No. 'B'; South By: Flat No. N/5; West By: 24 Feet Road; And Situated Within The Sub-Registration District Of Mylapore And Registration District Of Central- Chennai. As Per Corporation Of Chennai Property Tax Demand Card Bearing New Door No.22/6 (Old Door No.O-6), Rohini Garden, Raja Annamalaiapuram, Chennai- 600028. New Zone No.13, Ward No.173, Bill No.05235, Sub No.No.000 Old Zone No. 10, Ward No.150, Bill No. 0785, Sub No.000 Tneb Service Connection No: 135-033-116	25/04/2023 Rs. 80,88,747/-	09/01/2023
2.	Gowrishankar Kolthandaram, Bhuvareshwari Ravikumar & Gowri Manohari/ C-042 Raheja Revanta Tower C 4th Floor Village Shikhopur Sector-78, Gurgaon Gurgaon- 122001/ LBCHE00002208991	Flat No.- C-042, Tower C, 4th Floor, Raheja's Revanta, Shikhopur Apartment Sector-78, Gurgaon 122001 Super Built Up Area 2225.90 Sq.ft Built Up Area 1746.57 Sq.ft	02/05/2023 Rs. 2,16,98,134/-	31/10/2019

The steps are being taken for substituted service of notice. The above borrower/s and/or their guarantors (as applicable) are advised to make the payments of outstanding within period of 60 days from the date of publication of this notice else further steps will be taken as per the provisions of Securitisation and Re-construction of Financial Assets and Enforcement of Security Interest Act, 2002.

Date : June 03, 2023
Place : Delhi (Gurgaon)

Authorized Officer
ICICI Bank Limited

Envoys of several countries offer condolences

Envoys and missions of several countries condole the loss of lives in the tragic train accident in Odisha and expressed solidarity with India.

The accident involving three trains in Odisha's Balasore district killed at least 288 people and injured 803, in one of the worst railway tragedies in the country.

In a tweet, US Ambassador to India Eric Garcetti said, "On behalf of the US Mission in India, I extend our deepest condolences to the families of those who lost their lives in the tragic train accident in Balasore."

"We stand with India and the people of Odisha in this time of grief," he said.

Many questions for PM, Rail Min to answer, says Congress

The Congress on Saturday said the "horrendous" train accident in Odisha reinforces why safety should always be the foremost priority and asserted that there are many questions to ask of Prime Minister Narendra Modi and Railway Minister Ashwini Vaishnav but "those can wait" as the immediate task is of rescue and relief.

Congress chief Mallikarjun Kharge has deputised the party's leader in the Lok Sabha Adhir Ranjan Chowdhury and AICC Odisha in-charge A Chella Kumar to immediately visit the accident site to take stock of the situation and oversee the relief efforts being undertaken by its workers and frontal organisations, AICC general secretary (organisation) K C Venugopal



In a statement, Kharge said, "At this moment of grave national tragedy on account of the terrible train disaster in Odisha, I have instructed the entire Congress party organisation to extend all possible help."

A number of Congress leaders from different states have either already reached or will soon reach Balasore, he said, and extended heartfelt condolences to the bereaved families. "We have many questions to ask of the prime minister and the railway min-

ister but those can wait since the immediate task is of rescue and relief," Kharge said.

In a video statement, Kharge said it was the time to stay united and pointed out that several state governments have come forward to help out with the rescue efforts in Odisha, including the Siddaramaiah-led Karnataka government.

"I want to ask the PM and the Railway Minister that it should be found out how did this happen and who is responsible. We always talk about safety but still such an incident happened which had not happened in the history of railways. But all this can be discussed later as now it is the time to be united and support the central government and for all leaders to come together to help the people and share their grief," he said.

Conference on connectivity investments to NE States held

A two-day conference to explore connectivity investments and identify concrete projects in north-eastern states was held in Meghalaya from Thursday. The meet included the Ministry of External Affairs(MEA), the European Union(EU)Delegation to India.

Giving details here on Saturday, the MEA said the conference also explored possibilities for projects with India's neighbours (Nepal, Bhutan and Bangladesh), for implementation under the India - EU Connectivity Partnership, which was launched during the India - EU leaders Meet in May 2021. The Conference was inaugurated by Meghalaya Chief Minister Conrad Kongkal Sangma and Minister of State for External Affairs Rajkumar Ranjan Singh.

He stressed the importance placed by the central government on Connectivity initiatives, both within the country, and as part of India's Development Partnership abroad. He also highlighted the tremendous opportunities for India - EU Triangular Development Cooperation in South Asia and the Indo -

14 common FDC drugs banned

Commonly available over-the-counter (OTC) drugs Nimesulide, Chlopheniramine Maleate and Codeine syrup besides Paracetamol used for treatment of common infections, cough, and fever are among the 14 fixed dose combination (FDC) drugs that have been banned by the Government. It said that there is "no therapeutic justification" for these medicines and that they may involve "risk" to individuals. The Union Health Ministry issued a notification in this regard recently.

The banned drugs included those used for treating common infections, cough and fever - combinations such as Nimesulide + Paracetamol dispersible tablets, Chlopheniramine Maleate + Codeine Syrup, Pholcodine +Promethazine, Amoxicillin + Bromhexine and Bromhexine + Dextromethorphan + Ammonium Chloride + Menthol, Paracetamol + Bromhexine+ Phenylephrine + Chlorpheniramine + Guaiphenesin and Salbutamol + Bromhexine.

The move comes following recommendations from an expert committee.

The expert committee said that there is "no therapeutic justification for this FDC (fixed dose combination) and the FDC may involve risk to human beings. Hence, in the larger public interest, it is necessary to prohibit the manufacture, sale or distribution of this FDC under section 26 A of the Drugs and Cosmetics Act, 1940. In view of the above, any kind of regulation or restriction to allow for any use in patients is not justifiable."

"And whereas, on the basis of the recommendations of the Expert Committee and the Drugs Technical Advisory Board, the Central Government is satisfied that it is necessary and expedient in public interest to regulate by way of prohibition the manufacture for sale, sale and distribution for human use of the said drug in the country," the notification stated.

FDC drugs are those which contain a combination of two or more active pharmaceutical ingredients (APIs) in a fixed ratio.

In 2016, the government had announced the ban on the manufacture, sale and distribution of 344 drug combinations after an expert panel, set up at the behest of the Supreme Court had stated they were being sold to patients without scientific data and the order was challenged by the manufacturers in court.



PIONEER NEWS SERVICE ■ NEW DELHI



PIONEER NEWS SERVICE ■ NEW DELHI

"I love having every right to be as outspoken as I am, as any man would be"
— Chissy Teigen



Sheetal, born without hands, is being feted as the world's first para female archer who shoots using her feet. She has been labelled as a perfect role model for youngsters as she displayed raw courage and faced all her challenges in life with a determined resolve to succeed, writes MOHIT KANDHARI

At first sight it is very difficult to spot Sheetal Devi in a gathering of fellow players assembled at an archery range for regular practice sessions. A girl with less than five feet, Sheetal may come across as a small town girl, but in reality, she is not an ordinary athlete.

Hailing from a remote village of Lohi Dhar in Mughal Maidan area of Kishtwar district in Jammu & Kashmir, this 16-year-old girl has come a long way and is already making waves in the sporting world. At present she is being looked upon as India's next big medal hope in the upcoming para-archery world championships and 2024 Paralympics in Paris.

Born without hands (phocomelia), a condition where both her hands were underdeveloped, Sheetal is being feted as the world's first para female archer who shoots using her feet. Before winning her place of honour in the world of sports, Sheetal had left everyone spell bound with her ace performances and firm resolve to succeed.

Last week, when I visited the Archery range located in the Shri Mata Vaishno Devi Shrine board sports complex in Katra, several players greeted me with a big cheer.

While I acknowledged their greetings one by one, I shook hands with one of the seniors and paralympian Rakesh Kumar. Before meeting others, I asked him whether Sheetal was also around. It was then she also greeted me from an adjacent bench in a feeble voice.

After registering her presence, I too heaved a sigh of relief as I had travelled all the way from Jammu to meet her. I congratulated her for winning three medals --- one Gold, Silver and Bronze in the Para Archery World Ranking Tournament held in the Czech Republic between May 13 and May 21. She acknowledged with her sparkling eyes and mesmerising smile.

The Indian team secured nine medals out of which five medals were contributed by the archers from the Shrine board training academy.

Rakesh, a paralympian, and Sheetal won gold in Compound open mixed team and Compound men open doubles. Besides, Sheetal and Jyoti clinched silver in compound women open and bronze in compound women doubles. The Shrine archers contributed five medals for India in the total tally by which the country secured 2nd position in the event.

Lt Governor Manoj Sinha, who is also the Chairman of Shri Mata Vaishno Devi Shrine Board, congratulated both the sports persons for their performances. He tweeted that "the entire nation is proud of their achievement and their feat will inspire millions of our youth."

Chief Executive Officer of the Shri Mata Vaishno Devi Shrine Board Anshul Garg said the archers being trained at the Shrine Board's Sports Complex will also

win medals in the forthcoming events of the archery at the international levels, thereby bringing laurels to the country, the UT of Jammu & Kashmir and the Shrine Board.

TRAINING HARD FOR 2024 PARALYMPICS BERTH

A day after returning from the Czech Republic, Sheetal was back in the training academy without taking a single day break. Speaking to The Sunday Pioneer, Sheetal said, "I feel very happy after winning three medals in a recent event. I am upbeat and very optimistic. My josh is very high. My coaching and hardwork is showing positive results and now I am determined to secure my berth in the 2024 Paralympics and win a medal for my country."

Referring to her training schedule, Sheetal said, "Each day we come to the academy and practice for about four hours between 8 and 12 pm before breaking for a two hour lunch break."

During the training session Sheetal is assisted by her fellow players as and when required. The players also crack jokes and play mischief with each other. The second session starts at 2pm and the players call it a day after attending an hour long physical training session between 5pm and 6 pm."

Her coach Kuldeep Vedwan told The Sunday Pioneer we have already started training for the next big event lined up in the month of July and September 2023.

Sheetal, along with other players, are focusing her energies on World Archery Para Championship scheduled in Pilsen, Czech Republic in the month of July and Para Asian Games in China between September 23 and October 8 to reserve their berth for the 2024 Paralympics scheduled to take place in Paris.

Talking about Sheetal's journey, Kuldeep Vedwan told The Sunday Pioneer, "11 months ago Sheetal first arrived here at the Archery range. She was introduced to me by one of the volunteers working for a famous NGO. Before inducting her in the academy I interacted with her and tried my best to motivate her over a ZOOM meeting. Initially, I spent two long months carefully trying to understand her needs and how I could make her play archery and hit a bull's eye. Before starting her training schedule, I again counselled her. Since then, she has not looked back." Vedwan said, feeling elated over her recent performance.

Vedwan said it's amazing that in such a short span of time she has really proved her mettle. By winning three medals in the recently concluded Para Archery World Ranking Tournament she has already secured her place in the upcoming Para Archery world championship scheduled to be organised in Pilsen, Czech Republic and para Asian Games. I am hopeful Sheetal will secure her berth in the Paralympics and win us a medal in the 2024 Paralympics in Paris.



RAKESH, A PARALYMPIAN, AND SHEETAL WON GOLD IN COMPOUND OPEN MIXED TEAM AND COMPOUND MEN OPEN DOUBLES. BESIDES, SHEETAL AND JYOTI CLINCHED SILVER IN COMPOUND WOMEN OPEN AND BRONZE IN COMPOUND WOMEN DOUBLES

Shri Mata Vaishno Devi Shrine Board authorities to ensure better performance in the field.

Apart from routine training sessions we attend physical training modules, perform yoga and meditation to maintain our calm and enhance our abilities to focus on our goals.

A former Olympian from Katra Rakesh Kumar, who participated in the Tokyo Olympics, said Sheetal is a very promising athlete and is training hard in the academy to realise her goal of winning a gold medal in the world championships and paralympics.

Rakesh Kumar is the senior most player in the academy. He is also working hard and setting high benchmarks for younger players to achieve their goals.

Rakesh told The Sunday Pioneer, "I started my journey six years ago after coming in contact with the coach Kuldeep Vedwan in 2017. He said, I met with a deadly accident in 2009. I was in a very bad condition but then I decided to keep myself busy and opened a mobile recharge shop in Katra. In 2017 I met my coach Kuldeep Vedwan."

"When I met Rakesh, I motivated him and asked him to try archery at the academy." He made a sincere effort and went on to become a para-Olympian

Kuldeep Vedwan also highlighted the role of Sports Authority of India, and the Archery Association of India for their support, and stressed the importance of psychologists and dietitians in sports.

Para Archer Rakesh said, "Archery is a mind-game. When we are participating in a championship we are bound to feel pressure. Our training gives us an edge. So, just like the coach is essential for us, psychologists are equally important."

Highlighting another important aspect Rakesh said para-athletes face difficulties while moving from one place to another. "They spend maximum time in a wheelchair, we may not eat much, but digestion becomes a problem and so a good dietitian is very important."

At present over two dozen budding archers from Tamil Nadu, Haryana, New Delhi and from different districts of Jammu & Kashmir are receiving training at the academy.

Manisha Bhadana, from Faridabad in Haryana has recently joined the training academy and is witnessing improvement in her game. She told The Sunday Pioneer that the atmosphere at the academy is very very competitive. "I feel motivated while receiving training in the presence of International players such as Para-Olympian Rakesh Kumar and young archer Sheetal."

Pravin, an upcoming archer from Tamil Nadu said, he is training at the academy for more than six years and aiming to perform better in the coming championships. Amit Thakur from Reasi said, "We are focusing on Khelo India games and National Championships to perform better and earn medals."

(The writer is Senior Correspondent of The Pioneer)

SHEETAL'S JOURNEY

A native of Lohi Dhar village of Mughal Maidan area in Kishtwar, Sheetal's initial phase of life was full of struggle. She was born without hands and it is with great difficulty that her parents, Man Singh, a farmer by profession and mother Shakti Devi, a home maker looked after her basic needs.

Tucked in the hills she received no other medical help in her formative years. As she grew up, she started using her feet to feed herself. As Sheetal was keen on pursuing her normal school studies so she gradually started using her feet for writing as well. She has passed her class 10th examination and is studying in class XI.

No one in the family discouraged her. Remembering her school days, Sheetal said, "I used to attend regular classes with other children in my village. I was never discouraged by any one. My teachers and my friends helped me a lot and supported me. I used to play with them like a normal child"

Life took a sudden turn when she was spotted by a senior army officer at a local fair in Kishtwar district. The local army authorities approached her family and volunteered to support her. At that time Sheetal was nurturing her childhood dream of becoming a school teacher.

Fulfilling her desire Sheetal has been adopted by the Indian Army for her education since September 2019. Later with the help of reputed NGOs, the Indian Army had facilitated her travel and arranged other

A BIG MOTIVATION

Practicing in the company of other players Sheetal feels motivated. To attend her regular practice sessions Sheetal reaches archery academy, wearing sleepers. During her day long training she prefers staying barefoot in the archery range in order to hit a bull's eye.

On an average she is spending 6-7 hours under the guidance of her coach Kuldeep Vedwan at the archery range.

Before focusing on her target, she gently picks an arrow and adjusts it on the bow string. Using her feet, she adjusts the arrow against her shoulder and then triggers the shot with jaw and back muscles before hitting a bullseye.

"During training we interact with each other and discuss our performances. Fellow players in the academy are very helpful. They walk with me in the archery range and pull out the arrows after checking my score."

"Our coach sir also evaluates our performance and wherever we need his guidance he chips in and does course correction."

In Katra, Sheetal is staying with her mother and younger sister Shivani. Her mother Shakti sometimes visits the academy and spends time with her. Sheetal says, "When she was home her sister Shivani used to look after her basic needs. She is my dear friend."

Commenting on the quality of training facilities Sheetal said we have been provided with excellent training facilities by

THAT SWELLING IN YOUR LIMBS COULD BE SERIOUS

Lymphedema, a chronic and debilitating condition, is becoming a major health issue in India where it primarily stems from two major causes: A parasitic infection known as filariasis and cancer-related surgeries. Another reasons can be genetic and poor lifestyle. A team of doctors from AIIMS Delhi's Dept of Surgical Disciplines led by DR SUNIL CHUMBER shares with ARCHANA JYOTI, the panorama of the disease and bats for its integration into the healthcare system for better management, given spike in the cancer cases in India.



DR PIYUSH RANJAN



DR PRASSANA



DR SUNIL CHUMBER



DR AJAY MOHAN

What is Lymphedema and is it a problem in India?



Additionally, the rising incidence of cancer-related surgeries, including breast cancer treatment, often involves the removal of lymph nodes, increasing the risk of developing lymphedema. The incidence of lymphedema in India is alarming. According to recent studies, approximately 15-20% of breast cancer survivors develop lymphedema. Furthermore, in filariasis-endemic areas, the prevalence of lymphedema is estimated to be as high as 5-15%. Lymphedema in India is often underdiagnosed and undertreated due to limited healthcare knowledge, resources, and societal stigma. To tackle this issue, comprehensive awareness campaigns, education for healthcare professionals and the public, improved access to specialized care, and integration of lymphedema management into the healthcare system are crucial.

Surgery as an option

While conservative treatments like compression therapy and physical therapy play a crucial role in managing the symptoms, surgical interventions have emerged as a ray of hope for those with severe cases of lymphedema in recent years. Surgical options for lymphedema primarily focus on restoring lymphatic flow and reducing swelling. One such procedure is lymphaticovenous anastomosis (LVA), which involves creating connections between lymphatic vessels and nearby veins. This allows the rerouting of lymphatic fluid and reduces swelling. LVA has shown promising results in improving symptoms and quality of life for patients. Another surgical technique, known as vascularized lymph node transfer (VLNT), involves transfer-

Understanding the triggers



To better understand lymphedema, it's important to explore its underlying causes. Various factors can contribute to the development of this condition, and recognizing these causes is crucial for its prevention and management. Primary lymphedema is genetic. It happens when there are faults in the genes responsible for the development of the lymphatic system, meaning that it cannot drain fluid as it should. The main risk factor for primary lymphedema is having close family members with the condition.

Tips to keep lymphedema at bay

- **Exercise Regularly:** Engaging in regular physical activity helps promote lymphatic flow and overall circulation. Incorporate exercises that involve rhythmic movements, such as walking, swimming, or cycling. Start gradually and listen to your body, avoiding activities that strain or excessively stress the affected area.
- **Protect Against Infections:** Infections can exacerbate lymphedema symptoms, so it's essential to take precautions. Practice good hygiene, keep the skin clean and moisturized, and avoid cuts, burns, or insect bites. Use sunscreen to protect against sunburns and avoid prolonged exposure to extreme temperatures.
- **Maintain a Healthy Weight:** Maintaining a healthy weight is crucial for minimizing the strain on your lymphatic system. Excess weight can impede lymph flow, increasing the risk of developing lymphedema. Follow a balanced diet rich in fruits, vegetables, whole grains, and lean proteins. Consult a healthcare professional for personalized guidance.

Secondary lymphedema occurs when damage or disruption to the lymphatic system is caused by external factors. Common causes include surgery, radiation therapy, cancer, infection, trauma, or other medical conditions. These factors can impair the flow of lymph fluid, leading to the development of lymphedema. Certain infections, such as filariasis, a parasitic infection transmitted through mosquito bites, can cause lymphedema. These infections can damage the lymphatic system, hindering its ability to properly drain fluid from the affected area. Obesity and a sedentary lifestyle can increase the risk of developing lymphedema. Excess weight puts additional pressure on the lymphatic system, making it harder for it to function properly.

Symptoms: Recognizing the symptoms of lymphedema is important for early detection and effective management of the condition. One of the primary symptoms of lymphedema is swelling in a specific body part, such as an arm or leg. The swelling may be persistent and can range from mild to severe. It may also cause a feeling of heaviness or tightness in the affected area. Lymphedema can cause stiffness and limited movement in the affected limb or body part. You may find it challenging to perform certain activities or experience difficulty bending or straightening the affected joint. The skin over the swollen area may appear tight, thickened, or hardened. It may feel warmer to the touch and become more prone to infections. This discomfort may worsen with prolonged periods of standing or physical activity. Due to the compromised lymphatic system, individuals with lymphedema are at a higher risk of developing infections in the affected area. These infections may include cellulitis, which can cause redness, warmth, swelling, and pain.

Treatment: It often involves a combination of therapies, including compression garments, exercise, skincare, and manual lymphatic drainage. Remember, seeking medical advice and support is essential for effective management and minimizing the impact of lymphedema on your daily life.

Elastic stockings in treatment and prevention of lymphedema

The stockings work by exerting the greatest degree of compression at the ankle, with the level of compression gradually decreasing up the garment. The pressure gradient ensures that blood flows upward toward the heart instead of refluxing downward to the foot or laterally into the superficial veins. The application of adequate graduated compression reduces the diameter of major veins, which increases the velocity and volume of blood flow and improve lymphatic drainage.

- **Types of compression stockings:**
 - **Graduated or medical compression stockings-** They are designed for ambulatory patients and are manufactured under strict medical and technical specifications, including consistency and durability, to provide a specific level of ankle pressure and graduation of compression
 - **Antiembolism stockings** Used to reduce the risk of deep vein thrombosis and designed for bedridden patients
- **Nonmedical support hosiery** The compression is less uniform and not graduated. They can often be bought over the counter without a prescription. Accurate measurement of the limb diameter that conforms to the stocking manufacturer's guidelines should be performed by a trained health care professional. The stockings are contraindicated in the following cases i.e. Suspected or proven peripheral arterial disease, Severe peripheral neuropathy, Allergy to stocking material, Limb gangrene, oozing dermatitis and severe cellulitis, Extreme deformity of limb preventing correct fit.



DR BRAHMA KUMAR RATH

External compression and massage



DR VIKRAM SAINI



DR NELSON

The restriction of lymphatic flow results in lymphedema. The condition can be improved with massage therapy. This treatment benefits from massage therapy that directs excess lymphatic fluid from the swollen area to functioning regions of the body where it can be effectively managed by the circulatory system. External compression plays a vital role in this condition. For mild swelling, a simple compression dressing can help whereas the use of multi-layered compression dressing is advised for moderate to severe swelling. The entire area is covered by the compression dressing, which is neither too tight nor too loose. Every 4 to 6 months, the dressing needs to be changed as it gets loosen with time. Patients are usually advised to wear the compression garments during the day and remove it off at night, unless indicated. One can wear as early as possible in the morning and continue while doing any form of work or mild exercises. Patients are advised to apply coconut oil on skin and to take care of limbs for any external injury. Skin care is recommended to prevent skin infections. Recent advances like automatic pneumatic compression devices can serve as viable self-management options for severe lymphedema patients.

Lymphedema after treatment for cancer

As the incidence of cancer is increasing, lymphedema is likely to become common in the coming years. Lymphedema after cancer occurs due to the treatment offered for the cancer rather than the cancer itself. This is particularly seen among individuals, who have had lymph node surgery or received radiation therapy as part of their cancer management. It is due to the disruption or damage caused to the lymphatic system during cancer treatment, which impairs the normal flow of lymphatic fluid and leads to the accumulation of lymph in the affected tissues. Common examples include upper limb lymphedema after treatment for breast cancer and lower limb lymphedema after treatment for ovarian cancer. The impact of cancer-associated lymphedema extends beyond the physical symptoms. The functional impairments resulting from reduced mobility and range of motion can interfere with daily activities, occupational tasks, and overall independence.



DR GOPAL PURI

Managing cancer-associated lymphedema requires a comprehensive and multidisciplinary approach. Lymphedema therapists, healthcare providers with expertise in lymphedema management, play a critical role in developing individualized treatment plans. These plans often include a combination of strategies such as manual lymphatic drainage, compression therapy, exercise and rehabilitation, skin care, and patient education.

VAST EXPERIENCE OF MASS VACCINATION

India has had vast experience of running mass vaccination campaigns in the past. Apart from the eradication of smallpox and polio through mass vaccination drives under its UIP, India has administered 390 million vaccines annually to pregnant women and children. India also had a trained workforce of 2.5 million health workers and 50,000 cold chain technicians (CCTs) to handle its UIP. An extensive countrywide cold-chain network was available for routine immunization as well. However, could India's success in routine immunization guarantee the same victory in its massive Covid-19 vaccination drive?

A MISSION FRAUGHT WITH FORMIDABLE CHALLENGES

India's COVID-19 vaccination campaign was unique in terms of its scale of operations, delivery timelines, infrastructural requirements and the large number of people needing immunization. While talking to me, Chesta Yadav, the

A tale of India's Vaccine Growth

Dr Sajjan Singh Yadav, Additional Secretary, Department of Expenditure in the Union Finance Ministry in his book 'India's Vaccine Growth Story - From Cowpox to Vaccine Maitri' traces India's ancient history of inoculation and vaccination--which happened much before British physician and scientist Edward Jenner developed the first jab against smallpox ---to current status of being frontrunner in vaccine production and supply for the world. Excerpts from the book:

District Magistrate of Delhi's North-West district, admitted that 'the scale of Covid vaccination was huge in contrast to the target population for routine immunization'. While the UIP was confined mostly to government health facilities, the scale of Covid-19 vaccinations required vaccination centres to operate in other public and private spaces as well, she told me. In addition, the campaign necessitated large-scale adult immunization, hitherto not usual in India. Another daunting challenge was the rapid pace of vaccination to cover 1.4 billion people within the span of months needed to see the back of the pandemic. Apart from availability of vaccines, rapid expansion of

cold chain and other logistics, mobilization of human resources and their training were critical. Transporting vaccines at the right temperature was a gigantic task. 'This was especially daunting in the remote and hilly areas of the country,' said Dr Devansh Yadav, Deputy Commissioner, Changlang district of Arunachal Pradesh during interactions. The hilly district, with a dense forest cover, a tiger reserve, and numerous rivers and streams, is spread over 4,500 square kilometres. Prioritization of target groups, dealing with vaccine hesitancy and eagerness, preventing misinformation, building community ownership and generating a demand for vac-



DR SAJJAN SINGH YADAV

Health, Government of Rajasthan. 'People in rural areas have limited accessibility and understanding of the portal,' he confided.

Healthcare workers on the CoWIN portal in the initial phase was a huge challenge in a large part of Arunachal Pradesh due to the lack of a stable internet connection, Dr P Parthiban, Health Secretary of the State told me. This was reiterated by Akhil Arora, Principle Secretary,

Health, Government of Rajasthan. 'People in rural areas have limited accessibility and understanding of the portal,' he confided.

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the policy guidance, coordination and oversight functions. A state-level task force was made responsible for planning and mapping vaccination sessions, strengthening cold chain infrastructure, identifying manpower, training and managing biomedical waste, developing a media plan to allay fears and misinformation, attracting people to vaccination centres and monitoring their progress. A District Task Force functions under the District Magistrate in every district. Similar task forces were also set up at the block and municipal levels. 'Island-level Monitoring Committees were constituted under the chairmanship of the Deputy Collector,' Amit Satija, Health Secretary of Lakshadweep, informed. Lakshadweep is a federally administered territory of India comprising 36 small islands, many of which are uninhabited. (The book has been published in English by Penguin Random House. Now it is all set to be published in 20 Indian Languages to help spread the story of India's global vaccine supremacy across the country.)

China creating another Xinjiang

President Xi Jinping is all out to prevent the Islamic radicals across China. The first was the western-most province of Xinjiang wherein he has been undertaking full-scale measures to shield the Uyghur Muslims to stay away from Muslim extremists. Even global governance institutions like the UN had complained against the Xi regime that the ethnic Uyghurs and other minorities are being targeted simply in the name of preventing Islamic terror in the country.

A report published by the UN accused China of serious violations of human rights against the Uyghur Muslims that may be termed as "crime against humanity". The reality is that as per various international media sources and leaked videos from Uyghur detainees, Beijing is creating large concentration camps in the guise of training camps. And Chinese authorities are calling these camps as "Re-education Camps" or "vocational training centres". The Human Rights Watch and other global rights agencies say that China is committing genocide in Xinjiang which the Communists completely deny.

Currently, the Hui Muslims in Yunnan are under threat from Beijing. To them, China is trying to create "Another Xinjiang" in Yunnan which they say they won't allow it to happen. It's a province that borders Burma, Laos and Vietnam. It's again clamping down on religious freedoms of the Muslims and demolition of the mosques in these areas by the local authorities.

This month, thousands of ethnic Muslims came out in this Southwestern Province defying public orders to stop police from removing its dome and minarets. It took place in Najaiyong Village of the province where the locals fought with the authorities in a last-ditch attempt to save their sanctum sanctorum.

It is widely believed that all these measures are an integral part of what President Xi calls as an attempt to "sinicize" religion.

The Huis have a rich historical background. History says they are distant descendants of Arab and Persian traders who had come to Imperial China in the past. They are a group of nearly 11 million strong Muslim com-



munity living in scattered pockets from northwest to coastal belts of China. But Ningxia is an officially designated Autonomous Region for the Hui ethnic minority where they live.

Unlike the other ethnic minorities in China, they are widely assimilated with the majority Han community and their rich cultural traditions. Most of them speak Mandarin and live side by side with the powerful Hans. In recent years, they also have acquired more freedoms to practise their religious ceremonies than any other ethnic groups in China.

This is not the first time Beijing is trying to restrict Huis in Yunnan. Five years back, in 2018, the Hui community engaged in a tense standoff with the authorities when the latter came to demolish a newly constructed mosque. Thousands of Huis came out to stop government officials to safeguard the mosque in Ningxia, in the northwest part of the country.

But later, the Government

had replaced the domes and minarets of the mosque with indigenous Chinese style pagodas. So, the Hui Muslims are now quite familiar with the evil designs of the Communists of Beijing who have been making sustained efforts to pushing their long held religious and cultural traditions and symbols all these years.

Interestingly, a court order in 2020 ruled that recent additions to the mosque that includes a domed roof and minaret are not legal. So these could be removed or demolished as per law. It is believed that the administration is rightly acting under the directions of the court. Last week, the local security agencies warned the protesters to maintain law and order.

Sadly, the mosque that the local officials wanted to dismantle belonged to 14th century. It's an ancient place of worship and largely revered by the Hui Muslims. Indeed, the town of Nagu wherein the incident sparked violence this week is considered as a historic

home and a rich cultural hub of the Hui people in Yunnan Province.

The "sinicization policy" aims to purge external or foreign religious beliefs. It strongly urges the ethnic minorities to align more closely with Chinese culture and more specifically with the standard codes of the official and the most powerful Communist Party of China (CPC), which follows an atheist line of thinking. So, the problem originates from here itself for the largely devoted and faithful Hui Muslims in this part of China.

Now, how have the Chinese people and officials reacted to this saga of violence against the ethnic Hui Muslims? Normally, officials stay tight-lipped in China. Whereas China has a huge social media called Weibo like the Twitter through which people express their views and at times criticise the Government and even the most powerful CPC. But this time, the government quickly removed all the anti-govern-

ment comments and views in regard to the mosque demolition in Nagu.

And in fact, one message supporting the Govt said national policy to handle such unrest is fine. The State should not allow any "wolfish extremists" to impact the law-and-order situation in the country.

It's loud and clear that the majority of the Chinese people are either forced to live under the diktats of the Communists, especially under its authoritarian rule and rulers or they long for stability rather than unrest of any kind.

Xi's new China is typically what he wants to be. The President forever is highly ambitious. With the falling western liberal order and rising global clout of China, Xi is fast mobilising the CPC, the Army, diplomacy, economy and finally his people into one central point that China will rise and rise. Xi is a combination of both power and paranoia. His is a regime conspiring to create imbalance in global governance, as many believe. For Xi,

he is working hard and fast to spread the message to his people, making China strong demands uniting under the Party.

And joining the Party is precisely a gateway into the vanguard of the Chinese elite forever. For him, the Party is the only future. And thus, once he echoed: "The Party-Government, the Armed Forces, society and academia; east, west, south, north and centre; the Party leads everything." If this is what he foresees and expects compatriots to do, he will not allow Hui Muslims to preserve their age-old traditions and unique lifestyle strongly imbued with religiosity.

Today, Islamophobia in the West is abetting, but in China it is on the rise. But punching down the ethnic Huis and Uyghurs will not offer any readymade solution to the Communists. When the country is aspiring to be rich, resourceful and powerful in the global stage, it needs to be patient with cultural, regional,

ethnic and especially, religious differences.

The Party must accept assimilation of various cultural and religious strands as the world is fast encircled by multiple waves of globalisation and post-globalisation. But then continued atrocities and persecution of Hui and Uyghurs will certainly damage China's reputation on the global stage. Xi is completely an anti-thesis of Mao as the latter desired for continuous revolution. Whereas Xi called for peaceful China meaning total stability? And for managing this stability, he will not mind "re-educating" the Hui's the same way he and the Chinese statecraft has been doing for the Uyghurs so far in Xinjiang.

Finally, the liberal democracies and their leaders must be serious about China's massive "sinicisation" of Uyghurs and now a fresh attempt at Hui Muslims. Truly, this "sinicisation" is nothing but the curtailment of one of the edifices of basic freedoms that is the right to freedom of religion available in most of the modern nations.

Innocuous as it may seem, but this is the beginning of a new trend of religious persecution of minorities with Chinese characteristics under the leadership of President Xi.

It must be stopped, and the world leaders should voice their concerns in global governance institutions. China must behave responsibly and like a law-abiding nation. Before venturing out to capture the global stage and records, Beijing must set its own house in order. Huis and Uyghurs have the same basic rights the way it is enjoyed by the majority Hans in China.

By targeting the ethnic Muslims, China is simply inviting the wrath of the global jihadists. It would be prudent on China's part to stop atrocities on the Hui Muslims. Making Yunnan another Xinjiang would be fatal for China's stability in the long run.

Denying the freedom to practice and enjoy ethnic religious rights goes against all basic universal tenets of human rights. It's completely unfair to keep the Hui Muslims under a state of constant fear.

(The writer is currently the Head of the School of Humanities & Social Sciences, Geeta University, Panipat)

Beijing must set its own house in order. Huis and Uyghurs have the same basic rights as those enjoyed by the majority Hans in China. By targeting the ethnic Muslims, China is simply inviting the wrath of the global jihadists. It would be prudent on China's part to stop atrocities on the Hui Muslims. Making Yunnan another Xinjiang would be fatal for China's stability in the long run



MAKHAN SAIKIA

PERSPECTIVE

Climate change not a myth

The saddest part of the climate menace is that the poorest countries and island communities are the worst sufferers of climate change. Whereas they have not played any role in altering the environment



CHITRANGADA

Climate change is real. Not a myth. Anthropogenic elements are central to environmental disturbances. The fear is that humanity is in great danger. The situation today is escalating. We are advancing towards a catastrophe.

Climate change is one of the most emerging problems and we humans are the main predators to such things. Now the question arises: how are we going to stop it? We may have many motives and initiatives in our mind but are we able to implement them in a useful way? We can't just see that we are the ones who have brought such destruction for the past 200 years. Fossil fuels and greenhouse gases are the uprising problems. The most astonishing part is that the earth is a system where everything is connected. If an area is affected, then the change is seen everywhere.

In 2021, the UN Secretary General Antonio Guterres unveiled the UN Report on Climate Change called 'State of the Global Climate 2020'. It is a report prepared by the World Meteorological Organization (WMO), a key agency of the UN. The State of the Global Climate 2022 released by the

WMO indicates the continued rise of greenhouse gas emissions in the last year. It focuses on primary climate indicators like greenhouse gases, temperatures, sea level rise, ocean heat and acidification, sea ice and glaciers. The report seriously highlights climate change and extreme weather conditions. The Report states that drought, floods, and heat-waves are major parts of the globe, and the costs are rising for all. It is also reported that global mean temperature for the last 8 years has been recorded as the highest. Further, sea levels and ocean heat are at their record high. It is predicted that this trend will continue for centuries. The Report also says that sea ice in Antarctica falls to the lowest level. The continent of Europe has witnessed the breaking of glacier melts.

The Climate Change Synthesis Report 2023 released by the Intergovernmental Panel on Climate Change (IPCC) highlights the state of the knowledge of climate change, its widespread impact, and risks. It says that human activities principally through emission of greenhouse gases, have unequivocally caused global warming, with global surface



temperature reaching 1.1 degree Celsius above 1850-1900 in 2011-2020. It's alarming.

Another UN Report in the year 2021 highlighted that time is running out to tackle the climate crisis now. It was clearly said that even the deadly Covid-19 has failed to put a brake on relentless environmental change. Again, this WMO Report mentioned that because of the severe Covid-19 restrictions, the rich and advanced nations barely could help in assisting the climate-affected nations of the world. This pandemic has seriously delayed the delivery of climate finance and other protective

measures to extremely vulnerable nations, especially the small island developing countries like Tuvalu, Madagascar, Seychelles, Maldives, Fiji, Haiti, etc. The UN stressed that the year 2021 is the year of action for the protection of the people from the disastrous effects of climate disasters.

Besides other negative impacts of climate change, it is also preventing people from enjoying basic rights or human rights in many parts of the world. Last year, a group of young people filed a petition at the European Court of Human Rights. They complained to the Court that climate inaction is

a human rights violation. They all highlight a 1990s era treaty named 'Energy Charter Treaty' according to which governments are required to compensate energy companies and investors if public policies cut into their profits. And this refers to public policies that are made to fight environmental change.

We all must know that the UN Framework Convention on Climate Change (UNFCCC) 2021 for the first time tried to connect human rights and climate change to the table of the Conference of the Parties (COP). The aim of this move was to promote rights-based

climate actions and the integration of human rights in the historic Paris Agreement. Since then, the Office of the UN High Commissioner for Human Rights (OHCHR) has expanded its work on human rights and climate change all around the globe.

Under the existing international human rights law and the UN Declaration of Human Rights (UDHR) of 1948, all the states have the responsibility to protect its people from any foreseeable danger. These laws and conventions have the mandate to protect, respect and create conditions for fulfilling our human rights. The dangers heralded by climate disasters are ever present in our life today. It's largely hampering us from enjoying the basic rights of the people. Under the existing international human rights law, the states and the world bodies have the responsibility to take immediate steps to mitigate the impacts of greenhouse gas emissions. And it must ensure that all of us have the necessary means to adapt to rapid climate changes.

The saddest part of the climate menace is that the poorest countries and island communities are the worst sufferers of climate change. Whereas

they have not played any role in altering the environment. But it is also true that these countries are directly or indirectly enjoying the benefits of the massive industrialization and post industrialization era. The products of all polluting and extractive industries produced by advanced nations are used by all of us including the poor and vulnerable nations. In that way, we all are part of the damages done to the Planet Earth today. So we need to refrain from all such practices that may harm or destroy this planet not only today but also in future also.

I, being a youngster, am still confused about what will happen to Planet Earth. Like me, millions are in a state of shock. But no one has the right to steal our future. No one has the divine will to bring back our planet to the pre-industrial level. What we can do is to prevent further disasters. We can plan for active mitigation efforts. It's our home. Let's preserve it together. But do remember that 'Climate Abyss' is one of the starkest realities of the 21st century.

(The writer is a young climate thinker based in Delhi-NCR)



YOUR WEEK AHEAD

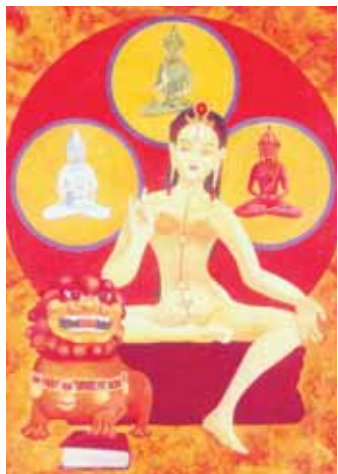
MADHU KOTIYA



ARIES March 21-April 19

Any debt or loan that you have taken out must be paid off this week. You can provide whatever assistance or support is requested. It might be emotional or financial in nature. Some charitable action is also on the cards. Financial security broadens your view, and you want to experience life to the fullest. In the middle of the week, there are illusions and delusions. You want to enjoy everything: cuisine, clothing, jewellery, entertainment, outings, and so on. However, your thoughts are hazy. You select one but switch to the other. In that way, you can go haywire and lose your bliss. Be realistic about your life's ambitions. Health, wealth, and success at all levels are possible.

Lucky number 18
Lucky colour White
Lucky day Wednesday



LEO July 23-Aug 22

You infuse your surroundings with energy, vigour, activities, and reactions. You are aware that having too much of something may lead to distances, disputes, and an unpleasant way of living. Co-workers may desire to avoid or confront you. There may be instances of verbal sparring or respect of viewpoints. You need to channel your enthusiasm into something constructive. God bestows to you excellent health, a good position, authority, and power. You are the winner in the rat race; still be cautious since a peaceful setting may add additional feathers to your crown. But there are few odds of that happening. You are powerful, and your established status, which you have acquired through a lengthy fight, may be jeopardised. May you channel your energies in the direction that the supreme power desires.

Lucky number 20
Lucky colour Green
Lucky day Sunday



SAGITTARIUS Nov 22-Dec 21

The week foretells an accident or minor surgery that will keep you from working. You require medical treatment, care, and attention this week. However, you are lucky in that your spouse will be there to support you. This is an excellent time to connect with the divine. Spirituality and religious activities will strengthen you. Mantra practice will strengthen your trust and assist you in regaining your equilibrium. You entirely commit to God's mercy and discover an easy route, namely the path of love, humanity, and love for everyone. There will be a strong bond in the family, and you will share many of your views with your spouse. A healing retreat will be held throughout the week. You find peace at the end of the week and return to your usual life pattern.

Lucky number 14
Lucky colour Parrot Green
Lucky day Saturday



TAURUS April 20-May 20

This week, you might appreciate your power and authority. This is not your physical strength, positional power, communication, or attitude and behaviour towards your co-workers. Your organisational and management abilities are also strong, and you are regarded as a leader in your field. There are certain people who may be dissatisfied with your working style. They may intend to bring you down or win you over. Any trade you have sanctioned or interview you have appeared in may slip into the hands of others due to the treacherous or sick thoughts of your competitors. By the end of the week, you're exhausted and left to shoulder all the tasks on your own. You should learn to delegate your tasks.

Lucky number 13
Lucky colour Brown
Lucky day Saturday



VIRO Aug 23-Sep 22

This week gives you good fortune. There are financial and emotional gains. Money comes from a variety of sources, and you are safe. There is also happiness. By mid-week, you also want to meet your emotional goals. Good love messages, marriage proposals, or intimacy with your lover are also feasible during this time. However, you may soon experience bewilderment, instability, a lack of warmth and tenderness at all levels of your life. At the end of the week, you strive to restore harmony and cohesion back into your life with your new beliefs. You realise that as time passes, you must adapt to the changes. Sticking to old conventions and customs may be counterproductive. Adjust your lifestyle and way of thinking or be prepared to confront the world with conviction.

Lucky number 17
Lucky colour Sky Blue
Lucky day Tuesday



CAPRICORN Dec 22-Jan 19

This week makes you feel nostalgic and emotional. There will be many things that do not go as planned. You want to demonstrate your love and care, but circumstances are not in your favour, and you are concerned for your health. Ladies may suffer from menstruation disorders, thyroid issues, and other issues. Your money requires thoughtful decision-making as well. Midweek requires you to be wise and systematic in your approach to life. Health, money, and other aspects of life require your attention. A healthy diet and a disciplined lifestyle will aid you. Your career will flourish and grow towards the end of the week. Money will come from several sources, and there will be contentment, pleasure, enjoyment, affluence, and excellent health as well. Buying a property may become a reality during this time.

Lucky number 12
Lucky colour Grey
Lucky day Wednesday



GEMINI May 21-June 20

You enjoyed the results of your hard work in the past week, but it is now time to be careful and prepared to confront some disagreements or arguments at work. Someone who believes they are superior to you might oppose you and make your life difficult. There is finger-pointing, backbiting, fierce competitiveness, and verbal arguments. Mid-week, you find yourself under the spell of a negative individual. You may be forced to engage in unethical behaviour that is both unhealthy and unacceptable. But congratulations! You are driven and confident in your stride. Finally, you will achieve success and be able to demonstrate your abilities. Your status has improved. There will be feel-good moments during this period.

Lucky number 5
Lucky colour Orange
Lucky day Tuesday



LIBRA Sep 23-Oct 22

You are seated on a high platform where you may gain recognition, popularity, and enjoy life. You bask in your own brilliance. It is your own hard work and commitment, as well as God's blessings, that has brought you to this level. You are fair, unbiased, and kind. You truly possess leadership abilities. Your inner soul is pure and unselfish, and you move with the flow of time. Your concern and care for others win the hearts of those who follow you and listen to your counsel. Those who are close to you will appreciate your function as the head of family at home or at work. Be cautious since the end of the week indicates a type of financial loss or physical disease. Precaution is better than cure.

Lucky number 23
Lucky colour Turquoise
Lucky day Monday



AQUARIUS Jan 20-Feb 18

You must make difficult judgements at the start of the week. Emotions have no place in this situation; you must be firm and fair in your judgement. Your decision may alter the course of your or someone else's life. There may be competition for a post in the workplace. The week's focus should be submission. Mid-week, there's a risk you'll face lies or confront the wrath of your superior, leaving you demoralised. In such a scenario, you should engage in some yoga activities, meditation, and spiritual practices to build confidence and mental stability. Currently, it is necessary to be aware of your goals or to realise your objectives. By the end of the week, you will feel better since there will be a nice atmosphere around you. Things begin to improve gradually, and there will be proposals for love or marriage.

Lucky number 22
Lucky colour Yellow
Lucky day Thursday



CANCER June 21-July 22

Known for your emotional depth and compassionate concerns, the first three days of this week will be action-packed for you, devoid of sentimental influences. An opportunity in your work domain holds potential long-term benefits, but it requires your immediate action and honed skills. By improving your working style, achieving mental clarity, and expressing yourself effectively, you can reap substantial gains. Mid-week brings a flurry of financial transactions, emphasizing the importance of repaying any borrowed money promptly. Towards the end of the week, a promising partnership deal awaits your signature. Additionally, there is a possibility of deepening existing relationships or forming new emotional bonds. Love brings contentment, as singles may find compatible partners and freely express their emotions.

Lucky number 15
Lucky colour Pinky
Lucky day Friday



SCORPIO Oct 23-Nov 21

Your task requires your whole concentration, and you are giving it to it. This is the time to mend yourself—to renew and recover your vitality so that you can tackle the rest of life's problems. Exhaustion can cause emotional and mental instability, as well as irritability. Your health should be prioritised. Regular medical check-ups and rest are essential. There is a possibility of having disagreements with superiors at work. Controlling your emotions and revitalising yourself will be beneficial to you. Otherwise, you may face the wrath of your boss, father, or older brother. The time necessitates a shift in lifestyle from work to relaxation, from a hectic schedule to leisure.

Lucky number 8
Lucky colour Peach
Lucky day Tuesday



PISCES Feb 19-March 20

You have childlike enthusiasm and a lot of work potential this week. However, without goals or clarity of mind, your results are useless. Your family needs your time and attention. Any health concern that is ignored may result in a significant financial loss. It is always best to be cautious. Some of you may experience separation and financial losses by midweek. Relationships may become strained. It is the fire of energy and mental power that may come to your aid. There will be opportunities and blessings by the end of the week. You get so preoccupied with yourself that you overlook these. Communication and travel will pique your curiosity in your quest for emotional well-being. Couples will find mutual understanding between them. Wealth will also come to you from various sources.

Lucky number 10
Lucky colour Indigo
Lucky day Wednesday

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ASTROTURF
BHARAT BHUSHAN PADMADEO

Each mind is unique

Picking up threads from the previous issue, it comes out that invariably each one of us is keen to passionately pursue one's self-designated path, often crossing path with others. The world, thus, becomes natural breeding ground for arousal of conflict of thoughts and interests. Yet, we all wish to go about in life to one's asking and aspire to move unrestrained. Obviously, more often than not, one is unable to make it to one's dream destination unchallenged. We, thus, remain vulnerable to go through unpleasant twists and turns in life. The limitations up to this stage are elemental in nature.

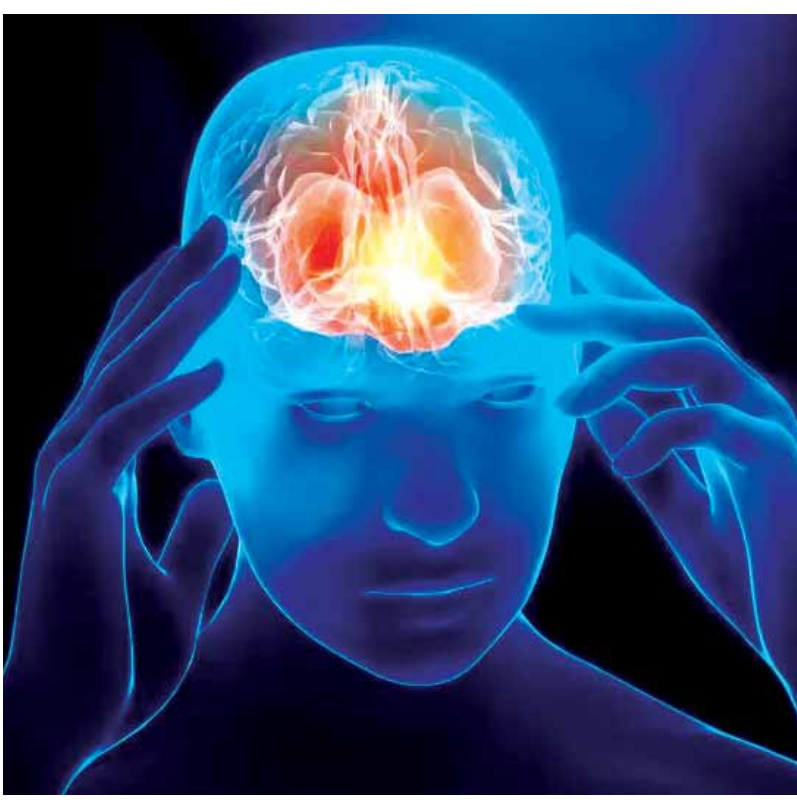
Next in line comes individual-specific limitations of mind. They exemplify uniqueness of each being characterised by their varying mental-traits. It may not be out of place to mention here that Energy-Trinity - Sata, Rajasa, and Tamasa - the primal forces driving our lives - give rise to three types of attributes in psychological terms, with one or the other prominently displayed in each being. What particular element plays heavy in our mind defines our individual character, and that is reflection of our Karmic carryover from the past. This sets the premise for individualised

limitations of mind. Going by the 'the theory of Karma', mind acts as the carrier of Karmic imprints from the past, running in succession from one life to the other. They involuntarily define individual specific's beliefs, which condition our mind one way or the other.

On account of the above limitations, five broad categories of individual mind-trends are in evidence - Ignorant/Darkening; Scattering; Gathering up; One pointed; and Concentrated. A large majority fall under the category of darkening and scattering types.

Darkening types have ignorance at their root. Stuck to their ill-conceived beliefs and perceptions, they carry a narrow vision. Their hardened attitude does not allow much of a scope to explore beyond their predefined limits. So, they fail to expand their vision. Evidently, they lack clarity in vision and thought. Invariably, they do not have any clue to what life is truly about, what they should expect from life, and what is their calling.

Mind engaged in its likes and dislikes, prejudices and obsessions, wanton desires and temptations of life, pleasures and pains, continuously keep breeding



corresponding thoughts. Usually, a person attends to nothing less than sixty to seventy thousand thoughts every day, many of them self-conflicting, and even negative. Mind, randomly flirting with these thoughts, keeps wandering hither and thither, and thus, becoming restless. This is what is termed as 'scattering mind', which does not let us remain focused to our priority preferences, and evidently to our detriment.

Next in line is the 'gathering up' type. Those having realised that lack of focus makes them left behind in the run of time, make conscious efforts to remain centred to their desired destination. They wish to improve their focus in order to take the tasks in hand towards their logical end. But for which, they have so far failed to view things in the right perspective, and so could not make right choices. But it is easier said than done, as habits die hard. Habit tendencies keep pulling us back to their limits again and again. At times they get focused for a while, soon to get distracted once again. They again strive to regain their focus. This tug of war keeps going on.

The next higher level is one-pointed state, which again is gained through

conscious efforts. They are the ones who have become conscious about remaining alert to make wholesome use of the operational tools of mind, particularly its discriminating faculty. Obviously, to achieve that end, one tries to get over distracting influences, improve their focus and remain centred to their desired destination.

Consequently, wherever they pay attention, single-pointedly they are able to successfully pursue the task in hand to its logical end. Those having attained this state, carry higher probability of tasting fruits of success with ease and comfort. They, however, still remain subject to pushes and pulls, of course relatively on a lower scale.

Beyond the one-pointed state is the 'concentrated mind'. This is a stage when mind literally becomes free from unwanted thoughts. One is then in full control of mind, whereby one is able to use it as an instrument to one's asking rather than being carried away by its habit tendencies. Having arrived at this state of mind, one comes out with one's optimum best, as it gets tuned up well to the all-powerful and all-knowing, all-pervading consciousness element - the cosmic mind.