



**WORLD 5**

**HAMAS CLEARS WAY FOR POSSIBLE CEASE-FIRE**

**MONEY 6**

**GOVT MAINSTREAMED STARTUPS: PAYTM FOUNDER**

**SPORT 7**

**RAJAWAT STUNS WORLD NUMBER 4 ANTONSEN**

**Published From**  
DELHI LUCKNOW BHOPAL  
BHUBANESWAR RANCHI  
RAIPUR CHANDIGARH  
DEHRADUN HYDERABAD  
VIJAYWADA

**NEW DELHI, SUNDAY JULY 7, 2024; PAGES 8-4 ₹5**



# Established 1864 sunday pioneer

www.dailypioneer.com



## Terrorists Encountered in Kashmir; one Jawan martyred



PIONEER NEWS SERVICE ■ JAMMU

A jawan of the Indian Army on Saturday was martyred during an encounter with a group of heavily armed terrorists in the South Kashmir district of Kulgam. Till the time of filing the report, the security forces were engaged with the terrorists at two locations in the valley. According to a spokesman of the Jammu and Kashmir police, the first gunfight took place in Modergam village of the south Kashmir district after security forces launched a cordon and search operation there following specific inputs about the presence of terrorists. The terrorists opened fire at the security forces and an encounter broke out. The officials said a soldier of the Indian Army sustained fatal injuries in the exchange of fire. In another gunfight,

contact with terrorists was established in the Frisal Chinnigam area of Kulgam. "Police and security forces are on the job. Further details shall follow," Kashmir Zone Police said in a post on X. Meanwhile, the Director General of Police RR Swain Saturday said the adversary across the border is using foreign mercenaries to create a fear psychosis among the people to sustain terrorism in Jammu and Kashmir. Interacting with the media in Doda after promoting seven special police officers (SPOs) as constables for their exemplary bravery during a recent anti-terrorist operation in the Gandoh area of the district, the police chief said people are fully cooperating with the security agencies and it is a matter of time when the terrorists start getting eliminated. Three foreign terrorists were killed in a gunfight in the

Gandoh area of the Doda district on June 26. This was the first encounter in Gandoh in more than a decade. Without naming Pakistan, Swain said, "Our adversary and enemy has posed a challenge, thinking that this is a border area and they can take advantage of it by pushing foreign terrorists to revive militancy by creating fear (among the people). "They (foreign terrorists) are not in big numbers and we are fully determined to defeat them, like we have done in the past, with the help of other forces and cooperation of the public," he said. The DGP said the foreign mercenaries do not belong to anyone and they also do not fall in the ambit of law. "They are involved in mass killings, taking sheep without paying money and their aim is to create fear and force the public into submission and create disturbance. But it cannot be achieved because the people are with us and we will fight them out," the DGP said. "Police and its security partners are fully determined and committed to defeating the terrorists with the active support of village defence guards, SPOs and commoners. It is only a question of time when they will start getting killed, and they will start getting eliminated," he added.



## Bhole Baba breaks silence

PNS ■ LUCKNOW

Following the stampede at his "satsang" in Uttar Pradesh's Hathras a few days ago, which resulted in the death of 121 people earlier this week, Bhole Baba, the former constable-turned-self-styled godman, expressed his sorrow over the incident. He said he is "deeply saddened" by the loss of lives, conveying his condolences and sympathy to the grieving families. "May God give us the strength to bear this pain. Please keep faith in the Government and the administration. I have faith that anyone who created the chaos would not be spared. Through my lawyer AP Singh, I have requested the members of the committee to stand with the bereaved families and the injured and help them throughout their lives," said Bhole Baba in a video statement. Meanwhile, Devprakash Madhukar, the key accused in the July 2 Hathras stampede, was on Saturday sent to 14-day judicial custody by a magistrate

court, officials said. Besides, Sanju Yadav, another suspect who has been arrested in connection with the case, was also sent to jail for the same duration, they said. Earlier in the day, Hathras Superintendent of Police Nipun Agarwal told reporters that the police would apply in the court to get the remand of Madhukar and other suspects. "Devprakash Madhukar and Sanju Yadav were produced before the judicial magistrate's court today and both were sent in judicial remand for 14 days," Assistant Prosecution Officer Uma Shankar Yadav told reporters. The APO said Ramprakash Shukya, who too has been arrested in the stampede case, would be produced in the court on Sunday since he was arrested after Madhukar and Yadav and has some police formalities pending. Madhukar was arrested from Delhi's Najafgarh area late on Friday night by a Special Operations Group of the Hathras police. **Continued on Page 2**

## PM Modi Budget Ready

DEEPAK KUMAR JHA ■ NEW DELHI



Narendra Modi's third tenure as Prime Minister is all set to present its eleventh annual Budget consecutively and with this Finance Minister Nirmala Sitharaman, serving her second consecutive term as Finance Minister, will become first Finance Minister to present seven consecutive Union Budgets, surpassing Morarji Desai, who presented six consecutive annual Budget of the Government of India. Interestingly the Budget will also be the first one in the new Parliament which was inaugurated last September during which the historic Women Reservation Bill was passed. President Droupadi Murmu on Saturday approved the proposal for summoning of both Houses of Parliament for the Budget Session, 2024 from July 22, to August 12 and the Union Budget 2024-25 will be presented in Lok Sabha on July 23. This will be the first Budget presented by the Government led by Prime Minister Narendra Modi's NDA third term. An interim Budget was presented in February ahead of the Lok Sabha polls, which were held in April-June and a Special Session concluded early this week where the new MPs took oath and new Council of Ministers were introduced besides the Presidential address to joint sitting was conducted. In her address to a joint sitting

of Parliament, she had said major social and economic decisions will be a highlight of the Budget. Parliamentary Affairs Minister Kiren Rijiju announced Budget Session will be held between July 22 and August 12 and Sitharaman will present the Budget on July 23. "President of India, on the recommendation of Government of India, has approved the proposal for summoning of both the Houses of Parliament for the Budget Session, 2024 from July 22, 2024 to August 12, 2024 (subject to exigencies of Parliamentary Business)." Given the key NDA partners — TDP and JD(U) — have shared their demands to the PM and separately to the Cabinet Ministers, including Sitharaman, the Budget is expected to give more weightage on the welfare aspects. Interestingly the crucial portfolios like, finance, home, defence, agriculture, roads and rails are with the BJP. The Union Budget plays a pivotal role in outlining the government's economic priorities, fiscal strategies, and expenditure plans for the year ahead. It is keenly awaited by various stakeholders including businesses, investors, economists, and the general public for its implications on economic growth, sectoral allocations, taxation policies, and welfare measures. Sources said that a series of meetings with various political, social and economical including industrial stakeholders are on the anvil in the next fortnight, a usual practise, before the budget is shaped and prepared. Sources said the Economic Survey will be tabled in both the House — Lok Sabha and Rajya Sabha — when the Parliament meets on July 22. Sitharaman has already met with economists, finance and capital market experts and industry bodies for pre-budget consultations. Sitharaman also chaired a meeting with Finance Ministers of different States and Union Territories towards the end of June to take suggestions for the upcoming Union Budget.

## Monsoon's merciless march

- Assam situation grim**
- Amarnath Yatra stalled**
- Lightning strikes Bihar**
- Himachal, U'khand disrupted**

**PNS ■ ASSAM**  
Assam's flood situation remained critical on Saturday with over 24.50 lakh people reeling under the deluge in 30 districts and major rivers flowing above the danger mark at several places, an official bulletin said. The toll in this year's flood was 52 and 12 others lost their lives due to landslides and storms. The Brahmaputra river is flowing above the danger mark at Nimatighat, Guwahati, Goalpara and Dhubri. Its tributaries Burhi Dihing at Chenimari, Dikhou at Sivasagar, Disang at Nanglamuraghat, Dhansiri at Numaligarh, Jia Bharali at NT Road crossing, and Kopili at Kamrup and Dharamtul are also flowing above the danger levels. Chief Minister Himanta Biswa Sarma held a meeting with officials after returning from the severely affected Dibrugarh district and reviewed the flood situation in the State. Assam's famed Kaziranga National Park (KNP) has claimed the lives of 114 wild animals while 95 others have been rescued till Saturday, an official said. The animal mortality in the KNP has increased from 77 till Friday. The dead animals include four rhinos and 94 hog deer due to drowning in the KNP and 11 others during treatment.



PNS ■ SRINAGAR

The Amarnath Yatra was temporarily suspended on both routes to the cave shrine on Saturday as a precautionary measure due to heavy rainfall, officials said. Intermittent heavy rainfall has been seen along the Baltal and Pahalgam routes since last night, they said. The decision to temporarily suspend the yatra was taken as a precautionary measure to ensure the safety of the pilgrims, the officials added. The number of devotees who have visited the 3,800-metre-high cave shrine and had 'darshan' of the naturally formed ice lingam has crossed 1.50 lakh. The Amarnath Yatra began on June 29 from the twin tracks — the traditional 48-km Nunwan-Pahalgam route in Anantnag and the 14-km shorter but steeper Baltal route in Ganderbal — and will culminate on August 19.

PNS ■ PATNA

Nine people were killed after being struck by lightning in six districts of Bihar in the last 24 hours, officials said on Saturday. The lightning deaths were reported from Jehanabad, Madhepura, East Champaran, Rohtas, Saran and Supaul districts, they said. Bihar Chief Minister Nitish Kumar expressed grief over the death of nine people due to lightning and announced an ex-gratia of ₹4 lakh to each of the deceased's family members. According to a statement issued by the Chief Minister's Office (CMO) on Saturday, Jehanabad district reported three deaths followed by two in Madhepura, one each in East Champaran, Rohtas, Saran and Supaul. The CM urged people to follow advisories issued by the Disaster Management Department.

**PNS ■ UTTARAKHAND**  
Heavy rain disrupted daily life in Uttarakhand. Daily life was disrupted in the Hill State as the rain triggered numerous landslides, blocking key roads, including the national highway leading to Badrinath with a five-year-old drowned in a rainwater-filled pit in Dehradun and a teenager in a Haridwar rivulet. Landslides triggered by heavy rains over the past few days have left the Badrinath National Highway blocked at more than half a dozen places, including Kameda between Gauchar and Rudraprayag, Bhanir Pani near Pipalkoti, Pagalnala near Tangni, Pinola between Joshimath and Badrinath and at Kanchanganga beyond Hanumanchatti. National Highways Authority of India and Border Roads Organisation personnel are busy clearing the roads. Also, heavy rain lashed parts of Himachal, including Kangra's Dharamshala and Palampur where rainfall levels exceeded the 200-mm mark. According to the emergency operation centre, 62 roads, including 38 in Mandi, 14 Kullu, five in Shimla, four in Sirmaur and one in Kangra district, are closed for traffic following torrential rains on Saturday evening.

## Malda Mangoes Multiply

**SAUGAR SENGUPTA ■ KOLKATA**  
For the first time in many decades perhaps Indians are getting to taste their own mangoes — sweet, fleshy, soft and smooth. Malda aam or Malda mango to be specific. The reason: Slumped export market owing to low yield, yet high price. The upshot: Crops are experiencing a bumper sale in the domestic outlets so to say. Says Afroz Bhai an orchard owner in Old Malda, "Not on many occasions you have a high quality product with a sluggish export... This year the export market has slumped because of high

quality and low quantity... the price fetched abroad is not as remunerative as the market would expect and so we are forced to sell it indoors." This year the Malda mango that you get for ₹80-₹120 in Kolkata is being sold at ₹100-₹150 per kilogram in Delhi, the Bengal Horticulture department officials said. The wholesale prices surged by about 50-60 per cent due to low yield and high quality. "We expected higher price abroad when we were booking customers from England or Dubai... they showed interest but owing to higher price they backtracked and then the mango route was diverted to



internal markets," said Roop Kanjilal a mango expert and a whole-seller of fruits, adding how this year the customers in Delhi played a "compensatory role" insofar as mango market is concerned. "About 17 tonnes of mango

was sold alone in the Delhi Mango festival... and though other varieties like Himsagar, Lakshman Bhog were in demand Langra for its high quality yield sold hugely," said a member of West Bengal Exporters' Coordination Committee. Malda is a historical medieval town where the Malda mango originated perhaps during the time of the Nawabs of Bengal one of whom loved the aroma of the fruit so much that he got a row of several varieties like Madhukulkuli and Begam Khas planted in his backyard apparently to please and enamour his queens in sleep. **Continued on Page 2**

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# HC nod to terminate pregnancy after woman's 30-week foetus found to have neuro-developmental disorder

STAFF REPORTER ■ NEW DELHI

A 31-year-old woman has been permitted by the Delhi High Court to medically terminate her pregnancy of around 30 weeks after the foetus was found to have a neuro-developmental disorder. The Delhi High Court in its order said the law ensures that women are not compelled to carry such pregnancies to term where the child would be born with severe abnormalities. In view of a report given by a board of doctors from AIIMS, the court observed that the diagnosis indicated that the child, if born, would likely face severe neurological impairments and extensive health challenges on account of 'Joubert Syndrome'. The court further noted that the first child of the petitioner woman also suffered from neurological handicaps and if

the medical termination of pregnancy is not allowed in this case, "She and her family would be compelled to care for two children with significant neuro-developmental issues, requiring extensive, continuous, and advanced medical care potentially for their entire lives". The burden of raising two children with severe disabilities in a household with limited financial resources is a daunting prospect that would likely lead to grave injury to the petitioner's mental health, it added. "Considering the substantial risk of serious neurological difficulties and the adherence to the established medical guidelines, the court finds the recommendation of the AIIMS Medical Board to be well-founded in evidence and in the best interest of the Petitioner's health and the potential quality of life for the

child. Petitioner is permitted to undergo medical termination of pregnancy at a medical facility of her choice," Justice Sanjeev Narula said in the order. "The provisions of the (Medical Termination of Pregnancy) Act, read in harmony with the principles of personal liberty enshrined in the Constitution, affirm the right of a pregnant woman to seek a termination of pregnancy under medically justified circumstances. "This ensures that women are not compelled to carry pregnancies to term, in situations where doing so would compromise their health or result in the birth of a child with severe abnormalities," the court stated. It appreciated the AIIMS medical board for their assistance and said the doctors who contributed their opinions in this case shall have



immunity in the event of any litigation arising out of this petition. The petitioner, represented by lawyer Amit Mishra, approached the high court after the doctors at Lok Nayak Hospital, where she was being treated, denied her request to undergo medical termination of pregnancy (MTP) on June 13. On June 24, the court first

constituted a medical board comprising two doctors from Lok Nayak Hospital but on July 1, it constituted another board of doctors from AIIMS after the former's report was found to be "inconclusive". Justice Narula, in the order, emphasised that the opinion of the medical board in cases of termination of pregnancy is of considerable importance

for assisting the courts in arriving at a just order and medical professionals must offer their expert opinions without fear of legal repercussions. The medical board at Lok Nayak Hospital, however, did not meet the court's expectations in the present case, Justice Narula observed, adding that in spite of the serious nature of the matter, it failed to conduct necessary tests and did not approach the issue with the required level of seriousness. "When the court directed them to form a board, the subsequent report remained inadequate and lacked thorough testing and evaluation. The medical professionals play a crucial role in the society and it is not the intention of this Court to demoralize them, yet, it is imperative to highlight the significance of their responsibility in such

sensitive matters," the court said. Stating that the delay and inadequate counselling of the petitioner resulted in an advanced stage of pregnancy, the court advised the medical board of Lok Nayak Hospital "on the importance of their role and the critical impact their opinions have on the lives of the Petitioners and their families". The court said the negative recommendation against termination of pregnancy by Lok Nayak Hospital was because of "inconclusive diagnosis" as they "relied upon old medical reports and scans without conducting further detailed tests". "They have failed to provide a definitive diagnosis or fully assess the Petitioner's current condition. Conversely, the AIIMS Medical Board conducted comprehensive testing, including up-to-date ultra-

sound and fetal MRI scans, and arrived at a clear diagnosis of Joubert Syndrome," it said. "The Medical Board at Lok Nayak Hospital has noted the fetal abnormality of Dandy-Walker Syndrome, a neurological malformation of the cranium, however, in absence of conclusive findings, they did not advocate MTP. "On the other hand, the Medical Board at AIIMS has concluded that their findings were suggestive of Joubert Syndrome, a multisystem disorder with a poor neuro-developmental outcome and opined in favour of MTP," the court said. It also noted that while Lok Nayak Hospital reported the pregnancy as being over 32 weeks, the AIIMS, through a more recent ultrasound scan, determined the gestational period to be 30 weeks and four days.

# Court permits Kejriwal's wife to access his medical records

STAFF REPORTER ■ NEW DELHI

A court here on Saturday allowed jailed Delhi Chief Minister Arvind Kejriwal's wife Sunita access to his medical records and also permitted her to independently consult and seek advice from the medical board or doctors on his behalf. The court, however, rejected Kejriwal's application seeking directions to prison authorities allowing Sunita Kejriwal to be his attendant during consultations with doctors. Special Judge Kaveri Baweja said Kejriwal had not been admitted to a hospital and according to Delhi Prison Rules, permission was granted to a family member as an attendant with an undertrial prisoner by the jail superintendent in consultation with the medical officer in-charge, only when the prisoner is admitted in hospital. "This court sees no reason to carve out an exception for the



applicant (Kejriwal) by going against the prison rules, more particularly in view of the submission of the jail authorities that several other inmates are also undergoing treatment for the same ailment as the applicant and who have not been permitted to have an attendant," the court said. Regarding granting Kejriwal's wife access to his medical

records, the court said the prison authorities did not have any objection and during the proceedings, the chief minister agreed that his medical records were being "duly shared" by the authorities concerned. Also, Kejriwal's family members have been providing home-cooked food to him in accordance with the diet prescribed by the medical board of

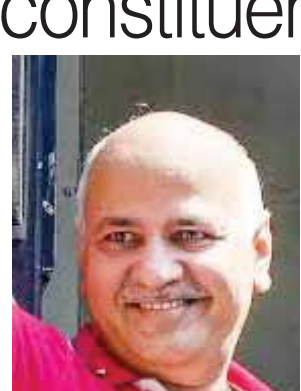
the AIIMS, the court said. "Accordingly, insofar as the prayer of the applicant regarding providing the medical records of his medical meetings/consultations with the doctors to his wife is concerned, the same is allowed and the jail authorities are directed to provide the medical records of the applicant," it said. Regarding Kejriwal's request to

permit his wife to independently consult and seek advice from the medical board or doctors, the court said it was pointed out by Kejriwal and his advocate that this was necessary to ensure that his prescribed diet was prepared properly. "It is submitted that the wife of the applicant may also have certain queries regarding the method of preparing the diet as per the recommendation of the medical board, for which she may need to consult the doctors/medical board of AIIMS," the court said. "The said submissions appear to be justified and in this regard, it is directed that in case of such a query, the wife of the applicant may independently approach the concerned medical board/doctors, who may have a meeting/consultation with her to discuss the method of preparation of medically prescribed diet of the applicant, if so permitted under the hospital rules," it added.

# Sisodia allowed to release funds for constituency works

STAFF REPORTER ■ NEW DELHI

Former Deputy Chief Minister of Delhi and MLA from Patparganj Assembly constituency Manish Sisodia has received permission from the court to release funds for various development works in his Assembly segment. The permission has been granted by the court of Special Judge Kaveri Baweja. Sisodia had sought permission from the court to release Rs 3 crore from the MLA fund for various development works in Khichripur village, East Vinod Nagar, Resettlement Colony Khichripur, Railway Colony and Mandawali. After getting permission for release of funds from the court, other works, including open space in Khichripur, beautification of Swati Park in West Vinod Nagar, entrance gate at Mayur Vihar Phase 2 and Firni Mod will be completed soon.



Sisodia had filed a petition in the court for various development works in his assembly constituency. This petition was filed in the court of Special Judge Kaveri Baweja. All the cases related to the excise matter are being heard in this court. Sisodia had sought permission from the court to release money from the MLA fund to get various development works done in his area. At present, Rs 3 crore is to be spent on several development

works in Khichripur village, East Vinod Nagar, Resettlement Colony Khichripur, Railway Colony and Mandawali. Judge Kaveri Baweja's court accepted Sisodia's request and has granted permission to release Rs 3 crore from the MLA fund. After getting permission from the court, now the money will be released soon and development works will be completed rapidly. A transfer shifting work will be done in West Vinod Nagar with this Rs 3 crore received from Manish Sisodia's MLA fund. Apart from this, beautification of open space in 7 blocks of Khichripur, development of park in Mayur Vihar Phase 2, entrance gate in Pocket A and Firni Mod Khichripur of Mayur Vihar Phase 2, boundary wall and grill in Pocket-4 of Mayur Vihar Phase 1, beautification of Swati Park in West Vinod Nagar will also be done.

# Bharadwaj convenes meeting on dengue preparedness in city

STAFF REPORTER ■ NEW DELHI

Delhi Health Minister Saurabh Bharadwaj convened a meeting, on late Friday evening, with officials from various departments to ensure preparedness against dengue during the monsoon season in the city, officials said on Saturday. Giving details, they said in this meeting, it was reported that 40 lakh pamphlets have been printed for public distribution, ASHA workers have been sensitised about dengue awareness, the radio jingle file has been processed and will start soon, and genome sequencing of samples has been increased. The participants in the meeting included officials from Home & Family Welfare (H&FW), GNCTD, Directorate General of Health Services (DGHS), MCD, NDMC, Delhi Urban Shelter Improvement Board (DUSIB), PWD, Directorate of Education, Delhi State Industrial and Infrastructure Development Corporation (DSIIDC), and Irrigation and Flood Control (I&FC). The Municipal Corporation



of Delhi (MCD) briefed the Delhi Health Minister that all schools under MCD are providing kids with dengue home work cards. Breeding checking has been increased. MCD gave a presentation wherein they highlighted the common area under different departments where breeding is commonly found. The Minister directed the Special Secretary (Health) to call the Police and cantonment board in the next meeting. The directorate of Education intimated Minister Saurabh Bharadwaj that an advisory board has been issued in May and the 2nd advisory would be issued in the 2nd week of July. PTM to be arranged in the last week of July wherein par-

ents would also be sensitized for dengue and malaria related precautions. All schools have been directed to direct students to wear full sleeves clothing. The Health Minister directed that proper monitoring be in place since private schools are not following the directions regarding full sleeves clothing and also a mechanism to be developed for checking dengue homework cards. While the NDMC, informed the Minister that advisory and dengue homework cards have been issued. Minister directed DUSIB that proper checks be done in JJ clusters to stop mosquito breeding. Officials from DUSIB informed that they are regularly monitoring and also deployed pumps to drain the Water. Bharadwaj directed DSIIDC that industries and areas under their care may also keep a regular check. Officials from DSIIDC informed that the contractor has been directed not to let water deposition in the working area and also inform the preventive measures to laborers working under them.

# FIR against Pak High Commission cook for molesting woman help

STAFF REPORTER ■ NEW DELHI

The Delhi Police has registered an FIR against a 54-year-old Pakistani national, Minhaj Hussain, for allegedly attempting to molest an Indian woman at the official residence of Saad Ahmad Warraich, the Charge D'Affaires at the Pakistan High Commission in New Delhi. The complaint from the woman, an Indian national, against cook Minhaj Hussain, 54, was received by the Tilak Marg police station on June 28, a senior police officer said. He said a case under section 354 (assault or criminal force to woman with intent to outrage her modesty) of the Indian Penal Code was registered and further probe was conducted. The woman was employed as a domestic help a few months ago and she lived in a quarter on the premises of the diplomat's residence, the officer said. Hussain had come to India from Pakistan in February, he said and added that it has been informed that he has been sent back to Pakistan, which is being ver-



ified. According to sources, when the victim complained to Warraich about Hussain's alleged attempt to molest her, the diplomat reportedly sent Hussain back to Pakistan on the pretext of Bakrid. However, Hussain later returned and resumed work at Warraich's residence. The Pakistan High Commission allegedly asked the woman to leave her job and vacate Warraich's residence by June 30. Shocked by this treatment and Hussain's return, the victim was prompted to file a police complaint. The victim, a widow employed as a domestic help at Warraich's residence, filed

a complaint at Tilak Marg Police Station on June 28. She alleged that Hussain, who worked as a cook at the diplomat's house, had been misbehaving with her since his arrival in India in February, constantly demanding sexual favours and making obscene advances. Delhi Police immediately registered an FIR under IPC Section 354 (assault or criminal force on a woman with intent to outrage her modesty) against Minhaj Ahmed Hussain based on the complaint. Meanwhile, Hussain, who was living in India on an official passport and visa, was sent back to Pakistan on June 30, suspecting trouble.

# Taxi driver strangles friend over money dispute in hotel; held

STAFF REPORTER ■ NEW DELHI

A taxi driver from Punjab allegedly strangled his friend over a money dispute in a hotel in southwest Delhi's Vasant Kunj area. Mandeep Singh (32), a resident of Punjab's Rup Nagar, was arrested in Karol Bagh here on Friday night and the victim's car, wallet and clothes were recovered from his possession, the police said. The body of the victim, Rohit (28), was found in the bathroom of a room by the hotel staff on Thursday. Deputy Commissioner of Police (southwest) Rohit Meena said. During interrogation, the hotel staff told the police that Rohit and Mandeep had reached their hotel in a car around 1.30 am on July 4 and around 3:20 am, Mandeep left the hotel, DCP Meena said. The next morning, when the hotel staff went to check the room, they found Rohit's body in the bathroom, he said. The DCP said that a team was formed to trace Mandeep, the prime suspect of this case. On the basis of technical evidences, the team also con-



ducted a raid in Chandigarh and the immigration authorities were alerted as the accused is a passport holder, he added. According to DCP Meena, Rohit and Mandeep had reached here from Punjab to drop a passenger at the Indira Gandhi International Airport. They were tired so decided to rest at a hotel here overnight, he said. During the stay, they got into an argument over a previous dispute related to money that Rohit owned Mandeep, Meena said. Following the argument, Mandeep strangled Rohit while he was in the bathroom and fled away with his car, wallet and clothes, he said. The DCP said that Mandeep also withdrew some money from Rohit's ATM card. The accused is being further interrogated, he added.

# LG approves probe against Satyendra for receiving ₹7 crore 'bribe'

STAFF REPORTER ■ NEW DELHI

Delhi Lieutenant Governor (LG) Vinai Kumar Saxena has approved a probe against former Delhi Minister Satyendra Jain under Prevention of Corruption Act for allegedly receiving a bribe of Rs seven crore for waiving off penalty of Rs 16 crore imposed on Bharat Electronic Limited (BEL) for delay in installing 1.4 lakh CCTV Cameras in Delhi at the cost of Rs 571 crores. The case of corruption against Jain emerged after a complaint by an employee of BEL in September 2019, who alleged that the BEL through its vendors arranged for a bribe of Rs 7 crore for Jain. As per records, apart from the

(PoC) Act, 1998 to the Union Ministry of Home Affairs for approving investigation against the former Delhi Minister by ACB. Jain, who was Minister PWD, GNCTD and Nodal Authority of the Project, is accused of receiving a bribe of Rs 7 crore for waiving off the penalty of Rs 16 crore imposed on Bharat Electronic Limited (BEL) for delay in installing 1.4 lakh CCTV Cameras in Delhi at the cost of Rs 571 crores. The case of corruption against Jain emerged after a complaint by an employee of BEL in September 2019, who alleged that the BEL through its vendors arranged for a bribe of Rs 7 crore for Jain. As per records, apart from the

complaint, the Anti-Corruption Branch (ACB), GNCTD also obtained information from secret sources which corroborated the case of the complainant. Further, according to the file, the fact that repeat orders were placed to the vendors to enhance value to arrange for the bribe money to the Minister (PWD) indicate commission of offence under PoC Act. The bribe money was allegedly paid to Jain through vendors of BEL. Considering the information provided by the ACB and gravity of allegations/corruption involved in the matter, it was recommended that there were sufficient reasons and grounds to grant permission under Section 17 A of the PoC



Act to allow ACB to conduct investigation in the matter to unearth the truth. According to ACB, a media report in 2019 had stated that Delhi Government had

imposed a penalty of Rs. 16 Crore on BEL for delay in installing the CCTVs in Delhi and a bribe of Rs 7 crore was arranged to be paid to Jain for waiving off the penalty.

The ACB had recorded the statement of the complainant, who faced the Departmental Enquiry (DE) in connection with the case. The complainant also provided the copy of minutes of proceeding of DE against him in which he had mentioned about the incident of demand and payment of bribe amount of Rs7 Crores to Jain. The DoV submitted that a prima facie case under the PoC Act is made out against Jain on the basis of the statements of the complainant and other evidences collected in the matter and accordingly vide letter dated 06.02.2023, comments along with supporting documents were sought from the PWD, prior to placing it before the com-

petent authority. The DoV also perused the comments of the PWD which could not provide satisfactory reply against the allegations saying that it was the internal matter of the BEL. The BEL in the RTI query had also refused to give information in the matter saying it is commercially confidence and interrogatory in nature. Reacting to the LG's move, the AAP said the BJP is relentlessly engaging in sinister conspiracies against the Delhi government day and night to halt Delhi government's works. "This is the 201st case against us, like the previous 200 cases, the BJP and its central government are trying to paralyze the Delhi government

because the AAP is a staunchly honest party. This case is yet another step towards suppressing the AAP. They illegally constituted the 'Shunglu Committee' and kept 400 files of the AAP government under the pretext of an investigation; they've been investigating the so-called liquor policy for two years, opening various cases with new fabricated stories, yet not a single rupee of corruption has been recovered to date," the AAP said in a statement. The AAP further said that the BJP didn't stop here; they fabricated this so-called Liquor Scam in which they have filed a 50,000 pages chargesheet, examined 464 witnesses, and yet haven't unearthed a single rupee of corruption.





Top line can grow to ₹2.5 lakh cr in 5-10 yrs if we execute well: Zepto CEO

PTI ■ NEW DELHI

Quick commerce unicorn Zepto revenue can grow to Rs 2.5 lakh crore in 5-10 years if the company is able to execute the business well, a top company official said on Saturday.

Speaking at 7th JIIF Foundation day, Zepto Co-Founder and CEO Aadit Palicha said grocery and household essentials are the mother of all categories that are sold on leading e-commerce platforms Flipkart and Amazon in India.

He said the grocery and household essentials market was around USD 650 billion in India in FY23 and is growing at 9 per cent CAGR (compound annual growth rate) and is expected to get to about USD 850 billion by FY29. "If we execute well, we can realistically take this business from Rs 10,000-plus crores in top line today to potentially to... Rs 2.5 lakh crore of top line over the next 10 years or next five years," Palicha said. "Your grocery is bigger than all the other categories that Amazon and Flipkart serve



combined. If you look at electronics, apparel, furniture, you combine everything, and you double it, it's still not as large as grocery and household essentials," Palicha said. The company's revenue has grown over fivefold to over Rs 10,000 crore in FY24 from about Rs 2,000 crore in FY23. Last month, Zepto raised USD

665 million in an investment round that valued the firm at USD 3.6 billion, almost triple of what it was worth a year ago, and is preparing to list soon. The three-year-old startup raised USD 665 million (about Rs 5,550 crore) from new investors, including New York-based private equity firm Avnir Growth Capital,

venture firm Lightspeed, and Avra Capital, a new fund started by former Y Combinator Continuity head Anu Hariharan and Andressen Horowitz. Existing investors, including Glade Brook, Nexus, and StepStone Group also participated. Palicha said the biggest challenge for the company is to hire people in the company with right attitude. The startup plans to double warehouses used to deliver groceries within 10 minutes in a radius of two kilometres to more than 700 by March 2025 by reinvesting sales from mature stores to fund the expansion. Zepto has about 29 per cent market share in 10-minute grocery delivery service (known as quick e-commerce), up from 15 per cent in March 2022. Blinkit is the market leader with nearly 40 per cent and the rest is with Instamart. "We have been able to turn 75 per cent of our stores fully profitable and so we want to continue that trajectory even as we are expanding into new cities," Palicha said.

FMCG sector to see 7-9 per cent revenue growth this fiscal: CRISIL

PTI ■ KOLKATA

The fast-moving consumer goods (FMCG) sector is expected to see revenue growth of 7-9 per cent this fiscal, according to a report released by CRISIL Ratings on Saturday.

The expected revenue increase this financial year (2024-25) will be supported by higher volume growth on the back of a revival in rural and steady urban demand. The estimated growth of the FMCG sector in 2023-24 was 5-7 per cent. The report said product realisation is expected to grow in single digits with a marginal rise in prices of key raw materials for the food and beverage (F&B) segment.

However, the prices of key raw materials for the personal care and home care segments are likely to be stable. CRISIL Ratings Director Rabinra Verma said, "Revenue growth will vary across product segments and



firms. The F&B segment is expected to grow 8-9 per cent this fiscal, aided by improving rural demand. The personal care segment is likely to grow by 6-7 per cent, and the home care segment by 8-9 per cent." The FMCG players will continue to eye inorganic

opportunities, which will help them expand product offerings, the report said. Sustained improvement in the rural economy, which depends on the monsoons and farm incomes, will be essential for generating steady demand, it added.

Bandhan Bank appoints Ratan as interim MD & CEO

PTI ■ KOLKATA

Ratan Kumar Kesh, Executive director and chief operating officer of Bandhan Bank, has been appointed as interim MD & CEO of the private lender with effect from July 10. The present MD&CEO and founder of the bank will retire on July 9.

In a regulatory filing with the stock exchange on Saturday, the lender said Kesh will be the interim MD & CEO for a period of three months or till the new incumbent takes charge, whichever is earlier. The appointment of Kesh is pursuant to the approval of the Reserve Bank of India and on the basis of the recommendation of the nomination and remuneration committee and the board of directors of the bank at its meeting held during the day.

Kesh is not debarred or disqualified from holding office of director by virtue of any order of the SEBI or any other such authority, the filing stated.

India has deep expertise, scalability to become global player in semiconductor industry: IT Secy

PTI ■ CHENNAI

India has the talent and deep expertise to become a global player in the semiconductor industry which is a vital sector for the country, Ministry of Electronics and Information Technology, Secretary, S Krishnan said.

"The government was helping industries to create the ecosystem to build the semiconductors," Krishnan said. The government was helping industries to create the ecosystem to build the semiconductors, he said. Krishnan made those comments at a conference organised by fabless semiconductor firm iVP Semiconductor Pvt Ltd here on Saturday. The management consulting firm McKinsey has predicted that the semiconductor industry is expected to become a trillion dollar industry worldwide, while India Electronics and Semiconductor Association (IESA) estimates the sector to touch USD 100 billion by 2030. India is rapidly becoming one of the biggest markets for electronics, automotive,

Electric Vehicles and a significant hub for technical expertise. "The semiconductor industry is vital for the country and India has the talent, deep expertise and scalability to be a global player. The Government is helping the industry to create the ecosystem to build semiconductors" Krishnan said. The government was helping industries to create the ecosystem to build the semiconductors, he said. Krishnan made those comments at a conference organised by fabless semiconductor firm iVP Semiconductor Pvt Ltd here on Saturday. The management consulting firm McKinsey has predicted that the semiconductor industry is expected to become a trillion dollar industry worldwide, while India Electronics and Semiconductor Association (IESA) estimates the sector to touch USD 100 billion by 2030. India is rapidly becoming one of the biggest markets for electronics, automotive,

Electric Vehicles and a significant hub for technical expertise. "The semiconductor industry is vital for the country and India has the talent, deep expertise and scalability to be a global player. The Government is helping the industry to create the ecosystem to build semiconductors" Krishnan said. The government was helping industries to create the ecosystem to build the semiconductors, he said. Krishnan made those comments at a conference organised by fabless semiconductor firm iVP Semiconductor Pvt Ltd here on Saturday. The management consulting firm McKinsey has predicted that the semiconductor industry is expected to become a trillion dollar industry worldwide, while India Electronics and Semiconductor Association (IESA) estimates the sector to touch USD 100 billion by 2030. India is rapidly becoming one of the biggest markets for electronics, automotive,

Govt mainstreamed startups, says Paytm founder

PTI ■ NEW DELHI

The Government has mainstreamed startups ushering a truly golden period for them, Paytm founder Vijay Shekhar Sharma said, adding this is a dramatic shift from the days when startups would rank at the bottom of the "food chain" in job picks. The 'American dream' folklore in business and technology parlance has given way to the 'Indian dream' and 'Indian startup', Sharma said, adding that this is "truly a golden period" for founders and entrepreneurs here.

Speaking at the 7th JIIF Foundation day, Sharma credited the government for mainstreaming startups and giving visibility to founders. Urging entrepreneurs to make most of the opportunities in front of them by leveraging technology and innovation, Paytm top boss said, "this is truly a golden period" and "best ever that India has been".

Sharma said that India has come a long way from the time when job aspirants chose to go abroad or eyed jobs in foreign IT companies or large domestic tech firms. "We (startups) were more or less the last player of the food chain, we had to make do with whatever was left... Now we are right in the front... That line now starts from startups... This is a dramatic difference... It is truly a golden period... Obviously no period is perfect... But this is simply the best ever India has

ever been," he said. Sharma said college pass-outs and job aspirants now choose to stay back in India, instead of making a beeline for jobs abroad. For companies that are looking to go public, Sharma advised them to opt for Indian bankers and not underestimate them. He also advocated that companies eyeing an IPO need to gauge the sentiments and mood of domestic, retail investors well in advance through roadshows and interactions. He further said companies need to breakdown jargons and complex terms, and speak out and clear terms on points that are relevant to investors.

"Everything you write in your DRHP, or announce, should be such that future models can envisioned on it... If it is confusing, remove it... If it is clarifying, then keep it," he said. According to him, going forward, the distinction between fintech and financial services companies will blur and they will become similar and homogeneous. Given India's economic growth targets and the underlying credit growth potential, India's financial services market has a bright future, he said. It is a market obligated to grow, and its potential is restricted only by someone's mistakes or temptation. The foundation and base of all businesses is financial services, he said, adding the market will always grow and "future is bright".

Table: BALANCE SHEET AS ON 31ST MARCH 2024. All amounts are presented in INR thousands, unless otherwise stated. Columns: Schedule, As on 31.3.2024 (Current Year), As on 31.3.2023 (Previous Year). Rows: Capital and Liabilities, Assets, Contingent liabilities.

Table: PROFIT AND LOSS ACCOUNT FOR THE YEAR ENDED ON 31ST MARCH 2024. All amounts are presented in INR thousands, unless otherwise stated. Columns: Schedule, Year ended on 31.3.2024 (Current Year), Year ended on 31.3.2023 (Previous Year). Rows: Income, Expenditure, Profit/Loss, Appropriations.

AVA & ASSOCIATES CHARTERED ACCOUNTANTS. 4 - F, 4th Floor, Gopala Tower, 25, Rajendra Place, New Delhi - 110008. Email: ava@avaca.in | website: www.avaca.in. Independent Auditor's Report to the Members: National Urban Co-operative Bank Ltd.

Table: SCHEDULE 19. Notes forming part of the Balance Sheet as at March 31, 2024 and Profit and Loss Account for the year ended March 31, 2024. Sections: III Background, IV Significant Accounting Policies, V Advances, VI Deposits for Services, VII Revenue Recognition (AS 15), VIII Employee Benefits (AS 15), IX Segments Reporting (AS 17), X Related Parties (AS 18), XI Earnings per Share (AS 20), XII Income tax (AS 22), XIII Disclosures towards Related Party, AS-15 RETIREMENT BENEFITS, AS-19 LEASES, AS-20 EARNING PER SHARE, AS-22 ACCOUNTING FOR TAX INCOME, AS-29 PROVISIONS, CONTINGENT LIABILITIES AND CONTINGENT ASSETS.

# All Olympics-bound Indian athletes, including Neeraj Chopra, are fit: IOA CMO Pardiwala

**PTI ■ NEW DELHI**

Renowned sports medicine expert Dr R Dinslaw Pardiwala on Sunday said that all the Indian athletes participating in the Paris Olympics, including ace javelin thrower Neeraj Chopra, were "fit enough" to perform on the big stage when the quadrennial showpiece gets underway on July 26. Pardiwala, the chief medical officer (CMO) of the nearly 120-strong Indian contingent for the Paris Games, added that his 13-member team will render the best possible medical assistance to the contingent in the areas of injury management, sports nutrition, mental conditioning, sports massage, recovery and sleep.

"All the athletes that are going for the Olympics are fit right now. Some athletes will have minor niggles here and there. I am not going to be discussing any specific injuries to any athlete that they've had in the past, but all of them who are there are there because they are going to be capable and they're gonna be fit enough to perform," he said. Pardiwala has treated some of the top athletes, including India wicketkeeper-batter Rishabh Pant, who suffered serious injuries during a car crash, and Tokyo Games silver medalist weightlifter Mirabai Chanu.

The Indian Olympic Association, Sports Ministry and the Sports Authority of India have brought together a team of top medical experts, headed by Pardiwala, to give the best rest and recovery facilities to the athletes as they bid to better the seven-medal haul at the Tokyo Olympics. "This is the first time the Indian athletes will have a recovery room and a preparational rehabilitation room to make them game ready," said Pardiwala.

In the past, athletes had to visit a common polyclinic for approximately 10,000 competitors to avail physiotherapy and recovery services, and getting slots was time consuming. But this time around, the 13-member medical team will take care of those aspects as well so that the athletes only focus on their events and "not waste time" thinking about rest and recovery.

"It will be open 24x7. We've also got a sleep therapist on board because, over the years, one of the concerns has been inadequate sleep for rest and recovery. Time zones are different, the pressures and anxiety is there. So, to ensure athletes don't land up with inadequate sleep, we've got a sleep therapist on board who will address all these concerns," he said. "We've



already started sleep therapy sessions and we are also going to have some sleep pods for helping our athletes on the sleep aspect," he said.

Several athletes have personal physios, mental trainers and nutritionists, and Pardiwala said for those who cannot take their support staff to Paris, his team had already coordinated with them and will help them in every possible way.



# RAJAWAT STUNS WORLD NO. 4 ANDERS ANTONSEN

**PTI ■ CALGARY (CANADA)**

Continuing his dream run, rising Indian shuttler Priyanshu Rajawat stunned top seed and world number four Anders Antonsen of Denmark to cruise into the semifinals of the Canada Open here.

World number 39 Rajawat defeated Antonsen 21-11, 17-21, 21-19 in a gruelling one hour 19 minutes quarterfinal on Friday night. However, the women's doubles pair of Treasa Jolly and Gayatri Gopichand made a quarterfinal exit.

The third-seeded Indians were handed a 18-21 21-19 16-21 defeat by Chinese Taipei's Pei Shan Hsieh and En-Tzu Hung. The win against Antonsen is the 22-year-old Rajawat's first-ever victory over a top-10 player. He will take on Alex Lanier of France in what will be his second World Tour Super 500 semifinal.

Rajawat was off to a bright start, taking a 7-4 lead in the opening game before Antonsen levelled it at 9-9. The Indian then picked up five points on the trot to gain the upper hand and while the Dane tried to fashion a comeback, Rajawat claimed seven successive points to take the first game.

Trailing 0-1, Antonsen made a strong comeback in the second game and although Rajawat matched him, even levelling the game at 17, he lost four straight points as the world No. 4 forced a decider.

In the final game, Rajawat initially led 5-1, but Antonsen responded with six consecutive points, bringing the score to 7-5 in favour of the Danish player. Rajawat staged a comeback by winning three points but the experienced Dane entered the mid-game break with a slender 11-10 lead.

With little differentiating the two players, it could have been anybody's game but at 19-19 Rajawat won back-to-back points to seal the match. Rajawat is the only Indian left in the competition.

He had pulled off victories against higher-ranked opponents -- world number 24 Rasmus Gemke of Denmark and Japan's Takuma Obayashi, ranked 33rd, in the first and second rounds respectively.

# Ronaldo heading home as France beats Portugal 5-3 in a penalty shootout in Euro 2024 quarterfinals

**AP ■ HAMBURG**

France's heartache in penalty shootouts is over. So is Cristiano Ronaldo's last-ever European Championship.

In a clash of the soccer superstars, it was Kylian Mbappé - and not Ronaldo, his idol - advancing to a semifinal match against Spain as France beat Portugal 5-3 in a shootout following a 0-0 draw on Friday.

Portugal substitute Joao Felix hit a post with the only miss in the shootout and Theo Hernández showed no sign of pressure by converting the clinching kick into the top corner.

It was a record sixth and final European Championship for the 39-year-old Ronaldo, who scored Portugal's first penalty in the shootout and ended up consoling fellow veteran Pepe afterward as the 41-year-old defender cried on his captain's shoulder.

"We need to go through this moment of our loss, which is very painful," Pepe said.

Ronaldo's 20-year career in the Euros included the title in 2016 -



when Portugal beat France in the final - and it remains to be seen if the five-time world player of the year will continue playing for his country through to the 2026 World Cup, when he will be aged 41.

"Everything is too raw," said Portugal coach Roberto Martinez, when asked if that was Ronaldo's last game for his country. "We are suffering a defeat as a team - there are no individual decisions at this point."

The victory ended the recent heartbreak of Mbappé and France in shootouts, having lost in them at their last two major tournaments - in the last 16 at the Euros in 2021 and in the 2022 World Cup final.

Before that, the French were also defeated on spot kicks by Italy in the 2006 World Cup final so it had been 26 years - since beating the Italians in the quarterfinals of the World Cup in 1998 - that Les Bleus had been victorious in a shootout.

Mbappé didn't even take a penalty this time, having been substituted during halftime of extra time

course for a third European Championship title after 1984 and 2000.

Deschamps' team has reached the last four despite no France player having scored from open play so far in the tournament. Fortunately for Les Bleus, they have been excellent at the other end, conceding just one goal - a retaken penalty by Poland's Robert Lewandowski in the group stage.

"We are solid and exemplary in defense and that is essential at a major tournament," Deschamps said. "When you don't score a lot of goals, it's best not to concede a lot of goals, either."

"But we need to score more goals.. We are at the mercy of our opponents."

Portugal exited having failed to score in either of its knockout games - the team beat Slovenia on penalties in the last 16 - and its final group match, leaving Martinez plenty of questions to answer.

"From our side, we deserved to win," the Portugal coach said. "But we are talking playing against the best players in Europe."

# Merino's last-gasp goal sends Spain to Euro 2024 semis after dramatic extra-time win over Germany

**AP ■ STUTTGART (GERMANY)**

Spain and its fans celebrated as if they'd won the European Championship. After eliminating tournament host Germany in a thrilling quarterfinal, Luis de la Fuente's team has a great chance to lift the trophy in Berlin next week.

Spain snatched a 2-1 win in extra time on Friday thanks to substitute Mikel Merino's header in the 119th minute. Merino celebrated by running around the corner flag, mimicking his father Miguel Merino's celebration after he scored in the same stadium for Osasuna in the UEFA Cup against Stuttgart in 1991.

"I knew that there was very little time left and that it was one of the last attacks we would have," Merino said. "I didn't believe that it had gone in until a couple of seconds later. When you get 30 slaps on your back it sinks in real quick."

"I am very happy for me and the entire team. It all comes down to one moment (the goal), but there is so much work behind it, all the training, the hope, the faith, and the belief in ourselves."

Extra time came only after Florian Wirtz's equalizer in the last minute of regulation.



Dani Olmo, who set up Merino's winner, netted the opener early in the second half. All three goals came from substitutes.

Spain defender Dani Carvajal was sent off late in extra time for a second yellow card and will be suspended from Tuesday's semifinal against France. Fellow defender Robin le Normand will also miss that match after picking up another booking.

France knocked out Portugal and Cristiano Ronaldo in a penalty shootout 5-3. Spain eliminated the host of a major tournament for the first time in 10 attempts.

Germany players were morose

Müller and Manuel Neuer. Despite the disappointment and the "hurt," Nagelsmann managed to crack a joke during his news conference: "It's hurting also that we have to wait two years to become world champion."

The quarterfinal pitted the Euros' only three-time champions, the teams who have played the best soccer at Euro 2024, and it didn't disappoint.

There was a blistering pace from the start with crunching tackles and end-to-end action. Kroos was lucky not to be booked for a mistimed challenge that upended Spain midfielder Pedri. Another hefty challenge moments later forced Pedri to leave injured and in tears. He was replaced by Olmo in the eighth minute, the fastest replacement in Euros history.

"Pedri is in pain. It deserved a red card," De la Fuente said. He added it was too early to know if the young Barcelona midfielder would recover by Tuesday.

From the resulting free kick, Lamine Yamal almost became the youngest ever goal-scorer at the tournament but the 16-year-old's effort flashed past the right post.

# Badminton body holds event for coaches



**PNS ■ GURUGRAM**

The 11-day residential Coaches Development Programme, organised by Badminton Association of India (BAI) in collaboration with REC Limited and the Sports Authority of India (SAI) simultaneously at the National Centre of Excellence (NCE), Guwahati and Raipur, concluded today with a total of 53 participants from 22 States of India being trained in grassroots coaching methodologies.

**Canara Bank**  
Nangloi (19015) Branch

**DEMAND NOTICE [SECTION 13(2)]**  
Ref: CB 19015/SARFAESI/BRAHAM PRAKASH/2024/1 Date: 02.07.2024

To:  
1. Mr. BRAHAM PRAKASH (BORROWER), ADD:- FLAT NO. 172, 2ND FLOOR, HIG, PLATINUM HEIGHTS, BLOCK-B, SECTOR-18-B, DWARKA, NEW DELHI-110075  
2. Mr. BHUPENDER SHARMA (GUARANTOR), ADD:- GF 75, 76, POCKET-26, SECTOR-24, ROHINI RAJA PUR KALAN, ROHINI SECTOR-7, NORTH WEST DELHI-110085  
3. Mrs. SAVITA W/O BRAHAM PRAKASH (GUARANTOR) ADD:- 142-A, POCKET-A, MAYUR VIHAR PHASE-2, CHILLA SARODA KHADAR, EAST DELHI-110091 Also at: 1. Mr. BRAHAM PRAKASH (BORROWER) ADD:- 2/5/6 DURGA COMPLEX, LSC PLOT NO. 11, MAYUR VIHAR PHASE-II, NEAR BIKANER SWEETS, DELHI-110091, 2. ADD:- SHOP NO. A-2, PART-2, KH NO. 571, RAJ PARK, MAIN SULTANPUR ROAD, SULTANPUR, DELHI-110086, 3. ADD:- 183 VILLAGE JHATKHORE, NJUTBARGARH, BAWANA, NEW DELHI-110081

Sub: Notice issued under Section 13(2) of the Securitisation & Reconstruction of Financial Assets & Enforcement of Security Interest Act, 2002.

The undersigned being the Authorized Officer of Canara Bank, NANGLOI Branch (hereinafter referred to as "the secured creditor"), appointed under the Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002, (hereinafter referred to as the "Act") do hereby issue this notice to you as under:

That Mr. BRAHAM PRAKASH (hereinafter referred to as "the Borrower") has availed credit facility / facilities stated in the Schedule A hereunder and has entered into the security agreement/s in favour of the secured creditor. While availing the said financial assistance, you have expressly undertaken to repay the loan amount/s in accordance with the terms and conditions of the above mentioned agreements.

That Mrs. SAVITA AND Mr. BHUPENDER SHARMA (hereinafter referred to as "the Guarantor") has guaranteed the payment on demand of all moneys and discharge all obligations and liabilities owing or incurred to the secured creditor by the Borrower for credit facilities up to the limit of Rs. 1,25,00,000/- (Rupees One Crore Twenty Five Lakhs Only) with interest thereon.

You (The person mentioned in schedule B) are also entered into to agreements against the secured assets which are detailed in Schedule B hereunder.

However, From JANUARY 2024 the operation and conduct of the said financial assistance / credit facilities have become irregular. The books of account maintained by the secured assets shows that the liability of the Borrower towards the secured creditor as on date amounts to Rs 1,73,39,629.11 (Rupees: One Crore Seventy Three Lakhs Thirty Nine Thousand Six Hundred Twenty Nine and Paise Eleven Only), the details of which together with future interest rate are stated in Schedule C hereunder. It is further stated that the Borrower/Guarantor having failed to keep up with the terms of the above said agreement in clearing the dues of the secured creditor within the time given, and have been evasive in settling the dues. The operation and conduct of the above said financial assistance / credit facility/ies having come to a standstill and as a consequence of the default committed in repayment of principal debt/ instalment and interest thereon, the secured creditor was constrained to classify the debt as Non Performing Asset (NPA) as on 28.06.2024 in accordance with the directives/guidelines relating to asset classification issued by the Reserve Bank of India.

The secured creditor through this notice brings to your attention that the Borrower has failed and neglected to repay the said dues/ outstanding liabilities and hence hereby demand you under Section 13(2) of the Act, by issuing this notice to discharge in full the liabilities of the Borrower as stated in Schedule C hereunder to the secured creditor within 60 days from the date of receipt of this notice. Further, it is brought to your notice that you are also liable to pay future interest at the rate of interest as mentioned in Schedule C per annum together with all costs, charges, expenses and incidental expenses with respect to the proceedings undertaken by the secured creditor in recovering its dues.

Please take note of the fact that if you fail to repay to the secured creditor the aforesaid sum of Rs 1,73,39,629.11 (Rupees: One Crore Seventy Three Lakhs Thirty Nine Thousand Six Hundred Twenty Nine and Paise Eleven Only), together with further interest and incidental expenses and costs as stated above in terms of this notice under Section 13(2) of the Act, the secured creditor will exercise all or any of the rights detailed under sub-section (4)(a) and (b) of Section 13, the extract of which is given here below to convey the seriousness of this issue:

13(4) - In case the Borrower/Guarantor fails to discharge liability in full within the period specified in sub-section (2), the secured creditor may take recourse to one or more of the following measures to recover his secured debt, namely:

(a) Take possession of the secured assets of the Borrower/Guarantor including the right to transfer by way of lease, assignment or sale for realizing the secured asset;

(b) Take over the management of the business of the Borrower including the right to transfer by way of lease, assignment or sale for realizing the secured asset;

Provided that the right to transfer by way of lease, assignment or sale shall be exercised only where the substantial part of the business of the Borrower is held as security for the debt;

Provided further that where the management of whole of the business or part of the business is severable, the secured creditor shall take over the management of such business of the borrower which is reliable to the security for the debt;

and under other applicable provisions of the said Act.

Your attention is invited to provisions of sub-section (8) of Section 13 of the Act, in respect of time available, to redeem the secured assets.

You are also put on notice that in terms of section 13(13) the Borrower/Guarantor shall not transfer by way of sale, lease or otherwise the said secured assets detailed in Schedule B hereunder without obtaining written consent of the secured creditor. It is further brought to your notice that any contravention of this statutory injunction/ restraint, as provided under the said Act, is an offence and if for any reason, the secured assets are sold or leased out in the ordinary course of business, the sale proceeds or income realized shall be deposited with the secured creditor. In this regard you shall have to render proper accounts of such realization/ income.

This notice of Demand is without prejudice to and shall not be construed as waiver of any other rights or remedies which the secured creditor may have including further demands for the sums found due and payable by you.

This is without prejudice to any other rights available to the secured creditor under the Act and/or any other law in force.

Please comply with the demand under this notice and avoid all unpleasantness. In case of Non-compliance, further needful action will be resorted to, holding you liable for all costs and consequence.

**SCHEDULE - A**  
(Details of the credit facility/ies availed by the Borrower)

Sl No	Loan No	Nature of Loan/Limit	Date of sanction	Amount
1.	90151400000136	MSME- SERVICES	24.08.2022	1,25,00,000.00
2.	161001487880	VEHICLE LOAN	19.04.2023	39,00,000.00
3.	161001661195	VEHICLE LOAN	07.07.2023	16,25,000.00
Total:				1,80,25,000.00

**SCHEDULE - B**  
(Details of security assets)

**IMMOVABLES**

Sl No	DESCRIPTION OF THE PROPERTY	Name of Title holder	CERSAI DETAILS
1	All the part & parcel of the Residential property at PLATINUM HEIGHTS bearing HIG Flat No. 172, On Second Floor, Block-B, Type-C, Sector 18-B, Dwarka, New Delhi-110075, Measuring:- 135 sq. mts., Boundaries:- East- 168, West- 176, North- Entry/174, South:-Road	Mr. Braham Prakash S/o Shri. Richhpal Singh	Asset id- 100001447251 Security Interest Id- 200264765561

**MOVABLES**

Sl No	DESCRIPTION OF THE PROPERTY	Name of Title holder	CERSAI DETAILS
2	HYPOTHECATION OF STOCK AND INVENTORIES	Mr. BRAHAM PRAKASH	Asset id- 200070652953 Security Interest id- 200264765561
3	TOYOTA FURTURNER LEGENDER (AT)		OWNER NAME Mr. BRAHAM PRAKASH
4	MAHINDRA XUV400 EL 5S		OWNER NAME Mr. BRAHAM PRAKASH

**SCHEDULE - C**  
(Details of liability as on date)

Sl No	Loan No	Nature Of Loan/limit	Liability With Interest As On Date 28.06.2024	Rate Of Interest
1.	90151400000136	MSME-SERVICES	1,25,63,105.11	9.25% (RLLR) + 2.40% (SPREAD) = 11.65% + (PENAL INTEREST)
2.	161001487880	VEHICLE LOAN	32,25,090.00	9.25%(RLLR) + 2.70% (SPREAD) = 11.95% + (PENAL INTEREST)
3.	161001661195	AGRI VEHICLE LOAN	15,51,434.00	9.25% (RLLR) + 0.30% (SPREAD) = 9.55% + (PENAL INTEREST)
TOTAL			1,73,39,629.11	

Date: 06-07-2024, Place: New Delhi  
Authorised Officer, Canara Bank

# India Women look to bounce back in do-or-die 2nd T20I against South Africa

**PTI ■ CHENNAI**  
A 12-run defeat in the first game putting them on the backfoot, India Women would look to dish out an improved batting and fielding performance in the second T20 International and bounce back in the three-match series against South Africa here on Sunday. Dropped catches and batters' lack of intent in the middle overs had cost India dear in the opening match on Friday, as they could only score 177 for 4 in 20 overs after South Africa had posted 189 for 4, thanks to Tazmin Brits (81) and Marizanne Kapp (57). It was South Africa's first win in the ongoing tour. They had earlier suffered a 0-3 whitewash in the ODI series followed by a 10-wicket loss in the one-off Test in the tour spanning close to a month now. Both the camps have concerns to deal with following Friday's match. India's Richa Ghosh and



South Africa's Brits had gone off the field with concussion and cramps respectively. As per the BCCI's statement, Richa had "neck pain and dizziness" following a failed catch attempt, with the ball hitting her face. Her face too seemingly hit the ground. "She has been sent for further scans & the BCCI Medical Team is monitoring her progress," read the BCCI's statement. As for Brits, she had to be stretchered out of the field with a severe contusion on her right lower leg. However, she did come for the post-match press conference and affirmed that she would be good to go in the upcoming games. For the hosts, while their bowling performance was decent, the poor fielding caught everyone off-guard, with three dropped catches and a few mis-fields. The fielding flop show will definitely be one aspect that will be playing at the back of the home players' minds on Sunday, especially given that head coach Amol Muzumdar is extremely strict about it. As for batting, the Indian top order needs to add a bit more flair, barring Smriti Mandhana, who has been in fine touch lately. However, the Indian middle order has been efficient, thanks to captain Harmanpreet Kaur and Jemimah Rodrigues, who made 35 and 53 not out respectively on Friday. The South Africans clicked with the bat, especially the top order. The likes of Brits and Kapp, along with skipper Laura Wolvaardt and Chloe Tryon, are expected to come in handy yet again on Sunday. Also, it was an all-round bowling performance, with four different wicket-takers. However, Eliz-Mari Marx might be under the scanner, having given away 36 runs in her three overs in the first match. The Chepauk pitch on Friday was above par and is expected to be more or less the same on Sunday. Although there was low bounce and mild dew on Friday, playing the sweep shots effectively will be a good choice, given how the Proteas executed them perfectly. **THE TEAMS (FROM): India Women:** Harmanpreet Kaur (c), Smriti Mandhana (vc), Uma Chetry (wk), Richa Ghosh (wk), Dayalan Hemalatha, Jemimah Rodrigues, Shafali Verma, Amanjot Kaur, Shreyanka Patil, Sajeevan Sajana, Deepthi Sharma, Asha Sobhana, Arundhati Reddy, Renuka Singh, Shabnam Shakil, Pooja Vastrakar and Radha Yadav. **South Africa Women:** Laura Wolvaardt (c), Tazmin Brits, Mieke de Ridder (wk), Sinalo Jaftha (wk), Anneke Bosch, Nadine de Klerk, Annerie Dercksen, Marizanne Kapp, Sune Luus, Chloe Tryon, Ayabonga Khaka, Masabata Klaas, Eliz-Mari Marx, Nonkululeko Mlaba and Tumi Sekhukhune.

## Made some errors as a bowling unit: Radha Yadav on 1st T20I loss

**PTI ■ CHENNAI**  
India spinner Radha Yadav admitted that the bowling unit made some errors during their 12-run loss to South Africa in the opening women's T20I here, adding that the pacers should have relied more on yorkers. India bowlers were at the receiving end of some formidable batting by Tazmin Brits (81) and Marizanne Kapp (57), who helped South Africa set an imposing 190-run target for the hosts. "It was important to know which length and pace to bowl at on this wicket. We did make some errors as a bowling unit; maybe gave away 10-15 extra runs," said Radha during the post-match media interaction on Friday. The South Africans used the sweep shot effectively with the pitch offering low bounce. "We needed to hit them (at yorker length) since the ball was skidding," she added. Asked about the animated discussion that happened on the field when the Proteas were batting, Radha said that it was about setting up an attacking field. "We were discussing about making them play where the fielders were stationed and also look to attack and take wickets. But, they did bat well. "We need to back our plans and quickly



judge how the wicket is playing out. It will make things a lot easier for us." India will play the second T20I here on Sunday and they will have to improve their catching skills to level the three-match series. India dropped three catches, which cost them dear on Friday but Radha said it was just a bad day in office. "I think it was just a bad day. All are brilliant fielders in our group, and everyone has been putting in hard work and training. We'll look to bounce back," she said. **WE NEED THESE WINS: TAZMIN BRITS** South African star batter Tazmin Brits was thrilled to have drawn first blood in the WT20Is after the massive Test loss and feels that winning the series will give them confidence for the upcoming T20 World Cup in Bangladesh. "We need these wins and the confidence in our locker room. With

this confidence, we cannot just reach the semis but actually win the World Cup. Winning this game was good, but winning the next two would be even better," she said. She admitted that it was hard for her to play Pooja Vastrakar, India's most economical bowler in the match. She also lauded the excellent communication with her skipper Laura Wolvaardt and Kapp while batting. "She (Pooja) is a great bowler. But the other spinners made it easy. Also, good communication from the other end helped. "It's difficult to see what you are doing wrong due to your head position. So, it was nice to get that information and advice from the other end," she said. South Africa's batting has been in focus, having managed a 300-plus score during the second ODI and also scoring heavily in the second innings of the one-off Test, which they lost by 10 wickets. She credited batting coach Baakier Abrahams for the improvement. "You need to be fearless against all T20I teams. But, to use that in the actual game is always difficult. It's nice to have a batting coach who's helping in not just swinging but also to know your game better," she said.

## Didn't like chopping and changing, tried to help captain deliver his vision: Dravid

**PTI ■ MUMBAI**  
As Rahul Dravid bids farewell to Team India, the legend said that during his tenure as head coach, he abhorred chopping and changing the side too much and always tried to be a foil for skipper Rohit Sharma so that he could devise his own winning strategies. Dravid's coaching stint came to an end with India winning the T20 World Cup in Barbados last week, defeating South Africa and bringing home the trophy for the second time after 2007. "I'm someone who actually likes continuity and don't like to chop and change too many things because I believe that creates a lot of instability and doesn't create very good environment," said Dravid in a video posted by BCCI on Saturday. "I feel that I am a part of the team whose responsibility is to create the right professional, safe, secure environment that doesn't really have a fear of failure as such but is challenging enough to push people. That has always been my endeavour." Dravid said that the period when the players were coming out of the COVID-19 pandemic was a tough one for him as he had just taken over as coach and "never envisaged" that he would have to work with half a dozen captains. "One of the things that we really had to manage, especially in the early part of my coaching tenure here with India. We were at the back-end of the Covid restrictions." "We really had to manage their workloads through all the three different formats. There were a few injuries and it led to me working with something like 5-6 captains in the first 8-10 months of me being here. "It was definitely something that I hadn't envisaged, or not something that I thought about, but it just sort of organically happened." Under Dravid's tutelage, India thrashed England in the five-match Test series at home and the team also reached the 2023 ODI World Cup final. While Covid put a lot of restrictions on players and they virtually lived out of a 'bubble case' at all times, the pandemic



also had its up side as a lot of youngsters got a chance to be a part of the India team environment. "The other thing that happened, which was very nice to see is, because we played so much of cricket after Covid and we had to cram in a lot of series, it meant that we had to almost, at times, have two teams playing at the same time in different parts of the world. "Over the last 2-1/2 years, especially in white-ball cricket and lately towards the back-end (of my career) even in red-ball cricket, we were able to give a lot of youngsters a lot of opportunities, bring a lot of people into the side. "Some of them developed and stayed on in the side a little bit longer, but some of them, they were there because at that point of time maybe some of the seniors were resting." Dravid's relationship with Indian stalwarts like Rohit Sharma and Virat Kohli dates back to the time when he was at the fag end of his cricketing career while the two were finding their feet in international cricket. "I've really enjoyed working with Rohit, someone I knew as a young boy. Just to see him grow as a person and grow as a leader in Indian cricket, what someone like him has been able to contribute to the team over the last 10-12 years, both as a player and now as a leader, has been a real tribute to him and the effort that he's put in. "I've really enjoyed getting to know him as a person as well and enjoyed seeing his commitment and his care for the team; to just try and get the environment right where everyone feels safe and secure and enjoys themselves. It's something that I'll miss. "Even with someone like Virat. In the initial days, just a couple of series with him as a captain, just a couple of matches. Getting to know him as well and to see how he goes about his business, the professionalism that he continues to display...His desired to improve, to get better. It's been fascinating for me to watch." Dravid said he always believed in the process because of which, at times, he was misunderstood as not being result-oriented. "For me that's (results), of course it's important. I keep saying and people think, 'Oh, I think result are not important'. Of course, results are important. "I'm in the business to produce results. But it's always like, as a coach, to think about what is it that I can control to help the results and at the end of the day our responsibility should be to try and help the captain deliver his vision and his philosophy of how he wants the team to play." "Of course, to win cricket games is a given. You try to win as much as you can. You start with that. But I always look back on what is it that leads to the winning? How do you win more games and what is the process required to win more games? "For me, the vision was to try and get that process right. Ticking all of those boxes. 'Are we challenging the players enough? Are we practicing well enough? are we prepared tactically, technically? Are we supporting the players as best as we possibly can, Are we creating the right environment?"

## Shooter Jitu Rai retires from Army to focus on grooming youngsters

**PTI ■ NEW DELHI**  
Asian Games gold-medallist marksman Jitu Rai, who debunked the myth that a humble background can hinder success at the highest level, has decided to retire from the Indian Army to train young athletes to become world-beaters. Born in the Sankhuwa Sabha district of Nepal, the 36-year-old Khel Ratna and Padma Shri awardee, was the only Indian shooter to win a gold at the 2014 Incheon Asian Games, an achievement which helped him rise up the ranks to become Honorary Captain in the Army. Rai, who served most of his 17-and-a-half-year tenure with 11 Gorkha Regiment in Lucknow, announced his retirement from the Army on social media. "I am Hony Capt. Jitu Rai, SM,VSM, Olympian shooter, Padma Shree Awardee Dhayan Chan Khel Ratna Awardee and Arjun awardee. Would like to inform all that my journey of 17 years 6 months in Indian Army was completed on 1st July, 2024. "The Army has given me more than what I deserved. I took this opportunity to thank all my senior officers, coaches, officials, colleagues and juniors who have helped me in every walk of life," Rai wrote on Facebook. "I have always played for the nation and Army and I will continue to do the same through my experience sharing and coaching to the upcoming shooters. I will always carry discipline, dedication and faithfulness towards my nation taught by the Army throughout my career," Rai added. **SHOOTING ACADEMY IN PIPELINE:** Rai, who competed at the Rio Olympics 2016 and finished last in the 10m air pistol final, further said he plans to open an academy in near future.



"I have taken retirement from the Army to make a foray into coaching. I will try to compete as much as I can but will also like to share my experiences with younger generation," Rai told PTI from Bagdogra in West Bengal. "I plan to open a shooting academy though I have not

decided the location. It would be wrong on my part if I don't share my shooting experiences. If I get the opportunity to be a part of the national coaching staff that would be great. "I have also heard that the national shooting federation (NRAI) has also advertised for the post of high-performance coach, so I will apply. If they (federation) gives me the opportunity then I will be really happy," he said. Besides the Asian Games gold in 50m pistol and bronze in 10m air pistol at Incheon, Rai also won gold medals at the Commonwealth Games in Glasgow (2014) and Gold Coast (2018). The World Championships silver-medallist in 2014 Granada also has two World Cup gold medals in Maribor and New Delhi.

## India women's 23-member squad for Myanmar friendlies announced

**PTI ■ NEW DELHI**  
The All India Football Federation on Saturday announced a 23-member senior women's squad for the two friendly matches against Myanmar to be played in Yangon on July 9 and 12. The goalkeeping department comprises Shreya Hooda, Elangbam Panthoi Chanu and Maibam Linthoingambi Devi while Loitongbam Ashalata Devi, Hemam Shilky Devi, Sanju, Wangkhem Linthoingambi Devi and Aruna Bag will handle the defence. As for the midfield, the likes of Naorem Priyangka Devi, Sangita Basfore, Karthika

Ngamuthu, Neha, Nongmaithem Ratanbala Devi and Mousumi Murmu have been included in the department. Meanwhile, the forward section consists of Kajol Hubert Dsouza, Anju Tamang, Soumya Guguloth, Sandhya Ranganathan, Karishma Purushottam Shirvoikar, Lynda Kom Serto, Pyari Xaxa, Jyoti and Rimpa Haldar. "My team is a mix of senior and junior players. I am satisfied with the combination of the squad. After playing Uzbekistan last month, we started our National camp within the next 10 days," head coach Chaoba Devi said in an AIFF release. "All the players are fit, which is a good sign. They didn't want to relax; they were undergoing intense training at their respective clubs." Chaoba added that the team had excellent preparations during the training camp at the National Centre of Excellence in Kolkata and backed having youngsters in the starting XI. India's last assignment was in Uzbekistan on May 31 and June 4 where they lost 0-3 and 0-0 to the hosts. "We played with Uzbekistan last month, which was also a higher-ranked team. Playing against higher-ranked teams benefits our players as they can have intense matches and get ready to play in big tournaments," Chaoba said. While the Indians are currently ranked 67th in the FIFA



Rankings, Myanmar is ranked 54th. However, Chaoba insisted that more than the ranking, the quality of these clashes matters, besides crediting the Indian

Women's League (IWL) for helping in scouting new talents. "Ranking does matter. The federation is also trying to arrange for more exposure tours. If we play more such games, the team will improve. We need to play quality games. "A well laid-out plan should be there. We need to inform the girls well in time to keep them prepared. There is a lot of activity going on around Indian women's football, and we need future players. "We have scouted talents from IWL and IWL 2. We coaches can get the best of the talents and select the best ones," she asserted. **INDIAN SQUAD FOR MYANMAR FRIENDLIES:** Goalkeepers: Shreya Hooda, Elangbam Panthoi Chanu, Maibam Linthoingambi Devi. Defenders: Loitongbam Ashalata Devi, Hemam Shilky Devi, Sanju, Wangkhem Linthoingambi Devi, Aruna Bag. Midfielders: Naorem Priyangka Devi, Sangita Basfore, Karthika Ngamuthu, Neha, Nongmaithem Ratanbala Devi, Mousumi Murmu. Forwards: Kajol Hubert Dsouza, Anju Tamang, Soumya Guguloth, Sandhya Ranganathan, Karishma Purushottam Shirvoikar, Lynda Kom Serto, Pyari Xaxa, Jyoti, Rimpa Haldar.



"See how the Ganga flows by and what a nice building! I like this place. This is the ideal kind of place for a Math"  
— Swami Vivekananda



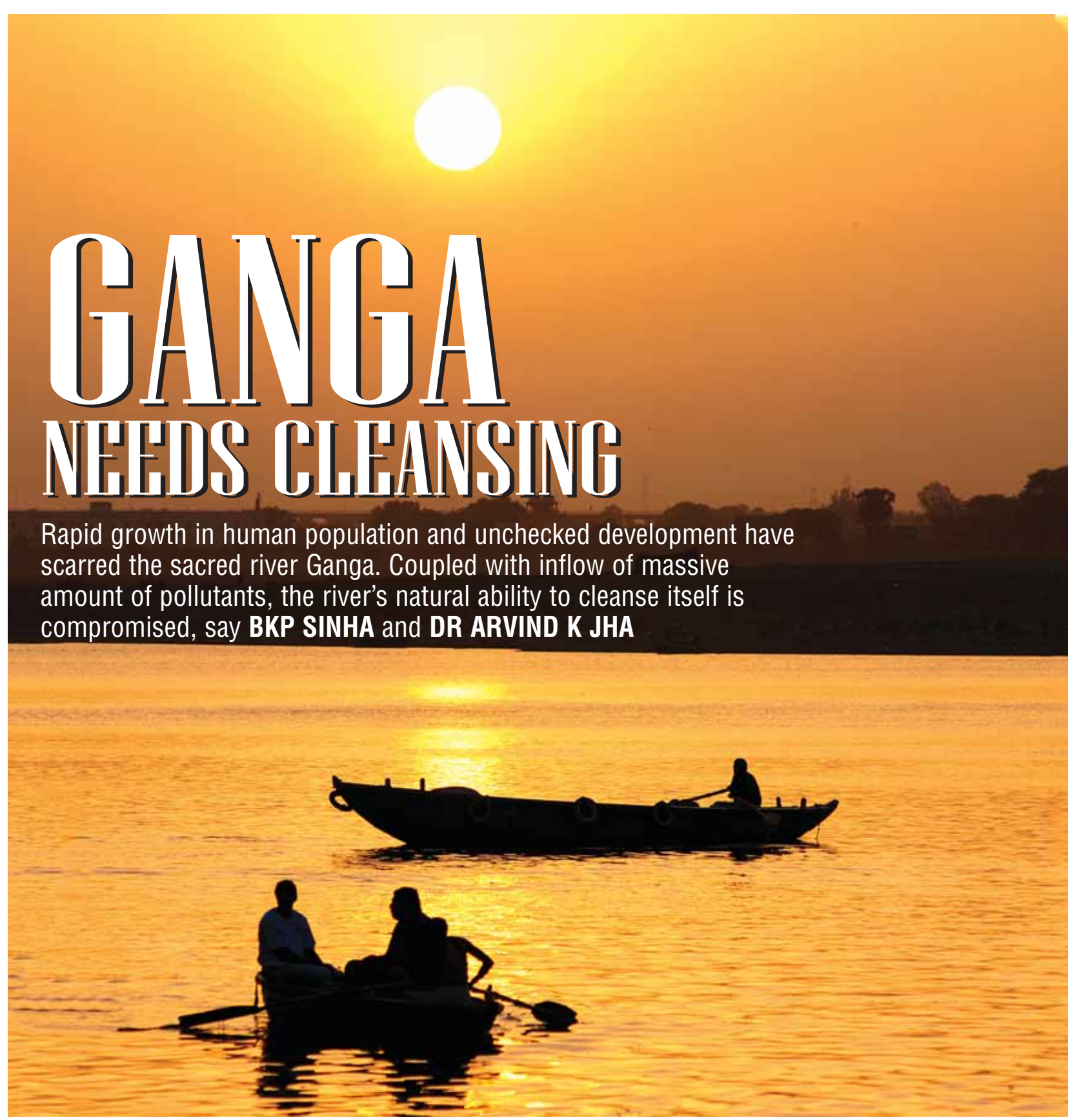
BKP SINHA



DR ARVIND K JHA

## GANGA NEEDS CLEANSING

Rapid growth in human population and unchecked development have scarred the sacred river Ganga. Coupled with inflow of massive amount of pollutants, the river's natural ability to cleanse itself is compromised, say **BKP SINHA** and **DR ARVIND K JHA**



Photos: Pankaj Kumar/The Pioneer

The Ganga River, also known as the Ganges, is the longest river in India with the most populated basin, the home to 600 million people. Originating from the Gangotri glacier in Uttarakhand, it embarks on a journey of 2,525 kilometers, meandering through five states - Uttarakhand, Uttar Pradesh, Bihar, Jharkhand, and West Bengal before it merges with the Bay of Bengal. It nourishes a variety of life forms, provides livelihoods to people, and contributes to country's economy, trade, and commerce. The Ganga basin, spanning an area of 10.16 lakh square kilometers, contributes around 40% of the country's GDP. As per Hindu mythology, the river is believed to have descended from heaven when King Bhagiratha performed intense austerities for the river to descend to Earth. Considering river's immense force, Lord Shiva received the celestial river in his matted locks releasing it in a controlled flow. The Ganga is revered as a goddess; its journey symbolizes purity, life, and redemption; and its water is believed to wash away sins and facilitate *Moksha*, the liberation from the cycle of life and death. The Ganga itself, however, is under severe threat today.

The rapid growth in human population and unchecked development have degraded its catchments. With obstruction and diversion of its flow coupled with inflow of massive amount of pollutants from industrial, human, and agricultural sources, its natural ability to cleanse itself is compromised. The polluted water in the changed flow regime poses serious threat to humans and river's own biodiversity alike. While the future of 140 fish species and 90 amphibian species is threatened, Gharial and endangered Ganges River dolphin respectively are classified by IUCN as critically endangered and endangered. Severity of the issue that impacts the life, health and livelihoods of people and even undermines the cultural and spiritual significance of the Ganga deserves to be realized in its entirety and tackled with promptitude. Efforts have been made to clean and preserve the Ganga. During the late 1980s the Ganga Action Plan was implemented. This initiative led primarily to

the construction of wastewater treatment facilities at selected places in addition to the closure of a number of polluting industrial plants along the river. In 2008, the Ganga was declared as the national river of India. Subsequently, in 2014, the Government of India initiated the Namami Gange project that aimed to rejuvenate and protect the Ganga River by addressing pollution sources and promoting sustainable practices for improving its biological richness. The National Mission for Clean Ganga (NMCG), popularly known as the Namami Gange Mission, was billed as a "scientific programme" by the Indian government that aimed to clean the river using advanced technologies at a project cost of INR 20,000 crores with the dual objectives of effective abatement of pollution and conservation and rejuvenation of the Ganga River.

EFFORTS HAVE BEEN MADE TO CLEAN AND PRESERVE THE GANGA. DURING THE LATE 1980S THE GANGA ACTION PLAN WAS IMPLEMENTED. THIS INITIATIVE LED PRIMARILY TO THE CONSTRUCTION OF WASTEWATER TREATMENT FACILITIES AT SELECTED PLACES IN ADDITION TO THE CLOSURE OF A NUMBER OF POLLUTING INDUSTRIAL PLANTS ALONG THE RIVER. IN 2008, THE GANGA WAS DECLARED AS THE NATIONAL RIVER OF INDIA

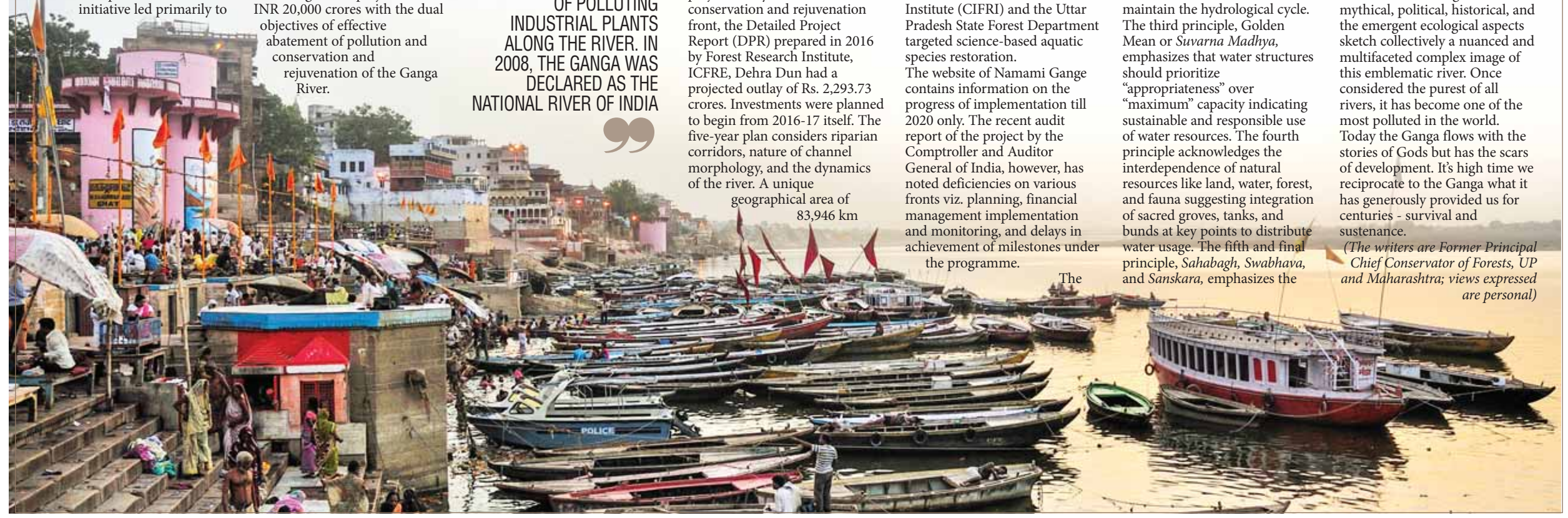
The Ministry of Water Resources, River Development, and Ganga Rejuvenation (MWRRDG) issued a notification on 7th October 2016, defining the River Ganga to include the entire length of six head-streams in the State of Uttarakhand, namely, Rivers Alakananda, Dhauri Ganga, Nandakini, Pinder, Mandakini and Bhagirathi, as well as the main stem of the river up to Ganga Sagar, including all its tributaries up to Ganga Sagar. The establishment of sewerage treatment plants and sewerage networks with a primary focus on bioremediation figured predominantly in the Namami Gange project and accounted for about 80 percent of the overall project outlay. On the conservation and rejuvenation front, the Detailed Project Report (DPR) prepared in 2016 by Forest Research Institute, ICFRE, Dehra Dun had a projected outlay of Rs. 2,293.73 crores. Investments were planned to begin from 2016-17 itself. The five-year plan considers riparian corridors, nature of channel morphology, and the dynamics of the river. A unique geographical area of 83,946 km

delineated as 'Ganga riverscape' along the Ganga has been identified for planning, assessment, and implementation of measures that include activities like reforestation or afforestation, managing vegetation to prevent soil erosion, and creating buffer zones to protect the river from pollutants. Further, the Wildlife Institute of India prepared the 'Biodiversity Conservation and Ganga Rejuvenation' plan with focus on development of local level 'Ganga Prahari' volunteers for playing a crucial role in conserving the ecological integrity of the Ganga and reducing the direct dependency of locals on the river. The projects of the Central Inland Fisheries Research Institute (CIFRI) and the Uttar Pradesh State Forest Department targeted science-based aquatic species restoration. The website of Namami Gange contains information on the progress of implementation till 2020 only. The recent audit report of the project by the Comptroller and Auditor General of India, however, has noted deficiencies on various fronts viz. planning, financial management implementation and monitoring, and delays in achievement of milestones under the programme.

The current scenario warrants improvement not only on the above aspects but also introduction of innovative and effective approach. In this context, one can draw inspiration from an ancient text by Sage Kashyapa on agriculture. He outlined five principles for water resources development. The first principle, *Udhgamsthana*, suggests that conservation should commence at the river's source. This includes construction of temples for protection, management of upper catchments, and redirecting streams and rivulets to enrich river's source. The second principle, *Nyunatam Gati-avarodh*, advocates for minimal disruption to the natural flows of water and air to maintain the hydrological cycle. The third principle, *Golden Mean or Suvarna Madhya*, emphasizes that water structures should prioritize "appropriateness" over "maximum" capacity indicating sustainable and responsible use of water resources. The fourth principle acknowledges the interdependence of natural resources like land, water, forest, and fauna suggesting integration of sacred groves, tanks, and bunds at key points to distribute water usage. The fifth and final principle, *Sahabagh, Swabhava, and Sanskara*, emphasizes the

need for community participation that takes care of the needs of all stakeholders. The concept of Rejuvenation defined as 'restoring a living entity to a previously agreed state of health and wellness' is most relevant in the context of the Ganga. Given the definition of Ganga by the MWRRDG, it's high time that the rejuvenation approach for Ganga targets the entire riverscape in an integrated manner while drawing and utilizing funds from all concerned departments. All the tributaries require treatment to ensure they remain clean and flowing and contribute to the flow of the Ganga. In order to foster larger community engagement in the rejuvenation mission, catchment areas of tributaries can be named after revered personalities or temples at their origin, followed by the suffix 'Namami Gange Van'. For instance, the catchment of Ramganga, originating from the Doodhatoli ranges of Pauri in Uttarakhand, could be named 'Veer Chandra Singh Gadhwal: Namami Gange Van'. Similarly, as the Ghagra river converges with the Ganga after the confluence of Mahakali (Sharda) at Tanakpur housing the Purnagiri temple, the catchment could be named 'Purnagiri: Namami Gange Van'. Likewise, the catchments of Gomati in Pilibhit could be named Vashishtha, that of Sai river meeting Gomti in Parsa village (Hardoi) as Adi-Ganga, that of Saryu and lower Ghagra as Ram, and those of Gandak, Kosi, and Budhi Gandak as Valmiki, Kausika, and Champakaranya respectively. The origin of Ganga's tributary, the Sone River at Amarkantak could bear the name Sone, the catchment of Punpun river originating in Jharkhand as Punpun, and the Namami Gange Van of Damodar, Mayurakshi, Ajay, Bansloi, and Ghumani could respectively be prefixed with the names Sarhul, Trikut, Ajay, Venu, and Rajmahal. Restoration of suitable forest cover, construction of water conservation structures, keeping river beds encroachment-free, prevention of water diversion, and curbing exploitative livelihood systems near the banks shall have to be prioritized in these areas as in the main stream of the Ganga. The overarching strategy for rejuvenation must combine pollution prevention through stricter regulations and rigorous implementation in order to transform Ganga's biological profile making it 'NIRMAL' and the restoration of status of its stream to 'AVIRAL'. In 2017, the Uttarakhand High Court declared the rivers Ganga and Yamuna as 'legal persons' with all corresponding rights of a living person. Considering it together with the concepts of spiritual ecology and earth stewardship, one should come up with innovative strategies in the Indian context. Standing on its banks, one is left with a profound sense of awe and a lingering question—what will the next chapter in the Ganga's story be? The narratives connected with religious, mythical, political, historical, and the emergent ecological aspects sketch collectively a nuanced and multifaceted complex image of this emblematic river. Once considered the purest of all rivers, it has become one of the most polluted in the world. Today the Ganga flows with the stories of Gods but with the scars of development. It's high time we reciprocate to the Ganga what it has generously provided us for centuries - survival and sustenance.

(The writers are Former Principal Chief Conservator of Forests, UP and Maharashtra; views expressed are personal)





CHESA VEGLIA ST MORITZ



THE NEWEST AND BIGGEST OUTDOOR POOL AT ST MORITZ



BADRUTTS PALACE

# ST. MORITZ SUMMER'S RICH ALPINE PALETTE

Apart from being famous for its enchanting winter charm, St. Moritz also changes its appearance during the summer. It unveils a collection of lush green scenery which offers plenty of opportunities to enjoy nature, engage in thrilling sports, and fully embrace the peaceful Alpine way of life

BY AKANKSHA DEAN

Setting off on an enchanting Swiss journey armed with an eight-day Swiss Travel Pass and a carefully crafted plan, my travels unfolded like a dream aboard a selection of prestigious panoramic trains - the Bernina Express, Glacier Express,

and GoldenPass. The quintessential Swiss adventure began with my first lengthy train ride from Zürich to Chur. Emerging from a dark tunnel, the train revealed a stunning mountain view against the vast sky, almost like a scene from a perfectly set movie. This

was the Switzerland I had always imagined - reminiscent of the landscapes found in Heidi's stories and the ads for Ricola. The sight of quaint chapels perched daringly on rocky cliffs amid lush meadows and glimmering peaks brought me immense joy. Changing trains at Chur, I arrived in the elegant town of St. Moritz. Despite its small year-round population of under 6,000 residents, this former host of the Olympics and luxurious mountain escape has captured the hearts of the wealthy and famous. During the summer, St. Moritz transforms into a place that feels more like the Mediterranean than northern Europe, with most days filled with abundant sunshine.

**A SUMMER EXTRAVAGANZA** With just a single word, Badrutts Palace exudes allure. It's renowned among a select few for its post-ski parties in the King's Social House, chance meetings with well-heeled billionaires in Moncler gear, and hosting one of the most sought-after New Year's Eve celebrations globally. Additionally, it conjures images of lavish bedrooms with views of the frozen lake, making it a top choice for winter getaways among the elite. Another facet of Badrutts', lesser-known but equally captivating, comes alive in St. Moritz during the summer. This version offers a fresh experience



waiting to be explored. During our stay, our suite featured a balcony opening to a picturesque terrace. On our first night, we enjoyed a horse-drawn carriage ride, soaking in the stunning scenery of the lake, the majestic mountains, and the vast Engadin valley. In the summer, the mountains transform from a monochrome landscape of snow and rock to a vibrant tapestry of colours and textures. From lush green forests hugging the calm blue lake to vivid emerald meadows and the rugged peaks dusted with remnants of winter snow, the view

from our balcony was awe-inspiring. Unlike many hotels that claim to be palaces, Badrutts lives up to its regal status. The grand state rooms exude a palace-like atmosphere, inviting guests to wander in elegant attire. While casual wear is allowed, formal dress seems more appropriate. In Le Restaurant and Le Relais, the elegant dining options call for formal attire to match the graceful setting. The ambiance is truly exceptional and sets Badrutts apart as a regal retreat where luxury meets sophistication effortlessly.

### SUMPTUOUS FEASTS, MOUNTAIN MAJESTY

As I set foot on Paradiso Mountain Club & Restaurant for my initial summer escapade under the stewardship of Badrutts Palace Hotel, I awaited eagerly the promise of sun-soaked days amidst stunning vistas. Paradiso, embodying a steadfast commitment to local traditions and unwavering standards of excellence and openness, presents a menu that encapsulates the essence of St. Moritz's Mountain lifestyle—a tribute to delectable fare, pure mountain breezes, and abundant sunshine. The dining experience at Badrutts transcended mere expectations. Our culinary voyage led us to the enchanting Chesa Veglia, a quaint heritage abode just

a skip across the street, metamorphosed into what can only be described as the epitome of high-class pizzerias. Here, within this tucked-away gem, Badrutts Palace seemed to unfurl a more carefree, laid-back persona, akin to a majestic retreat momentarily letting loose, bedecked in an Italian leather bracelet, relishing in copious servings of Ornellaia. The pizzas served were sheer perfection - a symphony of flavours that would satisfy even the most discerning pizza aficionado. The ambiance at Chesa Veglia exuded an air of joviality, with the staff mirroring the joy and enthusiasm of the guests, creating an atmosphere where every bite felt infused with a sense of shared merriment and contentment.

### RECHARGE IN ENGADIN

Nestled in the heart of Palace Wellness, we had the pleasure of enjoying a refreshing swim in the newest and largest outdoor pool in St. Moritz at a luxurious hotel in Engadin. The pool overlooks breath-taking views of the mountains and the lake, creating a picturesque backdrop for a delightful lunch at La Diale. The restaurant's name, which means 'mountain fairy' in Romansh, reflects its deep connection to the surrounding environment and offers a light and wholesome

menu. Even on the one cloudy day we experienced during our week-long stay, we found solace in the expansive indoor pool area, complete with its own artificial rock mountain perfect for kids to dive off. The deep-tissue massages at the spa were as rejuvenating as expected, adding to the overall relaxation experience in a mountain spa setting. St. Moritz's charm in the summer goes beyond extravagant lunches, indulgent spa treatments at Palace Coiffeur, savouring ice creams at Gelateria, and admiring the panoramic views of the lake. Engaging in activities like kitesurfing on Lake Silvaplana, sailing on Lake St. Moritz, and exploring the scenic nature trails by bike or on foot offers guests of Badrutts Palace a diverse range of outdoor adventures at their fingertips. Moreover, the distinction of Badrutts Palace as one of the World's 50 Best Hotels further solidifies its reputation as a top-tier destination for discerning travellers.

*Akanksha Dean is an independent food & travel writer, a chef and a catalyst and is the first Indian to have trained at Osteria Francescana, in Modena, Italy, rated as the world's best restaurant in the World's 50 Best Restaurants, in 2016 and 2018 and currently in the Best of The Best Category.*

# Rejoice in the Monsoon Magic This Season

Embark on a journey to charming monsoon retreats for a blissful vacation, writes SHARMILA CHAND

With monsoons round the corner, it is time to plan a vacation to soak in the beauty of nature. Immerse in the rich tapestry of exotic destinations across the country. From the mist-laden cliffs of the Western Ghats to the tranquil backwaters of Kerala, and lush green landscape of Goa, enjoy an alluring escape into nature's lap. Let the droplets of rain be musical notes and characteristic scent of the wet earth allure all your senses.

Rain Soaked Offerings At Radisson Blu Resort and Spa, Alibaug

After braving a hot summer, you deserve to cool off and enjoy the rainy season, and a luxury resort lets you do that while providing every comfort your heart could desire.

Whether you are traveling on holiday or business, the Radisson Blu Resort & Spa, Alibaug invites guests to experience unparalleled luxury and the tranquility of natural beauty.

Guests can enjoy a leisurely walk around the landscaped gardens, or simply sit beside the stillness of the Lotus pond. For adventure seekers, the resort offers activities such as guided cycling tours, nature trails, and bird watching. By being close to historical sites such as the Kolaba Fort and Alibaug Beach, there are also opportunities for exploration and adventure to ensure a rich and fulfilling stay for all. Radisson Blu Resort & Spa, Alibaug is designed around wellness and relaxation, with moments of mindfulness offered in the form of daily yoga and meditation sessions—the resort provides a sanctuary for rejuvenation of the body and mind.

### RAINDROPS AT THE MACHAN - A TREEHOUSE RESORT, LONAVALA

The Machan, a unique eco-resort located near Mumbai and Pune, offers a selection of tree-houses that ascend 30-45 feet above ground level, allowing visitors to stay in 'treetop' accommodations. Nestled in Jambulne, a 'biodiversity hotspot' as one of the 25 globally, The Machan is a great destination for nature lovers. On the property, visitors can participate in a number of



activities such as trekking, bird watching, and exploring historic sites. The resort also offers comfortably furnished chalets and "tree houses." Feeling a bit adventurous? Start your day with a rush of adrenaline by waking up in the 'Tree House' perched 30 to 45 feet above the forest floor in Jambulne. The experience of the monsoon season at the Machan will usher in a sense of tranquility as you enjoy your endless supply of hot beverages and snacks. Along with the unique and luxurious tree house accommodations, The Machan has much to offer to keep one busy during their stay. With guided nature walks, bird watching and historical forts and caves nearby, there's always something to do. A stay at the Machan during the monsoon season rewards you with abundant waterfalls, cool breezes and lush greenery for a truly ethereal experience as you enjoy your hot drinks and comforting snacks. Plus, the resort recycles 80% of its grey water and is almost entirely powered by renewable solar and wind energy. So when you book your monsoon getaway here, you aren't just rewarding your soul - you're doing your bit for sustainability.



### ENCHANTING VIEWS OF NERUL RIVER AT HILTON GOA RESORT

Nestled in the picturesque hills of Saipem, Hilton Goa Resort is a synonym for luxury and tranquility. It provides enchanting views of lush greens and Nerul River. The resort will offer you an incredible opportunity to escape from the hustle and bustle. Relax by one of the excellent four outdoor pools or break a sweat in the well-outfitted fitness center. The restaurant with a patio on the resort offers a unique dining experience with mesmerizing coastal views of Goa, while the Doce cafe and Coco lounge bar provide the taste buds with an extensive range of patisserie and Mediterranean flavors.

When it comes to families, the kids club ensures your kids have a good time as you relax. The resort's location is convenient for exploring attractions such as Aguada Fort and Panjim, with Vagator Beach only being a 30-minute drive away for even more sea, sun and sand. If you are looking for a romantic getaway, family vacation, or corporate-relaxation, the resort's event facilities and group travel services offer all you will need. In Hilton Goa you can sip your morning coffee and watch the raindrops fall on the lush greenery outside as the

clouds wash away the heat of the summer. Take a dip in one of the four outdoor pools, hit the gym at the fitness centre, or simply walk about outside and enjoy the pitter-patter of the raindrops.

### WATCH RAINDROPS ON PADDY FIELDS AT EVOLVE BACK, COORG

One can only imagine what it feels like to be woken up by the smell of coffee and the cold mountain breeze. That's exactly what a monsoon trip to the 300-acre Evolve Back resort in Coorg will buy you. The private pool villas are traditionally furnished as they were in ancient times, making them perfect for outdoor experiences whether you are alone or with family members. For quiet moments, the Reading Lounge is an ideal spot. Here, you can enjoy a cup of freshly brewed coffee while watching the rain fall on the lush paddy fields, creating a perfect ambiance for relaxation and reflection. Visit to Evolve Back is incomplete without taking part in its rich coffee culture. Right inside this place is a Coffee Museum where people have opportunities to journey through history while learning about processes involved in growing coffee plants and beans. Just by stepping into the plantation field and walking across lush coffee farms one can find better appreciation for their favorite morning drink. The resort also offers a range of cultural and wildlife experiences that highlight the region's biodiversity and heritage. Guided nature walks, bird watching tours, and interactions with local artisans provide a comprehensive understanding of Coorg's rich ecosystem and traditions. Whether you're seeking

adventure, relaxation or want to curl up with coffee in the Reading Lounge while watching the rain fall on the lush paddy fields Evolve Back, Coorg is your destination.

### MISTY LANDSCAPES AT RIVERMIST RESORT CHIKMAGALUR

In the lap of the Western Ghats, Chikmagalur is known for its lush coffee plantations and misty landscapes. In the monsoons, it transforms into a vibrant tapestry of green, punctuated by cascading waterfalls and blooming flora, making it a sanctuary for rare bird species, elusive animals, and unique insects. Hidden amidst this mountainscape, is a boutique getaway called RiverMist Resorts. Perfectly situated with the Charmady Ghats in the backdrop, it provides guests with an authentic experience of this region. Traditional Malnad architecture, and local cuisine adds to its charm. Unique nature centric activities and luxury accommodations that offer mesmerising views of the mountains from wooden cottages on stilts to the Luxury Pavilion that features glamping tents with outdoor jacuzzis and showers, is an experience to behold. RiverMist Resorts is more than a place to stay; it's a story in itself. Upon arrival, guests cross a river in a 4x4 vehicle, setting the tone for the



adventures ahead. The resort boasts an infinity pool that overlooks the surrounding hills, providing a peaceful spot to relax while enjoying the vistas.

Nature walks led by an in-house naturalists offers a fun and insightful journey through the diverse flora and fauna. They guide guests along winding trails through the property, revealing smaller natural wonders that you may have otherwise missed. The resort's private waterfall is in full gush during the monsoons, offering a peaceful escape to sit and enjoy the soothing sounds of flowing water.

Another highlight is the Nature Connect. Every evening, as it gets dark, guests are encouraged to gather by the pool area and soak in the sounds of nature. All the lights of the resort are switched off for ten minutes and amidst the darkness, your sense of hearing begins to heighten as the sounds of birds and animals slowly waking up become louder, your eyes adjust to the darkness and you see fireflies and more stars. You begin to feel one with nature in the true sense. As night falls, the bonfire is then lit and you are welcome to join the naturalist on a night trail.

Further, RiverMist organises monsoon treks to Ballaraya Durga, Kudremukh and Nethravathi peaks for the trekking enthusiasts. If not, you can opt to go offroading around the estate or even drive up to explore the Rani Jhari viewpoint which is close by.

So if you are someone who enjoys the beautiful synergy of monsoons, mountains and meaningful experiences, RiverMist Resort is an ideal destination.

### MONSOON BLISS AT COURTYARD BY MARRIOTT GOA COLVA

Courtyard by Marriott Goa Colva offers a unique and enchanting monsoon getaway.

Its comfortable accommodations and amenities, combined with the lush beauty of Goa's landscape, provide an idyllic setting for relaxation and rejuvenation. Whether savouring local cuisine, exploring the lush surroundings, or simply enjoying a serene stay, guests are guaranteed an unforgettable experience that captures the essence of Goa's monsoon magic. The hotel's recent opening in the midst of the rainy season perfectly showcases a different, greener side of Goa, making it a must-visit destination for those seeking a blend of serenity and revelry.

Located in the serene village of Colva in South Goa, the hotel offers an immersive experience of Goa's lush, rain-kissed scenery, surrounded by verdant paddy fields and swaying coconut farms. The monsoon season breathes new life into the region, and the resort provides the perfect setting to witness this transformation.

As the rain begins to fall, the surroundings of the hotel come alive with a symphony of nature's sounds and sights. The paddy fields turn a vibrant green, creating a stunning contrast against the moody grey skies. The coconut palms, tall and graceful, sway gently in the breeze, adding to the picturesque scenery. The hotel is designed to blend seamlessly with this lush environment, offering guests a comfortable and welcoming retreat amidst nature's bounty. Nestled away from the bustling tourist hubs, the hotel

provides a peaceful haven where guests can truly relax and unwind. The monsoon amplifies this sense of tranquility, as the rains cool the air and the landscape transforms into a bright green paradise. Guests can take leisurely walks or cycle through the surrounding locale, breathing in the fresh, rain-scented air, or simply relax on their private balconies, soaking in the serene views.

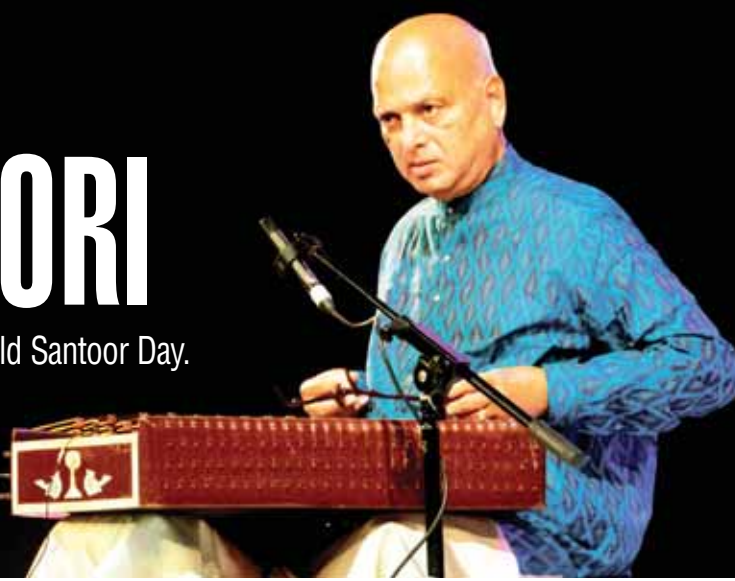
Courtyard by Marriott Goa Colva is more than just a hotel; it is a tribute to the destination itself. It offers the serenity of South Goa married to the vibrancy of North Goa, presenting guests with a different side of the region. This blend creates a unique experience that combines relaxation with excitement, making it an ideal destination for all kinds of travelers. Dining at Courtyard by Marriott Goa Colva is an experience in itself, especially during the monsoons. Colva Kitchen, the hotel's all-day dining restaurant, offers a menu that celebrates the flavours of the region, with an emphasis on fresh, locally sourced ingredients. Guests can savor a variety of local delicacies, from traditional breakfast specials to flavourful Goan curries, ending with warm desserts. With its large glass windows, this dining area provides a perfect vantage point to watch the monsoon showers, with the sound of raindrops creating a soothing backdrop to the culinary delights.

The hotel also offers a range of activities designed to make the most of the monsoon season. Guests can indulge in spa treatments that utilize natural ingredients, providing a holistic and rejuvenating experience. The hotel's pool offers a unique opportunity to swim in the rain, adding a touch of magic to the monsoon experience. For those looking to explore, the hotel organizes guided tours of the surrounding village routes and paddy fields, providing an intimate glimpse into the local way of life. Families can enjoy quality time at the hotel's Kids Club, which offers engaging activities for children.

*Sharmila Chand is an author and independent journalist who writes on Travel, Food and Lifestyle*

# A RESOUNDING TRIBUTE TO PANDIT BHAJAN SOPORI

A symphony of strings fills the air as the world unites to celebrate the first World Santoor Day. This poignant tribute honors the legendary **PANDIT BHAJAN SOPORI**, the "Saint of Santoor," while ushering in a new tradition that celebrates the instrument's captivating melody and rich cultural legacy says **SAKSHI PRIYA**



In an extraordinary celebration of music and heritage, the inaugural World Santoor Day brought the global music community together in a magnificent tribute to the legendary Santoor maestro, Pandit Bhajan Sopori. Hosted by the Sopori Academy of Music and Performing Arts (SaMaPa) last week, this event marked not only the birth anniversary of Pandit Bhajan Sopori but also established a new tradition in the world of classical music. The choice of 22 June for World Santoor Day is profoundly fitting, honouring the 76th birth anniversary of Pandit Bhajan Sopori, celebrated as the 'Saint of Santoor' and the 'King of Strings'. His unparalleled contributions to the Santoor and Indian classical music have left an indelible mark, and this day served as a perfect homage to his legacy. The evening at Triveni Kala Sangam was nothing short of spectacular. The event featured an impressive lineup of performances by distinguished Santoor players like Pandit Abhay Rustum Sopori and Padmashri Pandit Satish Vyas. The programme included a rich tapestry of Indian classical music, Kashmiri Sufiana and Iranian, Chinese and Argentinian artists, showcasing the Santoor's universal appeal. The celebration began with heartfelt tributes to Pandit Bhajan Sopori, followed by a captivating performance of Kashmiri Sufiyana Mausiki by Ustad Shabir Saazanawaz. Maestro Siamak Aghaei from Iran mesmerised the audience with his classical Santur piece, while disciples of Pandit Bhajan Sopori, including Dr Mi Xuanyan from China and Guido Estrada from Argentina, added an



international dimension with their renditions, all presented via online projector. The live performances were a testament to the enduring legacy of Pandit Bhajan Sopori. Divyansh Srivastava, a disciple of Pandit Bhajan Sopori and Pandit Abhay Sopori, opened the live

segment with a mesmerising rendition of Raga Kaushik Dhvani, followed by a series of intricate compositions in the Sopori Baaj style. Pandit Abhay Rustum Sopori himself took the stage, presenting Raag Jog with a blend of Tantra and Gayaki, accompanied by Ustad Akram



Khan on Tabla. The evening culminated with Padmashri Satish Vyas, accompanied by Pandit Ram Kumar Mishra on Tabla, who performed Raag

Rageshwari with remarkable finesse, leaving the audience spellbound. Pandit Abhay Rustum Sopori eloquently captured the spirit of the day, stating, "There couldn't be a better event than 'World Santoor Day' to pay tribute to a legend like Pandit Bhajan Sopori. This day will promote greater appreciation and understanding of the Santoor and its cultural philosophy. Papa's contribution to the Santoor is immense, and this day will honour his legacy. This day shall not only honour the Indian Santoor but also similar instruments worldwide, such as the Santur in Iran,

Santouri in Greece, Yangqin in America and Cimbalom or Hackbrett in Europe." Prof. Aparna Sopori, Chairperson of SaMaPa, emphasised the historical and cultural significance of the Santoor, noting, "World Santoor Day will spotlight the rich heritage, historical significance and legacy of the Santoor, or Shatatantri Veena, on a global stage, emphasising its deep roots in Kashmir Shaivism culture." The event also saw tributes and wishes from renowned personalities through video messages, including AR Rahman, Kailash Kher, Anup Jalota, Pt. Vishwa Mohan Bhatt, Vidushi Sumitra Guha, Ustad Akram Khan, Ustad Rafiuddin Sabri, Siddharth Kak, Dr Agni Shekhar, and Utpal Kaul. The presence of many eminent musicians, such as Pt. Rajinder Prasanna, Pt. Chetan Joshi, Pt. Bholanath Mishra, Ustad Asghar Hussain, Ustad Saeed Zafar Khan, Pt. Ajay P Jha, and Pt. Ajay Prasanna, added to the

occasion's grandeur. Sohrab Sopori expressed his gratitude and vision for the future, saying, "This first edition is being celebrated in cities across India and around the world. We are fortunate to have so many voices come together to mark 22 June as World Santoor Day. From next year, it will be organised in a grander way with more cities and musicians joining hands." Reflecting on Pandit Bhajan Sopori's enduring legacy, Pt. Vijay Shankar Mishra remarked, "Pandit Bhajan Sopori's legacy is great. He was a visionary, keeping things simple yet broad enough to touch the souls of music lovers through his music. His contribution is immense, and Abhay Rustum Sopori is carrying it forward to the next generation. He will always be among us." Padmashri Pandit Satish Vyas echoed these sentiments, stating, "It is a great occasion and I am delighted to present my recital here and pay my tributes to Pandit Bhajan Sopori." Attending the first World Santoor Day was an experience steeped in both reverence and celebration. The event not only honoured the profound legacy of Pandit Bhajan Sopori but also showcased the Santoor's rich cultural heritage and its universal resonance. The evening's performances were a powerful reminder of music's ability to transcend boundaries and connect souls. As the Santoor's enchanting melodies filled the air, one couldn't help but feel a deep sense of gratitude for the maestros who continue to enrich our lives with their art. The first World Santoor Day was a resounding success, setting a high standard for future celebrations. It was a fitting tribute to a legend and a testament to the timeless beauty of the Santoor.



Photo: Pankaj Kumar

## A Celebration of Artistic Diversity and Creative Dialogue

Step into the dynamic realm of art at CONFLUENCE 24, where each masterpiece narrates an alluring tale. This lively gathering of established and emerging artists explored diverse creative practices, embracing art and community for an enriching week-long celebration. says **SAKSHI PRIYA**

In the world of art, where every individual in the exhibition appreciates and understands the worth of each artist, the immersive experience of CONFLUENCE 24 truly stood out. The Welham Old Boys Society (WOBS) proudly presented this spectacular event, a week-long art exhibition and community engagement initiative held at The Stainless Gallery, New Delhi. This second edition of CONFLUENCE 24 was an evolving platform that supported diverse creative practices and upheld constructive dialogue across multiple communities. During this eight-day group art exhibition, featuring established and emerging artists, architects, designers and photographers from diverse backgrounds, the exhibition featured prominent Indian artists Anupam Sud and Ananda Moy Banerji, both renowned for their significant contributions to art education. Akshay Raj Singh Rathore's artwork, grounded in social realities and Viveek Sharma's powerful pieces offered immersive and thought-provoking experiences for visitors. Amongst the artists from the younger generation, New York-based photographer Nanki Singh stood out with her focus on social documentaries. Her work, "Aaine Tak Ka Safar," was immersive and beautiful, featuring a series of photographs depicting survivors of acid attacks. Kunal Batra, a water-colourist photographer, enthralled viewers with his artwork that evoked the serene beauty of Himalayan landscapes, complete with charming huts that felt like scenes from a dreamy, fairytale-like midnight. Artist Divyam Raghunath, presented his work on subconscious interpretation, titled "Architectural Demise." His journey began with photographing Indian urban architecture, which he used as references in his paintings. However, the mesmerising aspect of his work was his ability to paint without direct

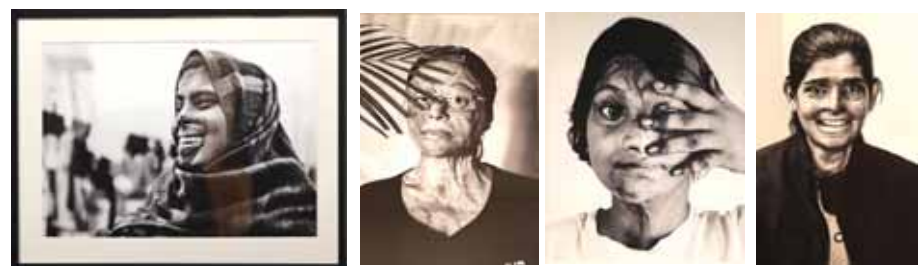
references, relying instead on his imagination. As he explained, "I let the brushstroke create curiosity within the painting," which added a unique beauty to his art. His architectural pieces formed abstract shapes, with one painting inspired by Bangalore's MG Road. Exhibition attendees perceived his work in diverse ways, some recalling the Durga Puja of Kolkata, while others were reminded of the streets of Japan, showcasing the varied perspectives his art elicited. Delhi-based sculptor Pratima Narang's iconic sculptures, 'Divide' and 'Gaze,' added significant value to the exhibition with their beautiful craftsmanship. A journal depicting a "Trip to the Andamans" was also displayed, resonating deeply with visitors by capturing every detail of the journey in a visually appealing form. Artist Saksham Singh's paintings, created with natural pigments like turmeric and pomegranate, highlighted the connection to nature using everyday materials. His other works, made with indigo, were inspired by his experiences in the forests and grasslands of Bangalore and the Western Ghats. Singh aimed to help people connect with nature, finding landscapes within themselves as well as outside. Photographer Aliza Mirza's lino-cut depictions of the 'Nasreen Building' were truly immersive and glorious. Additionally, artist Guncha Sharma's beautiful depictions of European streets, adorned with pink bougainvilleas under the summer sun, and her hand-painted rhododendrons transported viewers back to childhood holidays in the hills. Her work combined the tactile texture of hand-painting with a vibrant mix of colours, creating an evocative and nostalgic experience for all who viewed it. CONFLUENCE 24 unfolded as a mesmerising window of artistic expression, showing a rich array of artworks by talents like Usha Chengappa, Archita Bharadwaj,

Harshi Agarwal and Tushar Sharma. The exhibition further illuminated the creative landscape with the contributions of educators like Nirupama Sekhri, photographers including Dr. Abhishek Gaurav and Harsh Bansal, wildlife conservationist Mohit Dang and the promising advertising student Ujjwal Gupta, captivating visitors with their unique perspectives and creative flair. After the well-deserved success of the first edition, Rohit Jaiswal, President of Welham Old Boys Society, and his team were enthusiastic about staging this year's CONFLUENCE 24. The focus on art education, particularly in regions facing multiple challenges, underscored the exhibition's commitment to assist and promote creative talent. As one artist at the exhibition poignantly noted, "Nothing is more valuable for us than having people here see every artwork and create their own understanding and thoughts. It feels surreal." CONFLUENCE 24, a week-long collective gathering featuring photography, architecture, design, conversations, sessions and more. This evolving platform supported diverse creative practices and encouraged constructive dialogue within and across multiple communities. Visitors at The Stainless Gallery witnessed the beauty and depth of CONFLUENCE 24, where every piece of art told a story and every individual found a unique connection. As the curtains close on CONFLUENCE 24, the echoes of creativity and the spirit of artistic expression linger on. The exhibition not only showcased the immense talent of artists but also served as a platform for meaningful conversations and reflections. It was a celebration of art, culture and creativity, reminding us of the profound impact of artistic expression on our lives. CONFLUENCE 24 was more than an exhibition; it was a tribute to the power of art to inspire, provoke thought and bring people together.

## CAPTURING HOPE THROUGH THE LENS

In the bustling world of photography, Nanki Singh stands out as a beacon of compassion and change. This young, New York-based photographer has made waves with her powerful exhibition "Aaine Tak Ka Safar" which shines a light on the lives of acid attack survivors in India. Singh's work goes beyond mere images; it's a call for empathy and action says **SAKSHI PRIYA**

Photographers are the lens of everyone's life as they have the power to deliver a message that needs to be seen by everyone. Every photograph has the ability to share unspoken messages to the world that words can't express. This is where Nanki Singh excels, using her photography not just to capture moments, but to tell compelling stories that resonate deeply with audiences around the globe. Nanki Singh is an emerging New York-based photographer who is passionate about social photography. Her work reflects a deep involvement and an undeniable soul, making her lens a viaduct that connects the hearts and minds of viewers to diverse stories, emotions, and journeys. Focusing largely on the determined women of India, Singh offers a glimpse into their often challenging lives, creating powerful narratives that demand attention and inspire change. Nanki Singh's journey as a photographer began in an unexpected manner. As a shy and diffident schoolgirl, she struggled to express her thoughts until she started experimenting with her cousin's camera. It was during a holiday to Namibia at the age of 16, while shooting wildlife on a borrowed camera, that Singh discovered her voice. The diversity of the world around her became her muse, and through photography, she found a means to articulate her innermost thoughts and feelings. "Fashion, weddings, and product photography are enjoyable, and I love being in a studio, but it is photo-documentation that truly captivates me," Singh reflects. This love for capturing real-life stories led her to focus on social issues, with a particular emphasis on the struggles and triumphs of women in India. Singh's latest exhibition, "Aaine Tak Ka Safar," at the Confluence 24 art exhibition holds special significance for her. The title, which translates to "Journey to the Mirror," was inspired by the stories of acid attack survivors who found it



Photos: Pankaj Kumar

excruciatingly difficult to look at themselves in the mirror post-attack. While society often considers their physical pain, medical journey and psychological trauma, the everyday anguish of facing a mirror is frequently overlooked. Singh wanted to highlight this overlooked aspect and offer viewers a glimpse into the survivors' mirrors. Her collaboration with the Chhanv Foundation, an organisation supporting acid attack survivors, was pivotal. Singh's initial attempts to work with medical professionals were stifled by restrictions that threatened her artistic voice. However, Chhanv Foundation welcomed her interpretation, allowing her to portray the survivors not as victims, but as strong, resilient individuals who had worked hard to overcome unimaginable pain and trauma. Starting this project at the age of 18, Singh faced numerous challenges, the foremost being making the survivors feel comfortable and at ease. "I set very strict boundaries for myself," she explains. "I was always mindful of their trauma and decided to sensitively depict their story without sensationalising it. I gave them full agency over how they were portrayed, engaging them in discussions about their representation." Her creative process was slow and deliberate, nurtured over four years. She embraced a simple, documentary style, ensuring her subjects were depicted true to their personalities. "My work should aim to empower the subjects and give them a voice," Singh states. "It's crucial to represent women authentically and respectfully,



avoiding stereotypes and clichés." The reaction of the survivors to being photographed and having their stories shared was overwhelmingly positive. Singh's empathetic approach and long-term commitment made the survivors comfortable with her being their voice. They drew her into their lives with their positivity, resilience and strength. Singh always "Photography raises awareness and drives societal change by capturing and sharing the stark realities of issues like acid attacks in a way that is accessible and emotionally engaging." Through her visual storytelling, Singh humanises victims, educates the public, challenges societal norms, and inspires action. The impact of Singh's work is profound. By presenting these images to the public, she provokes deeper reflection on cultural and societal norms. "How does our society perpetuate conditions that

enable such acts?" she asks. "What roles do power dynamics, gender roles and lack of legal protections play?" These are the questions Singh hopes her work will inspire viewers to consider. Singh's exhibitions have garnered attention both in New York and New Delhi. While the Chelsea exhibition was a success, raising \$13,000 for the survivor's cafe, Singh found the Delhi exhibition particularly meaningful. "What made The Confluence '24 in Delhi exhibition better was the girl's presence," she says. "I have always felt it was their story and they were there that day to tell it." Nanki Singh's "Aaine Tak Ka Safar" is more than an exhibition; it is a powerful narrative of strength, resilience and hope. Through her empathetic and authentic approach, Singh bridges the gap between viewers and the often overlooked stories of acid attack survivors. Her work not only raises awareness but also inspires change, challenging societal norms and advocating for justice. In a world where brutalities like acid attacks reveal a disturbing undercurrent of violence and misogyny, Singh's photography serves as a beacon of hope and a call to action. Her lens captures not just images, but the very essence of human experience, making the invisible visible and the forgotten remembered. Through her work, Nanki Singh continues to prove that photography has the power to change the world. Nanki Singh is not just a photographer to watch - she's a vital voice in the ongoing dialogue about gender, violence and human rights in India and beyond.

YOUR WEEK AHEAD

MADHU KOTIYA



**ARIES** March 21-April 19  
This week brings a wave of potential transformations across various aspects of your life, including relationships and career. It's a time when being open and receptive could lead to significant benefits. Sticking rigidly to the old ways might cause regret later, so it's essential to shift from introspection to active engagement with the world. Make use of different communication platforms—whether online or in-person—to connect with others. A significant, unexpected shift is on the horizon that could dynamically alter your current trajectory. Life constantly evolves, and embracing change fuels growth. Midweek, expect an unexpected positive turn, potentially enhancing your financial or personal life. For those in collaborative ventures, harmony and smooth operations are anticipated, leading to greater achievements and a more balanced professional environment.

Lucky number 2 | Lucky colour White  
Lucky day Tuesday



**LEO** July 23-Aug 22  
In life, challenges and obstacles are inevitable, but your inherent bravery steers you toward your objectives. Your current phase demands persistence; success is within reach through continued effort and clear leadership. As the week progresses, you may find yourself more emotionally vulnerable, facing feelings of neglect or emotional distance in personal connections. Patience will be your ally, as this is merely a passing storm. The weekend promises a shift towards stability and strengthening of bonds. Expect an overall improvement in well-being and financial matters, alongside an enriching social life. Communication flows more smoothly, and relationships bring satisfaction and joy. Everything aligns, bringing you to a state of fulfillment and happiness.

Lucky number 5 | Lucky colour Sea Green  
Lucky day Saturday



**SAGITTARIUS** Nov 22-Dec 21  
Navigating through life's complexities might sometimes seem daunting due to your fluctuating motivations. To counter this, clarify your objectives and harness your inner strengths. This week, you may find yourself swept up in a wave of nostalgia, prompting a potential trip to reconnect with friends, family, or colleagues. Such reunions can spark joy and lead to unexpected positive outcomes. Meanwhile, there might be surprising gains, potentially through financial boosts or inherited assets. This surge of positivity will invigorate you, enhancing your vitality. As the week closes, embrace your role as the architect of your fate. Feel the guiding presence that subtly steers you, helping you harmonize your emotions, desires, and holistic wellness, aligning you with your true course.

Lucky number 10 | Lucky colour Off-white  
Lucky day Thursday



**TAURUS** April 20-May 20  
This week, you embody the essence of prosperity and success. With a firm grasp on reality, you push toward your ambitions with unwavering determination and focus, broadening your horizons and leaving a notable impact on those around you. Your disciplined approach to pleasure ensures that your actions remain measured and effective, underpinning your achievements. You are master of your desires, not a servant to them, and you show a genuine regard for the emotions and well-being of others. This week, however, requires you to adopt a more stringent discipline to prevent potential setbacks. Those in leadership or top positions should pay close attention to this advice. As the week concludes, your generosity and service to others will bring fruitful outcomes, enriching your life materially and spiritually.

Lucky number 11 | Lucky colour Blue  
Lucky day Friday



**VIRGO** Aug 23-Sep 22  
This week focuses on correcting past mistakes and learning from them, emphasizing that every action leads to a consequence. For those in search of employment, opportunities may arise unexpectedly. Those already working can anticipate a significant increase in activity, which promises to be beneficial. Relationships may undergo transformations; if you are in a committed partnership, it could face challenges. Exercise caution and avoid hastiness to maintain harmony. Taking time for quiet reflection can enrich your insights. Your investments are likely to yield favorable outcomes, so continue with your current strategies. You will experience heightened vitality across physical and emotional spheres. Over the weekend, consider reassessing aspects of your life that no longer contribute positively, such as unfulfilling relationships or careers, and think about embracing new beginnings.

Lucky number 6 | Lucky colour Orange  
Lucky day Wednesday



**CAPRICORN** Dec 22-Jan 19  
You possess a unique blend of innovation and intuitive insight, fueling your creative endeavors and imbuing your projects with a dynamic energy. Your exceptional organizational abilities and mild-mannered approach inspire collaboration among peers and partners. With a grand vision for your professional pursuits, you skillfully balance imaginative efforts with seasoned expertise, driving impressive outcomes that enhance your standing and influence in your field. By mentoring your juniors effectively, you enrich your enterprise, as they commit wholeheartedly to overcoming current challenges. Your focus remains firmly on professional growth, prioritizing work over personal matters. Your dedication is complete, promising substantial achievements. As the week closes, you seek solace in quiet moments spent with close ones, recharging from your diligent efforts.

Lucky number 9 | Lucky colour Brown  
Lucky day Saturday



**GEMINI** May 21-June 20  
This week, it's essential for you to take a step back and focus on relaxation. The recent pressures have left you feeling drained, and now is the perfect time for self-care and recovery. Reflecting on your current circumstances will be beneficial, allowing you to gather strength and clarity. Find time for solitude to help restore your energy and uplift your spirit. Despite any challenges that may appear, your resilience and determination will see you through, keeping you focused on your objectives. You might receive some uplifting news that boosts your morale. You might also find yourself embarking on a new journey, which could be a literal trip or a metaphorical exploration of personal growth. Ensure you prioritize your well-being and protect your interests, especially towards the week's end when you may encounter a competitive individual.

Lucky number 8 | Lucky colour Yellow  
Lucky day Friday



**LIBRA** Sep 23-Oct 22  
The week begins on a subdued note, with a noticeable dip in your energy and enthusiasm. Health concerns might surface, slightly disrupting your usual pace. Financially, it's a time for caution rather than worry, reminding you that sometimes, stepping back is as strategic as forging ahead. Remember, minor setbacks should not overshadow your larger goals. It's crucial to tune into your inner guidance during these moments, identifying any areas of your life that may require recalibration. As the week progresses, expect a shift towards abundance. These interactions are set to expand your social network significantly. Amidst this busyness, dedicating time to introspection will clarify your objectives. The latter part of the week is optimal for reflection, allowing you to strategize and make informed decisions that will influence your future success.

Lucky number 3 | Lucky colour Teal  
Lucky day Sunday



**AQUARIUS** Jan 20-Feb 18  
You are brimming with energy and excitement, yet you may find yourself at a crossroads, unsure of how to set your objectives. Venturing into new projects will require your focus and endurance. Significant financial commitments could become a source of stress, particularly in managing funds, loans, and income. It's crucial to allocate time to plan your finances carefully. During this period, stay vigilant as slight distractions could complicate your current situation. You might consider borrowing or accessing funds through other means, which could open doors to new opportunities. Embrace the possibility of forming new bonds that enrich your life. Expressing your deepest feelings with someone close or reconnecting with an old friend or family could bring great joy and fulfillment to your life. Enjoy this enriching time.

Lucky number 4 | Lucky colour Navy Blue  
Lucky day Wednesday



**CANCER** June 21-July 22  
This week ushers in a fresh wave of youthful vigor and an eagerness to embrace all facets of learning. You're on the brink of a significant event that promises to enhance your material well-being. Known for your diligence and financial prudence, this period rewards your efforts with abundant opportunities for enjoyment, financial gain, and relaxation, marking a well-earned period of success. A burst of inspiration strikes you, paving the way for a novel artistic direction. Your imagination is lively and reminiscent of a child's wonder, setting the stage for delightful surprises. This week may bring joyous announcements related to new beginnings in the family. Your inherent belief in your abilities propels you forward in a world filled with challenges, while your creative and spirited approach continues to open new avenues for joy and self-discovery.

Lucky number 7 | Lucky colour Pink  
Lucky day Thursday



**SCORPIO** Oct 23-Nov 21  
Your resilience and focus are the pillars of your strength, enabling you to lead and shape situations positively according to your will. You naturally inspire and motivate those around you, with your disciplined approach, light-heartedness, and ability to connect with peers, earning their respect and support. An opportunity for travel appears on your horizon, potentially linked to work or a family vacation. This journey, possibly to a distant place, promises to be rewarding and fulfilling. As the week concludes, a festive atmosphere prevails, marked by celebrations, gatherings, and special events that recognize your accomplishments. Indulge in some personal pampering through shopping or a spa day, which will leave you feeling rejuvenated and admired by all.

Lucky number 1 | Lucky colour Mustard  
Lucky day Monday



**PISCES** Feb 19-March 20  
If you have lofty aspirations for your love life or are hoping for significant achievements in your professional endeavors, it's important to stay grounded rather than getting lost in daydreams. Embrace a practical mindset, as it could open doors to positive opportunities. You may find that your partner has high expectations that are difficult to meet, leading to potential misunderstandings and disappointments. Challenges in relationships could lead to emotional strains or even separations, so tread carefully. Family, particularly parents, can be pivotal in steering your life in a new direction. Address any health and emotional concerns with innovative strategies. As the week concludes, you might find yourself drawn to spiritual activities, perhaps organizing or participating in a spiritual gathering, which could also coincide with a promising new professional opportunity.

Lucky number 13 | Lucky colour Magenta  
Lucky day Sunday

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WHO IS A FOOL?

One who feels too much or one who feels too little? The neglect of the mind, the seat of intellect, breeds a state of perpetual flux and discontent. However, transcending the fickleness of the mind lies the realm of intellect, the beacon of wisdom that guides us through life's tumultuous seas

GURUSPEAK



Sri Sri Ravi Shankar  
Spiritual Guru

Which is more important: the objects we desire, or the senses through which we experience them? The senses are actually more important than the objects themselves. For instance, your eyes are more valuable than a television, your ears more precious than music, and your tongue more important than delicious food. Our skin, too, is more crucial than the things we touch.

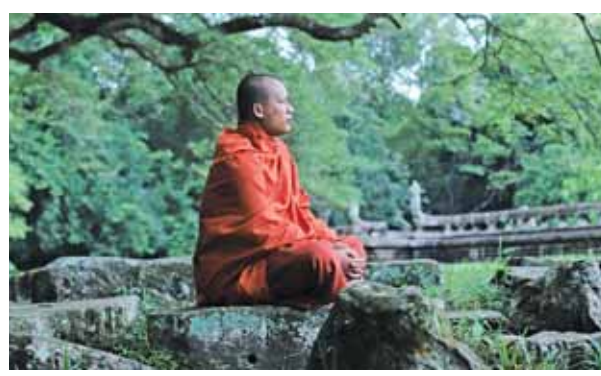
But what do fools do? They do not realize this truth and give more importance to sense objects than the senses. They know that looking at the TV for too long harms their eyesight yet they continue watching television for hours. They understand that overeating is bad for their health, yet they prioritize food over their well-being. Knowing that our senses are more important than the objects of senses is the first step.

The mind is even more

important than the senses. Often, we do things without being fully present—our minds are elsewhere. In such a state, our actions lose their meaning, and we become depressed. When the mind is neglected and only the senses and their objects are cared for, depression sets in. Depression arises from prioritizing material desires over the needs of the mind. If you want certain type of food, and you don't get that, you feel low. The fool attends to the senses over the mind.

What is the nature of the mind? It fluctuates, much like the moon's phases. The mind is often compared to the moon, which waxes and wanes. Just as the moon is not constant, our minds too are in a constant state of flux.

Beyond the mind lies our intelligence, or intellect. If we merely follow our minds, we will experience constant ups and downs without any sense of purpose. People who are driven solely by their minds often end up feeling more miserable. Their minds may tell them to



seek solitude, but even in silence, they remain unhappy. That's why in many schools of thought it's said: kill the mind. In the military they teach you to kill the mind. In schools and colleges the discipline is imposed on you, you are asked to kill the mind. The key to overcoming the mind is discipline, which can only be understood by the intellect. Discipline is what can truly control the mind's erratic tendencies.

Discipline kills the tendencies of the mind. It is a quality of the intellect. Intellect, therefore, is more important than the mind. It is the intellect that guides us with wisdom, distinguishing between right and wrong. Fools follow the mind, going with their whims and fancies, like a rolling stone. Fools will start a business and close it, and start another, then close it...because of their cravings and aversions. What is the big deal about your feelings, your mind's likes and dislikes? One who does

not care for the feelings will reach the Self.

Who cares for your feelings? It comes for a moment and passes away. Experience it, don't run away from it.

Instead of your feelings, go by your dedication and commitment. Your life is dedicated to a cause on this planet. That brings out valour, vigour, peace, and stability from within you. Otherwise, you'll feel good one moment and bad the next. Haven't you experienced feeling miserable even in the best situations?

When we don't worry about our feelings much, then we get established in the wisdom. And being established in wisdom brings you to your Self which is Peace, Joy, and Love. Self is the Power. Your emotions make you very weak and they also make you very strong. When your emotions are positive it makes you sensitive to the truth, it makes you subtle, delicate, and it takes you into a deep meditation.

I was watching the news few

days back. A lady received an Oscar award and was struggling to speak, shivering with excitement. She looked absolutely miserable. She could not handle that excitement of the Oscar award. She looked absolutely miserable. It's just a piece of metal! Holding it, she exclaimed, "This is the greatest moment in my life, what I've craved for!" How foolish! A few judges praised her performance. How many such people have come to this planet, died, and more will come, yet she puts her whole life behind that piece of metal? Someone tells you, "You are good." Don't you already know that? You wanted some judge to give you this award. Such idiocy! Anyone with a little intelligence would see how foolish it is to seek validation from others. You don't need to break down over that little piece of metal. Do you see what I'm saying? Gracefully accept it. Suppose you are given the Oscar, what will you do? If you shiver there, you better not say you have done Art of Living course!

The mind, if left unchecked, can lead to misery and confusion. People often prioritize their feelings over their intellect, constantly seeking validation and approval from others. They become slaves to their emotions, constantly seeking external validation.

We must be willing to commit ourselves fully to a cause, regardless of the challenges we may face. This commitment is what separates the brave from the timid, the lions from the chickens. Life's challenges are meant to be embraced with courage and determination. Knowledge, enlightenment is only for brave people, not for people who chicken out and run away here and there.

So we must learn to prioritize our intellect over our emotions, our commitment over our desires. By doing so, we can lead a more meaningful and fulfilling life, free from the ups and downs of the mind. Life is a journey, and it is up to us to navigate it with wisdom and courage.