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STOKES' FIRE, BUT...



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C'garh has decided to vote for BJP: PM



STAFF REPORTER ■
BILASPUR

Hitting out at the Congress government in Chhattisgarh, Prime Minister Narendra Modi on Saturday said the people have decided to vote for a change in the coming Assembly elections.

Addressing a mammoth gathering at the Science College ground, Modi said: "A wind of change is clearly visible in Chhattisgarh."

"The election mood can be gauged with the impressive

gathering at the rally. It indicates their desire to vote for a change. There is good news in the offing for BJP," he said.

Ahead of the last leg of his campaign, Modi on Saturday made his third visit to the state in three months. From Bilaspur, he will head to Jagdalpur.

"The people of Chhattisgarh have decided not to tolerate the atrocities of the Congress government," Modi said, repeating the BJP's slogan in the regional dialect 'Ab Nahi Sahibo, Badal Ke Rahibo'.

He said people were fed up with corruption in the government whether in the name of cow dung or other issues, he said.

The Bilaspur rally marked the culmination of the twin Parivartan Yatras launched by the BJP, one starting from Dantewada and the other from Jashpur earlier this month.

Of Chhattisgarh's five administrative divisions (Raipur, Durg, Surguja, Bilaspur and Bastar), Bilaspur has the highest number of Assembly seats at 24.

KHALISTANIS RUN RIOT IN UK

India condemns blocking of Indian envoy's entry to Glasgow gurdwara

PTI ■ LONDON

The Indian High Commissioner to the UK, Vikram Doraiswami, who was touring Scotland this week was blocked from entering a gurdwara in the city of Glasgow by pro-Khalistan extremists, an incident the Indian mission dubbed as "disgraceful" before reporting it to the UK government.

In a statement issued on Saturday, the High Commission of India in London said that three people from outside Scotland "deliberately disrupted" the visit on Friday evening, and one even attempted to violently force open the diplomatic vehicle as senior diplomats arrived at Glasgow Gurdwara Guru Granth Sahib on Albert Drive.

As they hurled threats and abuses, the High Commissioner (HC) and Consul General of India (CG) decided to leave the premises to avert any further altercation.

"On September 29, 2023, three persons — all from areas outside Scotland — disrupted a planned interaction organised by the Gurdwara Committee for the community, the High Commissioner (HC) and the Consul General of India (CG)," said the High Commission of India in a statement.

"This interaction was to discuss community and consular issues. The organisers included senior community leaders, ladies and Committee members, and a member of (the) Scottish Parliament. They were threatened and abused by these elements. In an effort to prevent any potential altercation, the HC and CG decided to leave the premises shortly upon their arrival," it said.

The statement goes on to add that one of three elements attempted to "violently force open the HC's car door," which will require suitable police consideration.

"It is due to the quick reaction of one of the organisers, who physically intervened at the car door, that a bigger incident was avoided. The High Commission of India has reported this disgraceful incident to the Foreign, Commonwealth and Development Office (FCDO) and the Metropolitan Police," the statement added.

The FCDO Minister for Indo-Pacific took to social media soon after to express her concern over the incident.

"Concerned to see that the Indian High Commissioner, Vikram Doraiswami, was stopped from meeting with the Gurudwara Committee at the Gurudwara in Glasgow.



Khalistanis block the car of Indian High Commissioner to the UK Vikram Doraiswami from entering a gurdwara in Glasgow on Saturday

The safety and security of foreign diplomats is of utmost importance, and our places of worship in the UK must be open to all," Anne-Marie Trevelyan said in a post on X.

The gurdwara committee and local community leaders have expressed their regret over the incident and have called on the authorities to take action against the culprits. The local police said it was called to the "disturbance", and its enquiries remain ongoing.

"We were called around 1.05 pm on Friday, 29 September, to a report of a disturbance that happened in the Albert Drive area of Glasgow. There were no reports of any injuries, and enquiries are ongoing to establish the full circumstances," said a Police Scotland spokesperson.

The incident follows a diplomatic standoff over the issue of pro-Khalistan extremism after Canadian Prime Minister Justin Trudeau's statement in the country's Parliament last week that the authorities are "actively pursuing credible allegations" related to Indian government involvement in the murder of Hardeep Singh Nijjar, a designated terrorist, allegations which the Ministry of External Affairs has strongly rejected as "absurd and motivated".

"This is exactly how we should be greeting any Indian ambassador, anyone from the Indian government who comes in an official capacity under any excuse of doing visa applications or whatever it might be," a Sikh man is heard saying in a video posted on social media

by a group called Sikh Youth UK following the incident in Glasgow.

The incident came towards the end of a two-day visit of the Indian High Commissioner to Scotland.

During his meeting with Scotland's First Minister, Hamza Yousaf, the issue of British Sikh Jagtar Singh Johal in custody on terrorism charges in India was also raised.

"Replying to some issues raised by FM (First Minister Hamza) Yousaf, HC (High Commissioner) stressed that due process is being given under laws to Mr Johal, who faces 8 serious terror charges. FM also 'appreciated' HC's clear message that rights of all communities are guaranteed in India's pluralist and free democracy," the Indian High Commission tweeted with reference to the meeting.

The Indian mission added that the discussions with Scottish leaders ranged from India-Scotland cooperation in sectors across fintech, sustainable agriculture, tourism and water conservation. A visit to the Scottish Parliament, a lecture entitled 'India@75' at the University of Edinburgh, an interaction at the University of Strathclyde and a breakfast meeting with leading business chiefs on topics ranging from whisky, aviation, energy, agriculture, green economy, space and investments were part of the packed two-day schedule to the region.



Prime Minister Narendra Modi during the launch of a week-long programme for Aspirational Blocks titled 'Sankalp Saptah' at Bharat Mandapam in New Delhi on Saturday

PM Modi ignites hope

PIONEER NEWS SERVICE ■
NEW DELHI

Affirming that the Aspirational Districts Programme has positively impacted over 25 crore people across 112 districts, Prime Minister Narendra Modi stated on Saturday that he plans to return next year to assess its progress.

During an event launching "Sankalp Saptah" linked to the Aspirational Blocks Programme, the Prime Minister inaugurated the Aspirational Blocks Programme Portal, declaring, "For me, this gathering is no less important than the G20."

He emphasised that the programme represents the success of Team Bharat and the spirit of Sabka Prayas. The PM highlighted that the Aspirational Districts Programme has transformed these areas into "inspirational districts." He announced an ambitious goal: within the next year, at least 100 out of 500 aspirational blocks will become aspirational.

Modi urged officials from various ministries to select 100

blocks that are lagging behind in their respective departments and elevate them above the national average on various parameters.

Expressing confidence in meeting again in October-November 2024 for an evaluation, Modi addressed an audience that included government officials, representatives from approximately 3,000 panchayats and blocks, and functionaries from across the country.

Around two lakh individuals, including block and panchayat-level functionaries, farmers, and local residents, virtually participated in the event. The Prime Minister noted that the Aspirational Districts Programme will hold a significant place in any list of the top 10 programmes of independent India.

At the Bharat Mandapam event, Modi contrasted the venue's previous role in hosting world leaders' discussions on global matters with its current focus on grassroots-level issues involving participants from all corners of the country.

Vande Bharat reaches Miracle milestone



DEEPAK KUMAR JHA ■
NEW DELHI

In a rare feat of what is being tagged as "14 Minutes Miracle Cleaning", the semi high speed Vande Bharat Express Trains will now be cleaned in flat 14 minutes.

The new age trains now traversing several important cities across the country that have caught attention of the nation in recent months due to its aesthetics will be cleaned after each round trip in maximum 14 minutes similar to the practice in passenger aircrafts cleaned after every flight.

Railway Minister Ashwini Vaishnaw told The Pioneer that it will indeed be yet another historical step towards making the rail ambience pleasant and will also enhance the passenger as well as public aspiration to keep the rail property always clean and travel worthy.

As of now Vande Bharat and all other trains like Shatabdi, Rajdhani, Humsafar and mail trains take about a minimum of 45 minutes to a maximum of four hours to cleanse to prepare the train for onward journey.

Sources in the Ministry of Railways said that the cleaning cue has been taken from the Japanese Bullet Trains where workers have precisely seven minutes to clean the carriages of seven coaches before the next round of passengers board.

Each 100-seat carriage is covered by one worker, who wipes down food trays, clears the seats and sweeps the floor and the same is to be adopted for the trains in India in near future.

"I will personally be on board a Vande Bharat to kick start the wonder cleaning services to begin with Vande Bharat and in due course of time will be replicated in all the trains in future," said Vaishnaw.

The Railway Minister will personally kick-start this initia-

tive at the Delhi Cantonment Railway Station on Shramdaan Divas on Sunday.

More than 32 Vande Bharat trains will simultaneously launch this system across the country on October 1 and the same cleaning process will be followed as per routine and roster. The scheme will also be showcased for passengers at Anand Vihar Terminal, Chennai, Pune and Shirdi.

Vande Bharat train presently takes 45 minutes to clean. Which means for the present train capacity of seven coaches with rotational seating facility, one coach will take two minutes to clean and thereby multiple of two minutes with additional coach in the train.

"For each coach of the Vande Bharat train, a total of 4 cleaning staff would be deployed. The cleaning would be executed manually and for which the cleaning staff has received over a month long training and has held multiple mock drills," railway officials explained when queried on the operation system of 14 minute magic cleaning.

Indian Railways has been working for some time to change the process of cleaning of India's premium trains for optimum use of its rolling stock.

Before launching this concept, the Railways carried out a couple of dry-runs where the attendants cleaned the train first in around 28 minutes and then improved it to 18 minutes. "Now it will take only 14 minutes without involving any new technology," the Minister said.

As of now 68 Vande Bharat train services are functional and Vaishnaw informed that the work on the air conditioned sleeper class is going in full swing and the prototype will be put on tracks by year end and the Ministry hopes to roll out the first such services by February 2024.

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Fighter planes and helicopters roar in the sky of Bhopal

STAFF REPORTER ■ BHOPAL

The Indian Air Force performed its largest air-show in the country over water at the Boat Club at Upper Lake in the state capital; the occasion was 91st Foundation Day. At the time of the air-show a tin roof collapsed on which people climbed to have a clear look of the air show. The injured were rushed to hospital who survived the accident with minor injuries. Apart from the incident massive traffic jams were witnessed in all the nearby areas of the air-show venue. During the show, refueling aircraft IL-78 in Gajraj formation filled fuel in two

M-2000 aircraft in the air. Two Chinook helicopters held position just a few feet above the water on the large pond. The helicopter took rounds in this position. Tejas dived in the air at top speed. Nine Surya Kiran aircraft formed a diamond shape at a height of 6000 feet. In honor of Bhojeshwar Mahadev, aircrafts performed in the shape of a trident in the sky. In the air show, first of all, 10 members of Akash Ganga team did sky diving by parachute in the big pond from a height of 8000 feet in MI-17 V-5 helicopters. After two Chinook helicopters took off from Manuabhan Tekri, 4 Chetak helicopters flew in flag formation.

Meanwhile, at 10.17 am, Chief Minister Shivraj Singh Chouhan along with his wife Sadhna Singh arrived to watch the air-show. C-130J Super Hercules, AN-32 aircraft in the Prithvi formation also performed feats. While 5 Jaguar aircrafts made Shamsheer formation, 4 HAL Dhruv helicopters of the Sarang team made heart shapes in the air. There was a massive traffic jam in Old Bhopal in the capital Bhopal for more than two and a half hours. People from all over the city had come on two-wheelers and four-wheelers to see it. They parked their vehicles on the roads and nearby streets. Due to this the traffic system

deteriorated. Vehicles had to crawl for hours to get from the old city to the new city. In the air show, warplanes of the Indian Air Force performed acrobatics in the sky over the Big Pond. There were long queues of vehicles at Kamla Park, VIP Road, Shyamala Hills, Cable Stay Bridge since 10:45 am. People had already reached these places and parked their vehicles to watch the air show. Watched the air show sitting on cars and bikes. Due to this the roads got jammed. Even two hours after the end of the air show, vehicles remained stranded from Boat Club to Vardhaman Park, Bharat Bhawan, Khushbo Park's main road, Polytechnic and

Retghat. People were not able to even walk. ACP Vikram Raghuvanshi of traffic police said that we had made all efforts to make arrangements. 75 traffic police personnel were deployed on VIP Road alone, which included a TI. Along with this, help was taken to make arrangements for NCC students. There was no jam anywhere. There was a lot of crowd, hence it took more time for people to leave. People parked their vehicles on the roads instead of parking in the parking lots. Due to this, vehicles got stuck on VIP Road and Sand Ghat, whereas the police had issued an advisory regarding the program two days earlier.



Indian Air Force's helicopter aerobatic team 'Sarang' performs during an air show over the upper lake to commemorate 91st anniversary of IAF, in Bhopal on Saturday. Pioneer photo

Rape accused sentenced to 10 years RI after 8 years

STAFF REPORTER ■ BHOPAL

Court of Nineteenth Additional Sessions Judge/Special Special Judge, Bhopal, Rashmi Mishra sentenced rape accused of ten years of rigorous imprisonment. Raju Lodhi, accused of rape under section 376 (2) for committing wrongdoing on the pretext of marriage. After finding the accused Raju Lodhi guilty in the Indian Penal Code, the decision has been passed to sentence the accused Raju Lodhi to 10 years of rigorous imprisonment under Section 376 (2)(n) of the Indian Penal Code and a fine of Rs 5,000, in case of non-payment of the fine, an additional rigorous imprisonment of 06 months. In the case, the government has been represented by the Special Public Prosecutor

Deepti Patel and Manisha Patel. On December 2, 2015, the mother of the victim lodged a missing complaint with the police. Based on the complaint a case under section 363 of Indian Penal Code was registered and investigation was started. During the investigation, on December 7 the victim was rescued and in her statements she revealed that Raju alias Deepak Lodhi was sexually exploiting her for several and after the medical examination of the accused case under section 366, 376 (2) of Indian Penal Code and section 3 and 6 of sexual offenses of POCSO Act were registered against the accused. On the basis of evidence, the Court has punished the accused Raju Lodhi with 10

years rigorous imprisonment and a fine of Rs 5,000 under Section 376 (2) (n) of the Indian Penal Code. Meanwhile Court of 6th Additional Sessions Judge Rajeev K Pal has sentenced accused DK Kapoor and Saroj Kapoor for 3 years of rigorous imprisonment. Accused were booked under Section 13(2) and 3(1)E Prevention of Corruption Act. Accused DK Kapoor and Saroj Kapoor were sentenced to 3 years rigorous imprisonment under Section 13(2) R, W, Prevention of Corruption Act. Information was received that the then Additional Commissioner of Madhya Pradesh Housing Board, Bhopal, accused D.K. Kapoor been acquired massive wealth through illegal means while holding a government post.

Chief Minister flags off metro trial run of MP's first metro train in Indore

PNS ■ INDORE

A new golden chapter has been added to the history of public transport service of Madhya Pradesh from Indore. Chief Minister Shivraj Singh Chouhan flagged off the state's first metro train trial run in Indore on Saturday. The program was started with Kanya Puja. Metro Rain Corporation MD Manish Singh welcomed the Chief Minister by presenting him a model of the metro train. The Chief Minister announced that metro train will be extended up to Pithampur and Ujjain. It is State's resolve that in the Simhashta of 2028, devotees and common citizens will go to Indore by metro to have darshan of Mahakal Baba. Indore and surrounding areas will be designated as metropolitan authority. Action will be taken to do away with the ban on reg-

istry in Gandhinagar locality. Chouhan had a ride in the metro train. He took stock of the arrangements and facilities. Many public representatives and senior officials and other distinguished citizens of the city were also present. With the completion of the world class Indore Metro Train Project in Indore at a cost of Rs 7500 crore, citizens will be provided with the facility of fast, safe, modern and comfortable travel. As many as 7 lakh passengers will be able to commute daily. It will have three coaches. The speed of these metro train will be 90 kilometers per hour. Addressing the program, Chouhan said that a new era is beginning in Indore. Indore is the city of my dreams, Indore is the cleanest city, Indore is smart city. It is IT city. Indore has come a long way from from tempo to metro.

The Chief Minister congratulated Metro Train Corporation's MD Manish Singh and his team. He said that the Metro team has worked on a war footing. He said that people will be able to commute in the metro in a clean and hygienic environment and will be able to reach the destination in a very short time. Riding in metro will be less expensive. He appealed to the people to use the metro train. MP Lalwani gave the welcome speech. Metro coaches will be air conditioned. There will be suitable space for disabled people also. Each coach of the metro train will have space for 50 people to sit and 300 people to stand. This metro service will be available in more than 31 km area. It will have 28 stations. Out of which 7 will be underground and 21 will be elevated stations. There will be a system of automatic

ticketing on National Common Mobility Card. The doors will also be automatic. There will be a passenger information display system. There will be grab handle lift, escalator, customer care centre, announcement in Hindi and English, wheelchair for disabled, other public facilities etc. There will also be a provision for emergency contact and emergency door in the train. To reduce electricity consumption, solar energy arrangements are being made at stations and depots. This train will be operated by Madhya Pradesh Metro Rail Corporation Limited. Chouhan rode the metro today after the flag off. Sitting in the metro train, he took stock of the arrangements and facilities. The metro train started from Gandhi Nagar station and reached the next station on the Super Corridor where the Chief Minister received greet-

ings from the citizens, who expressed happiness to see their dream of having metro train coming true. People from every section of the society were present to witness the historic movement. There was an atmosphere of immense excitement and enthusiasm. Those present included Water Resources Minister Mr. Tulsiram Silavat, Tourism and Culture Minister Usha Thakur, MP Shankar Lalwani, Mayor Pushymitra Bhargava, MLA Smt. Malini Gaur, Mahendra Hardia, former MLA Manoj Patel, Gaurav Randive and other public representatives. Divisional Commissioner Malsingh, Collector Dr. Ilaiyaraaja T and other officials were present. Officials from education, industry, social, religious, business and other organizations, institutions and associations were present.



Spectators watch an air show of Indian Air Force over the upper lake to commemorate 91st anniversary of IAF, at VIP Road in Bhopal on Saturday. Pioneer photo

Spectrum exhibition organised at Sagar Public School

STAFF REPORTER ■ BHOPAL

Sagarites from grade III to VIII of Sagar Public School Katara Extension exhibited their Annual Spectrum with great zeal, enthusiasm, and jubilation. Passionate and talented Sagarites in an enriching presentation connected everyone with the celebration of knowledge and presented the spectrum on the theme of Time Traveller's Odyssey. They portrayed themselves as future scientists, authors, poets, writers, social influencers, and Technophiles. The innovation and vision of Sagarites showcased the multi-domain and multi-spectral talent in the fields of science, mathematics, languages, literature, social science, arts and music, AI & Robotics etc. The exhibit showcased 250+ presentations in the form of



models, knowledge charts, creations, and games to share knowledge. Rajeev Mishra - a motivational speaker, writer and poet graced the occasion as the Chief Guest and was highly impressed by the spectacular creative endeavors and presentations by the Sagarites. The Chief guest emphasized the importance of curiosity, innovation, and continuous learning, being a

part of life to move ahead in life. Topics ranged from the origin of life on Earth to the evolution of monetary systems, the life of Mahatma Gandhi, pivotal moments in India's history, literary giants like Wordsworth and J.K. Rowling, and puppet shows to Nalanda University. The exhibition also highlighted cutting-edge technology projects, demonstrating the school's commitment to innovation. Beyond static displays, students captivated the audience with live performances, showcasing their artistic talents and cultural diversity. Students won the hearts of the audience through the awe-inspiring depiction of yogic postures emphasizing the balance of mind, body and soul. Parents' health and well-being were put to the test by our sports enthusiasts through different health metrics. Principal of the School Ms Prachi Varma said, "Our school spectrum believes in capacity building and skill enrichment. Sagarites have worked in teams and groups and have researched to present their application model and concepts. I congratulate every Sagarite for their outstanding contribution."

AIIMS Bhopal celebrates Hindi fortnight, promoting language

STAFF REPORTER ■ BHOPAL

In a grand celebration of linguistic diversity and the significance of the Hindi language, the All India Institute of Medical Sciences (AIIMS), Bhopal, organized the main function of Hindi Pakhwada on Friday. The event was graced by Prof. (Dr.) Ajai Singh, Executive Director of AIIMS, Bhopal, who presided as the chief guest. Hindi Pakhwada, a two-week-long celebration dedicated to the promotion and preservation of the Hindi language, serves as a platform for showcasing the cultural and linguistic heritage of India. The event was a remarkable occasion, emphasizing the importance of Hindi in our everyday lives and official communications. Dr. Pankaj Goel, Chairman of the Hindi Pakhwada Organizing Committee, began the event by reading out a heartfelt message from the Hon'ble Home Minister, Shri Amit Shah, underscoring the significance of Hindi in uniting the diverse fabric of our nation. Mayank Kapoor, Senior Administrative Officer, also contributed to the event by presenting the message

of the Minister of Health and Family Welfare, Dr. Mansukh Mandaviya. Speaking on the occasion, Prof. (Dr.) Ajai Singh expressed his thoughts on the immense unifying power of the Hindi language. He emphasized that Hindi transcends regional, communal, and linguistic boundaries, and it has the unique ability to bring people together. Dr. Singh encouraged everyone to make dedicated efforts to promote the use of Hindi in both official and daily life, ensuring its vitality for generations to come. As part of the festivities, a bilingual monograph prepared by the Physiology Department of AIIMS, Bhopal, and the departmental magazine, 'Sadhya Pratibimb' were released. These publications showcase the scholarly contributions of the institution and its commitment to promoting Hindi language and culture. In recognition of the participants' exceptional efforts and achievements during various competitions organized between September 14 and September 29, 2023, winners and participants were felicitated with cash prizes and trophies.

KFC encourages India to #speaksign

Bhopal: As an extension of celebrations for International Day of Sign Languages, KFC India is using its most distinctive brand asset, the iconic bucket, to raise awareness for sign language, through an exhibit unlike any other. KFC India's first ever 360-degree immersive Sign Language experience features a life size replica of its recently introduced Sign Language Bucket. With a twist. The installation is powered by cutting-edge technology and has step-by-step visual tutorials of commonly used words and phrases, giving consumers a chance to learn how to communicate in Indian Sign Language (ISL). It is a part of KFC India's Kshamata program, which is aimed at feeding people's potential, and bridging the gender and ability gap. Through the Kshamata program, KFC India is committed towards empowering women and the speech and hearing-impaired across restaurants. Speaking about the immersive experience, Moksh Chopra, General Manager, KFC India & Partner Countries, said, "Our founder Colonel Sanders, firmly believed that everyone had a seat at his table, and this belief continues to inspire everything we do."

CM extends best wishes to the people on Wildlife Week

STAFF REPORTER ■ BHOPAL

Chief Minister Shivraj Singh Chouhan has congratulated the people of the state for Wildlife Week. Chief Minister Chouhan urged for taking inspiration from the Mission Life of Prime Minister Narendra Modi and taking a pledge to conserve the environment and wild animals. The Chief Minister has said that Madhya Pradesh has its own identity on the world stage for bio-diversity. Tourists from across the world come to see the wild animals of Madhya Pradesh. Chouhan said that wild animals like tiger, leopard, vulture, crocodile, bear etc. move freely in the state. According to All India Tiger Census-2022, Madhya Pradesh has the maximum number of 785 tigers in the country and the state has retained the first position as a tiger state. Madhya Pradesh has the highest number of leopard, wolf, crocodile and vulture. Madhya Pradesh has also successfully re-located cheetahs and this is the reason why the state is also called the state of cheetah, leopard, wolf, crocodile and vulture. It is the result of the state's wildlife conservation policy

that the number of wild animals is continuously increasing. This is an indicator of a healthy eco-system. Chouhan said that this earth belongs to animals, birds, creatures and trees as much as it belongs to humans. The same consciousness resides in all of us. If we want to save the earth for the future generations, then we all will have to make combine efforts day and night with the government to conserve and enhance its bio-diversity and natural wealth. Only the active co-operation of the society and the public can make it a mass movement. With this in mind, Wildlife Week is celebrated every year from 1 to 7 October to increase awareness among the general public about the conservation of wild animals and we reiterate our pledge towards the conservation of forests and wild animals. Chouhan said that various public awareness programmes are being organised across the state on Wildlife Week. During this period, various programmes will provide an opportunity to students and the general public to understand nature and natural processes and also enhance their sense of wildlife conservation.



Indian Air Force's 'Surya Kiran' aerobatic team performs during an air show over the upper lake to commemorate 91st anniversary of IAF, in Bhopal on Saturday. Pioneer photo

Criminal nabbed for violating externment period

Indore: Notorious criminal KP Pawar alias Krishnapal was arrested by Bhanwarkuan police in case of district externment period violation. A total of 9 criminal cases of extortion, molestation, assault, arson, theft and vandalism are registered against the miscreant who violated the District Externment Court period in Indore city and rural areas

including Bhanwar Kuan. To control crime and criminals in the city Police Commissioner, Urban Indore Makrand Deuskar and Additional Commissioner of Police (Law and Order) Indore Manish Kapuria are working to curb habitual criminals to maintain law and order in the city. Instructions were given to take preventive action continuously.

In pursuance of the above instructions, Deputy Commissioner of Police Zone-4 Indore RK Singh directed Police station in-charge Rajkumar Yadav, Deputy Commissioner of Police Zone-4 Abhinay Vishwakarma and Assistant Commissioner of Police Section Juni Indore Devendra Singh Dhurve to check the crime and criminals in their zone

CM asks PSC aspirants not to get disheartened

STAFF REPORTER ■ RAIPUR

Chhattisgarh Chief Minister Bhupesh Baghel on Saturday appealed to PSC aspirants not to be disheartened by allegations of irregularities in the selection process.

He asked the aspirants not to give up hope as his government stands by youths and will ensure justice to them.

Talking to the media here, Baghel said the aspirants must not give ear to negative news and prepare for the exams with dedicated efforts.

"It will certainly deliver fruits as strict action will be taken in case any irregularity is found.

"Now some complaints have come regarding the PSC exam. I want to make it clear that I will take strict action



against anyone who is found guilty... People from political parties are making statements. "No complaints have been received by the students who

appeared in the exams. "If any complaint is received, I will investigate... I want to make it clear that I am with the youth of

Chhattisgarh... If there are valid complaints, I will get them investigated and I will also take action against the culprits..." Baghel said.

"If any complaint is received, I will investigate... I want to make it clear that I am with the youth of Chhattisgarh"

Former minister and BJP leader Nankiram Kanwar had approached High Court seeking a probe into charges of nepotism and alleged irregularities in the PSC selections.

Elephant calf found dead in Korba forest



STAFF REPORTER ■ KORBA

An elephant calf on Saturday was found dead in a swamp in Korba district of Chhattisgarh.

The carcass of the elephant, aged around six months, was found in a marshland adjacent to a pond in Saliabhata village in the Katghora forest division, Katghora Divisional Forest

The calf got stuck in the swamp and was trampled by an adult elephant, leading to its death

Officer Kumar Nishant said. Prima facie, the calf was part of a herd of 40 elephants

that was seen roaming in the area.

Preliminary investigation suggests that the calf got stuck in the swamp and was trampled by an adult elephant, leading to its death.

Chhattisgarh has reported the death of over 70 elephants in the last five years. The deaths occurred due to different reasons including ailments and electrocution.

Forest lease holders to get support prices for paddy

STAFF REPORTER ■ RAIPUR

The Chhattisgarh government has launched a special initiative to buy paddy from Forestland Rights Letter holders at support prices in the Kharif marketing season 2023-24, an official communiqué said on Saturday.

The goal is to encourage the maximum number of forest rights lease holders to sell their paddy to reap benefits from agriculture-based welfare schemes and connect them to the paddy procurement system.



The step has been taken to facilitate the registration of forest lease holders under

the Forest Rights Act of 2006. So far, around 80,000

forest lease holders have been registered in the paddy procurement portal.



Women clad in attractive attire during the BJP Parivartan Yatra which culminated on Saturday in the presence of Prime Minister Narendra Modi.

Raigarh police honoured for cracking robbery case



STAFF REPORTER ■ RAIPUR

Chhattisgarh Chief Minister Bhupesh Baghel on Saturday honoured the police personnel who solved the Raigarh district's Axis Bank robbery and announced special incentives for them.

A gang from Bihar carried

out a robbery taking away money running into crores from an Axis Bank branch on September 19.

But due to the promptness and coordination of the police in Raigarh and Balrampur districts, the gang was caught within 24 hours and all the stolen loot was recovered. Baghel said the

Chhattisgarh Police is working with complete dedication and deserved to be honoured for their commendable work. Raigarh Senior Superintendent of Police Sadanand Kumar and Balrampur Superintendent of Police Lal Umed Singh expressed their gratitude along with the police personnel involved in the case.

Jal Jeevan ensures drinking water in remote Chhattisgarh

STAFF REPORTER ■ KORBA

People living in remote villages in Chhattisgarh now have access to clean drinking water in their homes thanks to the tap water connections given under the Jal Jeevan Mission, an official statement said on Saturday.

This mission ensures that people can easily obtain clean drinking water without any inconvenience. This has led to increased awareness about the importance of clean drinking water and good health.

Among the beneficiaries is 74-year-old Laxmi Bai of Pandaripani village in Korba district.

She said that in the past she had to go to a hand pump to fetch water for her daily needs.

There, she often had to



wait in long queues to fill her containers. She said that life has become much easier with the availability of drinking water at

her home. She has expressed her gratitude to the government for providing the water connection.

GOVERNMENT OF CHHATTISGARH, WATER RESOURCES DEPARTMENT
OFFICE OF THE EXECUTIVE ENGINEER
WATER RESOURCES DIVISION, PENDRA ROAD (C.G.)

e-PROCUREMENT TENDER NOTICE
e-Procurement Portal: <https://eproc.cgstate.gov.in>
(First Call)

System Tender No.: 148459/ NIT No.: 04/ SAC/ 2023-24 Dated: 26.09.2023
Online Tenders are Invited for The Following Works up to 17.10.2023 at 17:30 Hour

Name of Work : RENOVATION, RESECTIONING AND CONSTRUCTION OF CC LINING JHAGRAKHAD MINOR BETWEEN RD 0 M. TO 3390M, KORJA MINOR BETWEEN RD 0 M. TO 1140 M AND KANHARI MINOR BETWEEN RD 0 M. TO 2820 M, 1 NOS VRB AT KORJA MINOR, REPAIR OF 6 NOS OF FALL AND 3 NOS OF VRB INCLUDING OF CONSTRUCTION OF 19 NOS OF OUTLET AND 3 NOS OF INLET OF MALHANIYA TANK SCHEME.

Probable Amount: of Contract : Rs. 274.38 Lakhs

The details can be viewed and downloaded online directly from the govt. of Chhattisgarh Integrated e-procurement portal (<https://eproc.cgstate.gov.in>) from dated 03.10.2023 at 17:31 hours (IST) onwards.

Note: 1. All eligible/interested contractors/ bidders are mandated to get enrolled on the integrated e-Procurement portal (<https://eproc.cgstate.gov.in>) and get approval on specific vendor class from PWD under centralized contractor/supplier registration in order to download the tender documents and participate in the subsequent bidding process.
2. Probable Amount of Contract (P.A.C.) is as per S.O.R. 01.08.2010. (As Amendments 01.08.2014).

EXECUTIVE ENGINEER
WATER RESOURCES DIVISION
PENDRA ROAD (C.G.)
For. Chief Engineer
Hasdeo Basin, Water Resources Deptt
Bilaspur (C.G.)

G- 05815/7

Tracking app to help trace wild elephants



STAFF REPORTER ■ BALOD

An animal tracking app will be helpful in tracing the location of elephants and their route to prevent human-elephant conflict, it was announced on Saturday.

A day-long workshop was held by the Forest Department in this regard in Balod district on Friday.

A team of the Udanti Sitanadi Tiger Reserve gave information about the app to the field staff and Hathi Mitra Dal of Balod Forest Division.

The objective of this app is to provide information about the presence of elephants to villagers with mobile calls, SMS and WhatsApp alerts besides announcements by elephant trackers.

Welfare schemes help boost dairy industry

STAFF REPORTER ■ MAHASAMUND

The National Artificial Insemination Scheme is boosting the dairy industry in Chhattisgarh and helping aspiring livestock owners achieve financial success, an official statement said on Saturday. The Livestock Development Department runs this scheme; it offers free artificial insemination services using semen samples from advanced-breed bulls.

Among the beneficiaries is Suresh Kumar Yadav of Mahasamund district.



The Department inseminated his cow, leading to the birth of a genetically superior heifer -- and more

milk output. Yadav also took advantage of the Department's free vaccination initiative. Thanks

to the assistance received from the Livestock Department, Yadav today earns about Rs. 4 lakh annually.

OFFICE OF THE SUPERINTENDING ENGINEER
P.W.D. (B&R) AMBIKAPUR CIRCLE AMBIKAPUR

Invitation Date :- 26.09.2023
E-PROCUREMENT TENDER NOTICE

01. For tender detail please visit <http://eproc.cgstate.gov.in>
02. Concern Division - S.No. 1 Manendragarh, S.No. 2 Ambikapur Division.
03. S.No. 1 'C' Class And Above Contractor & S.No. 2 'D' Class And Above Contractor.
04. Bid Submission Due Date - S.No. 1 - 09.10.2023 & S.No. 2 - 16.10.2023

S. No.	N.I.T. NO.	Name of work	P.A.C. in lacks
1	2	3	4
1	175	Construction of 12 Nos H Type (Parking+FF+T.F.) Residential Qtr. For Judicial Department at Baikunthpur including Electrification Works. (Third Call)	124.09
2	176	Construction of Dormitory for District Disaster Respose Team at Ambikapur District Surguja (C.G.) (First Call)	27.46

Superintending Engineer
P.W.D. Ambikapur Circle Ambikapur

G- 05807/4

Fusion of Indian language with technology will open limitless possibilities: Pradhan

PIONEER NEWS SERVICE ■ NEW DELHI

Union Education Minister Dharmendra Pradhan said on Saturday said the fusion of Indian languages and technology will open the doors to limitless possibilities for the country's talent pool. At the launch of the Bharatiya Bhasha Utsav and two-day Technology and Bharatiya Bhasha Summit, Pradhan said, "Through technology, contextualisation of the Indian knowledge system will be possible."

"Discussions during the summit on language for technology, language in technolo-



gy, and language through technology would create a strong ecosystem for Indian languages. One-third of the world's coders are of Indian origin, which is a testament to the nation's prowess in technology and innovation," Pradhan said.

The summit, organised as part of the Bharatiya Bhasha Utsav, encompasses three pivotal thematic sessions -- Technology FOR Bharatiya Languages; Technology IN

Bharatiya Languages; and Technology THROUGH Bharatiya Languages.

"India being one of the oldest civilisations in the world has an extremely close and inseparable relationship with technology. Scholars from around the globe have for centuries come to understand the Indian knowledge.

Fusion of Indian languages and technology will open doors to limitless possibilities for the talent pool of the country," Pradhan said.

The role of technology in the teaching-learning process of Indian languages, the use of Machine Learning, language

modelling for speech recognition, Unicode standardisation for Indian language scripts and other important aspects were also discussed during these sessions.

"These themes will emphasize the integration of technology in promoting Bharatiya Bhasha, including its role in teaching, training, examination, and translating educational materials.

The summit aims to facilitate a seamless transition from the current education ecosystem to one rooted in Bharatiya Languages, in line with the vision of NEP-2020," a senior MoE official said.

Congress' Jawahar Bal Manch to start Mohabbat Ki Dukaan from November 14

PIONEER NEWS SERVICE ■ NEW DELHI

The Congress "Jawahar Bal Manch" will start a "Mohabbat Ki Dukaan" programme from November 14, the birth anniversary of India's first Prime Minister Jawaharlal Nehru, to provide food to street children.

On October 2, the birth anniversary of Mahatma Gandhi, the 'Jawahar Bal Manch' will start another programme called 'Ding Dong Bell', under which children can click on a bell icon on the organisation's website and express any wish related to education which would be fulfilled if found genuine.

Jawahar Bal Manch presi-



dent G V Hari said that under the 'Mohabbat Ki Dukaan' project, food packets will be distributed among street children once every week. It will be started as a pilot project in Delhi, Mumbai and Bengaluru.

"We are not doing anything for political purposes. Our aim is ensuring the well-being of children and that they become good citizens," he said.

Addressing a press conference at the AICC headquarters, Hari said that on October 2, the 'Jawahar Bal Manch' will start the 'Ding Dong Bell' programme. "If any child presses the bell icon on the website of our organisation, he/she can express any wish related to education. Suppose if a child wants a bicycle and really needs it, we will provide it," he said.

Dhankhar slams Chidambaram over his remarks on Women's Reservation Law

PIONEER NEWS SERVICE ■ NEW DELHI

Vice President Jagdeep Dhankhar on Saturday hit out former Union Minister and Congress leader P Chidambaram for his remarks that reservation for women in legislatures was still years away, saying it is shameful to convert ignorance of the people into political equity.

Dhankhar said he lacked words to express his anguish on the remarks made on the women's reservation law by a "senior member of the Rajya Sabha who had been a Union minister and has held high profile positions".

Without naming Chidambaram, Dhankhar spoke on the former Union minister's comments, "What is the use of a law that will not be implemented for several years, certainly not before the 2029 Lok Sabha elections?"

Dhankhar referred to Chidambaram's remarks posted on X last night that the women's reservation law is a "teasing illusion, a reflection of the moon in a bowl of water or a pie in the sky".

The vice president dubbed it a "distorted mindset" and wondered whether a sapling planted today would start giving fruits immediately or whether a person would get a degree soon after admission to an institute. "It is shameful to



convert ignorance of the people into political equity," he said.

The vice president said the youth of today will have to fight this as they have access to information. The bill to provide 33 per cent reservation to women in Lok Sabha and state legislative assemblies was passed by the Lok Sabha with near unanimity and the Rajya Sabha with unanimity during the special session of Parliament.

President Droupadi Murmu gave assent to the bill on Thursday. Now, it will be officially known as the Constitution (106th Amendment) Act.

According to its provision, "It shall come into force on such date as the central government may, by notification in the Official Gazette, appoint."

During a special session of Parliament earlier this month, Prime Minister Narendra Modi described the law as "Nari Shakti Vandan Adhinyam".

The law will take some time before being implemented as the next census and the subsequent delimitation exercise - redrawing of Lok Sabha and assembly constituencies - will ascertain the particular seats being earmarked for women.

The quota for women in the Lok Sabha and assemblies will continue for 15 years and Parliament can later extend the benefit period.

While there is quota with in quota for Scheduled Caste (SC) and Scheduled Tribe (ST) women, the opposition had demanded that the benefit be extended to Other Backward Classes. It had also pressed for its immediate implementation.

There had been several efforts to pass the bill in Parliament since 1996.

The last such attempt was made in 2010, when Rajya Sabha had passed a bill for women's reservation, but the same could not be passed in Lok Sabha.

Pacific Asia Travel Association Travel Mart to begin from October 4 after 3 years gap

PIONEER NEWS SERVICE ■ NEW DELHI

Union Ministry of Tourism on Saturday said India will host the 46th edition of the Pacific Asia Travel Association Travel Mart at Pragati Maidan in Delhi from October 4-6. The physical version of the event is being held after a hiatus of three years due to the COVID-19 pandemic, officials said, adding that the PATA Travel Mart 2023 will be held at the International Exhibition-cum-Convention Centre (IECC).

The IECC complex was also the venue for the G20 Summit held from September 9-10. Headquartered in Bangkok, the Pacific Asia Travel Association (PATA), which was founded in 1951, is a renowned not-for-profit association recognised internationally for its role as a catalyst in the responsible development of travel and tourism in the Asia-Pacific region, the ministry said in a statement.

The event in Delhi will bring together tourism professionals and business stakeholders from across the world, offering a unique platform for networking, learning and collaboration, the officials said.

India will also be participating in the PATA Travel Mart in a "substantial manner". "A designated pavilion for India at the Mart will create an immersive experience of the gamut of destinations in India



both known and lesser known," the statement said.

State governments of Rajasthan, Gujarat, Delhi, Karnataka, Telangana, Uttarakhand, Madhya Pradesh and other ministries will also put up stands and stalls to display their products, it said.

"Although the Mart is an exclusively B2B mart, it will help bring forth the diverse gamut of thematic products such as wellness, adventure, heritage, culinary and art and craft of different states to a global audience," a senior official said.

PATA Travel Mart is one of the important international trade exhibitions catering to the tourism sector and it serves as a platform for trade interactions between global buyers and sellers mostly from the Asia-Pacific region.

This year, the event will feature different activities, including the prestigious PATA Gold Award, the PATA Youth Symposium and the PATA Forum on Sustainability, besides the B2B Mart.

The success of the G20 Summit held this year has already "placed India as one of the sought-after destinations for hosting larger scale events and conferences", the ministry said.

With its sustainable and inclusive tourism activities, "India is fast becoming the preferred choice destination for organising MICE events," it said.

The G20 New Delhi Leaders' Declaration while recommitting to achieving SDGs has highlighted the crucial role of tourism and culture as a means for sustainable socio-economic development and economic prosperity and noted the Goa Roadmap for Tourism as one of the vehicles for achieving the SDGs, it added.

Army foils infiltration bid along Kupwara, 2 ultras eliminated



In a separate statement, a spokesman of the Jammu and Kashmir police said, "Based on intelligence input generated by Kupwara Police, a joint operation was launched in the Kumkadi area along the Line of Control in Machhal sector. The joint team observed the movement of terrorists, employing meticulous tactics to infiltrate the Indian territory.

When the terrorists were intercepted they fired indiscriminately upon the joint team. The fire was retaliated, leading to the elimination of two (02) heavily armed unidentified terrorists", the police spokesman said.

The identification and affiliation of the killed terrorists are being ascertained.

So far a total number of 33 terrorists have been eliminated in different operations across the Kashmir valley since January 1, 2023.

An infiltration bid was foiled by the joint team of security forces along the line of control in the Machhal sector of North Kashmir's Kupwara district by eliminating two heavily armed terrorists in the wee hours of Saturday.

According to a statement issued by the Srinagar-based Chinari Corps, "In a joint operation launched by the Indian Army, J&K Police, and Intelligence agencies on the intervening night of 29-30 Sept, an infiltration bid was foiled by alert troops along LOC in Machhal Sector, Kupwara.

Two terrorists have been eliminated along with the recovery of 02xAK Rifles, 02xHand Grenades, 01xPistol & other war-like stores. Joint operation in progress."

PM Modi 'global hero of ground zero', says Naqvi

PTI ■ NEW DELHI

Prime Minister Narendra Modi has proved to be the "global hero of ground zero" by depreciating dynastic dominance through decisive delivery and development, BJP leader and former Union minister Mukhtar Abbas Naqvi said on Saturday.

"Modiji's perfect, potential performance with the passion of never let it rest till your good is better and your better is best" has proved that democracy can deliver with decisive determination without dynastic dominance in governance," Naqvi said at the BRICS Chamber of Commerce and Industry's 'Indian Brand and Leadership Conclave 2023' here.

The BJP leader said that a brand of any product or personality is proved potential and perfect "not by chance but by choice".

Credibility of a product and reliability of production is paramount to convert people's habits into "hysteria for a brand or brand ambassador," Naqvi said in a statement issued by his office.

Integrity and acceptability ensures the global glamour and grace of a product and popularity, he added.

Naqvi further said a technology and connectivity revolution has made the world smaller and the competition bigger.

"People keep a close watch on the business, political, economic, cultural, religious, educational, administrative activities of every part of the world," he said.

"...Keep your eyes on the sky and feet on the ground" so



that if you fell down, you can stand up easily, the BJP leader said.

Maintaining the global credibility of a personality, product, industry or institution is the necessity of today's digital demography, he added.

Naqvi said technology must be saved from the "confinement of chronology".

"Concern yourself not with what you tried and failed in, but with what it is still possible for you to do," he said, adding, "That is why transformation, conviction, commitment and credibility have become an effective and successful formula for perfect products."

The former Union minister said that while 'Bharat' is one of the fastest growing economies of the world, it has also emerged as a "favourite" global digital destination.

"Bharat is the fifth largest economy of the world after the US, China, Japan and Germany. Bharat's GDP has reached 3.17 trillion dollars and it is expected to grow at the rate of 6.5 per cent in 2023-24; Bharat's foreign exchange reserves have touched 600 billion dollars and according to the International Monetary Fund, Bharat is likely to become the third largest economy of the world by 2027-28," he said.

NIA raids several suspects' premises in connection with LeT attack in Rajouri

PIONEER NEWS SERVICE ■ NEW DELHI

The National Investigation Agency (NIA) on Saturday conducted raids on the premises of several suspects in Poonch district of Jammu and Kashmir in connection with the Lashkar-e-Taiba (LeT) attack in Dhangrivillage of Rajouri district, in which five civilians were killed and several seriously injured in January this year.

The raids were conducted at five locations across Gursai village of Mendhar Tehsil of Poonch district. NIA teams made extensive searches at the locations, which were the residential premises of Overground Workers (OGWs) linked with LeT, a proscribed terrorist outfit.

Several digital devices and documents containing incriminating data and content have been seized and are being scrutinised for unravelling the conspiracy, the NIA said in a statement.

Two accused, Nisar Ahmed alias Haji Nisar and Mushtaq Hussain, were arrested by the NIA in the case (RC-01/2023/NIA/JMU) on August 31, 2023 and are currently lodged in Central Jail, Kot Bhalwal, Jammu.

Disclosures made by these two men, along with inputs gathered by the NIA, led to the raids on Saturday, the agency said.

"Investigations have revealed that both the arrested accused had harboured the terrorists who had carried out the deadly attack.

They had provided logistics support to the terrorists for more than two months and had sheltered them in a hideout that they had built.

Short bouts of activity can reduce risk of heart attack, stroke: Study

PIONEER NEWS SERVICE ■ NEW DELHI

Short bouts of incidental activity, the kind done as part of daily living and including household chores, has shown to reduce risk of heart attack, stroke and even premature death, new The Lancet Public Health research shows.

However, duration and intensity of the activity matters, the research team from the UK and Australia, led by the University of Sydney, said, having tracked more than 25,000 UK adults over roughly eight years.

"From walking up the stairs to speedily mopping the floors; in recent years we've come to understand that it is not just structured exercise that is good for our health, but we know very little about how these short bouts of incidental activity translate to health benefits," said the study's senior author Emmanuel Stamatakis, University of Sydney.

The adults studied were aged 42-78, all of whom self-reported no participation in exercise or sport.

The researchers used wrist-worn wearables data from the UK Biobank and machine learning and analysed their seven-day incidental physical activity patterns down to a 10-second time window.

They then compared these physical activity micropatterns with the participants' health records, by following them for close to eight years to understand the health impacts of the duration and intensity of the physical activity bouts.

The researchers found that nearly all of the entire day's physical activity, 97 per cent,



was accumulated in multiple slots, each lasting less than 10 minutes, with longer slots being better.

"The idea of accruing short bouts of moderate to vigorous activity through daily living activities makes physical activity much more accessible to people who are unwilling or unable to take part in structured exercise," said Matthew Ahmad, Postdoctoral Research Fellow at Sydney, adding that data showed that the length and intensity of these activities mattered.

Further, 'moderately' or 'vigorously' intense activity in these slots were associated with a steep decrease in major cardiac events, like heart attack or stroke, and death by any cause, they found.

Also, those who huffed and puffed for at least 10 seconds per minute, or 15 per cent of one physical activity bout or slot, saw the greatest benefit, they found. "If you are huffing and puffing and unable to hold a conversation for some of that time (in one bout) you have hit the sweet spot," said Stamatakis.

"The take-home message here is any type of activity is good for your health, but the more effort you put into those daily tasks and the longer you keep up that energy, the more benefits you are likely to reap," said Stamatakis.

Monsoon has ended with 94.4% cumulative rainfall: IMD

RAJESH KUMAR ■ NEW DELHI

The four-month monsoon season has ended with India receiving "normal" rainfall -- 820 mm against a long-period average of 868.6 mm, a deficit of 48.6 mm amounting to 6 per cent. The India Meteorological Department (IMD) Director General Mrutyunjay Mohapatra on Saturday said with positive factors countering the effect of El Nino, the 2023 monsoon ended with 94.4 per cent cumulative rainfall, which is considered "normal".

The southwest monsoon has been a story of swings, and as the months progressed, the variations only became more intense: 9 per cent deficit in June, excess by 13 per cent in July, deficit again by 36 in August while 13 per cent excess rain recorded in September due to multiple low pressure systems. August 2023 marked the driest month since 1901 and the hottest ever recorded in India, attributed to the strengthening of El Nino conditions. In August, there were 20 break monsoon days, compared to 16 such days in 2005, which held the previous record for the spells when the monsoon is extremely weak. That month was also marked by large-scale rain-triggered devastation in Himachal Pradesh and Uttarakhand, even as much of the country remained parched.

Of the 717 meteorological districts, 220 have received rain deficit while 493 recorded normal rainfall and above this year. Bihar, Gangetic West Bengal, Jharkhand, Arunachal Pradesh, Sikkim, Kerala, East Uttar Pradesh, Mahe, South Karnataka and Lakshadweep among the states which received less monsoon rain



this year. The monsoon is critical for India's economy, where 51 per cent of India's farmed area -- accounting for 40 per cent of production -- is irrigated by rain. As many as 47 per cent of the country's population is dependent on agriculture for livelihood, making such inconsistency a challenge not just for farmers who need to time their sowing and harvesting right, but also the larger economy.

Mohapatra said with positive factors countering the effect of El Nino, the 2023 monsoon ended with 94.4 per cent cumulative rainfall, which is considered "normal".

"Out of the 36 meteorological subdivisions, three (constituting 9 per cent of the total area) received excess rainfall, 26 received normal rainfall (covering 73 per cent of the total area), and seven received deficient rainfall. The seven subdivisions with deficient rainfall are Nagaland, Manipur, Mizoram, and Tripura, Gangetic West Bengal, Jharkhand, Bihar, East UP, South Interior Karnataka, and Kerala," the IMD chief said.

The IMD reported that East and Northeast India recorded 1,115 mm of rainfall against a normal of 1,367.3 mm, which translates to an 18 per cent deficit. Northwest India recorded 593 mm of rainfall

compared to a long-period average of 587.6 mm. Central India, where agriculture predominantly relies on monsoon rains, recorded 981.7 mm against a normal of 978 mm. The South Peninsula experienced an eight per cent deficit.

As per the IMD, rainfall between 94 per cent and 106 per cent of the long-period average (LPA) is considered normal. Mohapatra highlighted two factors -- the Indian Ocean Dipole and Madden-Julian Oscillation -- that significantly influenced this year's monsoon season. Mohapatra said 15 low-pressure systems developed over India during the monsoon season against an average of 13, but their temporal distribution remained "skewed".

However, normal cumulative rainfall over the country during the monsoon season doesn't mean even spatial and temporal spread of precipitation.

The Indian monsoon refers to inherent fluctuations and changes that occur over time due to various natural factors. This is called natural variability. However, research shows climate change is making monsoon more variable. Increased variability means more extreme weather and dry spells.

Putin marks annexation anniv amidst drones attack

AP ■ KIVY

Russian President Vladimir Putin on Saturday insisted that the residents of four Ukrainian regions that Moscow illegally annexed a year ago "made their choice — to be with their Fatherland."

In an address released in the early hours to mark the first anniversary of the annexation, Putin insisted that it was carried out "in full accordance with international norms."

He also claimed that residents of the Donetsk, Luhansk, Zaporizhzhia and Kherson regions had again expressed their desire to be part of Russia in local elections earlier this month, in which Russia's Central Election Commission said that the country's ruling party won the most votes.

The West has denounced both the referendum votes carried out last

year and the recent ballots as a sham.

The votes were held as Russian authorities attempted to tighten their grip on territories Moscow illegally annexed a year ago and still does not fully control.

A concert was held in Red Square on Friday to mark the anniversary, but Putin did not participate.

The address came after Russia's Defense Ministry said Friday it would enlist 130,000 men for compulsory military service this fall, beginning October 1 in most regions of the country. It announced it would for the first time begin enlisting residents of the annexed territories as part of its twice-yearly military conscription campaign. Russia says conscripts are not deployed to what it calls its "special military operation" in Ukraine, or to serve in the annexed territories.

However, after their service, conscripts automatically become

reservists, and Russia has previously deployed reservists to Ukraine.

Meanwhile, in Ukraine, the governor of Ukraine's partly occupied southern Zaporizhzhia region, Yuri Malashko, said five people were wounded on Saturday in two missile strikes on the village of Matviivka, located on the northeastern outskirts of the regional capital, also called Zaporizhzhia.

Air defences shot down 30 out of 40 Iranian-made kamikaze drones aimed at the Odessa, Mykolaiv and Vinnytsia provinces overnight, the Ukrainian air force said Saturday.

Vinnytsia regional Gov. Serhii Borzov said that air defenses shot down 20 drones over his central Ukrainian region, but that a "powerful fire" broke out in the town of Kalynivka when a drone struck an unspecified infrastructure facility.

Romania's Ministry of National

Defence said on Saturday that a possible unauthorised entry into its national airspace occurred overnight amid the bombardment.

It said the radar surveillance system of the Romanian Army detected "a possible unauthorised entry" into the national airspace of NATO member Romania, with a signal detected toward the city of Galati, which is close to the border with Ukraine.

"At this moment, no objects have been identified that fell from the airspace onto the national territory," the statement read, adding that NATO allies were informed in real time and that searches will continue through Saturday.

Emergency authorities issued text message alerts overnight to residents living in the counties of Galati and Tulcea, after detecting what the defence ministry said was "groups of drones heading toward Ukrainian

territory" near the border.

In recent weeks, Romania has found drone fragments on its soil from the war next door at least three times as Russian forces carry out sustained attacks on Ukraine's Danube ports.

Russia's Defence Ministry said Saturday that it had shot down nine Ukrainian rockets fired at its southern Belgorod region, which borders Ukraine. Belgorod Gov. Vyacheslav Gladkov said that an artillery shell created a crater and shrapnel damaged a house, a store and a gas pipeline in an attack on the regional capital, also called Belgorod.

Local officials in Russia's Bryansk region, also bordering Ukraine, reported disruptions to the power supply following an unspecified attack on the town of Pogor.

Drone strikes and shelling in the Russian border regions are a regular occurrence.

Rishi Sunak under pressure over taxes ahead of Tory conference

AP ■ LONDON

Rishi Sunak will be leading his first Conservative Party conference as British Prime Minister this weekend and goes into the annual event starting on Sunday amid pressure from his backbenches over cutting taxes as the governing party prepares for a general election, expected in 2024.

His predecessor, Liz Truss, who had a historically brief run at 10 Downing Street last year after her attempt at slashing taxes in a controversial mini-budget and former Indian-origin home secretary Priti Patel are among the Tory MPs openly voicing their discontent.

It came after the Institute for Fiscal Studies (IFS) think tank issued a forecast this week that tax levels in the UK are at their highest since records began 70 years ago. "This unprecedentedly high tax burden is one of the reasons our economy is stagnating and why we need to cut taxes to help make Britain grow again," tweeted Truss.

"We should always seek to reduce the tax burden, especially when there's so much pressure on family budgets," she said.

Patel, who was made a Dame by former prime minister Boris Johnson and collected the honour from Windsor Castle earlier this week, told 'GB News' that taxes must start to come down.

"The tax burden is now at a 70-year high. That is unsustainable. And the people that pay the taxes are hard-pressed Brits around the country," said Patel in an interview on Friday.

"It's about being Conservative and ensuring that the public keep more of the money that they earn,



Rishi Sunak, Prime Minister of the United Kingdom, is seen during a press conference in London.

rather than seeing the size of the state continue to grow," she said.

The former Cabinet minister, who was replaced by Suella Braverman as home secretary after Boris Johnson resigned as Prime Minister last year, also disputed the Sunak-led government's claim that taxes cannot be cut while inflation remains high.

"You have to separate the two... I do recall a rather successful Conservative prime minister Margaret Thatcher, who was able to tackle inflation while growing the economy and speaking of economic growth," she told the news and radio channel.

Patel also went on to condemn the 'gamesmanship and shenanigans' that took place within Tory ranks and stressed it was time to be 'forward facing' towards Conservative success in the next general election at a 'challenging' time for the party.

"I don't think the public will forget... we've seen two democratically elected leaders of the Conservative Party [Johnson and Truss] being hounded out of office. I don't support that," she said, dismissing her own leadership ambitions.

Imran, Shah Mahmood Qureshi guilty in cipher case: FIA

PTI ■ ISLAMABAD

Pakistan's top investigation agency on Saturday declared former prime minister Imran Khan and ex-foreign minister Shah Mahmood Qureshi guilty in a case related to the alleged disclosure of state secrets, popularly known as the cipher case.

The Federal Investigation Agency (FIA) submitted the charge sheet against Khan, the chairman of the Tehreek-e-Insaf (PTI) party and his deputy Qureshi, both currently detained in jail on judicial remand, to a special court established under the Official Secrets Act, the Pakistan Observer website reported.

Khan, 70, was arrested last month after a case was filed against him for allegedly violating the Official Secrets Act by disclosing a secret diplomatic cable (cipher) sent by the country's embassy in Washington last year in March.

The FIA has requested the court to start the trial of the PTI leaders and sentence them according to the law, it said.

Qureshi, 75, is the vice chairman of PTI. Former general secretary of PTI Asad Umar has not been named in the FIA's list of accused, while former principal secretary Azam Khan has been presented as a strong witness of the FIA against Imran Khan, GeoTV, a prominent news channel, reported and added, the challan also carries Azam Khan's statement recorded under sections 161 and 164. The FIA has also attached the transcript of Khan and Qureshi's speeches made on March 27.

The Pakistan Observer also reported that the FIA has submitted a list of 28 witnesses along with the charge sheet in the court. Names of foreign secretary Asad Majid, former foreign secretary

'Elections could be further delayed'

Islamabad (PTI): Amidst an acrimonious political environment and clouds hanging over the upcoming general elections in Pakistan, a former prime minister on Saturday predicted further delay in polls due to the extreme winter.

The Election Commission of Pakistan has announced that it would hold polls in the last week of January after the completion of the delimitation process and fulfilling other legal requirements prior to elections.

Shahid Khaqan Abbasi in an interview with the Geo News on Saturday night said that elections may not be possible in January in several constituencies of the country due to heavy snowfall in the winter.

"In my own area, people will not be able to go to polling stations as the entire area is covered with snow," Abbasi said, who belongs to Murree Hill Resort near Islamabad, which receives moderate to heavy snowfall in December and January.

Sohail Mahmood, and additional foreign secretary Faisal Niaz Tirmizi are included in the list of witnesses, it said.

Earlier on September 26, it was the third time that Khan was sent to jail on remand. His judicial remand was initially extended till September 13 and then again till September 26, along with Qureshi's.

On the same day, Khan was shifted to the Adiala Jail in Rawalpindi from Attock prison, a day after the Islamabad High Court ordered authorities to relocate him to the high-security jail.

Incidentally, a joint investigation team on Thursday submitted charge

Abbasi, who was prime minister from 2017 to 2018, also said that there are many constituencies in the north and northwestern districts of Khyber-Pakhtunkhwa province where life is paralysed in winter.

"With people unable to go to polling stations, the process will be tainted and allegations of unfair elections will be made," the leader of the Pakistan Muslim League-Nawaz (PML-N) party said. When asked when the polls could be held, if not in January, he responded by saying that the end of February or March would be a good time for holding the elections.

To a question about the source of his information that the poll might be delayed due to weather, he said that it was his "assessment, not information". The take of the former premier on election timing comes as the ECP has been criticized by political leaders for failure to hold the election within 90 days of the dissolution of the national assembly on August 9.

Sheets that informed an anti-terrorism court here that the jailed former prime minister and several other top leaders of his party were directly involved in orchestrating the unprecedented anti-government violence on May 9.

A large number of PTI activists had attacked military installations, police vehicles, and other public and private properties in Lahore, according to the cases registered with the police. The vandalism at the Lahore Corps Commander's House (Jinnah House), Askari Tower, and the Shadman police station were some of the major incidents during the violence.

Pope creates 21 new cardinals

AP ■ VATICAN CITY

Pope Francis created 21 new cardinals at a ritual-filled ceremony on Saturday, including key figures at the Vatican and in the field who will help enact his reforms and cement his legacy as he enters a crucial new phase in running the Catholic Church.

On a crisp sunny morning filled with cheers from St. Peter's Square, Francis further expanded his influence on the College of Cardinals who will help him govern and one day elect his successor: With Saturday's additions, nearly three-quarters of the voting-age "princes of the church" owe their red hats to the Argentine Jesuit. In his instructions to the new cardinals at the start of the service, Francis said their variety and geographic diversity would serve the church like musicians in an orchestra, where sometimes they play solos, sometimes as an ensemble.

"Diversity is necessary; it is indispensable. However, each sound must contribute to the common design," Francis told them.

"This is why mutual listening is essential: each musician must listen to the others."

Among the new cardinals was the controversial new head of the Vatican's doctrine office, Victor Manuel Fernandez, and the Chicago-born missionary now responsible for vetting bishop candidates around the globe, Robert Prevost.

Also entering the exclusive club were the Vatican's ambassadors to the United States and Italy, two important diplomatic posts where the Holy See



New Cardinal Américo Manuel Alves Aguiar, auxiliary bishop of Lisbon, returns the salute of a pontifical Swiss guard at the end of the consistory where Pope Francis elevated 21 new cardinals in St. Peter's Square at the Vatican on Saturday.

has a keen interest in reforming the church hierarchy. Leaders of the church in geopolitical hotspots like Hong Kong and Jerusalem, fragile communities like Juba, South Sudan, and sentimental favorites like Cordoba, Argentina, filled out the roster.

Francis' promotions of Prevost and his ambassador to Washington, French Cardinal Christophe Pierre, were clear signs that he has his eye on shifting the balance of power in the US hierarchy, where some conservative bishops have strongly resisted his reforms.

Francis' promotions of Prevost and his ambassador to Washington, French Cardinal Christophe Pierre, were clear signs that he has his eye on shifting the balance of power in the US hierarchy, where some conservative bishops have strongly resisted his reforms.

Israeli soldiers kill a Palestinian militant in WB

Jerusalem (AP): Israeli soldiers

shot and killed a Palestinian man in the West Bank, Palestinian health officials said, the latest death in a months-long surge of violence in the occupied territory. The Israeli military said that soldiers on Friday shot two Palestinians who hurled Molotov cocktails at an army post near the West Bank city of Ramallah, the seat of the Palestinian authority. The Palestinian Health Ministry said the soldiers killed Muhammad Rumaneh from the hardscrabble Amari refugee camp in Ramallah. The militant group Hamas claimed him as a member. Health officials did not identify Rumaneh's age, saying that Israeli authorities were withholding his body.

Israeli officials have suggested in the past that holding onto the bodies of Palestinians slain in security incidents can deter attacks and prevent the exaltation of assailants at funerals that often draw giant crowds of protesters.

Israeli officials have suggested in the past that holding onto the bodies of Palestinians slain in security incidents can deter attacks and prevent the exaltation of assailants at funerals that often draw giant crowds of protesters.

Rain swamps NYC's subways, streets

AP ■ NEW YORK

Rain walloped the New York metropolitan area with a startling punch Friday, knocking out several subway and commuter rail lines, stranding drivers on highways, flooding basements and shuttering a terminal at LaGuardia Airport for hours in one of the city's wettest days in decades.

More than 7.25 inches (18.41 centimetres) of rain had fallen in parts of Brooklyn by nightfall, with at least one spot seeing 2.5 inches (6 centimetres) in a single hour, according to weather and city officials. The 8.65 inches (21.97 centimetres) at John F. Kennedy Airport surpassed its record for any September day, a bar set during Hurricane Donna in 1960, the National Weather Service said.

And more downpours were expected. The deluge came two years after the remnants of Hurricane Ida dumped



Flooding is seen in Manhattan as heavy rain falls on the New York City area Friday.

record-breaking rain on the Northeast and killed at least 13 people in New York City, mostly in flooded basement apartments. Although no deaths or severe injuries have been reported so far from Friday's storm, it stirred frightening memories.

Ida killed three of Joy Wong's neighbours, including a toddler. And on Friday, water began lapping against the front door of her building in Woodside, Queens.

"I was so worried," she said. It became too dangerous to leave: "Outside was like a lake, like an ocean."

Within minutes, water filled the building's basement nearly to the ceiling. After the family's deaths in 2021, the basement was turned into a recreation room. It is now destroyed.

City officials said they got reports of six flooded basement apartments on Friday, but all occupants got out safely.

Gov. Kathy Hochul and Mayor Eric Adams declared states of emergency and urged people to stay put if possible. But schools were open, students went to class and many adults went to work, only to wonder how they would get home.

Virtually every subway line was at least partly suspended, rerouted or running with delays. Metro-North commuter rail service from Manhattan was suspended for much of the day but began resuming by evening.

ROSHANARA CLUB LTD.

This is to inform all the members of the Company that 102nd Annual General Meeting which was scheduled to be held on 28th September, 2023 at 2:00 pm pursuant to the notice of AGM dated 5th September, 2023, could not be held as the Estate officer, Central Zone, New Delhi, of Delhi Development Authority has issued the Orders bearing no. TN2/04/2023/LM/CZ/396 dated 27.09.2023 for eviction for the premises of the company and took possession of the registered office during morning of 29/09/2023 in the presence of heavy police personnel without any prior notice or intimation.

In view of the unexpected, unusual, unavoidable and extraordinary circumstances, and due to absence of requisite quorum, this AGM stands adjourned. The company is taking necessary steps to hold the required AGM and proper notice of the same shall be given to members in due time.

For Roshanara Club Limited
RAJAN MANCHANDA
Director & Hon. Gen. Secretary
(DIN-00457119)
37/38 UB, Jawahar Nagar, Delhi - 110007

Date: 30.09.2023

GUJARAT WATER SUPPLY AND SEWERAGE BOARD		
TENDER NOTICE NO: SK/ RC / 04 of 2023-24		
Annual Rate Contract		
Sr No.	Item	Tender ID
1	Supply of Three Phase Horizontal Mono Submersible Pump Sets, (from GWSSB Approved Vendors only)	10567
2	Supply of Three Phase Submersible Pump Sets, (from GWSSB Approved Vendors only)	10630
3	Supply of Single Phase Submersible Pump Sets (from GWSSB Approved Vendors only)	10024
4	Supply of 3 Core Flat PVC Copper Cable for Submersible Pumps (only Indian Manufacturer)	10429
5	ISI Marked different size U.P.V.C casing Pipe (from GWSSB Approved Vendors only)	10603
6	ISI Marked different size heavy duty G.I. Column Pipes, (only Indian Manufacturer)	10296
7	ISI Marked different size H.D.P.E. Pipes (from GWSSB Approved Vendors only)	10617
8	ISI Marked 32mm dia Medium Duty G.L. Pipes, (only Indian Manufacturer)	10289
9	ISI Marked 200mm & 250 mm dia M.S. ERW Pipes, (only Indian Manufacturer)	10340
10	Various Size of Cubical Control Panel Board (from GWSSB Approved Vendors only)	10578
11	Cage Type Trapezoidal Shape "V" Wire Wound Low Carbon Galvanized / Stainless Steel - 304 Screen Pipes, (only Indian Manufacturer)	10544
12	Spares for Deepwell Hand pumps - Standard and Extra Deep and Tool Kits, (only Indian Manufacturer)	10437
13	ISI Marked Deepwell Handpump with normal & Telescopic stand assembly and Extra Deep Deepwell Handpump with Telescopic Stand Assembly (Indian Manufacturer)	10423

Pre-bid meeting on Dtd. 10/10/2023 at 11.00 Hrs. at GWSSB
Last Date of Online Submission of Tender: 30 / 10 / 2023 at 12.00 Hrs
Last Date of Physical Submission of Tender: 30 / 10 / 2023 at 15.00 Hrs
Bid Opening Date: 30 / 10 / 2023 at 15.00 Hrs
Contact Office : Executive Engineer, Public Health Mechanical Store Division, "A" Block, Patnagar Vojana Bhavan, 2nd Floor, Near GH-4, Sector-16, Gandhinagar-382 016, Gujarat State, Tel./fax. No. (079) 2322844, 9978493321.
TAN No. - AHMP03663C

The detailed tender notice and tender documents are available on web site: www.supplygujarat.gov.in and http://tender.nprcure.com
GWSSB has all the rights to cancel the tender without reason.
For Village Level Drinking water Complaint Please Contact our Toll Free No: 1916

Sd/-
Executive Engineer
Public Health Mechanical Store Division

No/INF/VPN/2023/G/1475

WORLD BRIEFS

SIKH GRANTHI STARTS US HOUSE OF REPRESENTATIVES PROCEEDINGS

Washington: In a first, a Sikh Granthi from New Jersey offered prayers to start the proceedings of the US House of Representatives. Granthi Giani Jaswinder Singh from Pine Hill Gurdwara in New Jersey started the day's proceedings at the House on Friday. The prayers before the proceedings are normally offered by a Christian priest.

House Speaker Kevin McCarthy announced that Singh would start the proceedings. Taking up the floor soon after the prayers, Congressman Donald Norcross described this as a historic occasion. He is the first Sikh chaplain to make prayers in the US House of Representatives. "The history made today is a reminder that the United States welcomes and values and will remain committed to free expression of religion. Giani Singh has made South Jersey proud today and it is an honour to be a part of this moment with him," Norcross said.



ILLINOIS ACCIDENT KILLS 1, INJURES 5

Teutopolis: A semitruck carrying ammonia overturned in an Illinois county, spilling the chemical and causing an evacuation of area residents Friday night, police said. The Effingham County Sheriff's Office said the accident happened less than 1 mile (1.6 kilometres) east of Teutopolis near an intersection of Route 40 and residents were evacuated from the area and provided shelter, WCIA-TV reported. Effingham County Coroner Kim Rhodes told the television station that one person was killed and five people were transported for emergency medical care with unknown injuries. Rhodes said a hazardous materials unit was at the scene and additional details about the accident were not immediately available, WCIA reported. Teutopolis is about 92 miles southeast of Springfield, the capital of Illinois.

ITALY, LIBYA RESUME COMMERCIAL FLIGHTS

Cairo: Italy and war-torn Libya on Saturday resumed commercial flights for the first time in a decade, authorities in the Libyan capital said. Flight MT522, operated by the Libyan carrier Medsky Airways, departed Mitiga International Airport in Tripoli for Rome's Leonardo da Vinci-Fiumicino Airport, according to Libyan airport authorities. There were 25 passengers on the flight, said Hamdi al-Zanad, head of the Libyan airline. A return flight was scheduled to land in Tripoli on Saturday afternoon, according to Mitiga International Airport. There will be a round-trip flight between the Libyan and Italian capitals on Saturdays and Wednesdays, according to the Mitiga airport announcement. The government of Prime Minister Abdul-Hamid Dbeibah in Tripoli lauded the resumed flights, posting photos on social media that showed passengers boarding the flight and officials celebrating.

ZIMBABWE GOLD MINE COLLAPSE: 6 DEAD, 15 TRAPPED

Harare: Six people have died in the collapse of a gold mine in Zimbabwe, and 15 others are still trapped underground, according to state media reports. State-run Zimbabwe Broadcasting Corporation quoted deputy mines minister Polite Kambamura as saying 34 miners had been caught in Friday's collapse. Thirteen managed to escape. The broadcaster on Saturday said rescue operations were underway at Beyhose mine in the gold rich town of Chegutu, about 100 kilometres (60 miles) west of the capital, Harare. The police and the mines ministry could not be reached for comment on Saturday. Incidents of mine collapses, often involving artisanal miners, are rampant in the southern African country that is rich in gold, coal and diamonds.

GERMANY, MUSK SPAR OVER MIGRANT RESCUE SHIPS

Berlin: Germany's government rebuked X owner Elon Musk after he criticised the recent work of migrant rescue ships that German humanitarian groups operate in the Mediterranean Sea. Musk on Friday shared a video that showed migrants and aid workers on a boat. The right-wing account that first put the content on X, formerly known as Twitter, praised the populist far-right Alternative for Germany party, which has taken a hard line on migration issues. "Is the German public aware of this?" Musk wrote in his repost.

NOTICE INVITING TENDER

No. SSA-20015/1/2023-Equity-SSA/II/294335/2023 Date 30.09.2023

Mission Director, Samagra Shiksha Axom, Kahilipara, Guwahati-19, Assam invites bids vide GEM/2023/B/4025930 Dated : 29-09-2023 for printing and Supply of Career Guidance through GeM portal.

Interested bidder may visit GeM portal and submit the bid on GeM portal accordingly. The bid is also available in SSA website : <https://ssa.assam.gov.in>

Sd/-Mission Director,
Samagra Shiksha Axom
Kahilipara, Guwahati-19

Janasanyog/CF/2930/23/1-Oct-23

Office of Project Manager,
Temporary Construction Unit (HQ) E-Mail: pmtu@ssai.com

UTTARAKHAND PEYJAL SANSADHAN VIKAS EVAM NIRMAN NIGAM,
Head Office: 11, Mohini Road, Dehradun

Letter No. 221/Nivda/79 Dt. 30.09.2023

E-Tender Notice

S.No.	Name of Scheme	Tentative Cost of Project	Completion Period
1	Construction Of 500 KI Over Head Tank Of 22m Staging. Distribution System inc. other appurtenances works And Construction 01 No 300x200 mm Dia 200 Mtr Deep Tubewell and SITC of Submersible Pumping Plant For THDC, Rishikesh	Rs. 166.14 (including G.S.T.)	08 Months

Name & Address of Officer Inviting the Bid:- General Manager (Admin.) Head Office, Uttarakhand Peyjal Nigam, Dehradun.

Date and Time of Availability of bid documents in the portal:- 04-10-2023 - 15.00 Hrs.

Last Date/Time for receipt of bids in the portal:- 19-10-2023 - 17.00 Hrs.

Details of subsequent addendum/corrigendum/cancellation etc. may be obtained from the website. Further details can be seen from the e-procurement portal "https://uktenders.gov.in" General Manager (Admin.)

GUJARAT MARITIME BOARD

(Environment Cell)
Sector- 10/A, CHH Road, Opp. Air Force Station,
Gandhinagar - 382 010

Advertisement for Empanelment of Authorized Agencies for lifting ships wastes as a part of Port Reception Facility by Gujarat Maritime Board.

On behalf of Vice Chairman and Chief Executive Officer, Gujarat Maritime Board (GMB) invites applications from the authorized agencies for lifting ships' wastes from ships calling at GMB administered Ports/Ship Recycling Yards/Anchorage as a part of Port Reception Facility under MARPOL 73/78 Regulations of IMO and all other applicable waste management rules.

For further details, please visit GMB's website: www.gmbports.org or contact Shri Atul Sharma, Dy. General Manager (Env)- Phone No. 079-23248733, 23238346-48

Dy- General Manager (Env)
Environment Cell, Gujarat Maritime Board,
No/INF/VPN/2022/G/1419 Gandhinagar

Amended GST for e-gaming to be implemented from Oct 1: FinMin

PTI ■ NEW DELHI

The Finance Ministry has notified October 1 as the date for implementation of the amended GST law provisions for taxing e-gaming, casinos and horse racing.

According to the changes to the Central GST Act, these supplies will henceforth be treated as "actionable claims" similar to lottery, betting and gambling and subject to 28 per cent Goods and Services Tax (GST) on full face value of bets.

The amendments to Integrated GST (IGST) Act makes it mandatory for offshore online gaming platforms to take registration in India and pay taxes in accordance with



domestic law.

In its meetings in July and August, the GST Council, comprising finance ministers of Centre and states, had

approved amendments to the law to include online gaming, casinos and horse racing as taxable actionable claims, and clarified that such supplies

would attract 28 per cent tax on full bet value.

Parliament last month passed amendments to the Central GST and Integrated GST laws to give effect to the Council's decision. The Finance Ministry has now notified that October 1 will be the appointed date for implementation of these provisions.

The GST Council in its meeting in August had decided that the amended provision to classify these supplies as actionable claims and clarifying the taxation provisions would come into effect from October 1. A review of the implementation was proposed to be carried out after six months, which is April 2024.

Registration of properties in Mumbai up 23% in Sept

PTI ■ NEW DELHI

Registration of properties in Mumbai municipal area rose 23 per cent year-on-year this month to around 10,600 units — highest in 10 years — on better housing demand, according to Knight Frank India.

The registration of properties in Mumbai city (area under BMC jurisdiction) touched 10,594 units by 3.15 pm on Saturday. Data pertains to both primary and secondary property market.

The registration process is slow on Saturday because of the start of 'shradh' period. The consultant expects the number to rise to around 10,650 units by the end of the day, out of which 82 per cent would be



housing.

As many as 8,628 units were registered during September last year. In the previous month, 10,902 units were registered.

Registration of properties is expected to contribute Rs 1,127 crore to the state government's revenues.

Shishir Bajjal, Chairman & Managing Director, Knight Frank India, said, "... For the

first nine months of 2023, we have observed a monthly average of 10,420 property transactions. The growing prominence of properties valued at Rs 1 crore and above indicates a shift in preference towards more spacious and upscale accommodations, mirroring the upward trajectory of property prices."

Amit Goyal, MD, India Sotheby's International Realty, said Mumbai's luxury housing market has been steadily rising for the last three years.

"This signifies that real estate has made a meaningful come-back into the ultra high net worth individuals (UHNIs) portfolios," Goyal said, and expected sales momentum to continue, especially in luxury homes segment.



Dell considering fresh investment in Bengaluru

PTI ■ BENGALURU

In a bid to further strengthen its presence in Karnataka, Texas-based technology conglomerate Dell is considering a fresh investment in its research and development (R&D) centre in Bengaluru, according to the office of Karnataka Large and Medium Industries & Infrastructure Minister M B Patil.

The company already operates a prominent research and development centre in Bengaluru. At the global level, Dell operates around 25 manufacturing facilities with 14 of these facilities dedicated to R&D.

On Friday, senior officials from Dell held meetings with Patil at Austin in the USA and sought support from the Karnataka government to overcome import restrictions on Special Economic Zone (SEZ) operations, which would enhance cost sustainability for Dell's expansion in India, his office said in a statement here.

A business delegation led by Patil is visiting various states in the US to attract investments into the state.

The delegation also met leading semiconductor manufacturing company Global Foundries (GF), which expressed interest in increasing its workforce in Bengaluru with an addition of 200 skilled workers, it said.

The Minister has assured to extend the government's support in this regard and will also help Global Foundries to establish connections with customers and suppliers, it added.

The \$30-billion Global Foundries has also expressed interest in establishing and expanding its Aerospace and Defence (A&D) presence in Karnataka, with plans for further engagement to develop a comprehensive business strategy, the statement added.

Indus Towers inks pact with IOC Phinergy for clean energy

PTI ■ NEW DELHI

Indus Towers and IOC Phinergy (IOP) have inked a pact for the deployment of 300 zero-emission energy systems to optimise diesel consumption at Indus' telecom tower sites.

This move accelerates Indus Towers' progress towards its sustainability priorities, according to a release.

"Indus Towers Limited and IOC Phinergy Private Limited (IOP) have signed an agreement for deployment of 300 zero-emission energy systems based on aluminium-air technology, to optimise diesel consumption at Indus' telecom tower sites," the release said.

Indus Towers' CEO Prachur Sah said as part of the company's ESG vision, Indus Towers believes in nurturing environmental stewardship, being socially responsible and having robust governance.

"Indus Towers' agreement with IOP is a testimony of the company's commitment to build eco-friendly telecom tower sites by investing in solutions for resource optimisation," Sah added.



Govt has allocated ₹100 cr for Aspirational Blocks Programme this fiscal: Official

PTI ■ NEW DELHI

The government in this financial year has allocated Rs 100 crore for the Aspirational Blocks Programme (ABP), which aims to improve governance at the block level, in order to enhance the quality of life of citizens, a top government official said on Saturday.

The Aspirational Blocks Programme is being implemented in 500 aspirational blocks across 329 districts in the country. Prime Minister Narendra Modi launched the nationwide programme on January 7. "The government has allocated Rs 100 crore for the Aspirational Blocks Programme in 2023-24... We expect that all 500 backward blocks will reach the state average in terms of development," the official said

on the condition of anonymity.

Out of 500 aspirational blocks, 160 blocks are part of the 112 aspirational districts.

Uttar Pradesh has the maximum number of blocks (68) under this programme, followed by Bihar (61) and Madhya Pradesh. NITI Aayog would undertake ranking of Blocks every quarter based on their performance, the official added.

PM Modi on Saturday said the aspirational districts programme changed the lives of more than 25 crore people in 112 districts of the country and its success will now form the basis of the aspirational blocks programme.

Modi made the remarks as he launched a unique week-long programme for aspirational blocks called 'Sankalp Saptaha' at the Bharat Mandapam here.

Espire Hospitality plans to have 20 hotels by FY25 with ₹560 crore capex

PTI ■ MUMBAI

Espire Hospitality Group is planning to have 20 operational properties by 2024-25, with a capex of Rs 560 crore under its brands - Zana, Country Inn Express and Country Inn Premier, a top company executive said on Saturday.

"Currently, we have 10 hotels in the portfolio under the 5 star luxury boutique resort brand 'ZANA - a Luxury Escapes' and the 4 star brand 'Country Inn Hotels and Resorts', with 780 keys. In this financial year, we are adding 200 more keys (3 ZANA resorts) to reach 13 operational hotels with 980 keys," Espire Hospitality Group Chief Executive Officer Akhil Arora told PTI.

The capex, through in-house funding, will also be utilised in phases for renovating, leasing and upgrading the existing hotels, he added.

The hospitality group, Arora said, is exploring both green-field as well as brown-field properties in leisure destinations like Goa, Uttarakhand, Rajasthan and Himachal Pradesh.

"We are exploring opportunities in leisure destinations as well as tier I cities for expanding our footprint. We are looking at Goa, Uttarakhand, Rajasthan and Himachal Pradesh as well as Delhi, Mumbai and Bangalore. Continuing with our expansion we are opening ZANA resort in Kasauli in Himachal Pradesh near Diwali, in Rishikesh in Uttarakhand in December and Jim Corbett in February 2024," he added.



The company, he said, is also looking at opportunities in pilgrim destinations for expansion of its property portfolio.

"Pilgrim destinations are critical and we are eyeing to enter Ayodhya in Uttar Pradesh to begin with," he added.

The homegrown hospitality company currently has 10 operational hotels and under the luxury boutique segment it has ZANA Forest Resort, Ranthambore (opening on Saturday), ZANA Lake Resort, Udaipur in Rajasthan.

In the mid-segment, the company has properties in Uttarakhand, Punjab, Goa and Uttar Pradesh. With the current expansion, the company is expecting to more than double its revenue by 2024-25, Arora said, adding that Espire Hospitality has clocked over Rs 30 crore of revenue in

FY23.

With the tourism sector booming, he said, the hospitality industry has been witnessing an average 60 per cent occupancy rate, and Espire Hospitality has also been seeing a similar level of occupancy.

"Along with the industry, we are experiencing a 20 per cent increase in occupancy, rates and demand, compared to pre-Covid times."

"This is because travellers have increased their domestic travel share significantly due to the domestic chains offering more personalised, hygienic services and for their increased focus on sustainability. We are at 60 per cent occupancy pan India, across our portfolio. Our immediate focus is to take it up to 70 per cent," Arora added.

Cyprus hails Moody's two-notch credit rating upgrade bringing the country into investment grade

AP ■ NICOSIA (CYPRUS)

Cyprus on Saturday hailed a two-notch upgrade by credit ratings agency Moody's to bring the east Mediterranean island nation back into investment-grade territory a decade after a financial crisis left the country on the brink of bankruptcy.

President Nikos Christodoulides said he was "deeply satisfied" with the upgrade that he said was the culmination of years of fiscal discipline and will translate into attracting quality foreign investment and creating new jobs.

"We unwaveringly continue on this path as a government ... and so we will carry on with our governance," Christodoulides said in a written message. "We will carry on buttressing our economy and expanding its dynamic course."

Moody's said in its statement the upgrade from Ba1 to Baa2 with a concurrent change in outlook from positive to stable is due to previous and continuing economic, fiscal and banking reforms, as well as a significant drop in bad bank loans.

The agency pointed to "sustained structural improvements" in the labour market, a

rebound in public and private investments, a continuing drop in public debt and a jump in productivity that resulted in economic growth by more than 4 per cent between 2014-2023.

"These developments also support the resilience of the Cypriot economy to external shocks as shown for instance in the context of the pandemic and the Russia-Ukraine war," the agency said, adding that it expects the Cypriot economy to grow by 2.3 per cent in 2023 and 2.8 per cent in 2024.

It warned that profligate government spending and a jump in the public debt would potentially put "downward pressure" on the credit rating.

Cyprus' Finance Ministry said the Moody's credit upgrade brings Cyprus to investment-grade level according to all major credit rating agencies by two notches, with the exception of the DBRS agency which rates the country a notch higher.

The ministry said in a statement it would continue on a "responsible" management of the economy despite the continued challenges the country faces including the war in Ukraine, inflationary pressures and an energy crisis.

Bengaluru sees 39% fall in office demand in July-Sept: Cushman & Wakefield

PTI ■ NEW DELHI

Bengaluru, the most prominent city for commercial real estate market, saw a 39 per cent decline in gross leasing of office space during July-September with corporates making delays in taking decisions to expand business, according to Cushman & Wakefield.

According to data released by real estate consultant Cushman & Wakefield, the gross office leasing in Bengaluru fell to 22,13,654 square feet (sq ft) during July-September from 36,39,339 sq ft in the year-ago period.

It warned that profligate government spending and a jump in the public debt would potentially put "downward pressure" on the credit rating.

Cyprus' Finance Ministry said the Moody's credit upgrade brings Cyprus to investment-grade level according to all major credit rating agencies by two notches, with the exception of the DBRS agency which rates the country a notch higher.

The ministry said in a statement it would continue on a "responsible" management of the economy despite the continued challenges the country faces including the war in Ukraine, inflationary pressures and an energy crisis.

Across eight major cities, the absorption of office space fell 13 per cent to 151,18,147 sq ft from 173,76,222 sq ft. Anshul Jain, Head of APAC Tenant Representation and Managing Director, India & South East Asia, said, "The office segment is seeing major shifts in terms of evolving occupier demands."

"India is currently in the spotlight as a preferred destination for business expansion, the top tier markets are destined to witness more innovation and traction in the real estate place. We can expect a healthy sustained demand for Grade-A, compliant and sustainable office



assets in these markets," Jain said. As per the data, Mumbai saw a nearly 19 per cent fall to 34,70,098 sq ft from 42,58,198 sq ft. In Delhi-NCR, the office demand was down 11 per cent to 33,96,626 sq ft from 38,24,131

sq ft. Chennai saw a decline of 7 per cent to 18,01,666 sq ft from 19,39,058 sq ft, while Pune witnessed a fall of 42 per cent to 9,66,772 sq ft from 16,56,319 sq ft. However, the leasing of office space in Hyderabad grew 59 per cent to 24,43,523 sq ft from 15,34,851 sq ft.

In Kolkata, the absorption of office space rose 40 per cent to 4,08,273 sq ft from 2,92,000 sq ft. The office demand in Ahmedabad jumped 80 per cent to 4,17,535 sq ft during July-September from 2,32,326 sq ft in the corresponding period of the previous year.

Realtors hail Bengal for extending stamp duty rebate

PTI ■ KOLKATA

The real estate industry in West Bengal on Friday welcomed the state government's decision to extend the stamp duty rebate till June 2024.

CREDAI West Bengal president and Merlin Group chairman Sushil Mohta said the stamp duty rebate extension will help the industry achieve a growth trajectory.

"The real estate industry has been struggling since the COVID-19 pandemic. However, it managed to survive because of the continuous support from the state government in terms of the two per cent rebate in stamp duty and 10 per cent rebate in circle rate. The extension of the rebate will give a much-needed boost to the industry," Mohta said.

The increase in interest rates and the huge rise in the cost of raw materials made it difficult for the industry to pass on the benefits of the rebate to consumers, he said.

"However, the state government's support is helping us keep the costs down for consumers. The extension of the rebate will further encourage real estate buyers to close their transactions and boost the sector significantly," he said.

The realtor also said that the extension will be a win-win situation for the state government and buyers, as it will help add revenue to the state exchequer. "Lots of old customers are likely to register their properties, who have not done so in the last two decades. This will also help boost the state government's revenue," Mohta stated. The real estate industry contributes 10 per cent of the state GDP.

Godrej Agrovet to set up integrated palm oil complex in Telangana

PTI ■ MUMBAI

Godrej Agrovet Ltd (GAVL) on Saturday said it will set up an integrated palm oil complex in Telangana with an investment of Rs 300 crore over the next 3-4 years.

The palm oil complex, to be set up in the Khammam district of Telangana, is spread over 125 acres and will consist of a crude palm oil mill along with the provision of setting up a refinery in the near future, GAVL said in a statement.

The company will also establish a nursery with a capacity of up to 7 lakh saplings

per year in addition to the seed production and research unit, it added.

"Telangana's ambitious oil palm mission aims to bring 20 lakh acres under cultivation across the state. The mission will improve income for more than 5 lakh farm households, while at the same time contributing to the nation's deficit for edible oils."

"Along with being the rice bowl for the country, Telangana is all set to become the largest edible oil producer in India," Telangana Municipal Administration and Urban Development, Industries and Com-



mmerce and Information Technology minister K T Rama Rao said.

He said GAVL's expertise

in the oil palm sector will help the state to achieve its goals of unleashing a yellow revolution. GAVL will be investing Rs

300 crore over the next 3-4 years in setting up the integrated palm oil complex and through its Samadhan Centers - a one stop solution for oil palm farmers.

The company would also provide advisory services on best practices / modern technologies, farm inputs (such as fertilisers, drip irrigation, pesticides, seeds, and harvesting tools) and services under one roof.

The company's partnership with the public sector lender, State Bank of India, would also support oil palm plantation farmers during the

plantation period, the statement added.

Currently, with 65,000 hectares of palm oil under cultivation across the country, GAVL plans to increase cultivation to 1.2 lakh hectares by 2027.

"... We intend to handhold oil palm farmers by providing them access to quality seedlings and nursery. With our plans of commissioning of Crude Palm Oil mill in the coming years, it is our honour to set up the country's first integrated palm oil complex in Telangana," GAVL Managing Director Balram Singh Yadav said.

BADMINTON GOLD ONE WIN AWAY

India beat South Korea, enter first-ever Asian Games final in Badminton team event

PTI ■ HANGZHOU
Kidambi Srikanth rallied his way to a thrilling win in a tense decider as India kept alive their hopes of winning a first-ever gold medal at the Asian Games, reaching the men's team championships final with a 3-2 win over South Korea here on Saturday.
This is India's maiden entry into the final of the team event at the continental showpiece.
World No. 7 HS Prannoy showed nerves of steel to bounce back from an opening game reversal to outwit Jeon Hyeok Jin 18-21 21-16 21-19 and put India 1-0 ahead but Satwiksairaj Rankireddy and Chirag Shetty lost the first doubles 13-21 24-26 to reigning world champions Seo Seung-Jae and Kang Min-hyuk as Korea made it 1-1.
Lakshya Sen then put up a dominating show in the second singles to bring India back in business with a clinical 21-7 21-9 win over Lee Yungyu but MR Arjun and Dhruv Kapila lost 16-21 11-21 to Kim Wonho and NA Sungseung in the second doubles as the two teams found themselves on level terms once again.



Srikanth, a 2021 World Championships silver medallist, then fought his way under pressure to struggle past world no. 163 Cho Geonyeop 12-21 21-16 21-14 and seal India's place in the summit clash at the BJ Gymnasium.
India will look to live up to their Thomas Cup champions tag when they face multiple-time gold medallist China in the final on Sunday.
Saturday's win assured India of at least a silver medal in badminton at the continental championships with two-time Olympic medallist PV Sindhu winning the first in women's singles in the 2018 edition at Jakarta.
The last time the Indian men won a badminton medal in team championships was at the 1986 edition at Seoul where Sen's mentor Prakash Padukone and Vimal Kumar played a crucial role.
In total, India have so far bagged 10 badminton medals in Asian Games history, including three individual singles medals, three men's team bronze, two women's team bronze and one medal each in men's doubles and mixed doubles.



Fearless Preeti wins Olympic quota, assures India of medal

PTI ■ HANGZHOU
Indian boxer Preeti Pawar secured a quota for the Paris Olympics and also assured herself of a medal along with Lovlina Borgohain as they moved into the semifinals of the Asian Games here on Saturday.
The 19-year-old Preeti put up a fearless display against Kazakhstan's Zhaina Shekerbekova, a three-time World Championship medallist and reigning Asian champion, to eke out a 4-1 win in a fiercely fought 54kg quarterfinal bout.
Tokyo Olympics bronze medallist Lovlina, who received a first round bye, used her long reach to expectedly defeat South Korea's Seong Suyeon by a 5-0 unanimous decision in the women's 75 kg category.
Lovlina is now a win away from earning an Olympic quota.
Preeti started the bout on the offensive but her defence was broken several times by the more experi-

enced rival. Unperturbed, the Indian teenager continued to pummel Shekerbekova to take a slender 3-2 lead in the first round.
But Preeti fought a strategic bout as she moved off the center of the ring in the beginning of the second round with a long range jab.
In the last three minutes, the two boxers showered a lot of punches at each other but both were inaccurate. As the clock ticked, the fatigue kicked in for Shekerbekova, while Preeti continued to pepper her opponent with shots to take the win.
On Friday, Nikhat Zareen became the first Indian boxer to win an Olympic quota.
In the women's events, the semifinalists in the 50kg, 54kg, 57kg, and 60kg while the finalists in the 66kg and 75kg will qualify for the Paris Olympics.
The gold and silver medallists in each of the seven weight divisions in the men's event will receive Olympic quotas.

Aditi Ashok closes in on historic gold

Indian women's team marches to top slot

PTI ■ HANGZHOU
Aditi Ashok played a sensational third round of 11-under 61 to place herself in a commanding position to win a historic individual gold medal in the golf competition at the Asian Games here on Saturday.
Aditi, who is now seven shots clear of her closest rival, also carried the Indian women's team to the top spot, where it holds a one-shot lead over Thailand.



Indian women have never won a medal at the Asian Games, as Aditi had finished a distant 21st at the Incheon Games in 2014.
Aditi's 11-under scorecard was five shots better than the next best round of the day.
India's other two players, Pranavi Urs (71-68-70) at 7-under and Avani Prashanth (72-69-74) at 1-under are 11th and tied 19th respectively.
However, the day did not go well for the men. Anirban Lahiri, who needed medical aid to help him through extreme heat in the second round, was off-colour.
He shot 2-over 74 on a course that has been yielding low scores.
Lahiri at 10-under was tied-17th, while SSP Chawrasia with a 68 in the third round was on tied 20th and Khalin Joshi with a card of 69 was on tied 24th.
Shubhankar Sharma shot a wayward 76 that saw him dropping to tied 34th.
Hong Kong's Taichi Kho (70) at 24-under leads the men's section with Taipei's Chien-Yao Hung (67) at 21-under and Korea's Jang Yubin (68) at 20-under is third.
The Indian men's team are also out of the reckoning for a medal, as they were eighth with a total of 32-under, which was a massive 26-shots behind Korea, while Thailand and Hong Kong share the second place.
Aditi, who was fourth at

the Tokyo Olympics, is now 22-under with rounds of 67-66-61 for a total of 22-under after 54 holes.
Her closest rival, Arpichaya Yubol (67-65-69) is 15-under, while China's Lin Xiyu (67-67-68) is 14-under.
Aditi's stunning round also gave India a one-shot lead in the team competition.
Aditi's 11-under put alongside Pranavi Urs' 2-under 70 helped Indian women construct a lead.
India is now 29-under and are ahead of fancied teams like Thailand, China, Korea and Japan.
Aditi has dropped just one shot in 54 holes and that came in the second round.
She opened the third round with a birdie on second and added further birdies on fourth, fifth, seventh and eighth to go 5-under.
Then she landed her second eagle of the week on the short par-4 ninth to turn in 7-under 29.
On the back nine, a birdie on the 12th was followed by three more on 15th, 17th, and 18th holes to go 11-under.
Pranavi had three birdies against one bogey, while Avani had two birdies and two bogeys in the first 17 holes and then had a double bogey on the 18th in her 74.

Indian women enter 3x3 basketball quarterfinals, men knocked out

HANGZHOU SEP 30 (PTI)
The Indian women's 3x3 basketball team entered the quarterfinals but the men's campaign ended in the pre-quarterfinals stage of the Asian Games here on Saturday.
The women's team thrashed Malaysia 16-6 in its pre-quarter final match with Vaishnavi Yadav emerging as the star performer, scoring a maximum of nine points in the contest.
The women's team had finished second in its group, having beaten Uzbekistan



while facing a humiliating defeat against last edition's gold medallist China. The women's team will lock horns

with Chinese Taipei in the quarterfinals.
In the men's event, the Indian side lost a close contest against Iran 17-19 and was knocked out of the tournament.
India's Princelal Singh was the star performer, scoring a maximum of nine points in the match but failed to take his side to the finish line.
The men's side ended the league stage in second place. They defeated Malaysia and Macao and lost to 2018 Games' gold medallist China.
The Indian contingent is making its debut in the event.

Indian athletes make finals in long jump, 1500m, women's 100m hurdles

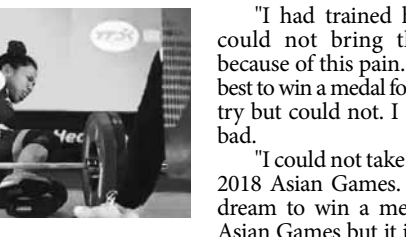
PTI ■ HANGZHOU
Indian hurdlers Jyothi Yarraji and Nithya Ramraj advanced to the women's 100m hurdles final, while ace long jumpers Murali Sreeshankar and Jeswin Aldrin also sailed through, keeping their medal hopes alive at the Asian Games here on Saturday.
Asian champion Yarraji finished second in her heat with a timing of 13.03 seconds to qualify for the women's 100m hurdles final.
China's Yuwei Lin finished first with a personal best time of 12.79.
India will have a second hurdler in the event as Nithya Ramraj finished fifth in her heat but qualified as second fastest loser with a time of 13.30.
Second-fastest Asian hurdler Yarraji had won gold at the Asian Athletics Championships. She has broken the national record in the 100m hurdles a staggering seven times.



In long jump, Commonwealth Games silver medallist Sreeshankar jumped more than the automatic qualification mark of 7.90m to make it to the final.
The 24-year-old from Kerala, who boasts a personal and season's best of 8.41m, produced a first jump of 7.97 to directly make the cut.
Having started off with a foul, Asia's best Jeswin Aldrin's third attempt of 7.67 was not enough for an automatic qualification but he still made the cut after finishing second in his heat and among the top 12.
There will be two Indians in the men's 1500m final as Jinson Johnson and Ajay Kumar qualified from their respective heats.
Johnson finished fifth with a time of 3:56.22 to seal an automatic qualification spot. Ajay Kumar was second to cruise into the final with a timing of 3:51.93, finishing second in his heat.
Finals of all the three events -- women's 100m hurdles, men's long jump and men's 1500m -- are slated on Sunday.

Mirabai's injury ends her Asian Games campaign

PTI ■ HANGZHOU
Ace Indian weightlifter Mirabai Chanu is disappointed that she could not realise her dream of an Asian Games medal as she suffered thigh muscle injury during the women's 49kg event here on Saturday.
The Olympic silver medalist said she felt pain while warming up before the event started and despite her coach asking her to pull out, she continued as she wanted to win a medal for the country.
"When I was warming up before the snatch section, I felt pain on my thigh, I think deep sheathing hit me. They have put ice and some spray, and will see in India what kind of treatment



we will do. I am having pain now also," Chanu said after the event, where she finished fourth.
"It is pain in the glutes and the bones on the right side of the thigh," she added.
An Asian Games medal is the only silverware missing from the Manipuri's decorated cabinet. Chanu had finished ninth in the 2014 edition and was forced to miss the 2018 Games due to a back injury.

"I had trained hard but I could not bring the results because of this pain. I tried my best to win a medal for the country but could not. I am feeling bad."
"I could not take part in the 2018 Asian Games. It was my dream to win a medal in the Asian Games but it is not happening. Now, my target is to do well in the Paris Olympics."
"Pain had started during snatch warm up. Sir (Vijay Sharma) asked me if I wanted to pull out because it may lead to serious injury. But I continued because I wanted to win a medal," she added.
Chanu lifted 108kg in her first clean and jerk but increased the weight to 117kg with an eye on a medal.

Indian canoers enter final with women's kayak pair

PTI ■ HANGZHOU
India's Niraj Verma qualified for the final of the canoe sprint events at the Asian Games along with the men's and women's pairs, here on Saturday.
Niraj topped the canoe single 1000m semi-final by clocking 4:31.626s after missing the final qualification in heat 1, where he managed a time of 4:25.162 seconds.
Taipei's Kuan-Chieh Lai emerged the winner by clocking a blistering 4:02.431s.
Later, the top three in the four-canoe semifinals advanced to the medal round with Niraj taking the top spot.
The eight-man final is scheduled for Monday.
The Indian team of Ribason Singh Ningthoujam and Gyaneshwor Singh Philem reached the canoe double 500m final after finishing third with a combined timing of 1:57.225 seconds in the semifinals.
This was after they finished fourth in heats with a timing of 1:54.829 seconds.
In the women's Kayak double 500m semifinal, the Indian duo of Binita Chanu Oinam and Parvathy Geetha finished second with a combined timing of 2:07.036 seconds after claiming fourth place in the heats, clocking 2:06.956 seconds.
India have won only one bronze medal so far in the sport at the Asian Games -- a bronze at the 1994 Hiroshima edition.
In the last edition in Jakarta, Indian athletes made eight finals across slalom and sprint events but could not secure a medal.



Chess: Vaishali shines as Indian women beat Vietnam

PTI ■ HANGZHOU
The second-seeded Indian women's team registered a 2.5-1.5 win over Vietnam in the second round of the team event in the Asian Games, here on Saturday.
The top-seeded men's team was held to a 2-2 draw by a strong Uzbekistan team with all four matches ending in draws.
In the India-Vietnam match, R Vaishali scored the first win with black pieces against WGM Vo Thi Kim Phung.
The country's top player, Koneru Humpy, and Vantika Agarwal drew their games.
On the fourth board, B Savitha Shri drew against Thi Bao Tram Hoang as India closed out a 2.5-1.5 victory.
Meanwhile, it was a solid draw for India against Uzbekistan.
D Gukesh was under pressure on the top board against Nodirbek Abdusattorov, but managed to hold on for a draw.
R Praggnanandhaa had an edge in the middlegame against Javokhir Sindarov, but could not force a win. Vidit S Gujrathi drew against Nodirbek Yakubboev and Arjun Erigaisi held on for a draw in his game against Shamsiddin Vokhidov.

World-conquering compound archers aim Asian domination

PTI ■ HANGZHOU
The Indian compound archers will enter the Asian Games as outright favourites after producing exceptional results in the 2023 season while the recurve archers will strive to end a 13-year medal drought at the continental showpiece when competition in the bow sport gets underway, here on Sunday.
India never boasted a world champion in archery but the year 2023 threw not just one but three senior champions, including Ojas Deotale and 17-year-old Aditi Swami, who excelled in compound.
The compound archers also



grabbed seven gold and four bronze medals from three stages of the World Cup to assert their supremacy, similar to what Korean archers brag about in recurve section.
Going into the Asian Games with such stupendous performances, the compound archers will be aiming for all the five gold medals on offer and power India to their best-ever show in archery at the continental showpiece.
India had returned with two silver medals from Indonesia in 2018.
India's best-ever show in archery at the Asian Games came in 2014 with one gold, one silver and a bronze in the compound section.
"This time we are expecting gold in men's and women's sections. God willing, we may end up with four gold medals in compound," India's high perfor-

Aditi who dropped just four points in the semifinal and the final en route to title win in Berlin in August.
India's most-accomplished compound archer Jyothi, who has seven World Championship medals, will also look to make her presence felt.
In men's section, while world champion Deotale will look to live up to his reputation, senior-most Abhishek Verma, who is the only compound archer to have an individual silver (Incheon 2014) in the Asian Games would look to upgrade his medal and sign off on a high.
Then the compound team also have the promising

Prathamesh Jawkar, fresh from winning a silver at the World Cup Final earlier this month.
As per a new rule, only two archers from the same country will make the cut from the qualifying round for the individual elimination round.
Also, this Asian Games will offer two more medals in archery from the previous addition with the addition of mixed sections (recurve and compound events).
"So no country can make a clean sweep in the individual section, and hence I'm expecting four medals from compound archers -- two each in men's and women's sections.

"The mixed team event will be tricky and you never know, it will be a bonus if we make it five (in mixed event)," Singh added.
Redemption time
It's a different story in recurve section which is an Olympic discipline. The last time India won a recurve medal at the Asian Games was 13 years ago at Guangzhou.
That six Olympic quota places will also be on offer and that will be an added incentive.
India's best bet would be 22-year-old Army man Dhiraj Bommadevara, who is enjoying a career-best world ranking of 15.

BUTTLER'S MEN HAVE STOKES' FIRE, BUT...

TACKLING SPIN REMAINS A CHALLENGE

With Ben Stokes coming out of retirement and the 2019 title winning core group largely intact, England will fancy a successful campaign in challenging conditions in India during the 50-over World Cup starting on October 5.



Stokes showed his intent to bring a bit of the 'Bazball' into one-dayers when he went ballistic with a 124-ball 182 against New Zealand. At the same time, lesser-known young quick Gus Atkinson, Brook and Sam Curran would know it is their time to cement positions as England gradually heads towards transition.

Irish series. This lack of game-time for key players could be a major deterrent for England's ambitions, and they have also arrived only a day before their first warm-up match. While England's aggressive batting approach has largely won approvals, it remains to be seen how they would execute it on the surfaces that slow down as the tournament progresses.

2023 World Cup could be my last for India: Ashwin



PTI | GUWAHATI

champions England here on Saturday, the 37-year-old Ashwin made the admission in a pre-match chat. "Being in a good space, enjoying this tournament will keep me in good stead. This could be my last World Cup for India, so enjoying the tournament is of utmost importance," Ashwin told Star Sports.

HERE'S THEN A SWOT ANALYSIS OF ENGLAND Strengths: The presence of Stokes is a massive shot in the arm for them, and they also have a number of players who know how to win a global tournament, something only Australia can boast of among the competitors.

Kuldeep best spinner going into World Cup, will give India significant advantage: Intikhab Alam

Kuldeep Yadav is the best spinner going into the World Cup and will give India a distinct advantage in the middle overs through the course of the 50-over showpiece, reckons former Pakistan captain Intikhab Alam.

Alam added that India's batting, including greats like Virat Kohli and Rohit Sharma, as well as the in-form Shubman Gill makes the hosts a strong contender to win the trophy. "SPIN ATTACK A CONCERN FOR PAKISTAN" Alam said Pakistan spinners, however, don't inspire the same confidence.



"On these true wickets in India, most games will be high-scoring. With Fakhar you can expect anything, he will fire in one out of five games but you have to take that risk with him," said Alam. "SINCE MY FIRST TOUR OF INDIA IN 1961, PAKISTAN HAVE BEEN ACCOED WARM WELCOME"

coached the Punjab team in Ranji Trophy in the early 2000s, it doesn't come as a surprise. "Whenever we go to India we get a memorable welcome. I have spent two years there (as Punjab coach). People to people contact should be encouraged in tense times like these," he said.

Black Caps look to punch above weight despite injury cloud over Williamson



For a team which has entered the World Cup knockout stage in the last four editions of the World Cup, New Zealand would want to end their wait to win a trophy this time in India.

Rain washes out India-England World Cup warm-up match



Persistent rain on Saturday washed out the World Cup warm-up match between India and England at the Barsapara Cricket Stadium here. It began raining a little before the start of the match on Saturday afternoon, which resulted in the toss being delayed but later in the evening the umpires decided to abandon the contest, a little before 6pm local time owing to inclement weather.

Jabeur wins Ningbo Open; Pegula, Kudermetova reach final in Tokyo

Top-seeded Ons Jabeur won her fifth career title at the Ningbo Open with a 6-2, 6-1 victory over teenager Diana Shnaider on Saturday. The seventh-ranked Jabeur, a three-time Grand Slam finalist, saved her best performance of the tournament for the final and raced to victory in 78 minutes. The Tunisian had 18 winners to only 10 unforced errors, while saving all three break points she faced, denying the 19-year-old Shnaider any chance to get a foothold in the match.

Europe strikes back in Ryder Cup and ties record for largest lead

Europe swept the opening session of the Ryder Cup for the first time in its history, a beating so thorough that none of the foursomes matches reached the 18th hole. And then somehow it got even worse for the Americans. Right when they were on the verge of escaping Friday with a manageable deficit, Europe delivered one punch after another on the 18th hole at Marco Simone. It left the Americans without a single win on opening day for the first time in Ryder Cup history, and it gave Europe a record-tying lead in its bid to regain the cup.

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Advertisement for Indian Railway Catering and Tourism Corporation Ltd. (IRCTC) regarding food services and tenders.

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"Reflecting on where I came from helps me to appreciate and balance what I have now"
— Meghan Markle



REMEMBERING JAYANTA MAHAPATRA

A POET OF DEPTH AND HUMANITY

Jayanta Mahapatra, revered Indian poet, delved into human psyche with poignant verses. His works, spanning social disparity and existential reflection, resonate beyond accolades. His legacy is one of profound introspection and empathetic insight, leaving an enduring impact

All the poetry there is in the world/appears to rise out of the ashes.

Jayanta Mahapatra in "All The Poetry There is"



KK SRIVASTAVA

Poetry and poetic experiences are strange phenomena. That was the precise reason Plato banned poets from entering his ideal Republic. Athenian society, at the zenith of rationality, offered poison to Socrates. Socrates's fault was his belief in the power of scrutiny, of judgement. He found "an unexamined life is not worth living." Genuine poets pierce through the layers "an unexamined life" is made of and then let gathered clouds in their minds get scattered by the sunlight of their musings.

Jayanta Mahapatra, such a poet, was one of the most revered doyens of English poetry in India who delved into deep, unexplored human psyche wherein he slipped into pseudo-realistic visions: more real than real. We lost him.

I knew him since 2005 when the then Sahitya Akademi's Secretary Nirmal Kanti Bhattacharjee introduced me to him. Since then we cherished a relationship words can hardly describe. Many handwritten letters, a few telephonic conversations and his FOREWORD to my book of poems SHADOWS OF THE REAL are the aftermath. I went to meet him once at Jaipur Airport but briefly, when he was returning from Ajmer after attending a literary programme. He was old but far from serious illnesses. The warmth of his embrace is still a treasure with me.

During the course of more than fifteen years of association, I chanced upon reading many of his poetry books including Relationship that fetched him Sahitya Akademi Award in 1981. He sent me a number of issues of the prestigious literary journal Chandrabhaga. He wanted me to read The Hudson Review from the USA that I subscribed to and was immensely pleased to read Mahapatra's long letter to its Editor (one of the features of the magazine was to feature each issue a long letter from world's top litterateurs across the world.)

If I were to summarise Mahapatra's poetry, I find it in one of the issues of Chandrabhaga, where he pens in "First Page", "It is a small life I live. Perhaps in the way I am, doing small things, like plucking a half-ripe guava from the tree in our yard, the green cozying up to my senses, the mesmerising aroma waking me up.....Perhaps one should not be one of those who suffer because the world is a wreck, it's hard to say. Does it matter?"

HIS POETRY IS ABOUT TRUTH, JUSTICE, DEPRIVATION, SELF-DELUSION, ANXIETY, SELF-PACIFICATION AND SOLACE. AT TIMES LUCIDLY, AT TIMES SURREPTITIOUSLY, HIS POETRY HARPS ON THE ESSENTIAL HARMONY IN THE DIVERSITY OF THINGS: LATENT OR APPARENT. HE OBSERVED EVERYTHING OF THE UNIVERSE AS A COMMON HERITAGE FOR ALL: POOR OR AFFLUENT. READERS OBSERVE IN THE DEPTH AND MAGNITUDE OF THE FEELINGS/SENTIMENTS MAKING HIS POEMS, THE RISING STORMS IN MAHAPATRA'S MIND. HE KEPT ON EXPLORING THE SOCIAL POWER OF THE PLEBEIANS THROUGH HIS POETRY



But look at concluding lines that amaze:
It's my job to love people again and again. To feel flowers blossoming in the sun, butterflies dipping into the pollen.

He was certainly not the poet of the great and prosperous. He evolved over a number of years through his penetrating observations and interactions. He developed a tender fellow feeling for the men, women and children on the margin.

"Hope lay perhaps in burning the home I lived in."

He writes in HUNGER. Readers can interpret the way they wish.

Always there was the question in his lips, the bewilderment in his eyes, the rebellion of his soul. He spent his last days in extreme loneliness tackling the tyranny of his memories and dreams. He writes in SPRING, "Somehow it seems the light/has spent its night in another's arms/But it's here with me now/with a story of a million words." He had faith in the power of words. He transferred his own fluid moment into the frozen store of memory and surveyed his dreams through a pragmatic eye.

His poetry is about truth, justice, deprivation, self-delusion, anxiety, self-pacification and solace. His poetry is indispensable irrespective of time and space. His poetry oscillates between the virility and verisimilitude. As in Mask of Longing—

A time when even oxygen seems to hiss cruelly

In those crumpled eyes of hers the light of death goes on gathering shadows. And I feel I'm late with my life. At times lucidly, at times

surreptitiously, his poetry harps on the essential harmony in the diversity of things: latent or apparent. He observed everything of the universe as a common heritage for all: poor or affluent. Readers observe in the depth and magnitude of the feelings/sentiments making his poems, the rising storms in Mahapatra's mind. He kept on exploring the social power of the plebeians through his poetry.

His poems endeavour to trace different facets of human life and existence: love, lust, revenge, sufferings, fears and deprivations. His voice is melancholic, sharp, intimate and scans the movement of time and human beings' silence. Many of Mahapatra's collections are kaleidoscopic collections of poems written with diverse thought processes underway. These engage readers with preoccupation of human beings with fleeting time and man's questionable existence in the universe. His poems weave a quagmire of wonton thought that invades poet's psyche very incisively. Nostalgia aches,

There was something I did not like: his returning Padma Shri in November 2015. I conveyed it to him. Though nothing was heard from him, I got Mahapatra's last letter to me on August 5, 2019. He wrote of the sad demise of his wife, son and son's family, and summarising his concluding days by quoting from my poem DEPRESSION from my book of poetry Shadows of the Real, "the same known fire burns me from inside" and then added, "a fire unknown and nameless still goes on burning through the nights." His greatness lay in making small, unknown writers like me happy and joyous through his words.

His concluding life reminded me of a line from his poem A STILL WINTER MORNING, "standing like a lost sheep/huddled away from death." Or as Brazilian poet, Izacyl Guimarães Ferreira confronts us with what he thinks of life in his poem — A WAR

WITH NO NAME, "There is too much and there is too little/there is warmth and there's a chill." Life links; it delinks too.

In Indian Summer, Mahapatra in his characteristic way, bemoans loneliness of a woman:

The good wife lies in my bed throughout the long afternoon, dreaming still, unexhausted by the deep roar of funeral pyres.

In this poem there are all disconnected pictures, with none of them being in any way inter-related to the others. "funeral fires" convey the deepest amount of mental agony of "a good wife".

Truth is either the most simple or the trickiest of the phenomenon a man has to deal with. It brings awakened enlightenment thought amidst suffocating pains for those who keep truth on the highest pedestal. Look at following lines:

The worn-out face of India/ holds the weak eyes of dumb,/ solitary poets who die alone.

For truth seekers, there are no engrossing dilemmas; no consequences. He clarifies doubts; he clears doubts as far as yearning for truths is concerned.

WH Auden pointed out three attributes in a poet to deserve him a classification of being a great poet, "Firstly a gift of a very high order for memorable language, secondly a profound understanding of the age in which he lives, and thirdly a working knowledge of and sympathetic attitude towards the most progressive thought of his time."

Mahapatra met all these stringent conditions based on which we remember him as a great poet. His deathless poems enabled him to pave his way into the mists of eternity.

Imagist simplicity with dense connotations, oscillating rhythms of ebbs and flows are a few scintillating characteristics of his poetry.

Poets who believe, to use writer, critic and Centennial Professor of English at Vanderbilt University, Mark Jarman's words, in "poetry with an edge", poetry has lasting impact on the world, for every poet contributes his little bit to keep the edges of poetry sharp. The moot question is: how capably each and every poet contributes to that edge. Poets have to determine poetry's strength and future. They possess their own ultimate destiny, which Mahapatra summarises in his poem, Twilight —

Newly-lit lamps in the houses across the street make me look out at the wet August evening that holds up the vast unknown in such small delicate hands.

As for Mahapatra, he belonged to the intellectual aristocracy of the world though he lived a very down-to-earth life in Cuttack, never hankering after literary awards and recognition. Reclusiveness is a serious writer's sine qua non.

(KK Srivastava is a former Additional Deputy Comptroller & Auditor General, an acclaimed poet, writer and columnist for The Pioneer, The Daily Guardian and Brazilian Literary magazine SIBILA. Currently, he is a nominated member from the category of 'Literate person from the public and community' of Ethics Committee on Research of mental health establishment- IHBAS (Institute of Human Behaviour and Allied Sciences), of Government of NCT of Delhi where he is working with a group of psychiatrists/neurologists on research work on mental health. Views expressed are personal.)

SEVEN-DAY SELF-CARE FOR HEART HEALTH

Here is a seven-day self-care plan that is sure to get you on the road to improving your heart health:

● **Healthy Eating for Your Heart**
Everyone has heard that they need to eat healthier, but knowing what that actually means can be overwhelming and confusing. If your doctor has told you to lower your cholesterol to reduce your risk for heart disease, then ask the dietitians what type of food will work.

● **Get Your Blood Pressure Checked**

Did you know that you can feel fine and still be suffering from high blood pressure, also known as the "silent killer"? For that reason, it is recommended that you have your blood pressure checked at least once per year. If you also grapple with "white coat syndrome" (an increase in blood pressure due to the presence of a doctor or other medical professional), it is reasonable to use at-home cuffs or grocery store cuffs to get an idea of what your numbers are. Make sure that you remain quiet and calm for several minutes before taking the reading. Knowing your blood pressure and working with your medical team can be life-saving.

● **Engage in High-Quality Sleep**
Sleep disorders can have an impact on heart health; therefore, it is important to know the signs of a sleep disorder. Because you are unconscious when asleep, asking a family member or person with whom you live about your sleep behaviors is informative.

● **Weight Management and Maintenance**

Managing your weight is much easier said than done; however, obesity greatly increases your risk of heart health difficulties. If you have tried dieting and exercising with no success, there is still hope. If you feel that you have exhausted all options, speak with a physician to discuss next steps.

● **Moderate Your Sugar Intake**

Sugar intake is closely linked to inflammation and heart disease. If you have a sweet tooth, try to snag a fruit instead of a treat. Moderating your refined sugar intake will help keep your heart healthy, keep your weight down and get you feeling more energized throughout your day.

● **Quit Smoking and Avoid Smoke**

Smoking and regularly coming into contact with cigarette smoke is detrimental to your overall health and especially to your heart health. Did you know that when you quit smoking you begin to experience health benefits within just half an hour?

● **Be Active for 30 Minutes or More**

If lifting weights at a gym sounds intimidating, fear not. You can improve your heart health by focusing on increasing your physical activity by at least 30 minutes per day. Some ideas include dancing, swimming, walking and anything else that gets your body moving.

Courtesy: Washington University Physician



LOVE YOUR HEART

Ignorance may be bliss sometimes but never when it comes to the heart. Rapid urbanisation inducing stress and a stressful lifestyle, coupled with dietary issues, are alarmingly taking toll on the heart, spiking cardiovascular diseases year after year. These ailments have increasingly affected the younger age groups, imposing economic and social burdens on the society, doctors point out in a chat with THE HEALTH PIONEER

Dr Vivek Tandon, Additional Director, Interventional Cardiology, Fortis Hospital Greater Noida, said, "Cardiovascular diseases are one of the leading causes of mortality in India.

In the last few years, there has been a rise in heart attack cases which has also been recorded in various studies: 25% of Indians below 40 years of age are at a higher risk of suffering heart attacks or other serious heart-related ailment.

This risk increases to 50% for people between 40 and 50 years of age.

Regular Health Screening, Weight Management and moderate exercising lowers the risk of heart attack, advises the medicos.

People with family history of cardiovascular diseases, smoking and high stress levels are at greater risk, they warn.

"Since heart health has been a serious concern in India, the need for introducing light to moderate exercise regime, maintaining body weight, healthy diet intake, reduce consumption of alcohol and tobacco are critical to avert any cardiac related ailments.

"Even if we are active, take a

balanced diet, give up smoking and alcohol, and introduce methods to keep stress levels under control, sudden cardiac arrests can be averted. One of the major reasons for increasing heart attack cases in the young population is the long working hours, reduced sleep, and relationship issues, which cause stress and lead to heart disease. People with risk factors like family history of cardiovascular disease and exposure to an unhealthy lifestyle must get themselves examined by doctors", added Dr Tandon.

Cardiologists at Amrita Hospital, Faridabad concurred even as they blamed stress, smoking and overeating-led visceral weight gain as the flagbearers of risk factors leading to cardiovascular challenges.

Dr. Vivek Chaturvedi, Head of Department (Adult Cardiology), Amrita Hospital, Faridabad said, "Stress management takes center stage in heart health so, it is crucial to avoid excessive stress and also smoking which is caused by it.

Additionally, maintaining control over eating habits is crucial; overeating should be avoided, and a healthy diet should be embraced. Abdominal obesity is a significant

concern for heart health which can be prevented through regular exercise and physical activity. Such activities hold great significance in preventing a range of diseases, including hypertension, diabetes, and obesity. Weight loss and blood pressure reduction can often be achieved through regular exercise without the need for medication."

The doctors emphasized upon inculcating healthy habits among students in the early stage itself. "School students should adapt to a healthy lifestyle early on in their lives which will help them sidestep adverse heart diseases in the long run," said Dr. Mohit Bhutani, Assistant Professor, Dept of Adult Cardiology, Amrita Hospital, Faridabad.

He added, "Students should focus on taking a balanced diet, with an adequate intake of proteins, carbohydrates, fats, and nuts while cautioning against excessive consumption of fatty foods. In the educational setting, schools play a pivotal role in promoting heart health among students. Schools to monitor students' anthropometry regularly, which includes measurements like height, weight, and body mass index, to identify and address

potential obesity concerns early on.

"Incorporating yoga and meditation into daily routines can enhance mental and emotional health of students. It is essential for students to avoid harmful habits such as smoking, excessive alcohol consumption, and substance abuse. Teachers are urged to lead by example by proactively integrating heart-healthy practices into their lives, including regular exercise, tobacco and alcohol avoidance, and stress management through activities like yoga and meditation."

Pramit Mishra, Facility Director, Fortis Hospital, Greater Noida stressed on having complete sleep.

"In these competitive times, our sleep takes a toll, which impacts the overall health, whereas people who complete their sleep cycles and have healthier sleep patterns are better at managing health factors like weight and blood pressure along with a healthy heart."

India's share of one-fifth in the 17.9 million global heart attack deaths, as per WHO, is a stark reminder that heart disease is now affecting people in their 30s and 40s. This shift highlights the urgent need for preventive measures and

early detection in younger adults to curb this alarming trend.

Dr Jyoti Kapoor, Founder-Director and Senior Psychiatrist from Manasthali felt that one way to keep heart healthy is by keeping one free from stress.

"Stress is the silent architect of heart disease, weaving a web of risk factors that can shatter the strongest of hearts. It's not just an emotional burden; it's a potent risk factor for heart disease. When stress takes center stage in our daily existence, it orchestrates a symphony of physiological changes that can, over time, harm our cardiovascular health. Like a relentless storm, chronic stress can erode the resilience of our hearts, leading to increased blood pressure, inflammation, and unhealthy lifestyle choices.

"To protect the heart's sanctity, we must become vigilant guardians of our well-being, mastering the art of stress management. As we unravel the knots of tension, we fortify the heart's defenses, nurturing a future where stress is but a fleeting gust in the gentle breeze of a healthy heart."

The WHO South-East Asia Region member states need to join the global call to raise awareness

about heart health and accelerate actions to prevent, detect and manage cardiovascular diseases. The region is home to a quarter of the world's population, said WHO Regional Director for South-East Asia Dr Poonam Khetrpal Singh on the occasion of World Heart Day observed on September 29.

The WHO South-East Asia Region is experiencing a very high burden of noncommunicable diseases. Cardiovascular diseases are responsible for 3.9 million or 30 per cent of all deaths annually.

"Alarmingly, almost half (48 per cent) of these cardiovascular disease-related deaths occurred prematurely, affecting individuals aged 30-70 years and imposing significant socioeconomic burdens on families, communities and countries," Singh said.

The main causes to the burden of cardiovascular diseases include modifiable lifestyle factors such as tobacco use, alcohol consumption, unhealthy diets -- especially high salt intake -- and lack of physical activity. Raised blood pressure and glucose levels are the key drivers and these can be detected, diagnosed and managed adequately in primary care, she added.

Unique SOS QR Code to ensure timely aid within 'Golden Hour'

This groundbreaking service of detecting the accurate location of the patient in need and providing ambulance service underscores the Manipal hospital's bid to transforming Bengaluru into a Heart Smart City, reports THE HEALTH PIONEER

In a bid to save lives and provide first aid faster during medical emergencies, Manipal Hospitals has launched an advanced SOS QR code through which one can avail ambulance service at the earliest in times of distress.

Manipal Hospitals has strategically positioned the QR codes at key traffic intersections, apartments, and a few vehicles for easy access during emergencies.

Patients or their caregivers can in an instant scan these codes using their Android and iOS mobile phones. The QR code will seamlessly provide real-time, patient location information to the nearest Manipal Ambulance Response Service and 108 Ambulance team.

These ambulances have been strategically stationed at various key points throughout the city so that they can transport patients to the nearest hospital. Manipal Hospitals has also launched a cardiopulmonary resuscitation (CPR) education programme for Bengalureans and proposed to the state government to make CPR education mandatory in colleges and schools

Guj Govt takes lead in heart diseases treatment

The Gujarat Government has spent approximately Rs 1614 crore on the diagnosis and treatment of heart disease patients in last five years even as it included the heart transplant procedure under AB PMJAY-MA.

Thus, making Gujarat the first and only state in the country to do so

On World Heart Day on September 29, the Gujarat Government shared that more than 2 lakh 95 thousand heart disease patients have availed free treatment under AB PMJAY-MA (Ayushman Bharat-Prime Minister Jan Arogya Yojana-Chief Minister Amrutam) in the last five years.

When considering the number of claims submitted by these beneficiaries, the figure exceeds 2 lakh 99 thousand.

Under AB PMJAY-MA, a range of diag-



nostic and treatment procedures for heart diseases are available. These include diagnostic angiogram, Coronary artery bypass grafting (CABG), Valve Procedures, Pacemaker Implantation, AICD - Automatic Implantable

Cardiac Defibrillator, Device Closure, femoral bypass and Ventricular pacing, etc.

It is well-known that the diagnosis and treatment of heart-related diseases are quite expensive. In such a situation, the Gujarat government has implemented the Prime Minister's Ayushman Bharat Yojana in the state in such an effective manner that the state's underprivileged families no longer need to wander extensively in search of heart-related check-ups and treatment.

In a significant move to provide an additional facility to serious heart disease patients from poor and middle-class families, the State Government has also decided to include the heart transplant procedure under AB PMJAY-MA, making it the first and only state in the country to take this step.

to make the community capable of providing critical assistance during medical emergencies.

Through these initiatives, the multi-specialty healthcare chain said, it aims to ensure that every crit-

ical patient receives timely assistance during the 'golden hour'. In medical circles, the 'golden hour' is referred to as the period of time immediately after an adverse health event such as a heart attack or stroke or trau-

matic injury during which there is the highest likelihood that prompt medical and surgical treatment would prevent death.

As part of its health awareness programme, Manipal Hospitals has

also transformed traffic signals into heart-shaped symbols. These traffic signals display SOS QR codes for easy access to the ambulance service.

The heart-shaped signal at the traffic junction is meant to be a

reminder to everyone that every life counts and that one should not neglect one's own heart health.

This trend was set by introducing red heart signals last year at key traffic junctions, which was expanded to 37 traffic signals this year as well, with the support of Bengaluru Traffic Police and BBMP.

The event was inaugurated by Home Minister G Parameshwara and Minister of Health and Family Welfare Dinesh Gundu Rao along with Dr Sudarshan Ballal, Chairman of Manipal hospitals.

As per data from the Centres for Disease Control and Prevention, almost 47 per cent of cardiac arrest fatalities occur prior to a patient's arrival at the hospital. The key to saving lives during heart attacks lies in delivering prompt assistance such as CPR during the 'golden hour'.

Speaking about the newly launched initiatives, Dr Ballal said that at the time of an accident or a medical emergency, one just needs to scan the QR code and one of the ambulances of the hospital would get activated and rush to the spot as

early as possible.

"We have about 35 ambulances in our system in Bengaluru, which may not be enough. So, we have also sought the help of the '108' ambulance service so that there are enough ambulances to address the issue in case of emergency. We also want to educate as many number of people as possible about CPR so that we can save lives," he said.

Home Minister Parameshwara said he will make CPR training mandatory in police training academies in the state and also take efforts to include it in school and college curricula. "We have more than 12 police training academies in Karnataka and we will include CPR as part of our police training programme," he said.

Health Minister Gundu Rao said that in emergency situations, the quicker the patient is brought to the hospital, the better the chances of recovery increases. "We are also working to improve 108 ambulance service facilities and will push for giving CPR training to more and more people, as it can save more lives," he added.

Nagorno-Karabakh conflict: No endgame

The conflict in the Nagorno-Karabakh region is now more than three decades old. This disputed territory lies in the mountainous South Caucasus region, situated between the Black Sea and the Caspian Sea. Known as Artsakh to Armenians, this landlocked region falls within the sovereign borders of Azerbaijan, but it is predominantly populated by ethnic Armenians. While internationally recognised as a part of Azerbaijan, it is currently home to over 120,000 Armenians who resist being under Azerbaijani control. Both Azerbaijan and Armenia fought in the 1980s and 1990s to gain control of this hilly region, but were unsuccessful in their attempts.

As the conflict has resurfaced, it is worth examining the historical background of the issue. In 1923, Vladimir Lenin, the first leader of the USSR who ruled the Soviet Union from 1917 to 1924, established the Nagorno-Karabakh Autonomous Oblast within the Azerbaijan Soviet Socialist Republic. At that time, it was home to a 95 per cent ethnic Armenian population. The problem arose in 1988, just two years before the dissolution of the USSR, when the regional legislature of Nagorno-Karabakh passed a resolution indicating its desire to join Armenia, despite the region being an integral part of Azerbaijan. It is widely understood that ethno-nationalism has played a vital role in mobilising people for nationhood since the beginning of modern civilisation. This strongly influenced the Armenians living in this enclave, and they gradually prepared themselves to become a part of neighbouring Armenia. With the dissolution of the USSR in 1991, both Armenia and Azerbaijan became independent nations.

Meanwhile, the Nagorno-Karabakh oblast declared independence, leading to intense fighting between Armenia and Azerbaijan. By 1993, the Armenian security forces had occupied the region and also gained control over 20 per cent of the neighbouring Azerbaijani territory. In 1994, Boris Yeltsin, the first leader of the Russian Federation, successfully negotiated a peace deal known as the Bishkek Protocol between the two former Soviet Republics.



A convoy of cars of ethnic Armenians from Nagorno-Karabakh moves towards Komridzor in the Syunik region in Armenia

AP

However, it did not resolve the territorial dispute and left the Nagorno-Karabakh region de facto independent. Peace between the two warring neighbours was maintained for some time with the influence of Moscow. However, once the USSR disintegrated, these peripheral republics became more conscious of their rights, priorities, and sovereign frontiers and they tried to re-establish their external relations with other nations around the globe.

From 1994 to 2015, there was peace between Armenia and Azerbaijan. In 2016, heavy fighting erupted once again. Then, in late September 2020, fresh clashes broke out along the Azerbaijan-Nagorno-Karabakh border. Azerbaijan regained much of the territory from Armenia and left a small portion of Karabakh to Armenia. The war came to an end with a Russia-brokered peace deal in November 2020.

The most significant aspect of this agreement was the

establishment of the Lachin Corridor, which allowed Armenia to connect to the Nagorno-Karabakh enclave under strict monitoring by Russian peacekeepers. The main trouble started in December 2022 when activists from Azerbaijan blocked the Lachin Corridor, halting all supplies coming to Nagorno-Karabakh from Armenia. This further led to the opening of a checkpoint by the Azerbaijani government on the corridor, alleging the supply of arms to Armenian separatists in the Nagorno-Karabakh region.

To put an end to the hostilities between the two neighbours, the US, Russia, and the European Union hosted talks with representatives from Baku and Yerevan. Finally, Armenian Prime Minister Nikol Pashinyan and Azerbaijani President Ilham Aliyev made considerable progress towards peace after constant intervention by the major powers and pressure from the UN to maintain tranquility in the region. It

is positive for the international community that Pashinyan recognised the entire Nagorno-Karabakh enclave as the sovereign territory of Azerbaijan. He also emphasised that Baku must respect the internationally recognised boundary of Armenia and ensure the protection of ethnic Armenians living in the Nagorno-Karabakh region."

What has happened in Nagorno-Karabakh now? On September 19, in the days following the opening of the Lachin border, people from both sides of the frontier hoped that normalcy would be back to the disputed territory. This deal came as a result of an understanding between the Azerbaijani Government and the Armenian separatists of the Nagorno-Karabakh oblast. The agreement aimed to reopen two disputed transport routes, including a crucial link road known as the Lachin Corridor.

What has really worsened the ground situation is that for the last more than nine

months, Azerbaijan authorities are tightly restricting the movements of the Armenian Government with the Nagorno-Karabakh oblast through the Lachin Corridor.

Earlier Azerbaijan accused Armenia of smuggling arms and ammunition by using this route to the Nagorno-Karabakh. When the historic deal was sealed between two warring nations, the self-proclaimed Republic of Nagorno-Karabakh declared the election of a new President named Samvel Shahramanyan for it simultaneously. This move, which irked the Azerbaijani Government, was declared as illegal. For Baku, this election is purely illegal. Azerbaijan referred to the government as a "puppet separatist regime" at the heart of all troubles between the two nations.

While echoing concerns for a new flare-up, the Azerbaijani foreign ministry reiterated that "the only way to achieve peace and stability in the region is the unconditional

and complete withdrawal of the Armenian armed forces from the Karabakh region of Azerbaijan and the disbandment of the puppet regime".

Meanwhile, both Ukraine and Turkey voiced support for Azerbaijan's claim over Karabakh and denounced the election held in the region. The European Union has taken a very cautious stand by saying that it did not recognise the election but wanted the people of the Nagorno-Karabakh to consolidate around its de facto leadership while dealing with Armenia.

Many in Armenia fear that the people in the Nagorno-Karabakh enclave may face genocide in 2023. The way Baku is asserting control over the disputed territory is alarming. We are all aware of the Armenian genocide of 1915, when people of Armenian origin were massacred in Anatolia, in what is now modern-day Turkey. It is ironic that the US remained silent about the Armenian genocide until 2021,

when President Biden finally publicly recognised it.

Currently, the ethnic Armenians in the Nagorno-Karabakh oblast need the support of global governance institutions like the UN, as well as intervention from major powers such as the US, the Russian Federation, and the European Union, to prevent a potential genocide in the enclave.

What is concerning are the messages coming from Baku and President Aliyev. In the past, Aliyev did not abide by the verdict of the International Court of Justice (ICJ) which instructed Baku to reopen the Lachin Corridor. He has consistently disregarded requests from the UN and US Secretary of State Antony Blinken to comply with the ICJ's ruling. His government has assured the international community that reintegration will bring development and prosperity to Nagorno-Karabakh.

However, it is alarming that since 2010, Aliyev has reportedly stated that Armenia itself is "Western Azerbaijan", and last December, he declared that "present-day Armenia is our land". Furthermore, for years, Azerbaijan has maintained that Armenia is an illegitimate state. These are serious warning signals for the entire world, for Armenia, and for the conflict-ridden Nagorno-Karabakh oblast.

At present, Azerbaijani forces have fully occupied the Nagorno-Karabakh region whose separatist leaders have laid down their arms. However, thousands of ethnic Armenians are fleeing to Armenia, fearing for their lives and the sudden change in the status quo.

It is time for the international community to ensure the future safety of ethnic Armenians in Azerbaijan. President Aliyev must work towards restoring peace and tranquility to the Nagorno-Karabakh region. He should refrain from seeking further escalation of the crisis. Otherwise, pressure on Pashinyan might lead Armenian forces to reclaim the oblast, potentially sparking a bloody war in the region.

The time has come for both Baku and Yerevan to bid farewell to arms.

(The writer is currently president of the Global Research Foundation)

The Nagorno-Karabakh conflict spans over three decades, rooted in territorial disputes between Azerbaijan and Armenia. Despite internationally recognised as part of Azerbaijan, the region is predominantly Armenian-populated. Recent tensions, exacerbated by border restrictions, pose a risk of genocide. International intervention is crucial to ensure ethnic Armenians' safety and regional peace.



MAKHAN SAIKIA

PERSPECTIVE

Planet burns as superpowers desert multilateralism

The planet is on fire, but almost all the firefighters have deserted. At the meeting of the United Nations General Assembly, which began on September 19 in New York, the leaders of four of the five permanent members of the Security Council — the UN's most powerful executive body — were absent.

The absence of the top representatives of France, the United Kingdom, Russia and China, replaced by ministers or diplomats, demonstrated the emptying of the main global multilateral forum and highlighted the speeches of the two presidents who opened the General Assembly: Brazil's Luiz Inácio Lula da Silva and the US' Joe Biden.

Both leaders, with decades of experience, referred bluntly to fires that are ravaging the planet — starting with the climate emergency and the war in Ukraine. And both, albeit in very different tones, pointed the finger at the central issue hanging over the meeting, which the absentees made clear: the crisis of the UN and the multilateral system that has been built around it in recent decades.

The UN was created in 1945, on the initiative of the United States and with the support of the allied countries that had defeated Nazism and

fascism (primarily the Soviet Union, Great Britain and France) with the aim of "preserving future generations from the scourge of war".

A year earlier, in 1944, the Bretton Woods Agreements had laid the foundations for the post-war global financial system, and created the World Bank and the International Monetary Fund. Over the years, dozens of agencies, funds and specialised programmes have been added, gradually building up what is known as the UN System.

Practically every country in the world is a member of the UN and the organisation deals with countless issues, ranging from protecting life in the oceans to coordinating satellite orbits, humanitarian aid operations, vaccination campaigns, agreements to limit climate change and, more recently, attempts to create regulations against disinformation on social networks and to combat tax avoidance by large international corporations.

An imperfect system, but one that worked

The system, as Biden pointed out in his speech, "is not always perfect and has not always been perfect", but with its ups and downs, it worked reasonably well for seven decades. During the Cold War,

the UN was a crucial channel of communication that contributed to avoiding nuclear conflict. After it, the UN's remit expanded further: for example, with the multiplication of peacekeeping operations.

Despite the genocide in Rwanda, the civil war in the former Yugoslavia and the invasion of Iraq in 2003, in those two decades the number of armed conflicts (between countries and within countries) steadily declined, as did the number of victims. The curve reversed in 2012, when the civil war in Syria worsened, and since then it has continued to rise year on year. According to the Conflict Data Programme at Uppsala University, 184 different conflicts were recorded in 2022, including the war in Ukraine, with more than 238,000 victims in total, compared to an average of 120 conflicts and 30,000 victims per year between 2001 and 2012.

The UN's inability to respond appropriately to the war in Ukraine is more an indicator than a trigger of the crisis of multilateralism. Russia has brought the war of aggression, of territorial annexation, back as a tool of foreign policy. But the same Western powers with permanent seats on the Security Council that are right-

ly criticising the Russian invasion today have resorted to the unilateral use of military force in recent decades, contrary to the UN Charter and international law.

What we usually call multilateralism is the way in which the international system adopts a grammar of principles and norms that, in theory, should be followed by all states. It is a process of institutionalising forms of coordination and cooperation in public policy that generates a certain stability and predictability in relations between states and societies.

In the way the UN works, there is an element of equality in the treatment of states (all 193 member countries have the right to vote and voice in the General Assembly), but there are also obvious asymmetries of power, such as the special status of the five permanent members of the Security Council. The so-called P5 have kept their veto power unchanged since 1945 and often ignore the rules they are supposed to enforce — a historical incongruity that Lula rightly attacked again in his speech in New York.

Global governance

Even so, this grammar organises a large part of global governance mechanisms,

which increase international dialogue and cooperation, and decrease the propensity to use force as the main instrument for settling disputes.

The UN system is based on the idea that power relations between states should not be the only element that determines the shape of international relations. In fact, as recently as 2015, the multilateral system reached a consensus to adopt two global agreements of great importance and impact: the Paris Agreement for the reduction of greenhouse gases, responsible for the climate emergency, and the Agenda 2030 for sustainable development.

From then on, the multilateral system was able to do little more than try to manage a growing number of humanitarian emergencies. In June 2023, the UN Office for the Coordination of Humanitarian Assistance (OCHA) estimated that there were 362 million people around the world in need of international aid to meet their basic survival needs.

Crisis of legitimacy and authority

During the COVID-19 pandemic, the World Health Organisation, under heavy fire from the administration of then US President Donald Trump, was virtually ignored

by the richest countries in its attempt to ensure equitable distribution of vaccines. The conflicts in Syria, Yemen and Israel/Palestine drag on, with no solution in sight. Efforts to strengthen the UN's capacity for preventive diplomacy, promised by Secretary-General António Guterres, have backfired, and the organisation has been unable to do anything to prevent the invasion of Ukraine or to facilitate a ceasefire. The system has apparently ground to a halt.

It continues to shape a large part of international interaction, but today there are two key areas of resistance to it: the emergence of countries in the Global South willing to reinterpret the hegemony of the liberal order, and the growth of a transnationally articulated radical right.

In the international debate, there is much more attention paid to the first question than the second. However, as the experience of the Trump and Bolsonaro governments has shown, the radical right's sovereignist vision is at odds with the essence of multilateralism, which requires agreed transfers of national sovereignty in favour of common goals, such as the fight against climate change. It is no coincidence that the Spanish radical right party Vox has been running a

campaign against the 2030 Agenda for years, which has been expanding throughout Latin America. Even so, the entire UN bureaucracy, from Secretary-General Guterres onwards, is reluctant to engage in open conflict with the radical right.

A strategic problem

For Brazil, and Latin America in general, the crisis of the multilateral system is a strategic problem. The region has an old multilateralist tradition, in which conflicts between states have been resolved by diplomatic means and not by arms. A dozen countries from the region took part in the creation of the League of Nations in 1920, and 20 were among the 51 founding nations of the UN. To this day, the multilateral space represents the only international arena in which the region has any influence, since from an economic and military point of view Latin America's weight is extremely limited: the region is home to 8 per cent of the world's population, but in 2022 it accounted for only 5.26 per cent of global GDP.

At the same time, the collective influence of the so-called Global South is increasing. In the weeks leading up to the UN General Assembly, the leaders of developing nations

met at the BRICS summits in South Africa, the G20 in India and the G77+China in Cuba.

For Brazil and the other countries of the Global South, the challenge is to maintain political independence and action, seeking to defend the interests of their populations, without taking sides in the dispute over the new global hegemony between China and the US. It is the concept of active non-alignment.

Concluding his speech in New York, Lula recalled that "the UN needs to fulfil its role as a builder of a more just, supportive and fraternal world. But it will only do so if its members have the courage to proclaim their indignation at inequality and work tirelessly to overcome it".

Brazil and the Global South must endeavour to reform the multilateral system, such as the unsustainable composition of the Security Council, while respecting all its norms, especially with regard to the UN Charter and all human rights protection mechanisms, including the International Criminal Court. Only in this way will it be possible to reaffirm the legitimacy of multilateralism, reduce global power asymmetries and try to put out the fires that threaten our planet.

(The Conversation)

I AM CAREFUL WITH MY DIET, BUT AT THE SAME TIME, I REGULARLY MEDITATE AND DO YOGA EARLY IN THE MORNING. THAT'S THE ONLY REASON FOR MY FITNESS
— JAGAPATHI BABU

YOUR WEEK AHEAD

MADHU KOTIYA



ARIES March 21-April 19
The cosmos emphasizes the need to judiciously manage your monetary resources. While abundance is foreseen, your expenditures might surpass your earnings if not monitored. Seeking equilibrium between fiscal management and other fast-evolving aspects of life is essential. Your domestic sphere, real estate matters, educational pursuits, and career advancements are beckoning for your consideration. As the week draws to a close, you'll experience a lightening of burdens, making way for a harmonious flow of energy. A spirited and exuberant aura will envelop you, enhancing your zest for life's journey. However, a cautionary cosmic whisper advises staying vigilant to avoid any unforeseen snags. The tarot's wisdom reiterates the need to cultivate balance, assuring a smoother sail through life's various arenas.

Lucky number 24 | **Lucky colour** Lavender
Lucky day Friday



LEO July 23-Aug 22
The stars bestow upon you a commanding presence, allowing you to steer situations with confidence this week. While emotions and passions run deep, they remain within your grasp. Engaging in creative endeavors, whipping up delightful dishes, and catering to family needs will occupy your time. Additionally, you'll indulge in some self-care and leisure activities. By midweek, a shift in your convictions and operational methods emerges. An epiphany about harnessing your talents might strike you. A journey beckons and unforeseen events might catch you off guard. However, with meticulous planning, you'll navigate these scenarios adeptly. A surge of optimism and trust in the cosmic order fills you. You'll perceive the guiding hand of destiny, and perhaps, witness serendipitous occurrences or a string of fortunate events.

Lucky number 26 | **Lucky colour** Indigo
Lucky day Tuesday



SAGITTARIUS Nov 22-Dec 21
There are numerous shortcomings that require prompt rectification. Master the art of delegating tasks and pre-scheduling your routine to ensure efficient time and energy management. If a promotion is on the horizon, you might see it materialize this week, alongside indications of financial gains. Work or business-related travel will be fruitful, paving the way for new associations poised to benefit you in the long-term. Your self-confidence and valor are your ladders to success, propelling you upwards. By the week's end, substantial monetary and financial gains await, leading to enjoyable material comforts. This period is auspicious for property acquisition, though caution and thorough deliberation are crucial in the decisions you make. Don't let career anxieties bog you down; you're on the brink of a significant breakthrough, just one step away.

Lucky number 23 | **Lucky colour** Amber
Lucky day Wednesday



TAURUS April 20-May 20
You might come across harsh or unkind remarks from a colleague or even a loved one, which could be unsettling. Despite this, the week kicks off on a cheerful note with new opportunities presenting themselves. It's advisable to remain grounded and not get carried away by unrealistic expectations. There's a possibility that a budding relationship might hit a rocky patch. It's crucial to manage your emotions and temper, as it may otherwise lead to a stressful and tiresome situation. Although this is a transient phase, gaining control over the situation will soon be achievable. A supportive interaction with a senior female figure, be it your mother or a distant relative, could prove beneficial during this time.

Lucky number 17 | **Lucky colour** Coral
Lucky day Saturday



VIRGO Aug 23-Sep 22
This week, you find yourself on an emotional whirlwind, reminiscing about old friends or yearning to be with family if you're away. A trip to your hometown may be on the cards, offering a chance to exchange gifts and share joyful moments with friends. However, when it comes to love or romance, you might find yourself lagging. Your emotions may tilt towards possessiveness with your partner, thus maintaining a balanced emotional state and a calm demeanor is advisable. Meditation can serve as an excellent solace. Donning white attire is recommended. Rather than dwelling in gloom or disappointment, channeling your energy into artistic or spiritual pursuits could be more rewarding. Remember, after every phase of darkness, there's light, signaling that change is on the horizon, so keeping an optimistic outlook is beneficial.

Lucky number 14 | **Lucky colour** Marigold
Lucky day Monday



CAPRICORN Dec 22-Jan 19
Guidance on your life's path ahead may come from a guru or a senior family member, as high aspirations and desires are causing confusion. Steer clear of illusions and false narratives; a practical approach will serve as your shield against these adverse circumstances. Fantasizing without grounding may lead to further complications, and while relationship issues might arise, providing space and time to your partner before making decisions can pave the way for better outcomes. Uphold honesty and exercise wisdom and intellect to accurately assess the reality in front of you. A negative ambiance surrounding you requires clearing to let the joys of life color your days. Have faith in your capabilities and proceed forward with confidence.

Lucky number 15 | **Lucky colour** Mauve
Lucky day Sunday



GEMINI May 21-June 20
Many positive occurrences are on the horizon. Experiences of love, romance, heightened emotions, recognition, applause, and triumph over adversarial situations will elevate your self-esteem. The week commences with nurturing support and a strengthened bond with your spouse. The altruistic love and mutual understanding within existing relationships will invigorate your spirit, enabling you to give your utmost. With a positive outlook, you'll overcome the negative forces that previously stifled your ease. Your capability and intelligence will earn the admiration of even those opposed to you, marking a significant victory. Your persona inspires those around you. You'll experience healing both physically and mentally, ultimately leading to a sense of justice being served.

Lucky number 29 | **Lucky colour** Turquoise
Lucky day Monday



LIBRA Sep 23-Oct 22
This week, your energy, creativity, and determination toward achieving professional aspirations take center stage. If you've been anticipating news or messages from overseas, this period seems promising, with good news likely to buoy your spirits. Come mid-week, financial matters will engage your attention, encompassing transactions, payments, and investments. While money flows favorably, remember, channeling some towards charity or assisting the less fortunate will usher in blessings. As you transition into this next chapter laden with myriad possibilities, a significant shift in your behavior or thought processes is essential. Embracing this change will pave the way for positive outcomes and the taste of success. Though obstacles may arise, your seasoned experience and intellectual prowess will equip you to confront and overcome these hurdles proficiently.

Lucky number 21 | **Lucky colour** OlivViolet
Lucky day Thursday



AQUARIUS Jan 20-Feb 18
The week appears promising both professionally and romantically. An unexpected pay raise or a superior position might be on the horizon. Be prepared for work-related travel, which is poised to yield significant benefits in the future. There may be a change in your workspace or residence if you're currently renting. Mid-week brings a wave of romantic and sentimental feelings, fueling your passions. A particular relationship or situation may leave you torn; though your heart and mind seem at odds, following your heart is advisable. As the week concludes, a sense of stability and emotional control will prevail. Your perspectives will broaden, inviting a host of opportunities related to your career, the birth of a child, or fertility.

Lucky number 28 | **Lucky colour** Orange
Lucky day Tuesday



CANCER June 21-July 22
Your sentimental tendencies are taking hold, leading to potential remorse over past actions and displaying resentment or aggression towards those close to you. It's vital to steer clear of disappointment and depression, and engaging in mental exercises could provide significant relief. Practices like meditation, yoga, Pranayama, or even delving into enriching literature may prove beneficial. The past is behind you, and reflecting on the present to brighten your future is the week's motif. By closing an old chapter and adopting a fresh perspective, you showcase your strength and intelligence. Dodging an issue won't resolve it. It's optimism and faith that will propel you towards your desires. It's advisable to steer clear of any risky endeavors.

Lucky number 12 | **Lucky colour** Peach
Lucky day Saturday



SCORPIO Oct 23-Nov 21
This week unfolds a tapestry of delightful and amusing narratives for you. You'll find yourself immersed in a challenging task or mission, dedicating your heart and soul to it, and experiencing a unique journey altogether. Collaborating with a group towards a common goal will enrich your character, exposing you to new insights, talents, and revealing your own potential. Around mid-week, an overseas connection might emerge, possibly through a friend or plans for a foreign visit may be laid down. Your goal-driven attitude ensures that distractions like love, romance, or leisure won't sway you off course. Your ambition to attain financial success and carve a notable reputation is strong. The recognition for your diligent efforts is on the horizon, potentially manifesting as a promotion or salary increment.

Lucky number 19 | **Lucky colour** Teal
Lucky day Saturday



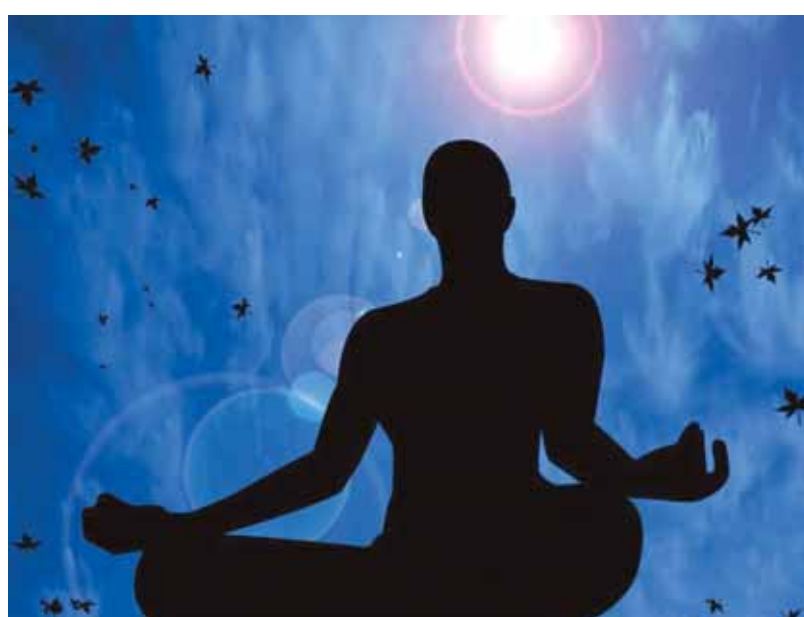
PISCES Feb 19-March 20
This week will be marked by a reflective analysis and evaluation of your recent work, helping you learn from past mistakes. Negative thoughts could surface during this period. However, come mid-week, a sense of contentment and joy may emerge as unexpected opportunities in business, new assignments, or job offers come your way. This period is ripe for financial gains, investments, and launching new business ventures. Various offers will cross your path, requiring careful consideration to select the most suitable one. It's also essential to keep a tight rein on your budget to avoid overspending. As the week winds down, travel seems likely—be it for leisure, a romantic outing with your partner, or a pleasant picnic, plans for a rejuvenating excursion might be in the offing.

Lucky number 11 | **Lucky colour** Beige
Lucky day Friday

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ASTROTURF
BHARAT BHUSHAN PADMADEO

Dhyana process proper



In Indian tradition, Mantra plays an important role in Dhyana process. It will therefore be desirable to explore its relevance and the way it works. Mantra is usually a set of syllables placed in a logical sequence to create a particular sound effect. It could be just a seed letter, syllable, word, or a set of words. That, as a sequel to stress created and uttered by mouth, is heard by ears, and apprehended by mind. Mantra is so called because it involves a mental process. The word comprises of 'mana' out of 'manana' and 'tra' from 'trana'. In Hindi lingua-franca 'mana' means mind; 'manana' implies reflection in mind; and 'trana' stands for liberation. So, chanting of mantra helps attain liberation from mental limitations, and therefore, serves a great purpose. For, it happens to be a radiant energy, rather a sound-body of consciousness, set in correspondence with the consciousness of the related imagery. Following repeated chanting with focus on the related imagery, consciousness of the seeker comes in harmony with that of the mantra and the imagery. Eventually, with time, the seeker's consciousness becomes one with the eternal element of consciousness.

While pursuing the process, one is continuously confronted with distracting thoughts that drifts our attention away from the focal point, again and again. So, you won't have an easy go. Don't confront those distracting thoughts. If you ever do that, they will stay put in mind, and keep visiting again and again. The only way out is training one's mind not to pay attention to them. It needs to be appreciated here that unless you pay attention to something, it won't bother you.

Continue chanting and try to bring back attention to the imagery sought after again and again. Gradually, the distracting thoughts go out of reckoning. You may then be able to remain focused for a longer stretch of time. Let me add here that when the sound notes of the mantra resonate to the imagery in focus, with time, one gets so involved that distracting thoughts go out of sight. Once fully established in the process, mind becomes one pointed. In the process, one also inculcates a value system, coming as it

may with the educative import of the imagery in focus.

As one gets established in the dharana process, the seeker is in harmony with the imagery and its related educa-

apparently goes unnoticed. One remains steadfast with the concept synonymous with the imagery in focus. This state is termed as being in savikalpa samadhi (immersed in the iconic figure targeted). With time even the iconic figure drops. Following which the mantra, the imagery, and the mind become one seamless awareness, which means attaining the state of nirvikalpa (formless) samadhi.

In samadhi, all thoughts, whether pertaining to the past or future get dropped. The sense of past and future having been lost, nothing is there to process in immediate terms. Mind, therefore, is at peace. You then live in just your present moment, which is termed as mindfulness.

The question now is: If all about life, including the mind, involves play and interplay of nature driven energies, always pulsating, how comes mind would become inactive and be at peace? Well, it can never become immobile the way a running vehicle is halted. But pursuing dhyana, a state is arrived at when mind is in perfect harmony with the element of conscious-

ness. The unitary mind then submerges with the cosmic mind. Mind then becomes an integral part of nature's flow, and so is at peace with self and the rest. Just the way someone doesn't have a feel of earth spinning at such a great speed while standing on its plane. For, the person and the earth become synonymous. This is what may mean attaining a state of Yoga. In this state, mind enters an infinite domain having no distinctive existences. It is something like a river stream merging with the ocean. In that state the river water loses its identity and becomes one with the ocean. Having thus struck upon the core of existence, mind realises its wholesome nature, when it has nothing more to explore. The unitary mind having thus been dropped the sense of individualistic existence too goes away. That leaves no scope for any comparison or differentiation and hence at peace by the self and with the rest.

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