



WORLD 6
THREE KILLED, EIGHT HURT IN KNIFE ATTACK IN GERMANY

SPORT 7
INDIA U17 GEAR UP FOR INDONESIA CHALLENGE IN BALI

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DELHI LUCKNOW BHOPAL
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DEHRADUN HYDERABAD
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LUCKNOW, SUNDAY AUGUST 25, 2024; PAGES 12 ₹3



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Unprecedented Unified Pension Scheme by Modi Government



Prime Minister Narendra Modi meets a delegation from Joint Consultative machinery for Central Government employees, at his residence in New Delhi on Saturday PTI

RAJESH KUMAR ■ NEW DELHI

The Narendra Modi government on Saturday approved an assured 50 per cent of salary as pension for government employees under Unified Pension Scheme (UPS), which aims to provide assured pension, family pension and assured minimum pension. The new scheme will benefit 23 lakh central government employees. The new scheme will be implemented from April 1, 2025 and employees will have

the option to choose between the National Pension Scheme (NPS) and UPS. Existing central government NPS subscribers will also be given the option to switch to UPS. This UPS, in addition to gratuity will incorporate a lump sum payment after superannuation. Notably, UPS will also be applied retroactively to government employees who retired from 2004 onwards. While announcing the details of the scheme after the cabinet meeting, Union Information and Broadcasting Minister

Ashwini Vaishnav announced the UPS that government employees will now be eligible to get 50 per cent of the average basic pay drawn over the last 12 months before the superannuation as pension. The Centre has constituted a committee that held 100 meetings with several top organizations, including the RBI and the World Bank, to make decisions on this scheme. "Government employees have demanded some changes in the New Pension Schemes. For this, Prime Minister

Narendra Modi constituted a committee under the chairmanship of Cabinet Secretary TV Somanathan. This committee held more than 100 meetings with different organisations and nearly all the states." There's a difference between how PM Modi works and the opposition works," Vaishnav said. "Unlike the opposition, PM Modi believes in holding extensive consultations. Following extensions consultations with everyone, including Reserve Bank of India and World Bank, the

committee has recommended a Unified Pension Scheme. Today, the Union Cabinet has approved this Unified Pension Scheme, and it will be implemented in the future," he added. Under the assured pension scheme, the beneficiary will get 50 percent of the average basic pay drawn over the last 12 months prior to superannuation for a minimum qualifying service of 25 years. The pension drawn will be proportionate for lesser service period up to a minimum of 10 years of service. As a part of the assured minimum pension, the beneficiary will draw Rs 10,000 per month on superannuation after minimum 10 years of service. Under the assured family pension, the beneficiary will get 60 percent of pension of the employee immediately before his/her demise. The assured pension, assured family pension and assured minimum pension will receive benefits of inflation indexation. Dearness relief will be based on All India Consumer Price Index for Industrial Workers (AICPI-IW) as in case of serving employees.

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PDP Manifesto: Mehbooba Mufti throws down the Kashmir gauntlet

MOHIT KANDHARI ■ JAMMU

Joining the chorus with the National Conference over the resolution of the Kashmir issue, Peoples Democratic Party (PDP) Chief Mehbooba Mufti Saturday observed that the unconstitutional and illegal revocation of Articles 370 and 35A in 2019 has further complicated the Kashmir issue, deepening the sense of alienation among the people of the region. Releasing her party's election manifesto ahead of the Assembly polls in Srinagar, the former Chief Minister declared that if the National Conference (NC) and Congress were willing to accept the PDP's manifesto and align with its stand on resolving the problems of Kashmir, she would support their alliance without contesting any seats. She said, "Alliance and seat sharing are faraway things. If the National Conference and Congress are ready to adopt our agenda, we will say they should contest on all seats, we will follow them because, for me, solving the problem of Kashmir is more important than anything else," she said. Mehbooba Mufti clarified that the upcoming elections are not just about Statehood or seat sharing, but about larger goals. "For me, this election is not about Statehood or seat sharing... We have a bigger



Peoples Democratic Party (PDP) president Mehbooba Mufti with other party leaders and candidates during the release of the party's election manifesto ahead of the State Assembly elections, in Srinagar, on Saturday PTI

goal... We are fighting for dignity, for the resolution of the Kashmir issue." "When we allied earlier, we had an agenda, when we allied with the BJP, we had an agenda which they agreed to but the alliance between the National Conference and Congress is not happening on the agenda, it is happening on seat sharing," she added. "The PDP is resolute in its pursuit of restoration of the constitutional guarantees that were unjustly scrapped and is committed to restoring Jammu & Kashmir to its original status, ensuring that the voices of its people are heard and their rights are safeguarded." She also committed to facilitating the return of Kashmiri Pandits to the Valley, emphasizing that her party

would take all necessary steps to ensure their safe return. Mehbooba Mufti said her party is committed to the revocation of AFSPA. She also batted for the resumption of the cross-LoC trade between India and Pakistan and urged the Union Home Minister to relaunch the services soon by extending banking services to the traders on both sides of the LoC. The manifesto titled 'People's Aspirations' also talks about creation of a regional free-trade area and shared economic market, striving for revocation of the Public Safety Act (PSA), Unlawful Activities (Prevention) Act (UAPA) and Enemy Act, as well as its commitment to revocation of Armed Forces Special Powers Act (AFSPA).

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MVA hits the streets over macabre Badlapur rape

PTI ■ LATUR

The Opposition Maha Vikas Aghadi held a protest in Latur on Saturday as part of its Statewide stir against the sexual assault on two girls in a school in Badlapur in Thane district and the Maharashtra Government's alleged mishandling of the case. Workers of the Congress, Shiv Sena (UBT) and NCP (SP) wore black arm bands and masks to cover their mouths as part of the protest, which was held at Rajarshi Chhatrapati Shahu Maharaj Chowk in the morning. They shouted slogans against the State and Union Governments and said concrete steps must be taken to tackle crimes against women. The MVA had called for a 'Maharashtra bandh' on Saturday but it had to be withdrawn after the Bombay High Court on Friday restrained all parties and individuals from proceeding with it. Meanwhile, BJP workers on Saturday demonstrated in Thane against the

Maha Vikas Aghadi, accusing the Opposition parties of trying to politicise the alleged sexual abuse of two minor girls at a school in Badlapur. Protesters, led by BJP's Thane district president Sanjay Waghule and MLA Sanjay Kelkar, assembled in front of Ahilyadevi memorial amid rains and demanded swift justice for the victim girls. "This is a severe incident which has devastated the family members of the victims. However, leaders of MVA are busy politicising this tragedy. They are trying to defame Maharashtra," Waghule alleged. Kelkar alleged that MVA leaders are eyeing power and lack sensitivity. Local BJP leaders, former corporators, women wing members, and other office-bearers joined the protest. The MVA staged protests across Maharashtra, accusing the Mahayuti Government of inefficient handling of the Badlapur incident, which triggered a massive rail roko demonstration on Tuesday.

Bestial Assam rapist meets his end in a pond

PTI ■ GUWAHATI

The prime accused in the rape of a minor girl allegedly escaped from police custody, jumped into a pond and died on Saturday morning at Dhing in Assam's Nagaon district, police said. The villagers of Borbheti, the family home of the accused, have taken a decision not to participate in his funeral prayers and not allow his burial in the village graveyard. Nagaon Superintendent of Police Swapneel Deka told reporters that the accused, who was arrested on Friday, was taken handcuffed to the location where the crime was allegedly committed for a re-creation of the crime scene around 3.30 am. "The accused hit out at a policeman, escaped from police custody and jumped into the pond," Deka said. The SDRF was immediately informed, a search operation was launched and his body was recovered after nearly two hours, he added. The policeman was also injured and admitted to a hospital, the SP said. The other two accused are still absconding and search was continuing with raids conducted at several places on Friday night. The 14-year-old girl was allegedly raped by three persons who came on a motorcycle and surrounded her while she was returning home from tuition on her bicycle at Dhing on Thursday evening. She was left injured and unconscious on the roadside near a pond, before



being rescued by locals who informed police. Meanwhile, villagers of Borbheti held a meeting on Saturday morning and took three decisions regarding the crime committed by the youth. "We have decided not to allow his burial in the village graveyard, not participate in his 'janaza' (burial prayers) and social boycott of his family," a village elder Md Shahjahan Ali Choudhury told PTI. "The village youth's crime has shamed us and we cannot allow his burial in the community graveyard," he added. Meanwhile, a march was also taken out from the village mosque to protest against the incident. Chief Minister Himanta Biswa Sarma had said on Friday that stern action will be taken against the culprits. Sarma, who is currently touring the three districts in Barak Valley, had said on Friday night that there is a difference between Assam and Bengal in dealing with such cases.

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India will miss your thunder, Shikhar Dhawan

RISHABH MALIK ■ NEW DELHI

India's opening batsman and Champions Trophy winner Shikhar Dhawan announced his retirement from professional cricket both international and domestic through a social media post on Saturday morning. In the retirement video message he stated "As I close this chapter of my cricketing journey, I carry with me countless memories and gratitude. Thank you for the love and support! Jai Hind!" Dhawan last donned the Indian jersey in an ODI against Bangladesh in 2022 and T20I in Sri Lanka in 2021. Dhawan has not been part of the Test team since 2018, after the England Tour. From his thunderous arrival in Test cricket in Mohali against Australia in 2013, he scored 187 under the leadership of Dhoni, later in the career Shikhar found a permanent spot in India's opening slot with Rohit Sharma for the first time, which helped the Team India in winning the Champions Trophy in 2013 in England. He was a leading run scorer in the tournament with 363 runs in the bank. From where there was no looking back for Dhawan in 2015 World Cup, Dhawan scored 338 runs in five innings and one hundred. In the 2015 ODI World Cup, he was

India's top run-getter with 412 runs in eight matches and two hundreds. Overall, Dhawan has featured for India in 167 ODIs, scoring 6793 runs including 17 centuries and 39 half-centuries. His average in the format stands at 44.11 in test cricket, Dhawan's career always known for his ICC tournaments performances back from under 19 World Cup to 2019 his big scores marked a significant badge on his career. His centuries in ICC World Cups and Champions Trophy stood out in One Day Cricket.

Dhawan's career will always be remembered for his opening partnership with Rohit Sharma which they started with the white ball cricket from the 2013 ICC Champions Trophy. Both openers have 5148 partnership runs and are the fourth-highest among all opening pairs, next only to Ganguly-Tendulkar, Adam Gilchrist-Matthew Hayden and Gordon Greenidge-Desmond Haynes. It took only 140 - Innings by Dhawan to reach 6000 ODI runs which are the fifth fastest in World ODI Cricket. The left hand opening batsman also had some low points in career in the 2019 World Cup after scoring a century against Australia in the Oval. He suffered a thumb injury which ruled him out from the World Cup which has been the talking point of India's loss in Semi Finals.

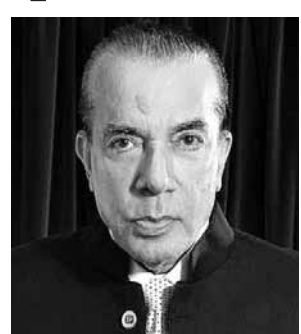
Continued on Page 5



Nari Hira of Stardust dreams passes away

PIONEER NEWS SERVICE ■ NEW DELHI

Nari Hira, founder and editor of once popular film magazine Stardust, died at the age of 86. He was also a renowned film producer and owner of Magna Publishing. Stardust brought style and glamour to the coverage of Hindi film industry and most stars and those wanting to reach the pinnacle were eager to be featured in the magazine. Moreover, it was a favourite of travellers, mostly those on long-distance train journey, who would pick up a copy of rather thick Stardust in the 1970s and 80s to keep abreast with the latest in Bollywood,



including juicy snippets about the life of their favourite film icons in front of the camera and off it. Hira's contributions to Indian journalism have left a lasting legacy. Hira was a prominent figure in the Indian media industry,

known for his pioneering work in publishing popular magazines such as Stardust, Savvy, Showtime, Society, and Health. His family broke the news about Hira's passing away in a statement saying, "It is with deep sorrow that we share the news of his death, a pioneer in print media, a family man and father beyond compare, he leaves us behind heartbroken in his absence." Novelist-columnist Shobhaa De and prominent journalist Vir Sanghvi posted for Nari after his death. The former wrote, "Farewell, Boss... (sic)" while the latter wrote, "RIP Nari Hira, the genius of Indian publishing."

Continued on Page 5

Mullaperiyar Dam time bomb ticking in Kerala

KUMAR CHELLAPPAN ■ KOCHI

A time bomb going by the name of Mullaperiyar Dam is ticking away in Kerala's Idukki district. "The 130-year-old dam is sure to burst anytime causing unimaginable devastation in five districts of the State. The deluge that the sudden bursting of the overaged dam would swallow 4.5 million people and their properties," say experts who are closely monitoring the safety of the dam. Mullaperiyar Dam built in 1880 across Periyar River by the then British Government in power in the Madras Presidency at a high cost to the princely State of Travancore has been a



burning issue in South India ever since it went operational in 1895. The mortar used in construction of this rickety dam was a mix of 'surkhi' (burnt brick ground to a powdery substance) and limestone on 8,100 acres of dense forest area in the Western Ghats. "It outlived its estimated life decades ago,

and the only option left is to build a new dam after decommissioning the existing one," MS Menon, former director general of Central Water Commission, told "The Pioneer". He said, "Safety aspects apart, the controversy over the crumbling dam has degenerated into politicking of

the worst kind putting the lives of millions of people at high risk. The dam is built across Periyar River which is not an inter-State river. The Government of Kerala does not require any green signal from Tamil Nadu to go ahead with the construction of a new dam." Professor AK Gosain, eminent hydrologist and former head of civil engineering department of IIT, Delhi, who undertook a study on the safety of Mullaperiyar Dam said that the reservoir is in a dilapidated condition and could collapse at any time. "Our study conducted during late 1990s was based on the Rain Atlas formulated by the Government of India. The maximum precipitation recorded during the study

period was sufficient to topple the dam in those days itself. The situation has become worse over the last decade because of the changes in probable maximum precipitation due to major changes in the intensity of rainfall," Dr Gosain told The Pioneer on Saturday. According to Dr Gosain, the dam is sure to burst any time. "But it is not possible to forecast the exact date and time of the collapse of the dam," he said. The mixture of surkhi and limestone has been washed away over the years, pointed out Menon. Though Tamil Nadu claims to have repaired the dam, its averment has to be taken with a pinch of salt.

Continued on Page 5

STF nabs man for cheating police recruitment exam candidates

PNS ■ LUCKNOW

The Uttar Pradesh Special Task Force (STF) on Saturday claimed to have arrested a member of a gang involved in cheating candidates of UP Police Constable Recruitment Examination-2023.

The accused, identified as Aniruddh Modanwal from Bhaohi district, was apprehended near the gate of Government Polytechnic under Ghazipur police station in Lucknow.

The STF recovered a mobile phone, an Airtel Paytm Bank credit card, and screenshots of transaction statements from candidates. The operation was part of an ongoing investigation into a gang suspected of attempting to undermine the integrity of the recruitment examination.

This gang was reportedly soliciting money through QR codes and phone payments on Telegram, promising to provide the exam question paper for Rs 1 lakh per candidate.

The STF had been gathering intelligence on this fraudulent operation when an informer tipped off that a gang member responsible for collecting money was waiting near the Government Polytechnic. Acting on this information, local police were notified, and Modanwal was subsequently arrested.

During interrogation, Modanwal revealed that he had been preparing for competitive exams after completing his intermediate studies earlier this year. He had joined a Telegram group through a WhatsApp message promoting part-time online work.

The group's mastermind, Abhay Kumar Srivastava, recruited him, providing a SIM card with a false name and address, and instructing him to manage a Telegram channel



Candidates outside Bhartiya Balika Vidyalaya on Shahnajaf road in Lucknow on Saturday

Pioneer

related to the leaked question paper.

Modanwal disclosed that Srivastava provided him with a Google Pay, PhonePe, and Airtel Payment Bank app on his phone and directed him to operate the Telegram channel. The mastermind instructed him to demand Rs 1 lakh from each candidate for the question paper. Even if candidates offered less, Modanwal was instructed to accept the money and give false assurances until the exam date.

Modanwal was promised a share of the proceeds from this fraudulent activity. He also mentioned his accomplice Mannu Agarwal, who was involved in the scheme. According to Modanwal, under Srivastava's instructions, he created a user ID and began managing the channel. Candidates' messages started flooding the channel, and payments were made to the mobile number. The money received was withdrawn from ATMs and distributed among the gang members. When pressure

mounted from candidates to provide the question paper, Modanwal contacted Srivastava, who instructed him to download and edit old papers from Google to share in the group.

CASE FILED AGAINST PAPER LEAK RUMOURS

A case was filed against unidentified individuals at Hussainganj police station on Saturday for spreading paper leak rumours by posting the morning shift exam paper. Incharge of the social media cell at the Uttar Pradesh Police Recruitment and Promotion Board, Lucknow, Inspector Satendra Kumar said that a fake post was made featuring a video of the morning shift question paper, purportedly recorded after the examination. The post falsely claimed that this paper had been used in the exam.

The Constable Recruitment Examination-2023 was conducted by the Uttar Pradesh Police Recruitment and Promotion Board in two shifts

on Saturday.

During the examination, it was discovered that an unknown person had posted misleading information on social media platform X. The post aimed to create confusion and unrest among examinees and to undermine public confidence in the integrity of the examination. The social media cell of the board noticed the post and video, which have since been removed by the perpetrator. The screenshot of the post has been included with the complaint. The Bharat Pariksha ALL Exam handle on X clarified that the post, created by an unknown individual, was an edited file and confirmed that the paper was not leaked. The message urged candidates to study carefully, asserting that the misleading video was intended to spread confusion and discontent.

Kumar described the actions of the miscreants as prima facie a criminal offence under BNS regulations and recommended that a case be registered against the accused.

Woman digitally arrested, duped of over ₹56,000

PNS ■ LUCKNOW

In yet another case of 'digital arrest', a woman was held captive through her phone's camera at her home in Hazratganj and duped of over Rs 56,000, police said on Saturday.

The victim, Urtansan Jamba of Jopling Road in Hazratganj, said she received a call from an unknown number around 9 am on August 20. An auto-generated message informed her that her SBI credit card payment was overdue. She was then directed to speak with a representative who threatened to freeze and suspend her account if the payment was not made within two hours. Jamba, who did not possess an SBI card, was then instructed to video-call two individuals who claimed to be police officers. The video call included a logo of the Hyderabad Police in the background.

The so-called officers asked her to remain seated and quiet in front of the camera, threatening prosecution if she did not comply. They sought her Aadhaar card, took a photo of it, and falsely informed her that it was linked to a person named Naresh Goyal, who was wanted in a money laundering case. They then claimed she was a suspect and demanded money for an investigation, instructing her to deposit it into a bank account they provided via WhatsApp.

During the process, they repeatedly changed the bank account details, leading her to deposit Rs 49,999 and Rs 6,500 through two Paytm transactions. They instructed her to keep the camera on and continue sending WhatsApp messages confirming her presence. Additionally, they demanded a security deposit of Rs 50,000, which she declined. She later reported the incident to the police. A spokesperson confirmed that a case was registered following her complaint.

PAC constable booked for ₹22-lakh job fraud

PNS ■ LUCKNOW

A PAC constable, along with his son and daughter, has been accused of defrauding four individuals of Rs 22 lakh by falsely promising recruitment into the Railways, Uttar Pradesh Police, and the Army. The suspects even orchestrated fake exams and medical tests to deceive their victims. Inspector, Mahanagar, Akhilesh Mishra said that a case has been registered against the trio based on two separate complaints, and an investigation is underway. According to Himanshu Mishra, a resident of Kandipur village in Ambedkar Nagar, he enrolled in a private academy in Bada Chandganj in 2019. There, he met Yogesh Singh and his colleague, who were physical trainers.

Yogesh Singh claimed that his father was a constable in the 35 Battalion, PAC, and his sister was a constable in the UP Police, and promised recruitment through their connections. To persuade Himanshu, Yogesh Singh invited him to his residence at the 35 Battalion of PAC, where he introduced him to his father, sister, and other individuals. Himanshu alleged that after negotiations, they demanded Rs 11 lakh in cash, asking for half the amount to be paid in cash and the remaining be deposited into Yogesh Singh's bank account. They provided two cheques as a guarantee to refund the money if the recruitment did not materialise. In addition to Himanshu, Yogesh Singh was accused of

extorting another Rs 11 lakh from Yogendra Bahadur, a resident of Mahanagar, who sought a job for his son Naveen Kumar Singh. Singh reported that Yogesh Singh often met his father at the PAC ground and park, where he promised to secure a job for him and subsequently defrauded him of Rs 11 lakh.

The fraudsters allegedly sent the victims to Patna, Dhanbad, and Kharagpur multiple times, creating an illusion of progress by arranging fake medical tests, filling out service books, and issuing fake appointment letters. They even conducted phony verification processes. On January 11, the victims filed a complaint at Mahanagar police station, and both parties agreed to return the money. However, the refunds have not been made to date.

Woman thrown out of house by husband, his lover

PNS ■ LUCKNOW

A man in Mohanalganj allegedly threw his wife out of their home and physically assaulted their daughter, reportedly due to the influence of his lover, on Saturday. The complainant stated that her husband's obsession with another woman led to harassment and a severe estrangement from their family.

"He has been infatuated with this woman and is causing us distress. He cannot bear to see us because of his extreme aversion," she alleged. According to the woman, she and her husband Salik Ram married on June 16, 1997. However, their relationship has been troubled since the beginning, leading to frequent disputes. She has previously filed complaints against her in-laws as

well. Recently, after a dispute, both parties were counselled by local villagers. The woman stated that Salik Ram had provided her with a separate house to live in, where she resided with her children. She is a Shiksha Mitra at Gaura Primary School and had recently returned home after visiting her parents due to illness. Upon her return, a woman stopped her from entering the house and threatened her, claiming she was living with Salik Ram.

The victim alleged that the other woman, a resident of Mohanalganj, and Salik Ram had been involved in an affair. They had secretly married in 2015, a fact that was kept from her, she added, alleging. In the latest incident, when the woman attempted to re-enter the house with her daughter,

they were allegedly assaulted by Salik Ram, his parents, and the other woman.

Both sustained serious injuries and the complainant's earrings were also stolen. A case has been registered and investigations are underway. Meanwhile, a woman, identified as Vandana Tiwari (33) from Sant Shivanthnagar Colony in Chinhat, was found dead at her house on Saturday. According to reports, Tiwari was brought dead to a hospital in Chinhat, where doctors confirmed her death due to hanging. The hospital staff notified the police, and an autopsy has been ordered.

The police stated that Tiwari had hanged herself in her room, and her family had attempted to save her before taking her to the hospital.

the pioneer CLASSIFIEDS

NOTICE

In my passport (No B9456936) my father's name has been entered as Manoj Kumar Agarwal, while his actual name is Manoj Kumar Agarwal. Shikhar Agarwal S/o Manoj Kumar Agarwal, R/o-246/45, Singhan wali gali, Yahiyaganj, Lucknow, UP. Pin-226003

सूचना

सूचना हो कि कचेरी कार्य से जाते समय 20.08.2024 को मेरा नाम कहीं रास्ते में फिर गया था जिसमें जरूरी कागजात एवं मेरे बैंकमें को चेन खीड़ दिनांकित 09.12.2002 जो कि निजामुद्दीन के नाम से भी वास्तव में कहीं गुन हो गई है। इसका प्रयोग अस्वीकारिक होगा। साबितरन निरा प्ली मो० शुभम निवासी-मो० सुनील, वार्ड फनन सराय, तहसील नवाबगंज, जिला-सौरापुर।

NOTICE

I Asfaq Alam S/o Abdul Ahad R/o 491/215, Tiwaripur, Tadbaggia, Jaimun Shiwans Taneray Kanpur, Have changed my name Ashfaq Alam for all future purpose.

NOTICE

I have changed my name from Santosh Kumar Swivedi To Santosh Kumar Dwivedi S/o Vasudev Dwivedi R/O H-848, Satyam Vihar Keshav Puram Kanpur.

NOTICE

I Samreen Asfaq W/o Mohd Farhatullah R/o 112/109/33, Pokharpur, Shiwans Taneray, Jaimun Kanpur. Have changed my name to Samreen Ashfaq for all future purpose.

NOTICE

Before marriage my name was Rani Singh D/o Ram Kumar Singh. After marriage my name has become Deepa Shrivastava W/o Jai Mohan Shrivastava R/o House No.8, Shree Ram Kripa Estate, Mainawati Marg, Azad Nagar, Katarijyora, Nawabganj, Kanpur Nagar.

NOTICE

PUBLIC NOTICE
This is to inform that my client ADITYA BIRLA FINANCE LIMITED intends to provide a loan to its customers M/s. Bee 4 Hospitality Private Limited against its property being Space No. 201 being part of 2nd Floor of building known as "Crystal" admeasuring 120.82 sq.mtr. situated at CP-1, Viraj Khand, Gomti Nagar, Lucknow and in the chain of title deeds, the original sale-deed dated 05.09.2008 favouring Sri Arvind Singh Kohli son of Late Kabul Singh Kotli vide document No. 9359 is allegedly lost somewhere. If any person or institution has any interest, concern or title over said property, he/it may contact me within 5 days with concerned evidence. If no objection/claim is lodged with me within said period, my client shall provide loan to its said customer against mortgage of said property and it shall have its first charge over said property. Tarun Prakash Srivastava, Advocate, Chamber: Room No. 110-111, Citi Hotel, B.N. Road, Lalbagh, Lucknow-226001, Mob.: 9335914282

NOTICE

I Gita Devi (Existing Name of spouse as per change of next of kind Record /Service Document), spouse of Ram milan (Name of the husband) Resident of Nusratpur urf Badi Gaon, Rausar kotli, shahajhanpur (Address) have changed my Name from Gita Devi (Existing Name of spouse as, per change of Next of kin Record/Service Documents) to Geeta Devi (Proposed/adopted New Name) vide affidavit dated 22/08/2024 (date of the affidavit in format before jaji kutchery shahajhanpur, U. P. (Name and place of the court)

NOTICE

This is for general information that I, Md Ali Chand S/o Mohammad Ali R/o A-27 Awas Vikas Colony Unnao Uttar Pradesh-209801 Declare that my Father Name is has been Wrongly Written as Md. Ali Zinna, in My 10th and 12th Class Educational Documents. The Actual Name of My Father is Mohammad Ali, Which may be amended accordingly.

NOTICE

This is to inform that my client ADITYA BIRLA FINANCE LIMITED intends to provide a loan to its customers M/s. Bee 4 Hospitality Private Limited against its property being Space No. 204 being part of 2nd Floor of building known as "Crystal" admeasuring 120.77 sq.mtr. situated at CP-1, Viraj Khand, Gomti Nagar, Lucknow and in the chain of title deeds, the original sale-deed dated 24.10.2008 favouring Sri Rohit Agarwal son of Sri Pawan Agarwal vide document No. 11816 is allegedly lost somewhere. If any person or institution has any interest, concern or title over said property, he/it may contact me within 5 days with concerned evidence. If no objection/claim is lodged with me within said period, my client shall provide loan to its said customer against mortgage of said property and it shall have its first charge over said property. Tarun Prakash Srivastava, Advocate, Chamber: Room No. 110-111, Citi Hotel, B.N. Road, Lalbagh, Lucknow-226001, Mob.: 9335914282

Information

This is informed to the general public that my name Shailesh was erroneously entered as Shailesh at the time of application in passport application number S8587874 whereas my correct and real name is Shailesh Nirmal. Hence I should be known and identified by this name. Shailesh Nirmal S/O Ramshankar Village and post Sareni Tehsil Lalganj District Raebareli.

e-surveillance to reduce man-animal conflict

PNS ■ LUCKNOW

The UP Forest department will soon implement electronic surveillance to reduce incidents of man-animal conflicts in the state, Chief Wildlife Warden Sanjay Srivastava announced while addressing mediapersons on Saturday. Forest Minister Arun Saxena discussed the department's ongoing efforts to mitigate such conflicts.

Srivastava explained that electronic surveillance, which involves cameras mounted on high masts, has already been tried in Pilibhit and proposals have been submitted for deployment in Dudhwa and other regions.

"These cameras will monitor animal movement with a broad view and can be controlled remotely, allowing data to be accessed at any time," he noted, highlighting the benefits of this technology. While acknowledging the advantages of electronic sur-



Forest Minister Arun Saxena (left) and Chief Wildlife Warden Sanjay Srivastava (right) during a meeting.

veillance, Srivastava emphasised that traditional methods will still be necessary. He also pointed out that public cooperation is crucial, citing that many animal attacks occur due to open defecation, which often happens when people are in a sitting posture. For urban areas, drones will be used to locate animals involved in conflicts. Srivastava acknowledged the

rising leopard population, estimating that there are now at least 800 leopards in the state, which frequently contribute to man-animal conflicts. Saxena reiterated the department's commitment to fostering coexistence with local communities. "Conflicts involving tigers, leopards, and wolves have been reported in rural areas adjacent to forests. We are addressing these incidents seri-

ously, using a systematic approach that includes identifying sensitive villages, analysing affected areas via Google mapping, and setting traps when necessary," he said. Saxena noted that information on wildlife movement is gathered through camera traps and drones, and conflicts are managed by tranquilising and safely rescuing the animals when needed.

"Public awareness programmes and seminars are organised in sensitive villages in collaboration with local leaders and villagers. Rapid response teams have been formed in districts like Bijnor, Moradabad, Pilibhit, Lakhimpur Kheri, Bahraich, Gonda, and Maharajganj to provide immediate assistance during incidents. Forest workers are also conducting night patrols in affected areas. Efforts are ongoing to understand leopard behavior with the help of WVE, WII experts, and veterinarians.

CITYBRIEFS

SKILL DEVELOPMENT PROGRAMME

ICAR-National Bureau of Fish Genetic Resources, in collaboration with KVK Katia, Sitapur, hosted a skill development programme under the 'Mission Navshakti' SSCP Project on August 22 and 23. The training aimed at empowering women self-help group (SHG) members and farmers in ornamental fish resources for livelihood enhancement. Initially targeting 50 Scheduled Caste SHG women, the programme saw 66 participants. Attendees received a basic startup kit including a 50-litre icebox, solar light with a USB charger, and a weighing machine to improve hygiene and marketing efficiency. These tools help in maintaining fish freshness, ensuring accurate sales, and supporting digital communication. Rural women from Chhi, Katia, and Pratappur learned to assemble and maintain aquariums, with further support provided by experts and a WhatsApp group for ongoing updates.

of Medical Sciences. He discussed how the discovery of the Australia antigen among Australian Aborigines led to identifying the Hepatitis B virus and developing the Hepatitis B vaccine, which has significantly reduced the disease worldwide. Choudhuri emphasised the importance of translating field observations into clinically impactful research through interdisciplinary approaches, benefiting community health. The event was attended by Dr Devika Nag, Dr Madhulika Singh, Dr Rahul Singh, Dr Shally Awasthi, and Dr Samir Mohindra.

HEALTH AWARENESS

Students from SR Group of Institutions participated in a health awareness programme organised at Urdu Academy. The event focused on debunking health myths and addressing personal health concerns, with insights from experts. Gynaecologist Dr Sujata Dev led an interactive session on pregnancy-related issues, while dietitian Nirupama Singh discussed the importance of a balanced diet, stressing calcium and iron intake. Vice-Chairman of SR Group Piyush Singh Chauhan emphasised the importance of student health and highlighted that good health is essential for academic focus and overall development.

BJP city unit to enrol 6 lakh new members

SHARMILA KRISHNA ■ LUCKNOW

The BJP city unit has set an ambitious goal of enrolling 6 lakh new members in its upcoming membership drive. BJP city unit president Anand Dwivedi announced that the membership drive would be officially launched by Prime Minister Narendra Modi and party's national president JP Nadda on September 1. The statewide launch will follow on September 2-3, with the city-specific launch scheduled for September 4-5.

Dwivedi said that the drive would be conducted in two phases: initially targeting the general public, followed by outreach to intellectuals, teachers, sportspeople, and professionals in the second phase. Training workshops for the drive will be held on August 25, 26, and 27 at divisional levels and at BJP Shakti Kendras, with further workshops planned at all booths on August 31. He emphasised that the BJP is highly active in membership drives, noting that the last major campaign in 2014 successfully enrolled 5.25 lakh members in Lucknow. Subsequent drives were conducted in 2019 and 2022.

Regarding potential challenges in recruiting new members, Dwivedi expressed confidence, stating that there is significant public interest in joining the BJP.

A senior BJP member said that district-level workshops would be completed across Uttar Pradesh by August 24. Following this, training will continue at the divisional level and at 1,62,012 booths across the state on August 31. The first phase of the drive will run from September 1 to 25, followed by the second from October 1 to 15. Each booth is tasked with enrolling at least 200 members.

To join the party, individuals with smartphones can call 8800002024. Those without smartphones can either use a link received from a contact or complete a paper form available at district offices. Membership targets have been set for various officials and public representatives: state officials are expected to recruit 5,000 members, MPs, MLAs, and mayors 10,000 members each, district presidents and cooperative directors 1,000 members each, councillors 500 members each, and other members at least 100 members each.

HDFC BANK Department for Special Operations : 2nd Floor, Experio Building, Vibhuti Khand, Gomti Nagar, Lucknow, Uttar Pradesh-226010.

POSSESSION NOTICE APPENDIX IV (RULE 8(1))
Whereas, the undersigned being the authorized officer of the HDFC Bank Ltd. under the Secularization and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 and in exercise of powers conferred under section 13 read with rule 3 of the Security Interest (Enforcement) Rules, 2002, issued demand notice dated 24.03.2022 calling upon the borrower(s) 1. MIS SHIV KHAD BHANDAR (BORROWER) 2. MR. NEERAJ KUMAR GUPTA S/O SH. RAJAN LAL GUPTA (GUARANTOR & MORTGAGOR) 3. MR. DHEERAJ KUMAR GUPTA S/O SH. RAJAN LAL GUPTA (GUARANTOR) 4. MRS. MITHILESH KUMARI GUPTA W/O SH. RAJAN LAL GUPTA (GUARANTOR & MORTGAGOR) to pay the amount mentioned in the notice Rs. 1,66,22,777/- (Rupees One Crore Sixty Six Lakh Twenty Two Thousand Seven Hundred And Seventy Seven Only) within 60 days from the date of receipt of the said notice. The borrower(s) having failed to repay the amount, notice is hereby given to the borrower(s) and the public in general that the undersigned has taken possession of the property described herein below in exercise of powers conferred on him under section 13 (4) of the said Act on the read with rule 8 & 9 of the said Rules, on this 21-08-2024. The borrower's attention is invited to provisions of sub-section (8) of section 13 of the Act, in respect of time available, to redeem the secured assets. The borrower in particular and the public in general is hereby cautioned not to deal with the property and any dealings with the property will be subject to charge of HDFC Bank Ltd. for an amount of notice Rs. 1,66,22,777/- (Rupees One Crore Sixty Six Lakh Twenty Two Thousand Seven Hundred And Seventy Seven Only) and interest thereon together with expenses and charges etc. less amount paid, if any.

DESCRIPTION OF THE IMMOVABLE PROPERTY
Residential Plot On Kharsa No. 38 Min., Measuring 104.52 Sq Mtr., Situated At Village Udhauri Pargana Pratnaganj, Tehsil Nawabganj District Barabanki, Bounded As Under - East: Land Of Seller North: Land Of Mohd Gani & Others, West: Plot Of Ramawali, South: Lucknow To Faizabad Road
DATE: 21-08-2024, PLACE: BARABANKI
Authorised Officer, HDFC Bank Ltd.

MOHAN STEELS LIMITED
CIN:U27107UP1971PLC003442
Regd.Off. & Works: Site No.1, Gazauli Industrial Area, Kanpur-Lucknow Road, Unnao 209 801 U.P. (INDIA)

NOTICE OF THE 52nd ANNUAL GENERAL MEETING TO BE HELD THROUGH VIDEO CONFERENCING (VC) / OTHER AUDIO VISUAL MEANS (OAVM)
The 52nd Annual General Meeting of members of Mohan Steels Limited will be held on Saturday 14th September, 2024 at 4.00 p.m. through Video Conferencing (VC) / Other Audio Visual Means (OAVM), in compliance with all the applicable provisions of the Companies Act, 2013 ("the Act") and the Rules made there under, read with General Circular No. 14/2020 dated April 08, 2020, General Circular No. 17/2020 dated April 13, 2020 and General Circular No. 20/2020 dated May 5, 2020, and General Circular No. 02/2021 dated January 13, 2021 issued by the Ministry of Corporate Affairs ("MCA") to transact the businesses as set out in the Notice of the AGM ("the Notice") without the physical presence of the members at a common venue. Members participating through the VC / OAVM facility shall be reckoned for the purpose of quorum under Section 103 of the Act.

In compliance with the relevant circulars, the Notice setting out the businesses to be transacted at the AGM and Annual Report of the Company for the financial year 2023-24 will be sent through electronic mode to those shareholders, whose e-mail addresses are registered with the Company or with their respective Depository Participants ("Depository") in accordance with MCA Circular.

Members can join and participate in the AGM through VC/OAVM facility only. The instructions for joining the AGM and the manner of casting vote through the e-voting (Insta Poll) during the AGM are provided in the Notice of the AGM. However, the e-voting provisions are not applicable as the company is not listed on any of the stock exchange and number of members is less than 1000. The annual report of the company for the financial year 2023-2024 alongwith the Notice of AGM is available on the website of the RTA www.skylinetra.com. Members holding shares in physical mode and who have not updated their e-mail addresses with the company can obtain Notice of the AGM, annual report and/or login details for joining the AGM through VC/OAVM facility including e-voting (Insta Poll) by sending scanned copy of (a) signed request letter mentioning the folio number, name and address of the member, (b) Self-attested copy of the PAN card and (c) Self attested copy of identity document (e.g. Aadhaar Card, Driving License, Election Identity Card, Passport) in support of the address of the member by e-mail to admin@skylinetra.com.

The company is pleased to provide e-voting (Insta Poll) facility available at AGM to the members to cast their votes electronically on all there solutions set forth in the Notice convening the said meeting. The company has availed the services of Skyline Financial Services Private Limited to provide the facility of e-voting (Insta Poll) facility at the AGM.

Any person, who acquires shares of the company and becomes a Member of the company after sending of the Notice and holding shares as of Cut-off date, may obtain the login ID and Password by sending a request at admin@skylinetra.com.

The detailed instructions for joining the AGM through VC/OAVM and casting the vote through e-voting (Insta Poll) at the AGM are provided in the Notice of AGM. Members are requested to carefully go through the same. Members who need assistance before or during the AGM regarding VC/OAVM and e-voting (Insta Poll) facility, can send a request at admin@skylinetra.com.

Notice is also given that Register of Members and Share Transfer Books of the Company will remain closed from 07th September, 2024 (Saturday) to 13th September, 2024 (Friday) both days inclusive.

The Shareholders are requested to communicate all their correspondence to our RTA name Skyline Financial Services Private Limited at admin@skylinetra.com alternatively queries can be also be forwarded to company's e-mail id at info@mohansteels.com.

By order of Board For Mohan Steels Limited
Sd/-
Chetna Dwivedi
(Company Secretary)
FCS6648

Date: 03.08.2024
Place: UNNAO

Yogi: Political ground of Cong, NC has become barren in J-K

PNS ■ LUCKNOW

Lashing out at the alliance of Congress and National Conference for the Jammu and Kashmir assembly elections, Chief Minister Yogi Adityanath said here on Saturday that the political ground of Congress and the NC, which thrived on spreading hatred, had become permanently barren. Speaking to the media, the chief minister questioned the alliance between the two parties. He asserted, "The issues of terrorism and separatism have been permanently washed away in the Chenab river." Chief Minister Yogi directed several pointed questions at Congress leader and Member of Parliament Rahul Gandhi, challenging his stance and actions. He stated that alongside removing the stigma of Articles 370 and 35A from Jammu and Kashmir, the 'crown' of India, the Bharatiya Janata Party had reaffirmed its commitment to the assembly elections. He emphasised, "Now that the dates for the Jammu and Kashmir assembly elections have been announced, this election holds significant importance not only for the people there but also for every Indian who values democracy. The entire world is watching." "In such a crucial election, Congress, which leads the INDIA Alliance, has once again exposed its anti-national intentions by forming an alliance with the National Conference, run by Abdullah and Sons Family Pvt. Ltd," he said. Chief Minister Yogi Adityanath commented on the recent manifesto released by the National Conference, noting that several of its points raise serious concerns about India's unity, integrity and national security. "The alliance between Congress and the National Conference brings forth significant questions about national security and alarms every citizen who genuinely believes in and is loyal to the Indian Constitution," he remarked. Directing his criticism at Congress MP Rahul Gandhi, the chief minister asked, "Does the Congress leader support the National Conference's promise to reintroduce a 'separate flag' for Jammu and Kashmir? Do Rahul Gandhi and the Congress endorse the National Conference's intention to drag Jammu and Kashmir back into an era of unrest and terrorism by reinstating Articles 370 and 35A?" The chief minister continued, "Does Congress support separatist forces by advocating dialogue with Pakistan instead of engaging with the youth of Kashmir? Do Congress and Rahul Gandhi stand behind the National Conference's decision to resume LoC (Line of Control) trade with Pakistan, thereby once again fostering terrorism and its infrastructure from across the border?" Chief Minister Yogi Adityanath questioned whether Congress supports reinstating an era of terrorism and unrest by allowing the family members of those involved in terrorism and stone-pelting incidents to return to government positions. He accused Congress of revealing its anti-reservation stance through this alliance. He further asked, "Does Congress endorse the National Conference's promise to deny reservation rights to Dalits, Gujjars, Bakarwals and Paharis? Does Congress want Shankaracharya Parvat to be renamed 'Takht-e-Suleiman' and Hari Parvat to be called 'Koh-e-Maran'?" The chief minister asked whether Congress supports plunging Jammu and Kashmir's economy into corruption and handing it over to a few Pakistan-backed families. He questioned whether Congress endorses the National Conference's discriminatory politics between Jammu and the valley. "Do the Congress and Rahul Gandhi also support the National Conference's divisive ideology and policies of granting greater autonomy to Kashmir," he quipped. Chief Minister Yogi stated that after independence, certain leaders who claimed to be the architects of Jammu and Kashmir's destiny misled the youth, turning them into tools for separatist agendas. These leaders armed them with stones and AK-47s; he added. He continued, "Under Prime Minister Narendra Modi's leadership, employment opportunities are being created for the youth of Jammu and Kashmir through tablets and skill development programmes. There is no place in Jammu and Kashmir for those who deceive the youth. Bharat Ratna Atal Bihari Vajpayee envisioned a future of humanity, democracy, and Kashmiriyat for Jammu and Kashmir. Prime Minister Modi has turned that vision, rooted in these values and principles, into reality." Chief Minister Yogi remarked that Pakistani agents and the so-called leaders who treated Jammu and Kashmir as their personal domain never imagined that their political ground, which thrived on hatred, would become permanently barren. The idea of a government that would abolish Article 370 is something they cannot accept, he added. He noted that, following the removal of Article 370, the situation in Jammu and Kashmir has transformed. The issues of terrorism and separatism have been permanently dissolved in the Chenab river. "Now, with a focus on development, employment and identity, it is clear why this progress is not favoured by those who trade votes," he remarked further.

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Yogi emerges as saviour of those hit by floods

PNS ■ LUCKNOW

Amid the devastating floods affecting several districts in Uttar Pradesh, Chief Minister Yogi Adityanath has emerged as a saviour of those affected. The floods, triggered by torrential rains in the mountains and the release of water from Nepal have wreaked havoc, displacing thousands and causing significant damage to homes and crops. With many forced to seek refuge in flood shelters, the situation is dire. In response, Chief Minister Yogi personally visited the flood-affected areas, offering both solace and substantial aid. He ensured that those displaced had proper accommodations and food, while also providing financial assistance to help rebuild their lives. The government extended support to reconstruct houses. It also offered land and financial aid to resettle families which had lost everything in the devastating floods. Beyond material support, Chief Minister Yogi connected emotionally with the victims, sharing in the grief of those who lost loved ones in the disaster. The financial assistance provided by his government has been a lifeline for these families. Many beneficiaries have expressed deep gratitude, viewing Chief Minister Yogi not only as the leader of the state but as a guardian for their well-being. In the flood-hit village of Dinapurwa of Lakhimpur Kheri, Rajesh Kumar faced a daunting challenge. A thick

layer of silt had accumulated in his fields, mixed with garbage and other debris brought by the floodwaters. This unexpected burden left him deeply concerned about the future of his crops. However, he soon learned that the Yogi government was offering assistance to help farmers like him remove silt from their fields. Rajesh promptly applied for this aid, and within 24 hours of the survey, Rs 16,362 was credited to his account for the silt removal. This marked the first time he had received such assistance, and he expressed heartfelt gratitude to the Yogi government. Reflecting on the difference between the current administration and previous ones, Rajesh noted that while earlier governments only collected application forms, the Yogi government has consistently delivered real benefits across various schemes. Similarly, in Sitapur, farmer Sukumar faced severe crop damage after his fields were inundated with floodwaters. Desperate for help, he reported the situation to the Revenue department. Subsequently, a survey team visited his farm promptly, assessed the damage, and assured him of compensation. Remarkably, the very next day, the promised compensation was credited to his account. Sukumar was astonished by the speed of the government's response and received a call from the local accountant confirming the transfer of money.

Overwhelmed with gratitude, Sukumar said that Chief Minister Yogi was a "messiah" of poor farmers like him. He praised the chief minister's unwavering commitment to helping those in need, acknowledging that his leadership has brought timely and much-needed relief to those affected by the floods. He stated: "The flood completely destroyed my house, and I felt like I had lost everything. But within 24 hours, the Yogi government deposited Rs 1.20 lakh into my account to help rebuild my home." His joy was immeasurable when he received the funds, but the assistance did not stop there. The government also provided him with land to build a new house, as erosion had rendered his previous location uninhabitable. A few days later, Chief Minister Yogi himself visited Sukumar's village to share in the community's grief and assured them of continued support. The district administration followed up by extending additional benefits

under various government schemes. Sohan Lal also expressed deep gratitude, stating, "With a leader like Chief Minister Yogi Adityanath, who genuinely cares for the poor, I feel secure and free from worries." Sajjan Lal, Ratanganj, Hardoi said, "My house was washed away in the floods. I had no place to live. The district administration made proper arrangements for my stay and food in the flood shelter camp. During this time, I never felt that I was not at home. Special care was being taken of every flood-affected person living in the flood relief camp." He also highlighted that every flood-affected person, especially children, received special attention, with provisions for milk, medicines and healthcare and the rescue teams worked tirelessly to support those in need. He said that all this was possible only due to the far-sightedness of Chief Minister Yogi. He added that in the previous governments, no one would come to ask them about their well-being, let alone help.

Akhilesh condemns BJP MLA's remarks on Mayawati

PNS ■ LUCKNOW

In an unusual display of bonhomie, Bahujan Samaj Party chief Mayawati has expressed her gratitude to Samajwadi Party president Akhilesh Yadav for his support to her over the critical comments made by a Bharatiya Janata Party MLA. Akhilesh Yadav condemned the critical remarks of BJP MLA from Mathura, Rajesh Chaudhary, who described Mayawati as "so far the most corrupt chief minister of Uttar Pradesh." Mayawati has expressed her gratitude towards Akhilesh Yadav by commenting on social media. "The party feels that this BJP MLA is no longer respected in the BJP. That is why he wants to come into limelight by making baseless statements about the BSP chief, which is very unfortunate," "Whereas BJP should take strict action against him and if he is mentally ill then he should be treated, otherwise it would not be wrong to say that there is a conspiracy of BJP behind this," she said. Mayawati stated that if BJP does not take any strict action against its MLA then the people will definitely give a befitting reply to this by getting his deposit forfeited in the next assembly election and also in the 10 by-elections to be held in UP. SP president Akhilesh Yadav wrote on social media, "The indecent words spoken by a BJP MLA towards a former woman chief minister of Uttar Pradesh shows how much bitterness the BJP people have



towards women, and especially for those coming from the deprived sections of society," "Differences have their place in politics but no one has the right to destroy a woman's dignity. The BJP MLA is saying that we made a mistake by making her the chief minister, this is also an insult to public opinion in a democratic country, and alleging, without any basis, that she was the most corrupt chief minister, is highly objectionable. There should be a defamation case against the BJP MLA for this statement given publicly," the SP chief said. By giving patronage to such MLAs, Akhilesh Yadav said, "The BJP was deeply hurting the honour and dignity of women. If BJP does not immediately take disciplinary action against such people, then it should be accepted that this is not the personal opinion of any one MLA but of the entire BJP." During a debate in a private news channel on Friday, BJP MLA Rajesh Chaudhary had said that Mayawati had become the chief minister for the first time only with the support of BJP. "We created them and this was our mistake," he commented.

SP, Congress holding talks for seat-sharing

PNS ■ LUCKNOW

After the stellar performance in Uttar Pradesh in the recently concluded Lok Sabha elections, opposition's INDIA bloc partners Samajwadi Party and Congress have resumed negotiations for the upcoming by-elections to 10 assembly seats in the state. Samajwadi Party is eyeing for a package deal which also includes seat sharing in poll bound Haryana and Maharashtra. The SP maintains that its move to contest elections in Haryana will benefit the Congress as the Akhilesh Yadav-led party can potentially eat into the Bharatiya Janata Party's Ahir vote bank - Most Ahirs identify themselves as part of the Yadav community. The SP is eyeing six to eight constituencies that have sizeable populations of Muslims and Ahirs. The Congress leaders have, however, dismissed the claims of the SP and ruled out the possibility of alliance with any party saying, "There is no alliance in the state and the party is capable of contesting the elections on its own strength." The SP is also asking for seats in state assembly elections in Maharashtra. The party is planning to adopt the formula of "give from one hand, take from another hand" with Congress, according to which, it will demand 10 to 12 seats from the Maha Vikas Aghadi in Maharashtra assembly polls in return for seats in UP. In return of favour from Congress in Haryana, the SP is likely to concede two assembly seats in

Maya says SP, Cong anti-reservation

PNS ■ LUCKNOW

Lucknow (PNS): Bahujan Samaj Party chief Mayawati on Saturday accused Samajwadi Party and Congress of maintaining conspicuous silence on the Supreme Court's decision for quota within quota by identifying creamy layer within the Scheduled Castes and Schedule Tribes reservation. She accused both the parties of being "anti-reservation." "The conduct, character and face of SP, Congress and others has always been anti-reservation, which is proven by their lack of support of Bharat Bandh. Anyway, it is not clear from their statements regarding reservation whether they are in favour of the Supreme Court's decision or against it? Why is there such confusion?" she said, raising questions in a series of posts in Hindi on X.

Mayawati, in a post on X, wrote that SP, Congress and others speak in support of SC/ST reservation out of interest and compulsion but are silent on the Supreme Court's August 1 decision regarding the classification of ST/SC reservation and creamy layer. She added that the silence of these parties shows their anti-reservation thinking and, in such a situation, it is important to be alert. Mayawati claimed that now SP, Congress and other parties seem to be united internally against reservation again, and in such a situation not only SC/ST but also Other Backward Classes (OBCs) have to fight the battle for the protection of their reservation and caste census on their own strength. The by-elections were deemed necessary as the ten seats fell vacant after nine assembly members, including SP chief Akhilesh Yadav, were elected to Lok Sabha, while SP MLA from Kanpur's Sisamau assembly seat, Irfan Solanki, was disqualified after he was sentenced to jail in a criminal case. Out of ten seats going to bypolls, the SP had five seats - Karhal, Sisamau, Milkpur, Katehari and Kundarki. The BJP and NISHAD Party had Ghaziabad, Phulpur, Khair seats, and Rashtriya Lok Dal had Mirapur.

Govt to transform state into brand of global IT hub

PNS ■ LUCKNOW

The Uttar Pradesh government is poised to transform the state into a 'brand of global IT hub', with Chief Minister Yogi Adityanath spearheading the initiative to develop five districts as major centres for the information technology (IT) and information technology enabled services (ITeS) sectors. Gautam Buddha Nagar, Lucknow, Kanpur Nagar, Varanasi and Prayagraj are set to be designated as key IT cities. Gautam Buddha Nagar will be developed as an IT and ITeS hub; Lucknow will focus on artificial intelligence and machine learning; Kanpur will become a centre for drones and robotics; while Varanasi and Prayagraj will be established as hubs for engineering research and development (ER&D). The Yogi government is focused on transforming the state's economy into a one trillion-dollar economy within the next three years. A key part of this plan is to elevate the IT and ITeS sectors. This includes prioritising skill development in emerging technologies to boost employment opportunities and create high-paying jobs. Additionally, the government aims to establish a land bank for the IT and ITeS sectors and enhance infrastructure for the development of IT Cities and IT Parks. The Yogi government is considering forming a state-level IT and ITeS advisory committee to establish the state as a 'brand of IT hub'. This committee will collaborate with industry and academic stakeholders to develop strategies and measures to promote the sector. Additionally, the government is exploring the possibility of granting industry status to the IT sector, which would allow IT units to access electricity at industrial tariffs.

JD(U) to contest polls in Bihar, Jharkhand in alliance with NDA

PNS ■ LUCKNOW

Bihar's cabinet minister and Uttar Pradesh in-charge of Janata Dal (United), Shrawan Kumar, said on Saturday that the party would contest assembly elections in Bihar and Jharkhand in alliance with the National Democratic Alliance with Bharatiya Janata Party as the big partner. The assembly elections in Jharkhand are to be held in 2024 while the assembly elections in Bihar are to be held in 2025. The Bihar minister praised the NDA government at the Centre and said the JD(U) was comfortable with the NDA and the alliance was doing well. "As a partner, we are with the NDA and will contest assembly elections in Bihar and Jharkhand together," he

said. Kumar said Bihar was progressing in leaps and bounds under the leadership of Chief Minister Nitish Kumar. "We have set an example before the governments and political parties all across the country. Our works are being taken as a model or template by the governments of other states," he said. Kumar said the Rural Development department in Bihar was giving money to people to buy land for the construction of houses, besides providing funds for house construction and house revamping under Pradhan Mantri Awas Yojana. "These are some works of JD(U) government and this model is being followed by the Madhya Pradesh government," he said. Kumar said the Bihar government had ensured water supply

to nearly 98 per cent of houses, up from the earlier 6 per cent of the population. "This way, we have ensured that people do not fall prey to water-borne diseases," he said. He said the party wanted to contest Lok Sabha election but the leadership decided to help and support the BJP in UP. "Politics is a game of possibilities and so nothing can be said before hand about the political equations that are to spring up due to caste census," he said in reply to a question on Samajwadi Party chief Akhilesh Yadav's PDA (Pichhda, Dalit and Apsankhyak) plank. He said a decade ago, the Bihar natives shied away from disclosing their identities for fear of losing their jobs or receiving maltreatment at the hands of people from other states.

FIR against Cong leaders for disruptions near Raj Bhawan

PNS ■ LUCKNOW

Lucknow (PNS): The Hazratganj police filed an FIR against Uttar Pradesh Congress President Ajay Rai, Congress MP Tanuj Poonia from Barabanki, and 113 other Congress functionaries on Friday. It was alleged that they caused severe disruptions near Raj Bhawan on August 22, which adversely affected children, women, traders, and visitors. A similar FIR was registered by the Gautampalli police against the same group of Congress functionaries. Sub-Inspector Rahul Kumar Singh, in charge of the Hazratganj Kotwali, filed the FIR. According to Singh, at around 1 pm on August 22, he received reports of a crowd moving from Raj Bhawan Gate Number 1 towards Gate Number 2. "Upon arrival at Raj Bhawan

Gate Number 2, we observed over 100 individuals carrying Congress flags and various posters," Singh stated in the FIR. Despite efforts to manage the crowd, they pushed past the police, obstructing their duties. The protesters began chanting slogans and sitting at gates 2, 3 & 4, continuing their demonstration despite legal constraints. Singh alerted higher authorities and requested additional police forces. Key protest leaders, including Congress state president Ajay Rai, former state president Ajay Kumar Lallu, MP Tanuj Poonia, and national general secretary Dheeraj Gurjar, were informed of the situation. ACP (Hazratganj) Arvind Kumar confirmed that the Congress leaders named in both FIRs were charged under BNS sections,

CONTINENTAL CHEMICALS LIMITED
 CIN : L24123UP1984PLC014111
 Regd. Office: A-7, Sector - VII, NOIDA, Distt.: Gautam Buddha Nagar, U.P. Pin - 201301
 Website : www.continentalchemicals.com; Email: info@continentalsoft.com;
 Ph. No: 91-120-2423316

NOTICE OF THE 39TH ANNUAL GENERAL MEETING, BOOK CLOSURE & E-VOTING INFORMATION.

NOTICE is hereby given that the Thirty Ninth (39th) Annual General Meeting ('AGM') of the Members of Continental Chemicals Limited ('Company') will be held on Friday, September 20, 2024 at 04.00 P.M. IST, through Video Conferencing ('V/C')/Other Audio Video Means ('OAVM') facility, without the physical presence of the Members at the meeting, in compliance with all applicable provisions of the Companies Act, 2013 and the Rules made thereunder and SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015 read with Circular No. 14/2020 dated April 8, 2020, Circular No. 17/2020 dated April 13, 2020, Circular No. 20/2020 dated May 5, 2020, Circular No. 02/2022 dated May 05, 2022 and General Circular No. 9/2023 dated September 25, 2023 issued by Ministry of Corporate Affairs ('MCA Circulars') and SEBI circular No. SEBI/CFD/CMD1/CIR/PO/2020/79 dated May 12, 2020, SEBI/CFD/CMD2/CIR/PO/2022/62 dated May 13, 2022, SEBI/CFD/POD-2/P/CIR/2023/4 dated January 5, 2023, SEBI/CFD/CFD-POD-2/P/CIR/2023/167 dated October 7, 2023 (collectively referred to as 'SEBI Circulars') and Master Circular SEBI/CFD/POD2/CIR/2023/120 dated July 11, 2023 (MCA Circulars and SEBI Circulars collectively referred to as 'Circulars'), to transact the businesses as set out in the Notice of the AGM dated 23rd August, 2024.

The venue of the meeting shall be deemed to be the Registered Office of the Company. Members participating through V/C/OAVM shall be reckoned for the purpose of quorum under Section 103 of the Companies Act, 2013. The facility for appointment of proxies by the Members will not be available since this AGM is being held through V/C/OAVM.

In Compliance with the provisions of Regulation 44 of SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015 and section 108 of the Companies Act, 2013 read with rule 20 of the companies (Management and Administration) Rules 2014, the Company is pleased to provide its shareholders the facility to cast their vote by electronic means in respect of the agenda items enlisted in the AGM notice through e-voting facility provided by CDSL. The date of completion of sending notices is 24th August, 2024 through electronic means to those whose email address is registered with the company/Depository Participant(s)/RTA in compliance with the above mentioned circulars. The copy of the notice is also available on the Company's website at www.continentalchemicals.com, website of the Stock Exchange i.e. BSE Limited at www.bseindia.com.

The e-voting period commences on Tuesday 17th September, 2024 (09:00 AM) and ends on Thursday 19th September, 2024 (5.00 PM). The e-voting module shall be disabled by CDSL for voting there after. During this period members of the Company, holding shares either in physical form or in dematerialized form, as on the cut-off date of 13th September 2024, may cast their vote electronically. Any person who acquires shares of the Company and become member of the Company after dispatch of the notice of AGM and holding shares as on cut-off date may cast their vote by following instructions and process of remote e-voting as provided in notice of AGM. Once the vote on a resolution is cast by the member, the member shall not be allowed to change it subsequently. The e-voting facility is available at the <https://www.evotingindia.com>.

Members are requested to refer to instruction for e-voting forming part of AGM Notice (available at company's website). Regarding process and manner for e-voting by electronic means, in case of any queries or issue regarding e-voting, members may also refer "Frequently Asked Questions (FAQs)" and e-voting user manual for Shareholders to cast their vote" in help section at <https://www.evotingindia.com> or write an email to helpdesk.evoting@cdslindia.com.

The Members who have already casted their vote by remote e-Voting prior to the AGM may also attend/participate in the AGM through V/C/OAVM but shall not be entitled to cast their vote again through a Voting at the AGM.

Notice is further given that the Register of members and Share Transfer Books of the Company shall remain closed from Saturday, 14.09.2024 to Friday, 20.09.2024 (both day inclusive) for the purpose of Annual General Meeting in pursuant to provisions of section 91 of the Companies Act, 2013 and clause 42 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015.

B.S. Goyal practicing Company secretary (FCS:4204, C.P. No:2915), New Delhi is appointed as Scrutinizer for conducting e-voting process in fair and transparent manner. The result of voting on resolutions set out in the Notice of the AGM shall be declared within 48 hours of conclusion of the AGM. The results declared along with the report of the Scrutinizer shall be placed on the website of the Company www.continentalchemicals.com and on the website CDSL immediately after the declaration of result by the chairman or a person authorized by him and result also be communicated to the Stock Exchange. The Result shall be displayed at the registered office of the Company A-7, Sector - 7, Noida - 201301.

Member(s) are requested to keep their e-mail ID validated with their DPT/RTA, so as to receive all communication electronically including annual report, notices, circulars etc sent by the Company from time to time. R&TA designated e-mail ID bestalta@gmail.com (BETAL Financial & Computer Services Pvt Ltd. BEETAL HOUSE, 3rd Floor, 99, Madangir, behind LSC, New Delhi - 110062) to facilitate the member(s) to register their request/complaints, if any.

Detailed process and manner of remote e-Voting, e-Voting at the AGM and instructions for attending the AGM through V/C/OAVM is being provided in the Notice of the AGM.

If you have any queries or issues regarding attending AGM & e-Voting from the CDSL e-Voting System, you can write an email to helpdesk.evoting@cdslindia.com or contact at 18002109911.

For CONTINENTAL CHEMICALS LIMITED
 Sd/-
 Naresh Kumar Chhibba
 Managing Director
 DIN 00376963

Place : Noida
 Date : August 24, 2024

ARYAVART BANK आर्यावर्त बैंक
 (A Joint Undertaking of Govt. of India, U.P. Govt. & Bank of India) (भारत सरकार, उत्तर प्रदेश सरकार एवं बैंक ऑफ इण्डिया का संयुक्त उपक्रम)

Regional Office: C-930, 931, Civil Lines, Dewa Road, Barabanki-225001

Possession Notice Under Rule-8(1) (for Imovable Properties)
 Whereas, the undersigned being the Authorized officer of ARYAVART BANK, under the Securitization and Reconstruction of Financial Assets and Enforcement of Securities Interest Act, 2002 and in exercise of powers conferred under section 13(12) read with rule 3 of the securities Interest (Enforcement) Rules, 2002 issued a Demand notice in the account mentioned hereunder on the dates mentioned before the names calling upon the borrower and guarantor to repay the amount mentioned in the notices along with interest within 60 days from the date of receipts said notices. The borrower/legal heirs of borrower and guarantor having failed to repay the amount, notices are hereby given to the Borrower/legal heirs of borrower and guarantor in particular and the public in general that the undersigned has taken the possession of the properties described here below in exercise of power of conferred on him under section 13(4) of the Act read with Rule 8 of the said Rules in the dates mentioned against each property. The borrower/legal heirs of borrower in particular and the public in general are hereby cautioned not to deal with the property. Any dealing with the under noted property will be subject to the charge of ARYAVART BANK for the amount with interest and other charges etc. thereon. The Borrower's/Guarantors attention is invited to provisions of section (8) of Section 13 of the Act, in respect of time available, to redeem the secured assets. Details of Properties whose possession has been taken are as follows:-

Sr. No.	Name of Borrowers & Guarantors	Amount Outstanding	Description of Property & Name of Owner	Date of Demand Notice / Possession taken
Branch: Chandauli Road Branch, District- Barabanki				
1.	Borrower: Mr. Dharendra Singh S/o Mata Prasad, Permanent Address: Village- Madaarpur, Khaspuriya, District Barabanki-225003 Correspondence Address: H. No. 645b/430, Vashisthpuram, Jankipuram, District-Lucknow-228021 Guarantors: 1. Mr. Dheeraj Mishra S/o Mr. Om Prakash Mishra, Address- In front of D.M. Awas, Dixit Nagar, District Barabanki-225001 2. Mr. Sanjay Singh S/o Late Mr. Prithvi Raj Singh, Address- Jaurandha, Ramnagar, District- Barabanki-225205	Rs. 47,43,471.17 + interest & expenses thereon from 01.05.2024	Building situated at 1/2 part of land No. 20, Khasra No. 121, Sun City, Village- Madiyawa, Pargana- Mahona, Tehsil- Bakshi Ka Talab, Distt. Lucknow, Area- 111.524 Sq. Mtr. In the name of Mr. Dharendra Singh S/o Late Mata Prasad Singh, Bounded as: East: Bhukhand Sankhya 20 ke aadhe Bhag Par Nimit Bhawan, West: Rasta 20 Feet Chaudha, North: Bhukhand Sankhya 21, South: Rasta 20 Feet Chaudha	12.06.2024 23.08.2024

Date : 25.08.2024 Place : Barabanki Authorised Officer

Rahul urges policy changes to include all demographic groups



PNS ■ PRAYAGRAJ

Leader of Opposition in Lok Sabha Rahul Gandhi said that policies should be formulated based on the country's demographic composition to ensure that government schemes benefit everyone. Speaking at the Samvidhan Samman Sammelan held at the Convention Centre of Allahabad Medical Association (AMA) on Saturday, Gandhi highlighted that 73 per cent of the country's population includes OBCs, Dalits, and Adivasis, noting that minorities are not yet factored into this figure. Gandhi argued that without policies aligned with the actual population distribution, the benefits of government schemes would not reach those who need them most. He criticised current Central

government policies for favouring a small segment of capitalists and the wealthier 30 per cent of the population, leaving the majority underserved. He also addressed the BJP's proposal to conduct a caste census and include an OBC category. Gandhi emphasised that merely acknowledging OBCs in the census is insufficient. He called for a comprehensive list of all communities, asserting that understanding the full demographic picture is crucial for effective policy-making. Gandhi clarified, "Our goal is not only to conduct a caste census but to use it as a foundation for policy development. Knowing the population is a necessary step, but not the final one. We must also understand how wealth is distributed in India to ensure fair participation and equity."

SAC inspects watershed development works

PNS ■ VARANASI

Senior Additional Commissioner of Union Rural Development Ministry, Dr CP Reddy, made a field inspection of the ambitious Jalagam Vikas Karyakram (watershed development programme) in Araziline and Sewapuri development blocks of Varanasi on Saturday and praised the rural industry works after observing the self-help groups (SHGs). In the district, the Jalagam Vikas Karyakram under Watershed Development Component of Pradhan Mantri Krishi Sinchayee Yojana (WDC-PMKSY 2.0) is being implemented by the Land Conservation Unit of the Agriculture department. Two projects in the district are planned in the development blocks Araziline and Sewapuri, respectively. The field inspection of the ex-

ecuted works of the project, land and water conservation work, livelihood promotion work and implementation of advanced crop system was made by Dr Reddy who saw the field status of implementation of the scheme in Khargapur village of Sewapuri block, where he held a meeting with the livelihood promotion groups about the scheme and gave technical information. He also observed the rural industry work of Dona Pattal manufacturing unit under livelihood promotion of Maa Durga SHG, Shankar Bhagwan SHG and Brahma Baba SHG in the village itself and praised the activities and suggested adding more groups. He distributed knapsack sprayer, Hazara and minikit of vegetable seeds to 15 beneficiaries of production under the scheme. Thereafter, Dr Reddy performed bhoomi puja of a

construction of Chandrama Patel, a beneficiary of the production system. After this, the water conservation works which included community pond renovation, roof top rain water harvesting, natural drain renovation and other land conservation works were inspected on the spot. Land Conservation Officer Ashok Kumar Yadav gave information related to the project. Joint Agriculture Director (Varanasi Division) SN Dubey and Deputy Agriculture Director (Land Resources) were also present. During this, Dr Reddy also gave a message about the environment to the villagers by planting trees. All the members of Jalagam Group Beshapur, Jalagam Samiti Hathi, women of SHGs, beneficiaries of the production system as well as all the regional employees of the Agriculture department and others were present in the meeting.



Hanuman Temple Corridor design revised to preserve flood bathing tradition

PNS ■ PRAYAGRAJ

To preserve the tradition of bathing the 'Lete Hanuman' in the Ganga in Sangam city, the Prayagraj Mela Authority has revised the design of the Hanuman Temple Corridor project. The updated plan ensures that the flow of the Ganga near the sanctum sanctorum will remain unobstructed during floods. Initially, there were concerns that the corridor's construction could impede the river's flow during flood conditions. To address this, an elevated boundary wall will be constructed, allowing Ganga's waves to

enter the temple and bathe the deity. The lower portion of the wall will be left open to ensure the tradition continues uninterrupted. These design modifications have been made to maintain the ritual while accommodating the new infrastructure. During the rainy season, the water levels of the Ganga and Yamuna rise, reaching the Lete Hanuman temple, where it traditionally bathes Lord Hanuman before receding. This ritual has been observed for decades, drawing a large number of devotees. To ensure this tradition is preserved despite the construction, the corridor's

design includes an elevated boundary wall with adjustments to allow floodwaters to enter the temple. For the corridor's construction, the Prayagraj Development Authority acquired 11,186 square metres (2.76 acres) of land from the army. In exchange, the development authority provided the army with 19,000 square metres of land valued at Rs 64 crore in the Jahnvipuram Housing Scheme. With the land exchange agreement in place, construction began, with Univastu Boots Infra Limited awarded the contract. The project, costing Rs 38.18 crore, will be completed in two

phases. The first phase, including the construction of the boundary wall, road, and shops, is expected to finish by December. The second phase, focusing on the sanctum sanctorum and related work, will follow after the Maha Kumbh. Recently, as the company commenced work, the temple was submerged by floodwaters, which also bathed Lord Hanuman. Prayagraj Development Authority Vice-Chairman Arvind Chauhan has instructed the construction agency to modify the boundary wall's design to ensure floodwaters can flow beneath it.

Hindu organisations protest atrocities on Hindus in B'desh

Mirzapur (PNS): Hindu organisations on Saturday protested against the persecution of minorities in Bangladesh. Thousands of people from various parts of the city gathered at Ghantaghar, where not only trade organisations but also educational institutions supported the demonstration. At the public meeting, Mahanth Yoganand Giri called on the Indian government to implement measures to ensure the safety of minorities in Bangladesh and to apply diplo-

matic pressure on the country. Following the meeting, a long procession led by saints marched through the city streets. The protesters raised slogans and warned Bangladesh to address the issues or face repercussions. Among the prominent participants in the protest rally were Vishwanath Agrawal, Ram Chandra Shukla, Asheesh Budhiya, Mata Sahay Mishra, Shiv Mundara, Ram Asarey Saroj, Amit Srinet, and Rajesh Sonkar.

Jadli takes charge as Director (HR) of NTPC

Sonbhadra (PNS): Anil Kumar Jadli assumed the charge as Director (HR) of NTPC on August 23 (Friday). He began his career with NTPC in 1993 as an executive trainee. His rise from this entry-level position to the pinnacle of the HR function at NTPC reflects his dedication, commitment, and hard work. Jadli holds a PG degree in Organic Chemistry from Garhwal University and a PG diploma in Business Management with a focus on Human Resource Management from MDI, Gurgaon. Additionally, he has received management and leadership training from ESCP-EAP in Paris, Berlin, and Turin. His career spans over three decades, encompassing both line and HR functions. After spending approximately ten years in line functions, he transitioned to HR in 2004. Since then, he has managed various aspects of HR across multiple NTPC projects, including serving as head. In 2020, he moved to corporate HR, where he played a key role in developing and implementing numerous HR strategies and initiatives.

ISARC workshop on climate change

PNS ■ VARANASI

The South Asia Regional Centre (ISARC) of International Rice Research Institute (IRRI) organised a two-day multi-stakeholder workshop on 'Prioritising Agronomy in Changing Environment (PACE)' here recently. The workshop aimed at prioritising the highest effective interventions that address climate challenges and production constraints faced by small farmers in the eastern IGP (Indo-Gangetic Plain) region using the PACE tool. The workshop was organised by the Cereal Systems Initiative for South Asia (CISA), Regional Programme of Excellence in Agronomy (EiA), and Indian Council of Agricultural Research - Central Research Institute for Dryland Agriculture (ICAR-CRIDA), Hyderabad. ICAR-CRIDA Director Dr VK Singh, in his address, emphasised the importance of the eastern IGP, which contributes to 50 per cent of India's total foodgrain production. He said the rice-wheat system of the region faced severe challenges such as floods, droughts and heat waves, leading to huge production losses. He highlighted three key aspects of the PACE tool, two of which were assessment of system productivity and analysis of production constraints and losses due to climate hazards. "PACE is an interactive tool developed to help in the

process of mitigating climate hazards and identifying adaptation options," ISARC Director Dr Sudhanshu Singh said. He said the tool classified systems based on the area of major crops and their economic production value and identifies and prioritises the major climate challenges and hazards for each crop and season. He emphasised on the critical challenges faced by small farmers, as well as the opportunities available in dry areas, rainfed agriculture and high altitude areas. He also said that harnessing the expertise of all National Agricultural Research System partners was of utmost importance to address these challenges. "EiA aims to increase the productivity and agronomic gain per input of millions of small farmer families in priority farming systems by 2030. The initiative pays special attention to women and young farmers and seeks to have a measurable impact on food and nutrition security, income, resource use, soil health, climate resilience and climate change mitigation," he said. Deputy head of Sustainable Impact Department, IRRI and regional head of EiA Dr Virendra Kumar highlighted the challenge of low productivity, limited mechanisation and climate change in eastern IGP. He said that scalable solutions like PACE were needed to address these problems, which took into account both mitigation and adaptation strategies.

Senior Agriculture Economist, World Bank, Iftikhar Mustafa, suggested a database framework and risk management approach that integrates rice with other crops. He emphasised that for any technology to be effective, it must be user-inclusive and user-friendly so that it can be truly beneficial to farmers.

IUCTE SIGNS MoU WITH UNESCO MGIEP FOR TEACHERS' EDUCATION

A Memorandum of Understanding (MoU) was signed between the Inter University Centre for Teacher Education (IUCTE), Varanasi, and UNESCO MGIEP (which stands for Mahatma Gandhi Institute of Education for Peace and Sustainable Development) in the field of teacher educa-

tion. This MoU is significant as it marks the beginning of IUCTE's work at an international level in teacher education. UNESCO MGIEP and IUCTE will soon jointly provide training to teachers from various countries on digital literacy and early childhood education. The training will not be limited to India but selected teachers from different countries will also participate. While signing the MoU, IUCTE Director Prof Prem Narayan Singh stated that the IUCTE is committed to its duties in the field of teacher education and is dedicated to preparing teachers for the future in higher education. He also announced that new programmes will be launched soon.



Directors of IUCTE and UNESCO MGIEP PN Singh and Obijiofor Aginam, respectively, exchanging MoU documents in Varanasi on Friday

Minister advocates scientific resolution of farm issues

PNS ■ VARANASI

Uttar Pradesh's Animal Husbandry and Dairying Minister Dharmpal Singh stressed the need for scientific resolution of agricultural issues. He was speaking as the chief guest in the closing ceremony of the two-day 8th National Youth Convention on 'New Perspectives for Sustainable Agriculture and Livelihood Security (NYC-NPSALS-2024)' at the Institute of Agricultural Sciences, Banaras Hindu University (IAS-BHU). This event was jointly organised by All India Agricultural Students Association (AIASA), New Delhi, the Indian Council of Agricultural Research (ICAR) and IAS-BHU and it saw the congregation of a diverse group of scientific community and vibrant youth masses being directly associated with agriculture and livelihood security. The minister addressed key issues concerning challenges being faced by Indian agriculture that need to be mitigated through key scientific resolutions and deliberated during the convention in different thematic areas of agriculture and food security. He also emphasised on various key initiatives taken by both state and Central governments for the overall development of animal husbandry and dairy industry in the state.



UP Minister Dharmpal Singh awarding a winner at the concluding function of NYC-NPSALS at BHU in Varanasi on Friday

IAS-BHU Director Prof SVS Raju delivered the welcome address. Dean of Agriculture Faculty, BHU, Prof UP Singh, also addressed the gathering. Organising secretary of the convention, Dr VK Tripathi, presented a brief introduction while AIASA national president V Ramvilas Paswan delivered the introduction and chief policy advisor of AIASA Dr Sahadev Singh, presented the conference report. Advisor, ARDO, Prof RP Singh also addressed the gathering. Nitesh Verma, Group B officer from the Agriculture Ministry, was

also present on this occasion. Awards were given away to students who presented their research papers. The vote of thanks was proposed by Dr Ashish Khandelwal. Earlier, UP Agriculture Minister Surya Pratap Shahi was the chief guest of the inaugural session. Dr RC Agrawal (DDG, ICAR) and Dr RG Agrawal (chairman, Dhanuka Agritech) were the guests of honour. IAS-BHU Director Prof SVS Raju welcomed the guests while the vote of thanks was proposed by Prof Amitava Rakshit.

Varanasi wins NER drama contest

PNS ■ VARANASI

Under the aegis of North Eastern Railway (NER) Rajbhasha department, the Zonal Railway Hindi Drama Competition-2024 was organised at railway auditorium in Gorakhpur. The programme was inaugurated by General Manager Saumya Mathur by garlanding the picture of Maa Saraswati and lighting the lamp. Senior railway officers of headquarters and divisions were also present on this occasion. In the competition, the play 'Bade Bhai Sahab' presented by the Varanasi division got the first place. Four teams of NER headquarters - Gorakhpur, Varanasi, Lucknow and Izzatnagar divisions - participated in the Drama Festival. The play 'Bade Bhai Sahab' presented by Varanasi division is a dramatic adaptation of the

story written by the great Munshi Premchand with the same title. The play was directed by Aman Srivastava and the team manager was Ajay Kumar Singh. In the said play, the role of Bade Bhai Sahab was played by Vidyabhushan Tiwari while the role of Chhote Bhai was played by Aman Srivastava. The role of Mitra Mandali and other characters were played by Anu Rani Rao, Vinod Maurya, Shivani, Amarjeet, Kshiti, Krishna and Archana. The stage decoration, costume decoration and make-up work in the play was done by Asha Sharma, Piyush, Brijesh and Lakshmi. Divisional Railway Manager Vineet Kumar Srivastava congratulated the artists of the Rajbhasha department and the drama group on this achievement. He also honoured Rajbhasha Officer Navneet Verma by giving him a certificate.

Mittal for stopping free schemes

PNS ■ VARANASI

Eminent economist and former vice-chancellor of Dr BR Ambedkar University, Agra, Prof Ashok Kumar Mittal, said that stopping free schemes was a very necessary step. He also said that employment was a serious issue for which there was a need to work by making a policy for the near 5 to 15 years. He was speaking as the chief guest in the inaugural function of an international seminar on 'Employment, livelihood and regional development: 2047' in the context of developed India' organised under the aegis of the Department of Economics at DAV PG College here on Friday. Prof Mittal said that India had the challenge of standing in the league of developed countries by 2047 as well as creating an economy of 5-trillion in the next few years, but we should also understand the current reality of India. Special guest and DGM of



HPCL (North Zond) Dayashankar Singh said that India had sufficient resources for jobs, despite that the problem of employment was increasing day by day. He said that the reason for this was lack of skill development among the youth. "About one lakh skilled youth will be provided employment in HPCL's Barmer refinery," he added. Special speaker Prof Vinod Srivastava of Avadh University, Ayodhya, said that religious tourism had emerged as a big source of employment as Kashi Vishwanath Corridor and Ayodhya's Ram temple were its

prime examples. Senior economic journalist Shishir Sinha, who came from New Delhi, said that in the present times, there was a big challenge to prove oneself employable after completing studies to get employment. He said that India's position of 141st in per capita income was quite challenging for the economy. Secretary/manager of the college, Ajit Kumar Singh Yadav, and executive principal Prof Satyagopal welcomed the participants. The other speakers who also expressed their views in the seminar included Prof AK Gaur, Prof Mrityunjay Mishra, Prof Bhavesh Vikram Singh, Prof NK Mishra, Prof Rakesh Raman, Prof Vibha Joshi, Prof Manisha Malhotra, Prof Amanath Tripathi and Dr Hariram Prajapati. Apart from this, about 80 research papers were presented online on the first day in the technical session. The guests also released the souvenir of the seminar.

Political parties gear up for by-elections

PNS ■ PRAYAGRAJ

All parties are gearing up for the upcoming by-elections, which will cover ten seats in Uttar Pradesh. Discussions are ongoing regarding the selection of candidates. The BSP has already announced its candidate for the Phulpur assembly seat, while the candidates for the remaining seats are still being decided. Similarly, the Congress, SP, and BJP are also considering various names, and the situation may become clearer in the coming days. The Congress is facing the most uncertainty at this time. The Congress plans to field candidates in several constituencies, including Prayagraj, and preparations are underway. Meanwhile, members of the SP and BJP have been actively

engaging with the public by organising events and visiting the Phulpur assembly constituency. Congress national general secretary and UP incharge Avinash Pandey, who was in Prayagraj ahead of Rahul Gandhi's visit, commented on the UP by-elections. He stated that regardless of who gets the ticket, the candidate from the INDIA bloc is expected to win. He assured that there is no confusion or dispute with the SP regarding ticket allocation, and that candidate selection will be a mutual decision. "The seat-sharing arrangement will be finalised soon. Both the SP and Congress are committed to ensuring the victory of the INDIA bloc candidate," he said. Pandey also noted that given the current national climate and rising crime rates, the BJP is likely to lose all the seats.

National Space Day celebrated at IIIT-A

Prayagraj (PNS): National Space Day was celebrated at Indian Institute of Information Technology, Allahabad, Jhalwa campus. The event started in the morning and was attended by hundreds of PhD and M.Tech students in the administrative block auditorium. Students and faculty members attended the live-streamed event from Bharat Mandapam where President of India Droupadi Murmu addressed the nation. Later, Dr Vineet Srivastava, scientist at Flight Dynamics Operations, ISTRAC, ISRO Bengaluru, and also Associate Project Director of Chandrayaan 4, spoke on the recent milestones achieved by them. Acting Director of IIIT-A Prof OP Vyas threw light on the importance of first Space Day in the country. Prof Pavan Chakraborty said: "We are all proud that on August 23, 2023, Chandrayaan-3 module safely landed on the south pole of the moon, the 'Shiv Shakti' point."

BJP raps Cong for backing NC's 'anti-national' manifesto

PIONEER NEWS SERVICE ■ NEW DELHI

The BJP on Saturday criticised Congress extending support to National Conference (NC) manifesto which promotes ideas like dividing the Nation, enforcing two constitutions and Kashmir and opposing the National Flag and said it exposed Congress anti-national thinking. These assertions were made here during a joint conference by BJP National General Secretary Tarun Chugh and Delhi BJP President Virendra Sachdeva.

Chugh said Congress has always sided with those who seek to break the nation. The Congress's support for the NC's manifesto raises many questions. This manifesto by the National Conference is an attempt to re-establish terrorism and separatism in Jammu and Kashmir. The manifesto's declaration to reinstate Articles 370 and 35A has full support from Rahul Gandhi and the Congress. Chugh questioned Congress and Rahul Gandhi on their stance regarding Articles 370 and 35A. He asked whether Congress supports dividing Jammu and Kashmir and implementing two constitutions in the region. Congress needs to clarify its position on these issues. He said Congress is repeating its historical mistakes by playing a dangerous game in alliance with the National Conference.



He further questioned whether Congress is backing Pakistan's agenda. An effort is being made to establish terrorism and separatism in Jammu and Kashmir, and Congress's hand in this conspiracy is evident. Congress

should clarify if a state party is collaborating with a party from another country and supporting this anti-national agenda. The NC's manifesto clearly States that separatists currently in jail, who were involved in bomb blasts and

in implementing Pakistan's agenda in Jammu and Kashmir, will be released. The Abdullah family advocates for this, and the Gandhi family supports them, Chugh claimed. He said Congress is standing

with those who seek to strip citizens of their rights, revoke reservations, and return to the pre-August 5, 2019, status of Kashmir. The NC manifesto is an announcement to remove the Constitution introduced by Dr B R Ambedkar, and Congress, along with the Abdullah family, is trying to uproot it. The BJP will not allow this to happen under any circumstances. Congress must clarify whether it supports the manifesto that proposes renaming Shankaracharya Hill to Takht-e-Suleiman. Rahul Gandhi, who never visited Jammu and Kashmir in his 50 years but is now playing snow ball there, should remember that the only reason the tricolour flies at Lal

Chowk, where he is enjoying ice cream, is because of Prime Minister Narendra Modi, he said. Delhi BJP President Sachdeva said in its lust for power, Congress has repeatedly played with the unity and security of the nation. By allying with the National Conference in Jammu and Kashmir, Congress is revealing its vile face. The party stood with stone pelters and continues to support them. Sachdeva also questioned Rahul Gandhi, who is nurtured by foreign values and visits temples only during elections, about whether he intends to provoke another Hindu-Muslim riot by renaming Shankaracharya Hill.



Settle soyabean insurance claims soon, officials told

PIONEER NEWS SERVICE ■ NEW DELHI

Union Agriculture and Farmers Welfare Minister Shivraj Singh Chouhan has directed officials to immediately resolve the problem of pending insurance schemes of soyabean crop. He gave this instruction while interacting with farmers in Nanded, Maharashtra on August 21, Agriculture Ministry said here on Saturday. Giving details, officials said farmers of Parbhani district informed the Union Minister about the problem of pending insurance claims of Rs 200-225 crores of their soyabean crop. In this regard, the Minister gave instructions to the Agriculture and Farmers Welfare Officials to immediately resolve the problem.

Department of Agriculture and Farmers Welfare held a meeting of the National Technical Advisory Committee (TAC) in this regard on August 22. In the meeting, the TAC rejected the objection lodged by the insurance company on crop cutting experiments and directed the insurance company to pay the pending claims. Due to this decision, pending claims of Rs 200 to 225 crores are to be paid to about 2,00,000 farmers of Parbhani district. On Saturday, the Central Technical Advisory Committee has issued an order to the concerned insurance company to pay the due claim within one week in this regard.



Gadkari promises to expedite iconic Telangana, Andhra bridge

PIONEER NEWS SERVICE ■ NEW DELHI

Union Road Transport and Highways Minister Nitin Gadkari has assured he will expedite the construction of a double-decker cable-stayed iconic bridge between Telangana and Andhra Pradesh over the Krishna River, the Telangana government said on Saturday. The assurance came during a meeting with Telangana Tourism and Excise Minister Juppally Krishna Rao in New Delhi.

Gadkari responded positively to Rao's request to fast-track the project and assured him that all necessary procedures would be completed, with tenders set to be launched by September end, an official statement said.

The Rs 1,082.56 crore-bridge, connecting Somashila in Telangana and Sangameswar in Andhra Pradesh, has been pending for two years due to various reasons. Rao, during the meeting, had an extensive discussion on the bridge construction, which falls in the Kollapur constituency, as well as various national highway development projects in the Mahbubnagar district. The bridge is expected to promote ecotourism and temple tourism in Telugu-speaking States, provide a safer route to commuters, and reduce travel distance from Telangana to Tirupati by 70-80 kilometers, cutting down travel time by at least 90 minutes.

Slated to come up against the backdrop of the Srisaikal reservoir and Nallamala forest, the bridge will connect the Lalitha Seshwara Temple on the Telangana side with the Sangameswar Temple on the Andhra Pradesh side. Rao also requested Gadkari to take steps to upgrade the 203.5 km road from Alampur "X" Road (NH-44) to Nalgonda (NH 565) into a national highway.

Modi to honour 11 lakh Lakhpati Didis, inaugurate Rajasthan Museum today

PIONEER NEWS SERVICE ■ NEW DELHI

Prime Minister Narendra Modi will give certificates and felicitate 11 lakh new Lakhpati Didis, who recently became Lakhpati (millionaire) during the third term of the NDA Government at an event in Jalgaon in Maharashtra on Sunday. Later at 4.30 pm, on the same day i.e. on Sunday, the Prime Minister will also attend the concluding ceremony of the Platinum Jubilee celebrations of the Rajasthan High Court, to be held at the High Court Campus, Jodhpur. The Prime Minister will also inaugurate the Rajasthan High Court Museum.

At the Lakhpati Didi Sammelan in Jalgaon, the Prime Minister will also interact with the beneficiaries from across the country and release a Revolving Fund of Rs 2,500 crore which will benefit about 48 lakh members of 4.3 lakh Self-Help Groups (SHG). He will also disburse bank loan of Rs 5,000 crore which will benefit 25.8 lakh members of 2.35 lakh SHGs.

During his Independence Day speech last year, Modi had announced the 'Lakhpati Didi'



scheme to provide skill development training in skills like plumbing, LED bulb making and operating and repairing drones to 20 million women in villages across the country. Since the inception of the scheme, one crore women have already been made 'Lakhpati Didis'. The government has set a target to make 3 crore 'Lakhpati Didis'. 'Lakhpati Didi' refers to women who are capable of earning at least 100,000 rupees annually. To benefit from this scheme, women must be part of a self-help group. Currently, there are about 83 lakh self-help groups in the country, involving approximately 9 crore women.

NHRC proposes enhancing elderly care, to focus on dignity, rights, awareness

ARCHANA JYOTI ■ NEW DELHI

With aging parents increasingly being seen as a 'burden' by their children amid the disintegration of the traditional family structure, a panel of experts from the Core Group of the National Human Rights Commission (NHRC) on Elderly Care has proposed a series of measures to protect and support India's rapidly growing elderly demographic. NHRC member Dnyaneshwar Manohar Mulay emphasised the importance of old age homes, stressing that they should not be viewed as mere holding facilities with a stigma attached.

"Instead, these homes should provide an environment that promotes health, quality of life, and dignity for their residents," said Mulay at a meeting held recently. He also informed the group members who are working in the sector at the grassroots to ensure complaints of abuse against elderly people can be registered at the NHRC portal. As per the minutes of the meeting made available recently, Dr Abha Chaudhary, Chairperson, NGO Anugraha called for a comprehensive need-assessment to identify challenges faced by the elderly, particularly the most marginalised. She also advocated for a culturally suitable action plan and the creation of SOPs for stakeholder preparedness. Dr Abha posed the question of exactly how many welfare schemes and support programmes there are for the 'most marginalised' section among the elderly, for example- those crossing 80 years of age etc. she also highlighted how India



needs a more culturally and socially suitable Himanshu Rath, from Agewell Foundation flagged the issue of lack of district tribunals for elderly issues and stressed the importance of making elderly aware of their rights. He also proposed integrating moral education in schools and reducing duplication in schemes. Dr S Siva Raju, Professor at Tata Institute of Social Sciences (TISS) emphasised the role of family in elderly care and applauded the Andhra Government's Wallet Scheme. He also advocated for "Private sector involvement and NHRC's facilitative role in raising awareness." Rajiv Manjhi, Joint Secretary, Union Health Ministry highlighted achievements in healthcare provisions for senior citizens and the need for spe-



cialised care professionals while Harimohan Sharma, of United Rural Development Services, Manipur addressed connectivity issues and inadequate funding for old age homes in Manipur. He suggested increasing funding and number of beneficiaries, and improving hospital empanelment. Gargi Lakhnani, from Vridh Care NGO, discussed the importance of ground-level implementation, mental health programs, and awareness campaigns for elderly care. The members also sought incorporating education about elderly care and respect into school curricula to foster understanding and empathy among young people. "Encourage youth involvement in elderly care through volunteer programs and community service initiatives," they said.

FROM PAGE 1

UNPRECEDENTED UNIFIED PENSION SCHEME...

There will be lumpsum payment at superannuation in addition to gratuity. One-tenth of the monthly emolument i.e. pay plus dearness allowance, as on the date of superannuation for every completed six months of service will be given. This payment will not reduce the quantum of assured pension. Meanwhile, the state governments will also be given the option to opt for the Unified Pension Scheme. If state governments opt for UPS, then the number of beneficiaries will be around 90 lakh. According to the government the expenditure for arrears will be Rs 800 crore. The annual cost increase will be around Rs 6,250 crore in the first year. Last year, a committee under Finance Secretary TV Somanathan was set up to review the pension scheme for government employees and suggest changes in the light of the existing framework and structure of the National Pension System. The finance ministry formed the committee after several non-BJP-ruled states decided to revert to the Old Pension Scheme (OPS) and calls by employee organisation for the same. Under the OPS, retired government employees received 50 per cent of their last-drawn salary as monthly pensions. The amount keeps increasing with the hike in the Dearness Allowance (DA) rates. The Cabinet also approved the

continuation of the three umbrella schemes, merged into a unified central sector scheme namely 'Vigyan Dhara' of the Department of Science and Technology (DST). The proposed outlay for Vigyan Dhara is Rs 10,579 crore during the 15th Finance Commission period from 2021-22 to 2025-26. The scheme has three broad components -- science and technology institutional and human capacity building; research and development; and innovation, technology development and deployment. Apart from that, the Union Cabinet also approved the proposal 'BioE3 (Biotechnology for Economy, Environment and Employment) Policy for Fostering High Performance Biomufacturing' of the Department of Biotechnology. The main features of the policy include innovation-driven support to R&D and entrepreneurship across thematic sectors. Overall, this Policy will further strengthen Government's initiatives such as 'Net Zero' carbon economy & 'Lifestyle for Environment' and will steer India on the path of accelerated 'Green Growth' by promoting 'Circular Bioeconomy'.

MEHBOOBA MUFTI ...

It also promises to revisit and address the cases of "unjust" job terminations - referring to the sacking of J-K Government employees over terror abatement charges. Mehbooba also maintained her party, if voted to power We will also protect the land

and employment rights of the people of Jammu and Kashmir and promised the Re-establishment of the J&K Human Rights Commission. Announcing some sops for the common people Mufti promised, "We will provide free electricity up to 200 units, abolish water taxes, and there should be no water meters. We will also offer a one-time settlement for old electricity bills. For the poor, we will implement the Mufti Mohammad Sayeed scheme again, providing 12 cylinders a year." "We will double social security benefits like old age pensions and widow pensions. We will ensure that all government jobs are filled, and temples and gurudwaras will receive free electricity," she said.

SHIKHAR DHAWAN...

Before becoming the Captain of Punjab Kings, Dhawan played for Sunrisers Hyderabad from 2013 to 2018. He was a crucial player for the Franchise along with David Warner and orange cap was awarded in 2017 IPL. He was later traded to Delhi Capitals before becoming the Captain of Punjab King's franchise in 2022. Dhawan's retirement marks the end of an era for Indian Cricket. His aggressive batting style and his ability to dominate bowlers will surely be missed.

MULLAPERIYAR DAM...

"Why should Tamil Nadu be concerned

about the safety of the people of Kerala? It is for our ministers and MPs to press the matter and get the work for a new dam going," said P C George, seven-term MLA who as head of various petition committees had demanded the construction of a new dam. Tamil Nadu's five districts are fully dependent on Mullaperiyar Dam for their drinking water supply, irrigation and power production requirements. "The districts of Ramanathapuram, Theni, Dindigul, Sivaganga and Madurai are fully dependent on water from this dam, which otherwise would have flown westward to the Arabian Sea. Tamil Nadu got a dam free of cost as the entire catchment area and dam were built on land owned by Kerala. Though the Tamil Nadu Government claims that it was John Pennicook, a British engineer, who built the dam with funds from his home, it is bunkum," said George, who has been in the forefront of an agitation demanding the construction of a new dam. A 2021 study by United Nation's think-tank, INWEH, has found that Mullaperiyar Dam, built 881 metres above sea level, is situated in a seismically active zone and has many serious structural flaws. Kerala Chief Minister Pinarayi Vijayan is busy mobilizing funds and resources to rebuild Wayanad, which was recently devastated by landslides. "He is waiting for the Mullaperiyar Dam to burst so that he could launch another fund collection

drive," said a dejected George disappointed over the apathy of the State Administration.

NARI HIRA ...

The magazine revolution began when he launched Stardust. He broke every convention of film coverage & then created a magazine empire based on those principles; be sharp, be blunt but write well & make it look good I will miss him (sic). As a senior journalist and media mogul, Hira's contributions to Indian journalism have been widely recognised. His death marks the end of an era in the world of print media, where his publications played a crucial role in shaping celebrity culture and public discourse for decades.

BESTIAL ASSAM RAPIST...

'In Bengal, when women are tortured, the criminals are protected and police take suspicious actions. In Assam, a horrific crime was committed against a minor girl, the accused was immediately arrested, he said. Sarma said that he had immediately directed the state Director General of Police to go to the spot and investigate the incident. A minister was also sent who enquired about the health condition of the victim who is currently recovering in a Nagaon hospital. Police had arrested one person and detained another while search was on to nab the third.

Button size batteries pose serious threat to toddlers, warns study

PIONEER NEWS SERVICE ■ NEW DELHI

Button batteries, though small and seemingly benign, which are commonly found in household items such as remote controls, hearing aids, and key fobs can be a serious hazard for toddlers if ingested by them, says a study. A team of researchers warned that children who did not have the button battery removed within six hours were almost eight times more likely to die. Those younger than two years old who had swallowed a button battery with a diameter of at least 2 centimetre were the

most at risk for serious damage or death, said the team from the University of Sydney after they analysed over 400 cases of button battery damage worldwide. They stressed that a child's age, the size of the button battery, and a delayed diagnosis combine to create a "perfect storm", which can lead to severe harm. Lead author Christopher, a professor at the University of Sydney in Australia, urged clinicians to be mindful of "a potential button battery ingestion when dealing with acute onset respiratory or gastrointestinal symptoms in young

children". The findings are published in World Journal of Pediatrics. In view of these unseen threats, the researchers said that, in order to protect children, the industry needs to redesign button batteries. This is because current standards only focus on child resistant packaging and product compartments. Currentl, Australia is the only country in the world that has introduced first-ever mandatory safety standards for child-resistant packaging of button batteries. Tran added that when a child swallows a button battery, it can cause a chemical reaction in the



oesophagus that creates a solution that burns and dissolves the tissue inside the child's

throat. About 26 per cent of injuries from swallowing button bat-

teries resulted in burns to the child's oesophagus, with 23 per cent being extremely

severe. Burning can cause a hole in a major vein or artery, causing fatal blood loss. Nearly 9 per cent of complications cases resulted in death, with bleeding being the most common symptom of fatality. A growing number of everyday home gadgets, such as watches, hearing aids, remote controls, and toys, rely on button batteries as tiny power sources. Button batteries, however, pose a risk to inquisitive young children who may swallow them unintentionally or put them in their mouths, noses, or ears without being able to express what has happened. Button batteries contain cor-

rosive chemicals that can cause severe burns to the esophagus, stomach, and intestines. The most common initial symptoms of a button battery swallowing in a child are choking, difficulty feeding, and coughing. However, over time these symptoms change (for example, vomiting, drooling) and may be mistaken for other health issues such as gastroenteritis or a respiratory infection. The researchers also emphasised the need to raise awareness among parents about the possible risks associated with button batteries, the necessity of storing batteries safely, and the proper disposal methods.

3 people killed, 8 wounded in knife attack in Germany

AP ■ SOLINGEN (GERMANY)

A large-scale search was underway Saturday in the western German city of Solingen after three people were killed and at least eight others wounded, five of them seriously, in a knife attack at a festival. "The police are currently conducting a large-scale search for the perpetrator," police said in a statement. They have assembled a large number of forces around Solingen city center, including special units. "Both victims and witnesses are currently being questioned," they said. Police have also established an online portal where witnesses can upload information relevant to the attack. People alerted police shortly after 9:30 pm Friday to an unknown attacker having wounded several people with a knife on a central square, the Fronhof. Police said that the perpetrator was on the run, and

Terrorism not ruled out

Solingen (AP): A prosecutor says a terrorist motive has not been ruled out in a knife attack in western Germany in which three people were killed and seven wounded. Markus Caspers told a news conference on Saturday that authorities are still looking into what is behind the attack in the city of Solingen during a community festival on Friday evening. A 15-year-old boy was arrested early Saturday but police said he was not the perpetrator.

that they so far had only very thin information on the assailant. They said they believe the stabbings were carried out by a lone attacker and gave no information about the identities of the victims. The "Festival of Diversity," marking the city's 650th anniversary, began Friday and was supposed to run through Sunday, with several stages in central streets offering attractions such as live music, cabaret and acrobatics. One of the festival organizers, Philipp Muller, appeared on stage on Friday and asked festi-

valgoers to "go calmly; please keep your eyes open, because unfortunately the perpetrator hasn't been caught." Solingen has about 1,600,000 residents and is located near the bigger cities of Cologne and Duesseldorf. German Chancellor Olaf Scholz said on Saturday that the perpetrator of the attack must be caught quickly and punished with the full force of the law. "The attack in Solingen is a terrible event that has shocked me greatly. An attacker has brutally killed several people. I have just

spoken to Solingen's mayor, Tim Kurzbach. We mourn the victims and stand by their families," Scholz said on X. German President Frank-Walter Steinmeier also spoke to the mayor of Solingen on Saturday morning. "The heinous act in Solingen shocks me and our country. We mourn those killed and worry about those injured and I wish them strength and a speedy recovery from all my heart," Steinmeier said in a statement on Saturday. "The perpetrator needs to be brought to justice. Let's stand together — against hatred and violence." There has been concern about increased knife violence in Germany, and Interior Minister Nancy Faeser recently proposed toughening weapons laws to allow only knives with a blade measuring up to 6 centimeters to be carried in public, rather than the length of 12 centimeters that is currently allowed.

Moscow, Kyiv swap prisoners of war as Ukraine marks independence anniversary

AP ■ KYIV

Russia and Ukraine exchanged over 100 prisoners of war on Saturday as Kyiv marked its third Independence Day since Moscow's full-scale invasion. Ukraine said the 115 servicemen who were freed were conscripts, many of whom were taken prisoner in the first months of Russia's invasion. Among them are nearly 50 soldiers captured by Russian forces from the Azovstal steelworks in Mariupol. The Russian Defence Ministry said the 115 Russian soldiers had been captured in the Kursk region, where Ukrainian forces launched their surprise offensive into Russia two weeks ago. The ministry said the soldiers were currently in Belarus, but would be taken to Russia for medical treatment and rehabilitation. Ukrainian President Volodymyr Zelenskyy said in a

post on X that the United Arab Emirates had again brokered the exchange, the 55th since Russia launched a full-scale invasion of its neighbour in February 2022. Photos attached to Zelenskyy's post show gaunt servicemen with shaven heads and wrapped in Ukrainian flags. "We remember each and every one. We are searching and doing our best to get everyone back," Zelenskyy said in the post. Officials from the two sides meet only when they swap their dead and POWs, after lengthy preparation and diplomacy. Neither Ukraine nor Russia discloses how many POWs there are in total. According to the UN, most Ukrainian POWs suffer routine medical neglect, severe and systematic mistreatment, and even torture while in detention. There have also been isolated reports of abuse of Russian sol-

diers, mostly during capture or transit to internment sites. Last January, Russia and Ukraine exchanged hundreds of prisoners of war in the biggest single release. Two people were killed and four were wounded, including a baby, when Russian forces shelled the southern Ukrainian city of Kherson, the capital of the partially occupied Kherson region, according to local officials. Ukraine's air force said it had intercepted and destroyed seven drones over the country's south. Russian long-range bombers also attacked the area of Zmiyni (Snake) Island with four cruise missiles, while the wider Kherson region was also struck by aerial bombs. In Russia, the Defence Ministry said Saturday that air defences had shot down seven drones overnight. Five drones were downed over the southwestern Voronezh region bordering

Ukraine, wounding two people, regional Gov. Aleksandr Gusev said. News outlet Astra published videos appearing to show explosions at an ammunition depot after being hit by a drone. The videos could not be independently verified. Two people were wounded in a drone attack in the Belgorod region, also bordering Ukraine, regional Gov. Vyacheslav Gladkov said. Local authorities did not report any casualties in the Bryansk region, where the fifth drone was intercepted. In the Kursk region, regional Gov. Alexei Smirnov said Saturday that three missiles were shot down overnight and another four on Saturday morning. Russian air defenses shot down two more drones on Saturday morning, Russia's Defence Ministry said — one over the Kursk region and one over the Bryansk region.

Shipwreck, manslaughter probe into Italy's superyacht sinking

AP ■ ROME

Prosecutors in Italy said Saturday they have opened an investigation into shipwreck and manslaughter after a superyacht capsized during a storm off the coast of Sicily, killing seven people onboard. Termini Imerese prosecutor Ambrogio Cartosio confirmed the investigation but said no suspect is currently identified. "We are only in the initial phase of the investigation. We can't exclude any sort of development at present," he told reporters at a news conference. The main question investigators are focusing on is how a sailing vessel deemed "unsinkable" by its manufacturer, Italian shipyard Perini Navi, sank while a nearby sailboat remained largely unscathed.

Rescuers on Friday brought ashore the last of seven bodies from the sinking of The Bayesian, a 56-metre British-flagged luxury yacht that went down in a storm near the Mediterranean island in southern Italy early Monday. The sailboat was carrying a crew of 10 people and 12 passengers. The body was believed to be that of Hannah Lynch, 18, the daughter of British tech magnate Mike Lynch. His body was recovered Thursday. He had been celebrating his recent acquittal on fraud charges with his family and the people who had defended him at trial in the United States. His wife, Angela Bacares, was among the 15 survivors. Civil protection officials said they believe the yacht, which featured a distinctive 75-metre aluminum mast, was

struck by a tornado over the water, known as a waterspout, and sank quickly. Rescuers struggled for four days to find all the bodies, making only slow headway through the interior of the wreck lying on the seabed 50 metres below the surface. "The Lynch family is devastated, in shock and is being comforted and supported by family and friends. Their thoughts are with everyone affected by the tragedy," a spokesperson for the family said in a statement issued Friday. The other five victims are Christopher Morvillo, one of Lynch's U.S. lawyers, and his wife, Neda; Jonathan Bloomer, chairman of Morgan Stanley's London-based investment banking subsidiary, and his wife, Judy; and Recaldo Thomas, the yacht's chef.

Rain claims 11 lives in China

PTI ■ BEIJING

Torrential rains have left at least 11 people dead and 14 others missing in the city of Huludao, northeast China's Liaoning province which left a trail of destruction causing heavy damage to the roads and bridges amounting to USD 1.44 billion, official media reported on Saturday. The latest round of heavy rainfall caused severe damage in Huludao, particularly in the city's Jianchang County and Suizhong County, state-run Xinhua news agency reported. Roads, power lines, communication networks, houses and crops were badly affected. Currently, roads and communication networks are gradually being restored in affected areas and efforts are being made to search for the missing persons. According to preliminary figures, 188,757 people in Huludao have been affected, with losses amounting to 10.3 billion yuan (about USD 1.44 billion).



People gather to mark Ukraine's Independence Day on the Place des Nations in front of the European headquarters of the United Nations in Geneva, Switzerland, on Saturday. AP/PTI

Palestinians' shrinking 'humanitarian zone' faces food scarcity

AP ■ DEIR AL-BALAH

Young girls screamed and elbowed each other in a crush of bodies in southern Gaza, trying desperately to reach the front of the food line. Men doled out rice and chicken as fast as they could, platefuls of the nourishment falling to the ground in the tumult. Nearby, boys waited to fill plastic containers with water, standing for hours among tents packed so tightly they nearly touched. Hunger and desperation were palpable Friday in the tent camp along the Deir al-Balah beachfront, after a month of successive evacuation orders that have pressed thousands of Palestinians into the area that the Israeli military calls a "humanitarian zone." The zone has long been crowded by Palestinians seeking refuge from bombardment, but the situation grows more dire by the day, as waves of evacuees arrive and food and water grow scarce. Over the last month, the Israeli military has issued evacuation orders for southern Gaza at an unprecedented pace. At least 84 per cent of Gaza now falls within the evacuation zone, according to the UN, which also estimates that 90 per cent of Gaza's 2.1 million residents have been displaced over the course of



the war. Thirteen evacuation orders have been issued since July 22, according to an Associated Press count, significantly reducing the size of the humanitarian zone declared by Israel at the start of the war while pushing more Palestinians into it than ever before. The increased crowding of evacuees can be seen in satellite photos. "The food that reaches us from the charity is sufficient for the people in our camp," said Muhammad Al-Qayed,

who was displaced from Gaza City and now lives along the beach. "Where do the people who were recently displaced get food from? From where do we provide them?" Another displaced Palestinian, Adham Hijazi, said: "I have started thinking that if there is no food, I will go and drink seawater to endure it. I am talking seriously. I will drink water and salt." The military says the evacuations are necessary because Hamas has launched rockets from within the humanitarian

zone. In posts on X, the military's Arabic-language spokesperson, Avichay Adraee, has instructed Palestinians to flee immediately, saying the military will soon operate "with force" against Hamas militants in the area. Yasser Felfel, originally displaced from northern Gaza, has watched his camp swell with waves of evacuees. "There were 32 people in my tent. Now there are almost 50 people, people I don't know," he said. "A week ago, there was a lot of food left over. We had breakfast, lunch and dinner. Today, because of the number of people who came here, it is barely enough for lunch." In August alone, the evacuation orders have been issued roughly every two days and displaced nearly 250,000 people, the UN said. "Many people here have been displaced more than 10 times. They're exhausted and broke," said Georgios Petropoulos, the head of the UN's Office for the Coordination of Humanitarian Affairs in Gaza. A pair of satellite photos taken over the last month shows the impact of the orders. The imagery, obtained from PlanetLabs and reviewed by the AP, shows that tent camps along the coast grew more densely packed from July 19 to Aug. 19.

Iranian hackers targeted accounts of Biden, Trump camp staffers: Meta

AP ■ WASHINGTON

The same Iranian hacking group believed to have targeted both the Democratic and Republican presidential campaigns, tried to go after the WhatsApp accounts of individuals in the administrations of President Joe Biden and former President Donald Trump, Meta Platforms said Friday. Meta said it discovered the network of hackers, who posed as tech support agents for companies including Microsoft and Google, after individuals who received the suspicious WhatsApp messages reported them. Meta's investigators linked the activity to the same network blamed for the hacking incident reported by Trump's campaign. The FBI this week said a hack by Iran of the Trump campaign and an attempted breach of the Biden-Harris campaign was part of a broader Iranian effort

to interfere with the US presidential election. A statement Friday from Meta, the parent of Facebook and Instagram, said that the hackers had tried to target the WhatsApp account of individuals in the Middle East, the United States and the United Kingdom, as well as political and diplomatic officials — including unidentified officials associated with the Trump and Biden administrations. A "small cluster" of accounts was blocked by Meta, the company said. "We have not seen evidence of the targeted WhatsApp accounts being compromised, but out of an abundance of caution, we're sharing our findings publicly, in addition to sharing information with law enforcement and our industry peers," Meta said in a statement. US intelligence officials say Iran's increasingly aggressive use of cyberattacks and disin-

formation has several motives: to confuse and polarise voters in an effort to undermine confidence in US democracy, to erode support for Israel, and to oppose candidates that it believes will increase tension between Washington and Iran. Iran has vowed revenge against Trump, whose administration ended a nuclear deal with Iran, reimposed sanctions and ordered the killing of an Iranian Gen. Qassem Soleimani. In July, Director of National Intelligence Avril Haines said Iran's government gave covert support to American protests against Israel's war against Hamas in Gaza. Groups linked to Iran posed as online activists, encouraged campus protests and provided financial support to some protest groups, Haines said. Messages left with the Trump and Harris campaigns were not immediately returned Friday.

Fasting and puja can coexist in Bangladesh, says adviser

PTI ■ DHAKA

The Religious Affairs Adviser of the interim government in Bangladesh has asserted that there is no problem in observing fasting and puja at the same time in the country as he called for building a harmonious state where all faiths coexist peacefully. Bangladesh saw several incidents of violence against members of Hindu, Buddhist and Christian communities following the fall of the Sheikh Hasina-led government earlier this month. The Bangladesh National Hindu Grand Alliance said the minority community faced attacks and threats in 278 locations across 48 districts since the fall of the Hasina-led government. Several Hindu temples, homes and busi-

nesses of the minority community in Bangladesh were destroyed this month amidst the student-led unrest against quotas in government jobs. Thousands of Bangladeshi Hindus have been trying to flee to neighbouring India to escape the violence. Speaking to Muslim devotees before Friday's Jumma prayers at Hazrat Usman Jame Masjid in the Halishahar area of Chattogram district, Religious Affairs Adviser Dr AFM Khalid Hossain called for building a country of religious harmony where people of all faiths would live peacefully, the state-run BSS news agency reported. "I want to give the nation a harmonious state. Bangladesh is a country of communal harmony.

There is no problem in observing fasting and puja at the same time in this country. Everyone will practice and publicise his or her own religion freely. It is a civic right of all," he said. In the changed situation after the fall of the Awami League government, some miscreants attacked and vandalised the places of worship and houses of Hindus, Buddhists and Christians, Hossain said. "Propaganda has also been spread in some foreign media to tarnish the image of the country," he said, adding that those who are trying to destroy communal harmony will be tackled by taking stern actions. Hossain sought everyone's cooperation to maintain law and order and a harmonious environment in Bangladesh.

Philippine police look for preacher wanted for child abuse

AP ■ MANILA

Hundreds of police officers backed by riot squads raided a vast religious compound in a southern Philippine city Saturday in search of a local preacher accused of sexual abuse and human trafficking, police officials said. A supporter of the group, called Kingdom of Jesus Christ, reportedly died due to a heart attack during the massive police raid that started at dawn in the group's compound in Davao city, livestreamed online by a local TV network owned by the group, police said, adding that the death was not related to the police operations. Officers brought equipment that could detect people behind cement walls. But by mid-afternoon, they found no sign of Apollo Quiboloy in the compound — some 30 hectares

(75 acres) that includes a cathedral, a school, a living area, a hangar and a taxiway leading to Davao International Airport. Quiboloy and his lawyer have denied the criminal allegations against him and his religious group, saying these were fabricated by critics and former members, who were removed from the religious group after committing irregularities. Quiboloy's followers, many filming the police raid with their cellphones, yelled at the police, questioning the legitimacy of the raid and pronouncing the innocence of Quiboloy, who was a close supporter and spiritual adviser of former President Rodrigo Duterte. Duterte had criticised previous attempts by large numbers of police to arrest Quiboloy as overkill. Quiboloy claims to be the appointed son of God. In 2019,

he claimed he stopped a major earthquake from hitting the southern Philippines. Police Brig. Gen. Nicolas Torre III, who led the raid, said officers wanted to serve warrants for the arrest of Quiboloy for various criminal cases, including child abuse and human trafficking. He justified the large deployment, saying there were more than 40 buildings and structures to be searched in the religious compound, where large numbers of Quiboloy's followers heeded and opposed the raid noisily. "We won't leave here until we get him," Torre told reporters as sirens blared in the background. "We have no bail warrants for Quiboloy and four others for very grave crimes, including human trafficking, child abuse and other cases." In 2021, United States federal prosecutors announced the

indictment of Quiboloy for allegedly having sex with women and underage girls who faced threats of abuse and "eternal damnation" unless they catered to the self-proclaimed "son of God." Quiboloy and two of his top administrators were among nine people named in a superseding indictment returned by a federal grand jury and unsealed in November 2021. The superseding indictment contained a raft of charges, including conspiracy, sex trafficking of children, sex trafficking by force, fraud and coercion, marriage fraud, money laundering, cash smuggling and visa fraud. Quiboloy's group said then that he was ready to face the charges in court, but he went into hiding after a Philippine court ordered his arrest and several others for child and sexual abuse. The Philippine Senate has

separately ordered Quiboloy's arrest for refusing to appear in committee hearings that was looking into criminal allegations against him. President Ferdinand Marcos Jr. has urged Quiboloy to surrender and assured him of fair treatment by authorities. When he was mayor of Davao city and later as president, Duterte appeared in Quiboloy's news program to promote his police-enforced drug crackdowns, which left thousands of mostly poor suspects dead. Duterte and his police officials have denied authorising extrajudicial killings of drug suspects, but he openly threatened drug dealers with death when he was in office. The International Criminal Court has been investigating the widespread killings under Duterte's campaign against illegal drugs as a possible crime against humanity.

INDIA U17 GEAR UP FOR INDONESIA CHALLENGE IN BALI

PTI ■ NEW DELHI

The Indian men's U17 team is gearing up to face Indonesia in two friendly matches in Bali on Sunday and next Tuesday. On Friday night the Blue Colts played a practice match against local side Bali United FC U20 at the Samudra Kuta Stadium, which ended in a 2-2 draw. Mohammad Sami and Mohammad Arbash scored the goals for India. Coached by Ishfaq Ahmed, India U17s are preparing for next month's SAFF U17 Championship, to be held in Bhutan, and the subsequent AFC U17 Asian Cup Qualifiers, which will be hosted by Thailand in October. They had been training in Srinagar for over a month and a half before their trip to Indonesia. "We tried and tested our entire squad in yesterday's practice match," said Ahmed. "The main eleven only played in the last 25 minutes. The other players got the chance to play and I'm really happy about that. "Bali United are one of the top teams here and they had five players from the Indonesia national U20 team, so we could compete physically with them and judge our level. "The training facilities here are nice. Everything has been top class, which is ideal for us to prepare for the main tournaments coming up. The climate is pleasant. The hosts



have been really helpful, accommodating all our requests. So far, so good here," the coach added. It would perhaps come as a surprise but there isn't much difference in temperatures between Srinagar and Bali, which ranges between 20 to 25

degrees celsius at this time of the year. However, being an island, Bali is more humid. The Blue Colts have also had to adjust from training in the artificial pitch at the TRC Ground in Srinagar to the natural grass pitches in Indonesia, but that isn't much

of an issue, according to Ahmed. The SAFF U17 Championship will take place on an artificial pitch at the Changlimithang Stadium, while AFC U17 Asian Cup Qualifiers will be held on natural grass at the Chonburi Stadium.

After a couple of days on the island of Bali, Ahmed and his boys are eager for the Indonesian challenge. Highlighting how crucial it is to play such friendly matches, Ahmed said, "I think it's extremely important for our players to get exposure against

some of the best teams in the region. The Indonesian age-group teams are doing really well. This is the kind of competition we will face in the future." The matches will be held at the Kapten I Wayan Dipta Stadium in Gianyar.



Pushing Boundaries: Sukant Kadam's journey to Paralympics

PTI ■ NEW DELHI

At 10, Sukant Kadam fell on a cricket field and it altered the course of his life. A severe knee injury, followed by multiple surgeries, left him severely disabled and kept him away from sports for nearly a decade.

More than two decades later, the mechanical engineer-turned-para-shuttler is poised to make his debut at the Paris Paralympics, determined to bring home a medal for India. "I didn't understand the gravity of the situation then," Kadam, who competes in the SL4 category for athletes with standing/low mobility impairments, told PTI during an interview. "I focused on my studies and earned a mechanical engineering degree. It was during college that I got exposed to so many sports, and that's when badminton caught my attention."

The sport gave him a new direction in life, and after completing his education, the 31-year-old dedicated himself fully to building a career in para-badminton. "My dream was just to have India written on my T-shirt," he said. "I could never have imagined coming this far. Now, my focus is on returning with a medal from the Games."

Reflecting on his early years, Kadam shared how he quickly adapted to his new reality. "Because I was 10, it was easy to accept and adapt in day-to-day life. I didn't understand that this was a major setback; I wasn't thinking about it that much," he said. Kadam's journey was not without challenges, including facing discrimination. "It's difficult to say no to that," he admitted. "But growing up in a small town, I didn't take it personally. Today, I might understand the emotions, but back then, I didn't let it affect me. If I had, it would have led to self-doubt and hindered my preparation for life."

The turning point in Kadam's career came in 2012, when he watched Saina Nehwal win bronze at the London Olympics and Girisha

Nagarajegowda claim silver in high jump (F42) at the Paralympics. These achievements opened up his mind to new possibilities. In July 2015, Kadam joined the Nikhil Kanetkar Badminton Academy as an assistant coach. The role allowed him to sustain himself financially while mastering the nuances of the sport. Kadam's dedication paid off. He has since secured four bronze medals at the World Championships (2019, 2022, 2024) and three at the Asian Para Games (2018, 2022).

As he prepares for his Paralympics debut, Kadam has placed a strong emphasis on mental training. "A lot of athletes think about the medal and the podium, and then they mess up right at the start," he said. "It's crucial to stay in the present. Mental strength is about 60-70% of the game at this level. If someone is stronger than you physically, you need to outlast them mentally. I've worked hard on that."

This time, Kadam has also had the luxury of time to prepare. "This is the first time I've had a full three months to prepare, and I've made the most of it," he said.

"My team and I have focused on strength, technique, and endurance." Despite his impressive track record, a gold medal has so far eluded him. But Kadam is determined to change that in Paris. "We've taken past failures as learning experiences," he reflected. "There are opponents I need to push myself harder against because they are stronger on the circuit."

Yet, Kadam remains confident in his preparation and abilities. "With the experience I have, I'm confident in myself. I just need to push a little further to change the colour of the medal," he said. As he gears up for the biggest test of his career, Kadam's eyes are set firmly on the top prize. "It's not a mental barrier," he said of his previous losses. "But I'm determined to push through and get that better colour in Paris."



Sarah and Vishal win mixed doubles Open at Monsoon Pickleball Championship

PTI ■ MUMBAI

Australia's highest-ranked women's player Sarah Burr teamed up with Vishal Masand to win the Mixed Doubles Open at the Monsoon Pickleball Championship 2.0 here.

The final was a closely contested match with Isha Lakhani and Jason Taylor pushing the Australians in the corner, but the experienced Burr proved to be the deciding factor as they won 2-0 on Friday night.

The fourth day of the championship saw winners in six categories with Burr and Masand, Dev Shah, Nicola Schoemen, Shlok Gaba, Janhavi Iyer, Priyanka Mehta in the 30+ Mixed Doubles, U18 Boys Singles, U18 Girls Singles, U14 Boys Singles, U14 Girls Singles and 40+ Women's Singles respectively. The 40+ Men's singles will be played on Sunday with Dhiren Patel and Himanshu Dewaskar set to face off.

The professional mixed doubles category has its final on Sunday with Jay DeVilliers and Emilia Schmidt up against local hero Armaan Bhatia and Megan Fudge.

Favourites Jay and Emilia beat Harsh and Naimi Mehta in the semi-finals and Armaan Bhatia with Megan Fudge defeated Quang Duong and Pei.

India A stare at defeat against Australia A

PTI ■ GOLD COAST (AUSTRALIA)

India A are staring at a defeat against Australia A after the visitors crumbled against the home team's spin attack, slumping to 149 for six in their second innings on the third day of the unofficial one-off women's Test here on Saturday. Chasing a victory target of 289, built around Maddy Darke's unbeaten 105, India A looked to build a foundation but rival spinners — Charli Knott (2/27), Grace Parsons (2/27) and Lilly Mills (1/15) — struck in regular intervals. The visitors lost 5 wickets for just 42 runs across 21 overs. At stumps, Raghvi Bist (16) and Uma Chetry (10) were at the crease with India A still needing 140 runs to win with four wickets in hand.



Resuming at 164 for 7, Australia A produced a tough resistance with Darke doing bulk of the scoring en route to an unconquered 105. Overnight batter Lilly Mills (7) was the first to go as off-spinner Minnu Mani took her match haul to 11 wickets. But Darke and Grace Parsons (35) added 75 runs for the ninth wicket as Australia A posted 260 in their second innings in 92 overs. In reply, Priya Punia (36) and Shweta Sehrawat shared 37 runs for the opening stand before host captain Charlie broke the opening stand by trapping the latter. Punia and Shubha Sathesh (45) then added 52 but off-spinner Lilly sent the opener back with Georgia Voll taking a catch in the covers. Leg-spinner Parsons then removed Tejal Hasabnis (6)

with a beauty, while pacer Tess Flintoff got rid of Shubha Sathesh as keeper Darke did the rest but the batter was not too happy with the caught-behind decision. India A skipper Minnu Mani became the fifth wicket to fall as India A lost half the side for 130 in 57th over. Parsons then dismissed Sajeewan Sajana with Hancock taking the catch in the off side. Raghvi and Uma then kept India A's hopes alive by negotiating the rest of the overs before stumps.

Brief Scores: Australia A 212 and 260 all out in 92 overs (Emma de Brough 58, Maddy Darke 105 not out; Minnu Mani 6/92) lead India A 184 and 149 for six in 68 overs (Shubha Sathesh 45; Charli Knott 2/27, Grace Parsons 2/27) by 140 runs.

Indian shooting contingent for Paralympics leaves for Paris

PTI ■ NEW DELHI

Pistol marksman Manish Narwal on Saturday expressed confidence in the Indian shooting contingent surpassing its Tokyo Paralympics medal tally at the upcoming Paris Games, saying the "intense" training would hold the team in good stead. A 10-member shooting contingent, including rifle exponent Avani Lekhara, Mona Agarwal and Narwal, will compete at the Chateauroux Centre near Paris from August 30.

India had won two gold, a silver and two bronze medals at the Tokyo Paralympics. "Our preparations have been intense, and we are eager to



give our best shot in Paris. We aim to surpass our previous performance and bring more medals home," said Narwal, who had won the 50m pistol

(SH1) gold in Tokyo and will be competing in 10m air pistol at the Paris Games, before the team's departure on Saturday.

Besides Narwal, Avani and Mona, the other members of the shooting contingent are Amir Ahmad Bhat, Rudransh Khandelwal, Rubina Francis,

Swaroop Unahalkar, Sidhartha Babu, Shriharsha Devaraddi and Nihal Singh.

The spotlight will be on reigning Paralympic champion Avani, who had made history by becoming the first woman shooter from India to win two medals in Tokyo.

The Jaipur shooter, then 19, had clinched gold in 10m air rifle and 50m rifle 3-positions (SH1). She would look to replicate her gold medal-winning performances in Paris.

The Paralympic Committee is expecting a record-breaking 25-plus medals in Paris and the performance of the shooting team will have a great impact on the overall tally.

PTI ■ NEW DELHI

Para sports has undergone a sea change in terms of perception and support in the last two decades, and these changes together with continuous backing to athletes can power India to 50 medals in the 2036 edition, reckons the legendary Devendra Jhajharia. From winning just one Paralympics gold 20 years ago to clinching five yellow metals in 2021, para sports in India has come a long way. India are bidding for the 2036 Olympics and Paralympic Games, and Paralympic Committee of India (PCI) President Jhajharia is upbeat that by then India will have the potential to break into top-10 in the medal tally. Jhajharia, the most decorated Paralympian of the country, won his first Paralympics gold in the 2004 Athens edition in F46 javelin throw event. He added another gold in Rio 2016 and a silver in Tokyo in 2021. The F46 classification is for athletes with arm deficiency, impaired muscle power or impaired passive range of movement in arms. "We won 19 medals in Tokyo, now we have a target of 25 in Paris. In

Vision is to win 50 medals in 2036 Paralympics when India hopefully host Games: Jhajharia

2028 Los Angeles, we can aim for more than 30 medals and 40 plus in 2032. And by 2036, when hopefully India hosts Paralympics, we can win 50 medals and be in top-10," the 43-year-old Jhajharia told PTI in an interview. "We have the vision, we will progress steadily. We have started identifying talented junior players so that they can be trained for 2028 and 2032 Paralympics through CSR (Corporate Social Responsibility)," he added. India has sent a 84-member team -- the largest ever -- at the Paris Paralympics to be held from August 28 to September 8. Jhajharia, who was elected as PCI chief in March, said there has been a tremendous change in para sports in the country in the last 20 years and in the way people accepted specially-abled people taking up to sport. "There was a time when people



asked me why I was taking up javelin throw, why I was wasting my time and life. But now when a para athlete lifts a javelin, people say go and try to become a Sumit Antil or Devendra Jhajharia. "There has been a lot of changes in this country in para sports, the way people see to it and the way the government treats para-sports in the same way as able-bodied sports. "In 2004 Athens Paralympics, I competed with money from my own pocket. Now our para athletes enjoy the same world class facilities enjoyed by the able-bodied athletes and they also get to train and compete abroad. India won 19 medals (5 gold, 8 silver and 6 bronze) in Tokyo Paralympics for a 24th place in the tally and Jhajharia predicted that the country will win more than 25 medals in Paris and finish in top-20 in the tally.

"We had 54 participants in Tokyo and now we have 84 in Paris, the largest ever, and our target in Paris is 25 medals and may be double-digit gold out of that, though I feel the colour of the medal is not that important than winning it."

Para-athletics officials said the country will win at least 12 medals and minimum five gold in Paris. Asked about this, Jhajharia said, "Out of India's 84 participants in Paris, 38 are para-athletes and naturally they will win more medals.

"There is a reason for para-athletes doing extremely well at global level. We are taking part and doing well in several top-class international events, whether it's Grand Prix events or World Championships."

Jhajharia, who is leaving for Paris on Sunday, will not be a part of the Indian contingent as a para-athlete but as an official, and he became nostalgic recollecting his last Games in Tokyo three years ago. "When I see a player throwing javelin, I suddenly become a player again. When Sumit Antil was throwing javelin the other day, I was having a different feeling inside that should I also start javelin throw again."



Spa Therapies To Rejuvenate You In Monsoon Season!

By SHARMILA CHAND

facilitate energy flow. Enhanced with warm herbal bundles and rose quartz crystals, this treatment offers a truly holistic experience."

HOT STONE THERAPY

Kinwani House, Narendranagar

Kavinder Besoya, COO, Aalia Collections says, "Hot stone therapy is a specialized form of massage that uses smooth, heated stones to enhance the therapeutic benefits of traditional massage techniques. This therapy is particularly beneficial during the monsoon as it gives relief from Muscle Aches and Joint Pains. The damp and humid weather of the monsoon can often exacerbate muscle aches and joint pains. The heat from the stones helps to relax and loosen tight muscles, providing relief from discomfort and stiffness. It also aids in Blood Circulation. The warmth from the hot stones dilates blood vessels, which enhances blood flow throughout the body. This improved circulation can help in reducing inflammation and promoting



healing, which is especially useful during the monsoon when the body might feel more sluggish. Stress Reduction is another benefit of therapy. The monsoon season can sometimes bring about a feeling of lethargy and low energy. Hot stone massage promotes deep relaxation and helps in reducing stress and anxiety. The soothing heat combined with the massage techniques can uplift your mood and improve overall well-being.

Finally, it enhances Immunity. Regular hot stone massages can boost the immune system by improving lymphatic drainage and circulation. This is particularly important during the monsoon season when the risk of infections and illnesses is higher."

KARKIDAKA CHIKITSA

Fazlani Natures Nest
r. Shubhada Thorat,
Senior Wellness
Consultant (Naturopathy)

says, "Karkidaka chikitsa, also known as karkidaka chikitsa in Ayurveda is a time-honored tradition in Kerala which holds numerous health and wellness benefits. It is an ancient practice specifically created to experience the healing power of nature during the monsoon, as during this time the body is more receptive to receive the therapies due to the cold and moist environment. The treatments are aimed to detoxify the body and mind, boosts the immune mechanism and restore to balance the doshas (vata, pitta and kapha) to promote the overall health and well being as during the monsoon it is believed that the rainfall increases the chances of various water borne diseases through drinking water, drainage water leading to typhoid, viral fever etc. and often aggravates certain health conditions like arthritis, asthma, rhinitis etc. The goal of karkidaka chikitsa is to mobilize the toxins and help in eliminating them by Snehan and Swedanam treatments. The therapy helps to boost immunity. When the body's ojas (immunity) levels went down, it can lead to invasion of many disease-causing pathogens. The karkidaka kanji helps in strengthening the immune system of the body."

PANCHAKARMA THERAPY

Niraamaya Retreats Surya Samudra, Kovalam, Trivandrum

Dr Bejoy Mathew, Spa Head says, "Panchakarma, acornstone of Ayurvedic therapy, offers numerous health benefits by cleansing and rejuvenating the body. The key benefits of Panchakarma treatment are Detoxification, Improved Digestion, Stress Reduction, Rejuvenation, Pain Relief, Weight Management, Hormonal Balance and Enhanced Sleep Quality. During the



monsoon season, Panchakarma therapy offers tailored treatments that cater to individual constitution and health needs. From boosting immunity against illnesses to enhancing skin health with improved texture and clarity, each session is overseen by qualified Ayurvedic practitioners."

INDIAN ABHYANGA & SHIRODHARA

Sheraton Grand Bengaluru Whitefield Hotel & Convention Center

Ena Roy, Director of Operations, says, "Welcome to our spa oasis, where the monsoon season brings a unique opportunity for rejuvenation and renewal. As the raindrops softly patter outside, our sanctuary awaits to cocoon you in tranquility and healing. Experience the ancient wisdom of Ayurvedic treatments tailored to harmonize mind, body and spirit during this season of natural balance. Let the gentle rhythm of our therapies melt away stress and tension, leaving you refreshed and revitalized. A full-body warm oil massage serves as a potent recharge and rejuvenator for both mind and body. Abhyanga, the Ayurvedic massage technique, is particularly recommended during the monsoon season to support a healthy and healing system for overall well-being. Shirodhara

massage is a profound Ayurvedic therapy where warm, medicated oil flows continuously onto the forehead, known as the 'third eye.' This ancient practice promotes deep relaxation, calming the nervous system and relieving stress and anxiety. It also enhances sleep quality by harmonizing natural sleep patterns, making it a valuable treatment for overall well-being and mental clarity in Ayurvedic tradition."

TAN LEPA RITUAL

The Leela Palace New Delhi

Anupam Dasgupta, Area Vice President (North India) and General Manager at The Leela Palace New Delhi says, "Embark on a voyage of rejuvenation this monsoon with the Tan Lepa Ritual at The Leela Palace New Delhi, igniting your body's natural vitality. From the tranquil Algae gel to the revitalizing Marma point massage, each phase invites you to rediscover balance and vitality. Feel your senses awaken, tensions melt away, and your essence uplifted as you indulge in this Ayurvedic-inspired odyssey of detoxification and renewal."

— She is an author and independent Journalist, who writes on Food, Travel, Art, Holistic Wellness and Lifestyle
chand.sharmila@gmail.com



EVENTS THIS WEEK

Join the Ultimate Shopping Extravaganza at Monkey Bar!

Get ready for a shopping event like no other at Monkey Bar, New Delhi! The Wishing Chair is hosting "The Big Blowout Sale," featuring 14 women-led lifestyle brands offering everything at a remarkable 50% off. This one-day extravaganza presents an incredible opportunity to shop a diverse range of products, including stylish jewelry, chic fashion, trendy accessories, and unique home decor all under one roof. Monkey Bar, with its vibrant and welcoming atmosphere, provides the perfect setting for this exciting sale. Located in the iconic pyramid glass building in Vasant Kunj, it's the ideal venue to host this special event. Whether you're looking to refresh your wardrobe, find unique gifts, or discover distinctive items for your home, this sale has something for everyone. In addition to fantastic discounts, attendees can enjoy special cocktails that perfectly complement the lively mood of the event. Gather your friends and family for a fun-filled Sunday of shopping. With a high-energy ambiance and an array of enticing offers, this event promises to be a memorable experience. The Big Blowout Sale is free to attend, making it accessible to all. It's not just about the great deals but also about supporting women-led businesses and celebrating local entrepreneurs. Each participating brand has been carefully selected to ensure a high-quality and diverse shopping experience. Don't miss this unique opportunity to experience the best of women-led lifestyle brands at unbeatable prices. For updates and more information, follow Monkey Bar on Instagram: @monkeybarind Come for the deals, stay for the fun, and enjoy a fantastic day of shopping at Monkey Bar!

MONKEY BAR DELHI & THE WISHING CHAIR PRESENTS THE BIG BLOWOUT SALE
25 AUGUST | 12 PM TO 7 PM
MONKEY BAR, VASANT KUNJ, NEW DELHI
All our favourite, women-led brands under one roof with the best deal in the wildest sale of the season!
MINIMUM OF 50% OFF

EVENT DETAILS:
Date: Sunday, August 25 | Time: 12:00 PM - 7:00 PM
Venue: Monkey Bar, Vasant Kunj, New Delhi
Entry: Free

Discover the Spirit of Art: ATMAN

Art aficionados and cultural enthusiasts are warmly invited to experience "ATMAN," an extraordinary art exhibition showcasing the work of rising artist Niyamat Mehta. This highly anticipated event, presented in collaboration with Artix India and Arushi Arts, promises an immersive exploration of the human spirit through a collection of evocative sculptures that delve deeply into themes of introspection and self-discovery. Niyamat Mehta, at just 25 years old, has rapidly emerged as a distinctive voice in the art world. Her innovative approach and profound artistic vision have garnered considerable attention, making "ATMAN" a must-see event. The exhibition features a series of sculptures that are not only visually striking but also rich with emotional and philosophical depth. Each piece is a reflection on the essence of self and the journey inward, inviting viewers to engage with art that challenges and inspires. The venue for this transformative exhibition is The Claridges, New Delhi, an elegant setting that complements the contemplative nature of Mehta's work. The sophisticated atmosphere of The Claridges provides the perfect backdrop for the sculptures, enhancing the overall experience of the exhibition. Visitors will have the opportunity to explore the artworks in a serene and thoughtfully

NIYAMAT MEHTA X ARTIX
Will be exhibited @ Artix India with Arushi Arts
ATMAN
30TH AUG to 01ST SEPT '24
Venue: The Claridges
Time: 11:00 AM to 06:30 PM
@niyamat_mehta
www.niyamatmehta.com

curated environment, making the encounter with Mehta's art both profound and enriching. "ATMAN" will be open to the public from August 30th to September 1st, 2024. The exhibition will be accessible daily from 11:00 AM to 6:30 PM, allowing ample time for attendees to engage with the artworks at their own pace. The event is free to attend,

reflecting Mehta's commitment to making art accessible to a wide audience and fostering a greater appreciation for contemporary artistic expressions. This exhibition is an excellent opportunity for art lovers, collectors, and those new to the art scene to experience the impact of Mehta's work. Whether you are looking to deepen your understanding of contemporary art or simply wish to enjoy a thoughtful and engaging art experience, "ATMAN" offers something for everyone. Mark your calendars and take advantage of this unique chance to witness the creative brilliance of Niyamat Mehta. For additional updates and insights into the artist's work, follow Niyamat Mehta on Instagram at @niyamat_mehta. Don't miss this chance to be part of an unforgettable artistic journey that promises to leave a lasting impression. Experience the art of introspection and self-discovery with Niyamat Mehta's "ATMAN" and be part of an exhibition that explores the profound depths of the human spirit.

EVENT DETAILS:
Dates: 30th August - 1st September 2024
Time: 11:00 AM - 6:30 PM
Venue: The Claridges, New Delhi
Entry: Free

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"If things happen for the good, I say that Lord Krishna wished it so, and if anything goes against me, even then I say Lord Krishna wanted it to happen that way"
— Sushma Swaraj



Janmashtami THE CELEBRATION OF DIVINE BIRTH

As devotees gather to honour his birth, the tale of Krishna's miraculous arrival inspires hearts, reminding us of the enduring power of faith and the timeless victory of good over evil, writes **DIVYA BHATIA**

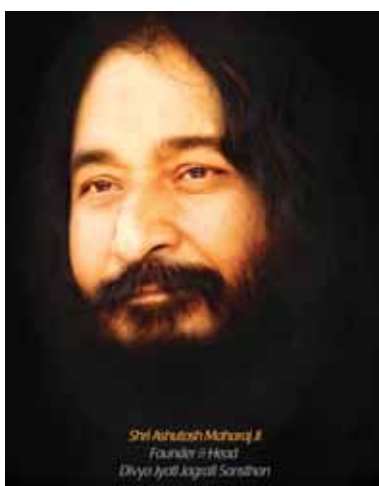
In the stillness of the midnight hour, when the world is wrapped in darkness, a divine light descends upon the earth, heralding the birth of Lord Krishna. Janmashtami, a festival that transcends time, celebrates this miraculous moment when the cosmos rejoiced, and the universe conspired to bring forth a savior destined to restore dharma and vanquish evil. As the bells ring out and devotees gather in reverence, the story of Krishna's birth is retold—an epic tale of love, courage, and the triumph of righteousness. It is a night when the heavens dance in celebration, and hearts are filled with the timeless wisdom of the one who forever changed the course of humanity. Krishna Janmashtami, also known as Krishnashtami, Janmashtami, or Gokulashtami, is a major Hindu festival celebrated with devotion across India and by Hindu communities worldwide. This occasion marks the birth of Lord Krishna, the eighth avatar of Vishnu, whose life and teachings inspire millions. Observed on the eighth day (Ashtami) of the dark fortnight (Krishna Paksha) in Shrawana Masa (amanta tradition) or Bhadrapada Masa (purnimanta tradition), Janmashtami typically falls in late August. The festival is not just a religious event but a celebration of the values Krishna embodied. Krishna's birth is a tale of divine drama in Hindu mythology. Born to Queen Devaki and King Vasudeva in Mathura, his arrival was marked by peril. Devaki's brother, the tyrant King Kamsa, imprisoned the couple after hearing a prophecy that foretold his death at the hands of their eighth child. Kamsa had already killed six of their children. To protect Krishna, Vasudeva secretly transported the newborn across the Yamuna River to Gokul, where he was raised by Nanda Maharaj and Yashoda. Krishna's escape and triumph over Kamsa symbolize the victory of good over evil, a central theme of Janmashtami. The festival reminds devotees of the eternal struggle between righteousness and wickedness, urging them to uphold virtue. Krishna's life represents divine intervention that restored justice, reinforcing the timeless value of standing against injustice. The metaphor of Janmashtami is rich in symbolic meaning, depicting the eternal battle between good and evil and the soul's journey toward spiritual awakening. Kamsa symbolizes the destructive ego, while Devaki represents human consciousness carrying divine potential. Vasudeva symbolizes human will aligned with divine purpose. Krishna, the incarnated soul, nurtured in a righteous environment, eventually overcomes the ego (Kamsa) to establish peace and harmony, reflecting the soul's journey to transcend ego and realize its divine nature. Sadhvi Tapeswari Bharti Ji of Divya Jyoti Jagrati Sansthan eloquently describes the metaphors surrounding Krishna's birth, noting that Kamsa represents the ego, with its demon-like qualities such as arrogance, pride, and ignorance. According to her, Devaki symbolizes the part of the human self that harbors consciousness, while Vasudeva represents the will attuned to divine command. Krishna, as the incarnated soul, must separate from the



Where to celebrate?

DJJS Shri Krishna Janmashtami 2024 at Dwarka, New Delhi Divya Jyoti Jagrati Sansthan (DJJS) celebrates Shri Krishna Janmashtami Mahotsav 2024 under the theme "Darshan Itihaas Ka, Parivartan Aaj Ka" (Recalling the Values of the Past & Transforming the Present) on August 25th and 26th, 2024. The festival will be held at DDA Ground, Sector 10, Dwarka, New Delhi, starting from 7 PM each evening. This year's celebration features several unique and innovative elements designed to enhance the festival experience. A major highlight will be the Environment Conservation initiative, showcased through a remarkable Govardhan Mountain 3D Model. Echoing Lord Krishna's dedication to environmental preservation in the

Govardhan Leela, this massive, cutting-edge model will incorporate digital and lighting elements. The model will also feature Sankalp/pledge placards representing various commitments to environmental conservation. The event will unfold with captivating performances, including 15 dance ballets and theatrical presentations depicting significant episodes from the life of Jagatguru Shri Krishna. Key performances will include dramatic interpretations of the 'Slaying of Tyrant Ruler Kamsa', 'Virat Roop Darshan of Shri Krishna', 'Slaying of Kaliya Snake', 'Paundraka-The Fake Krishna', 'Devotion of Social Reformer Meera Bai', and 'Joyful Birth Celebration of Lord Krishna'.



ego to fulfill his purpose, much like the soul must detach from worldly desires to attain spiritual enlightenment. Divya Guru Shri Ashutosh Maharaj Ji, founder of Divya Jyoti Jagrati Sansthan, further elaborates on this symbolism. He suggests that the soul, nurtured in a holy and righteous environment (symbolized by Yashoda and Nandlal), must evolve to ultimately overcome the ego, leading to inner peace and harmony. Sri Gaur Prabhuji, Vice President of ISKCON Temple Dwarka, Delhi, emphasized that Janmashtami is a profound reminder of Lord Krishna's teachings for humanity's upliftment. Celebrating the 5251st anniversary of His appearance highlights the enduring relevance of the Bhagavad Gita, guiding

lives toward devotion, humility, and love. In today's world, marked by pandemics and conflict, Krishna's divine wisdom is essential. This festival is a key moment to reconnect with dharma and strengthen the bond with the Supreme Personality. In today's chaotic world, Krishna's teachings provide insights for managing stress, leading an ethical life, and fostering personal growth. The Bhagavad Gita's emphasis on equanimity and detachment offers tools for navigating modern pressures. Krishna's principles of selfless duty and moral values guide ethical decision-making and achieving a balanced life. His focus on self-realization encourages introspection, helping us understand our true selves amid distractions. This philosophy extends to Janmashtami foods, chosen to reflect Krishna's principles of balance, purity, and nourishment. The simple, nutrient-rich ingredients like fruits, nuts, seeds, and grains not only sustain the body but also maintain mental clarity and spiritual focus. Just as Krishna's teachings guide us toward a balanced life, these foods nourish both body and soul, reinforcing the connection between what we consume and how we live. **Dr. Sangeeta Tiwari, Clinical Nutritionist at Artemis Lite, NFC, New Delhi**, explained that Janmashtami foods are designed not only to sustain energy during fasting but also to offer numerous health benefits. Ingredients like fruits, nuts, seeds, dairy, and gluten-

RECIPES

Black rice and coconut kheer

By Aditi Dixit, Chief, CYK Hospitalitys

INGREDIENTS

FOR BLACK RICE KHEER

- Black Rice (washed & soaked) - 50 gms
- Coconut Milk - 500ml
- Full fat Milk - 1 ltr
- Jaggery - 135 gms
- Coconut (fresh, grated) - 80 gms
- Cashew nuts (fried) - 30 gms
- Raisins (fried) - 30 gms
- Walnuts (fried) - 20 gms
- Chironji (fried) - 10 gms
- Cardamom Powder - 5 gms
- Cinnamon Powder - 3 gms
- Ghee - 45 gms

FOR FOXNUT ROSE PRALINE

- Granulated Sugar - 200 gms
- Foxnut (roasted) - 15 gms
- Rose petals - 8 gms

METHOD

OR FRIED NUTS

- In a pan, add ghee and let it warm.
- Once the ghee is moderately hot add raisins and fry them. Once done take the raisins off, drain the excess ghee in the pan



and let it cool down.
● Put cashew nuts, walnuts and chironji in the ghee and lightly stir them till golden brown. Once done take them off the pan and drain the excess and let it cool down.

FOR ROSE FOXNUT PRALINE

- In a heavy bottom pan take granulated sugar and let it melt nicely and slowly.
- Do not stir the sugar while it is melting.
- Bring the sugar to a beautiful bronze shade, and pour it on a silicon mat or a well oiled granite top or thali.
- Once poured, put roasted fox nuts and

dried rose petals on it and keep it aside in a well ventilated room.

- Once done, break it randomly and store in an airtight container.

FOR KHEER

- Soak washed black rice for at least 30 minutes. Once done, dry them in the air for another 30 minutes. Blitz it very coarsely for 2-3 seconds and keep it aside.
- Take all the milk in heavy bottomed kadai and cook the milk till first boil. Add the grated coconut flesh to the milk, stir it for 2-3 minutes.
- Once done, add black rice to the milk and cook it for at least 40-45 till the rice is cooked and milk is reduced to half, take it off the cooktop to rest for a minimum of 3-4 hours.
- In a different pan take jaggery and 50 ml water and cook it and make a syrup.
- Once the syrup is cooled down add the syrup to cold kheer for the sweetness.
- Adjust the sweetness according to the taste and add cardamom powder.
- Add fried nuts to kheer and leave some for garnish.
- Pour the kheer in a beautiful bowl, garnish it with fried nuts, coconut flakes and rose fox nut praline.

Kaju Badam Astrian laddo, Safawi khajoor and Manna Anjeer

By Richard Charlie, Chef, Namaste Dwaar Resort

INGREDIENTS

- Almond-50gm
- Cashew - 50gm
- Pista- 30gm
- Melon seed- 25gm
- Raisin - 25gm
- Pure ghee- 25 ml
- Dates- 20 gm
- Fig - 20 gm
- Apricot - 20 gm
- Jagary - 15gm



METHOD

- On a medium flame add the desi ghee and roast the almonds and cashew until slightly aromatic, add pista and roast again for 2 to 3 min.
- Roast melon seed and raisin in a small amount of ghee until it cracked
- Add dates and fig to the mixture and roughly blend it partially
- Add jagary into it according to taste and mix all the ingredients together.
- Keep it in a cool and dry place for 45

min and then again mix well by adding the chop nuts and dry fruits

- Make small round balls according to your size and your delicious and healthy laddoo are ready to serve

HEALTH TIPS— dry fruit laddoo are full of vitamin E, magnesium and full of Zinc, and other essential nutrients Which helps in giving energy to the body organs If a person feel low in energy, a good note of dry fruit and dates laddoo will make you feel rejuvenated of energy.

Sahi tukda

Amandeep Singh Executive Sous Chef, The Westin Mumbai Garden City

INGREDIENTS

- 6 slices of bread
- 1 cup milk
- 1 cup sugar
- 1/4 cup ghee (clarified butter)
- 1/4 cup cashews, chopped
- 1/4 cup almonds, chopped
- 1/4 cup raisins
- 1/2 teaspoon cardamom powder
- A pinch of saffron strands (optional)
- Silver vark (edible silver foil), for garnish (optional)

METHOD

- Trim the edges of the bread slices and cut them into smaller pieces or quarters.

- Heat ghee in a pan over medium heat. Fry the bread pieces until they turn golden brown and crisp. Remove them from the pan and set them aside on a paper towel to drain excess ghee.
- In the same pan, add cashews, almonds, and raisins. Sauté them until they are golden. Remove and set aside.
- In another pan, bring the milk to a boil. Reduce the heat and add sugar, cardamom powder, and

saffron strands (if using). Mix well and let it simmer for a few minutes until the sugar dissolves and the milk thickens slightly.

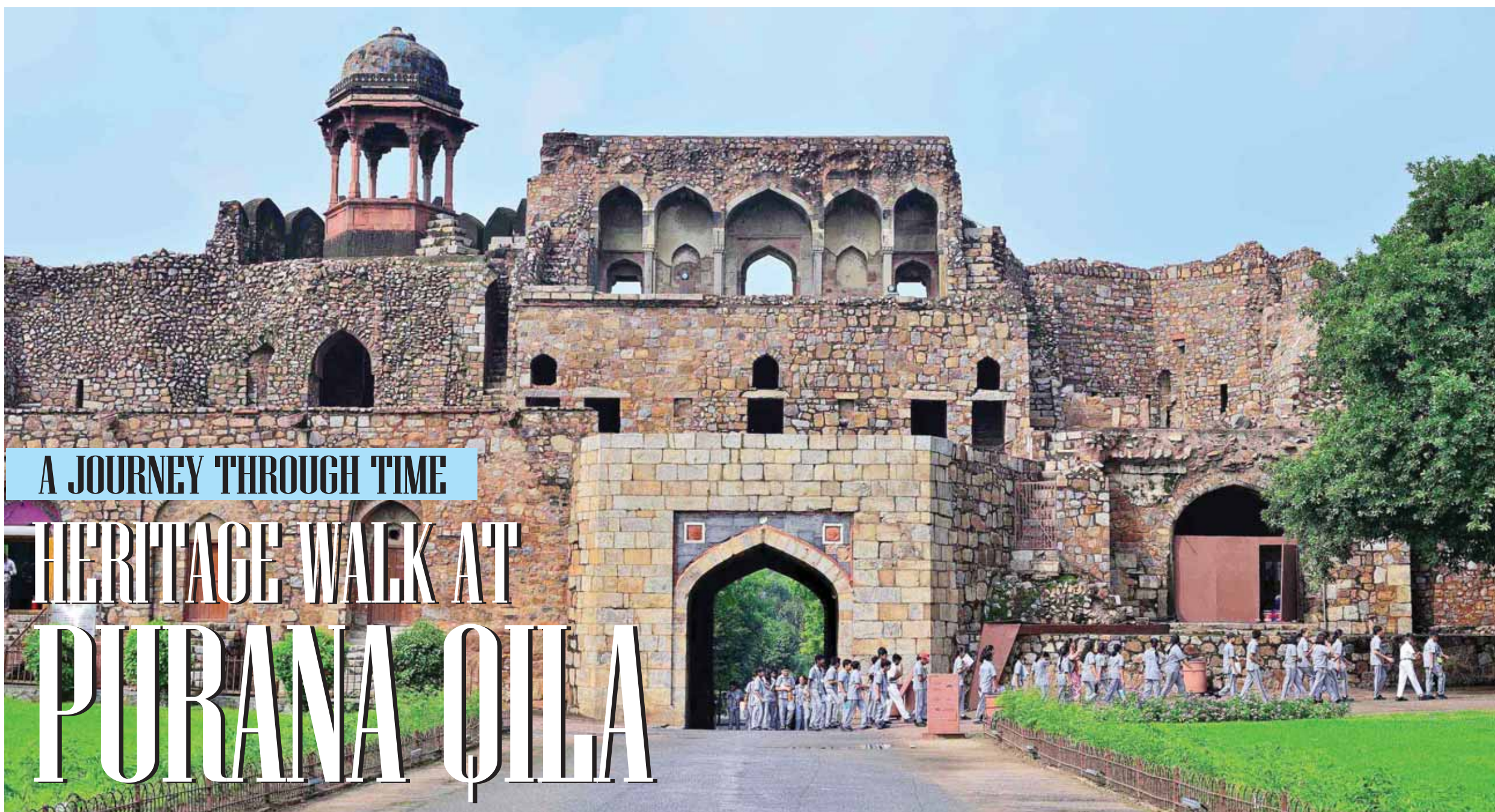
- Add the fried bread pieces to the milk mixture. Gently mix to ensure the bread is coated with the milk.
- Allow the bread to soak in the milk for about 10-15 minutes, letting it absorb the flavors.
- Serve the Double Ka Meetha warm, garnished with fried nuts and silver vark.



free grains such as buckwheat and amaranth provide essential nutrients that support overall well-being. Fruits are rich in vitamins and antioxidants, aiding hydration and digestion. Nuts and seeds offer healthy fats and proteins for sustained energy and brain health. Dairy ensures gut health and muscle support, while grains like buckwheat provide slow-releasing carbohydrates to

maintain energy levels. Together, these foods ensure balanced energy, digestion, and hydration during the fast, promoting overall health. Janmashtami is more than just a celebration of Lord Krishna's birth; it is a profound reflection on the eternal struggle between good and evil, the importance of righteousness, and the path to spiritual awakening. As devotees

come together to celebrate this festival, they are reminded of the timeless wisdom that Krishna imparted, wisdom that continues to guide humanity toward a life of purpose, peace, and harmony. In a world that often feels disconnected from spiritual values, Janmashtami serves as a beacon, illuminating the path of righteousness and divine love.



A JOURNEY THROUGH TIME

**HERITAGE WALK AT
PURANA QILA**

Historian **Vikramjit Singh Rooprai** led a captivating Heritage Walk through Purana Qila, offering participants a blend of history and architectural insights. This immersive experience highlighted the fort's significance, revealing hidden stories and the interconnectedness of its historical and ecological aspects, writes **SAKSHI PRIYA**

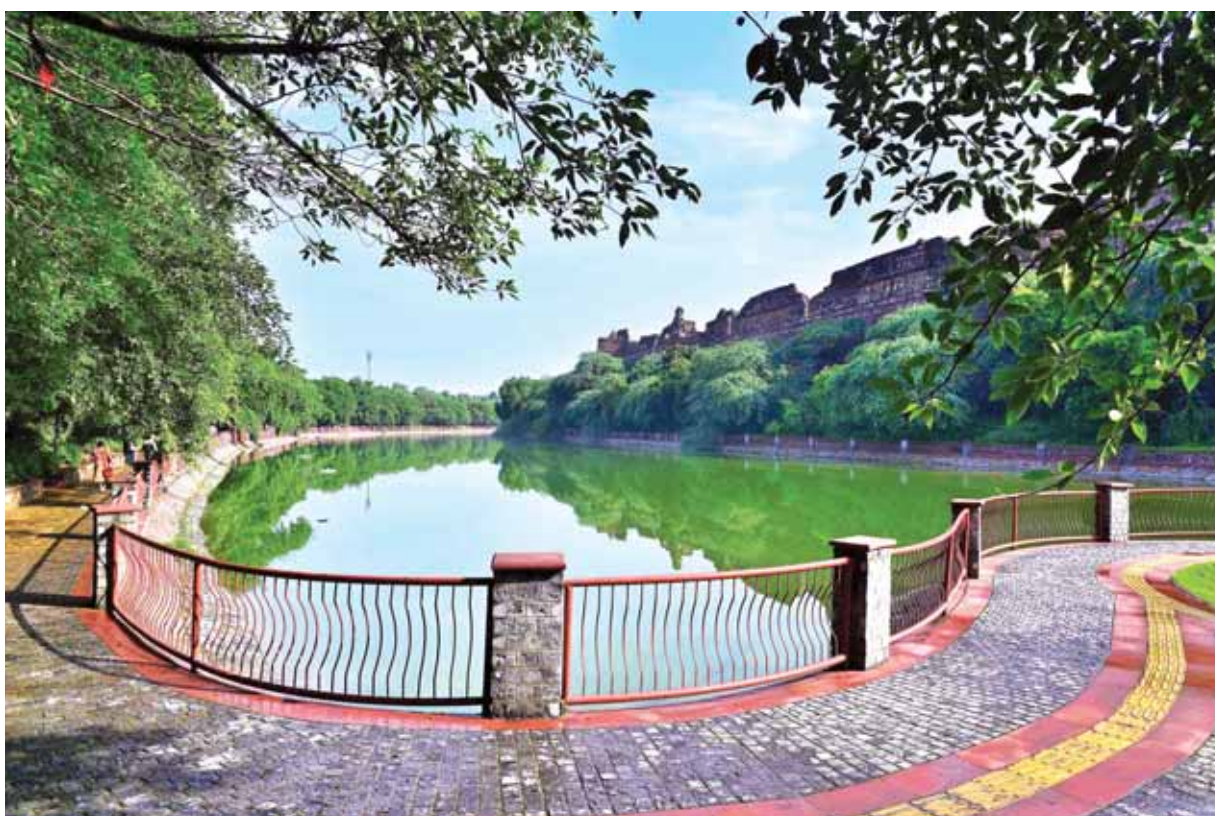
As part of his second series of the Delhi Heritage series, historian and author Vikramjit Singh Rooprai led an insightful walk through Purana Qila, one of Delhi's most famous and second-most visited forts. Inspired by his upcoming book, *Delhi Heritage: Top 10 Forts*, this exclusive Heritage Walk offered a select group of history enthusiasts rare insights and thoughtful details about the fort that are not widely known. Against the backdrop of the ancient walls of Purana Qila, Rooprai embarked on a journey to unravel the secrets of this historic fort, blending myth, history and architecture as he explored one of Delhi's most significant yet often overlooked monuments.

Purana Qila or the "Old Fort," is one of Delhi's oldest forts, with a history that stretches back centuries. It is often overshadowed by more famous landmarks like the Red Fort and Qutub Minar, yet it holds a crucial place in the narrative of Delhi's evolution. The fort's origins are shrouded in mystery, with legends linking it to the ancient city of Indraprastha, the legendary capital of the Pandavas from the Mahabharata. Rooprai, with his deep knowledge and passion for Delhi's history, made it clear that much of this association is based on later folklore rather than historical evidence. The fort as we see it today is primarily the work of two great rulers, Emperor Humayun and Sher Shah Suri, whose contributions to its construction have left a lasting legacy.

The exploration began at the grand entrance of the fort, the Bada Darwaza, where the sheer scale and architectural prowess of the structure immediately impressed upon visitors the importance of this site in Delhi's history. Rooprai explained how this massive gate, with its towering height and intricate carvings, served as a formidable barrier, protecting the fort's inhabitants from invaders. The Bada Darwaza, like much of the fort, reflects a blend of Islamic and Hindu architectural styles, a syncretism that has always been a hallmark of Delhi's culture. This gate is not just an entrance but a symbol of the fort's strategic importance in the defense of the city.

As the group moved deeper into the fort, Rooprai guided them towards the imposing Talaqi Darwaza, a gate that remained sealed for centuries until it was rediscovered in the early 20th century. The name "Talaqi," meaning "separation," intrigued many. Rooprai mentioned that if we look closely at the interior detailing at the top of Talaqi Darwaza, we can still see some remnants of its original colors, a subtle yet vivid reminder of the fort's rich past. He narrated how this gate, with its intricate carvings and lofty chhatris (domed pavilions), had been sealed shortly after its construction, its purpose shrouded in mystery. Some historians speculate that it might have been closed due to superstitions or security concerns, while others believe it was simply never completed. As Rooprai spoke, it was easy to imagine the fort as it once was, a bustling hub of activity, a place where history was made.

One of the most captivating aspects of the walk was Rooprai's discussion about the



the fort and Rooprai patiently answered each one, providing insights that captivated both the young participant and the older attendees.

As the tour came to an end, Rooprai left the group with a deeper appreciation for this ancient site. Purana Qila was no longer just an old fort but a living part of Delhi's rich and varied history, a place where myths and facts converge, creating a story that is both beautiful and complex. Through his insights, Rooprai had brought Purana Qila to life, making the past palpable and the stories within its walls a part of the present. The fort's layers of history, from its ancient origins to its role in the Mughal Empire, were laid bare, offering a glimpse into the lives of those who walked its grounds centuries ago.

Vikramjit Singh Rooprai's approach to history is not only informative but also deeply engaging. His ability to work together factual history with the legends surrounding Purana Qila makes the past resonate with present-day audiences. He reminds us that history is not just about dates and events but about the stories of people, places and cultures that have shaped our world. This walk was more than just a tour - it was a journey through time, offering a rare insight into the layers of history that have shaped Delhi. It's clear that such events are crucial in building a deeper appreciation for the rich heritage that surrounds us. Rooprai's work is a tribute to the importance of preserving and sharing our history, ensuring that future generations can continue to learn from and be inspired by the past.

The *Heritage Walk* at Purana Qila was an enlightening experience that left the participants with a profound respect for the history and architecture of one of Delhi's oldest forts. Through Rooprai's expert guidance, the group gained not only knowledge but also a sense of connection to the city's past. The walk was a reminder that history is all around us, waiting to be discovered and that by exploring it, we can gain a better understanding of the world we live in today.

Photos: Pankaj Kumar

PURANA QILA OR THE "OLD FORT," IS ONE OF DELHI'S OLDEST FORTS, WITH A HISTORY THAT STRETCHES BACK CENTURIES. IT IS OFTEN OVERSHADOWED BY MORE FAMOUS LANDMARKS LIKE THE RED FORT AND QUTUB MINAR, YET IT HOLDS A CRUCIAL PLACE IN THE NARRATIVE OF DELHI'S EVOLUTION

inscriptions near Talaqi Darwaza, discovered by the British during their restoration efforts. These inscriptions explore the preservation of "the house of Humayun," adding a layer of intrigue to the fort's history and sparking curiosity about their true meaning. During the walk, Vikramjit emphasised the challenges of accessing historical resources, sharing anecdotes about the British efforts to clean and preserve the gates. These efforts uncovered inscriptions pleading to "save this house of Humayun," a phrase that sparked debate among historians. Some interpreted it as a reference to Emperor Humayun, while others saw it as a metaphorical plea to protect the sanctity of the site.

The architectural grandeur of Purana Qila is not just limited to its gates. The fort's walls, towering over the surrounding landscape, are a witness to the engineering prowess of the time. Built using large stone blocks, the walls are interspersed with bastions and watchtowers, which would have provided a vantage point for the fort's defenders. Rooprai pointed out the changes that had occurred over the centuries, especially the eastern wall, which once overlooked the Yamuna River. The river, which has since shifted its course, played a crucial role in the fort's defense, providing a natural barrier against invaders. Today, the fort's strategic location remains evident, offering stunning views of the city and a reminder of its importance in Delhi's history.

Ecological insights were also an integral part of Rooprai's narrative. He highlighted the green layer on the lake within the fort, which plays a crucial role in supporting various forms of life, including fish and birds. This lake, once a part of the Yamuna River's floodplain, has



now become an isolated water body. Rooprai discussed how the lake's ecosystem is a delicate balance, with the green algae on the surface providing oxygen for aquatic life while also serving as a breeding ground for insects that are crucial for the survival of birds and other animals. Any disruption to this delicate ecosystem could have a significant impact, underscoring the interconnectedness of human history and the natural environment.

The tour culminated at Humayun Darwaza, another significant gate of the fort. Rooprai highlighted how much of the fort's construction, including these gates, may have been initiated by Humayun himself, despite the popular attribution to Sher Shah Suri. The Humayun Darwaza, with its grand archways and intricate tile work, stands as a symbol of the Mughal emperor's ambition to create a lasting legacy. The fort's story, Rooprai noted, is one of resilience, evidence to a city that has been

built, destroyed and rebuilt countless times. Through this walk, Rooprai not only guided the visitors through the physical space of Purana Qila but also through the complex narrative of Delhi's history. He emphasised that while Purana Qila is often overshadowed by more famous structures like the Red Fort, it remains an essential part of Delhi's heritage, a silent witness to the city's evolution.

The active involvement of a 14-year-old boy during the walk was particularly noteworthy. Deeply engrossed in the exploration, the boy actively engaged with Vikramjit, asking thoughtful questions that enriched the experience for everyone present. His curiosity and enthusiasm reflected the walk's success in sparking interest across different age groups, showing the importance of making history accessible and exciting for all generations. The boy's questions ranged from the significance of the inscriptions to the architectural details of



SLY GRANNY'S NEW MENU PROMISES A MEMORABLE CULINARY FARE!

Nestled in the vibrant heart of Delhi's Khan Market, Sly Granny has finally unveiled its much awaited new menu which boasts of blending classics with contemporary flair

BY SHARMILA CHAND

On a sultry afternoon, I walk in at Sly Granny in Khan Market to see how the mischievous adorable Granny is wooing her diners with the new menu. The buzz here perks up my mood, almost all tables occupied with diners busy chatting and eating, servers attending hurriedly with spectacular food, the colorful décor with pictures from Granny's travels amp up the spirits and build my appetite all the more. I love the cheery vibes, lively music, quirky flair, and finally get a table to settle down. Sly Granny is damn interesting, what a vibrant personality, I think to myself.

"Yes, she is," says the Co-Founder, Rahul Khanna. "Sly Granny is the embodiment of a wickedly sassy, witty, and sly character—she's a mashup of everything quirky and cool. We've designed the restaurant to be as layered and unpredictable as Granny herself, blending her love for art, music, travel, entertainment, and pop culture into every nook and cranny. Whether it's the quirky décor, the eccentric vibe, or the adventurous menu, every aspect of Sly Granny is a nod to her multifaceted personality. She's constantly evolving, just like our space, making sure that every visit feels like a new, exciting chapter in her ever-entertaining story."

INDIGENOUS & CONTEMPORARY FOOD SYMPHONY

The new menu features seasonal Indian produce which is carefully selected and mindfully prepared for all cuisines here. For example, Indian amla (Gooseberry) is picked and used in salads. Lotus stem and sweet potato is popular as chips.



CHEF ANUBHAV MOZA
SLY GRANNY

Hemp seed from the state of Uttarakhand is processed to make a dip which is used in mezze platter. Similarly jackfruit is braised with bbq sauce and used in making tacos. It is evident that the focus is to keep the menu fresh, seasonal with a flair of contemporary techniques and yet highlight the importance of Indian produce.

Anubhav Moza - Assistant Brand Chef explains, "Our new menu at Sly Granny is a vibrant tapestry of Granny's eclectic passions—each dish is inspired by her travels, her love for music, quirky art obsessions, and her unapologetic affection for good drinks and pop culture. We've infused her playful spirit into every bite, blending classic flavors

with unexpected twists. Granny's food is all about the joy of discovery, where each dish tells a story of her adventures and her ever-evolving taste. It's a celebration of the bold and fun, in the world of gourmet. Our aim to give healthy and seasonal fresh produce from the farms in India and serve in European flavors. For example, amongst other indigenous produce, we also use phalsa, another Indian berry for making compote and serving with our chocolate desserts."

The meal begins with 'Shish Tawook Broccoli' - a fusion of chargrilled broccoli and tender Shish Tawook. The addition of sautéed chickpeas and a kale-mashed potato makes it a delightful combination. Next up is the 'Greek Vegetable Medley' with Candied Pumpkin adding the fun element. Spiced pumpkin steak is an interesting variation served with seasonal vegetables and creamy tahini, a great way to showcase myriad flavours and textures. Not to be missed is the intriguing Roots & Halloumi, a symphony of slow-roasted carrots, beetroot, sweet potato, and savoury halloumi complemented by labneh, chilli garlic oil, and candied walnuts - a true delight for discerning palates.

For Seafood aficionados, the Herb-Crusted Salmon, served with crème fraîche, pan-tossed vegetables, and a delicate beurre blanc sauce embodies coastal elegance at its best. Also gracing the menu is the Paprika Chicken and Caramelized Onion Pizza - a perfect harmony of paprika-infused chicken, caramelised onions, jalapeños,



savoury goat cheese atop a crispy crust, promising a burst of flavours. For me Granny's Mezze, spectacular in its presentation and taste, turned out to be the best. With spiced pita, lavaash, cheese cracker, yam kebab, falafel, spinach and cheese borek, and the showstopper 'Hemp seed dip', marinated olives, pickled greens, I couldn't have been happier. 'Pesto Al Genovese' comes next. A lovely rendition of pasta along with broccoli, asparagus in basil pesto, tossed with burrata crumble. I especially loved the texture of the pesto-creamy, like velvety.

'Sly Tiramisu' looks outstanding to conclude gastronomic journey as it's a decadent ensemble of mascarpone-soaked sponge, coffee ice cream, cocoa crunch, caramel popcorn, and Baileys ganache, an exquisite finale to an exceptional meal. But I go for 'Chocolate Torte' - absolutely heavenly with strawberry ice cream, hazel nut crunch and phalsa compote that refreshes my palate.

NEW SEASONAL COCKTAIL MENU

Whether you're a seasoned cocktail connoisseur or simply seeking a refreshing beverage, there is a drink for everyone to enjoy.

Sly Granny has revisited historical favourites and given them a modern twist. Take, for instance, the "Castel Del Monte," which captures the essence of the Italian sunshine in a delightful blend of gin, roasted pineapple, Campari, and sweet vermouth. For a spicy kick, "Wildcat of Bombay" offers a fiery concoction of tequila, yellow pimento, lemon, cilantro, and a hint of jalapeno that will get the evening going. These reinventions honour bar classics while adding a unique Sly Granny flair.

The new cocktail menu is inspired by flavours from around the world, ensuring that every sip takes you on an exotic adventure.

From the cinematic streets of India to the serene landscapes of Italy, the drinks are crafted to transport you to different corners of the globe with just one sip. Not forgetting the classics, The "Posh G&T" elevates the traditional Gin & Tonic with cucumber, rosemary, mint, and a touch of citrus. Whisky lovers rejoice with "The Betty Ford Tribute," a sophisticated mix of whisky, orange, kaffir lime, jaggery, and lemon. For a touch of nostalgia, indulge in

"Granny's Dirty Martini," a perfectly balanced dirty martini with your choice of vodka or gin.

There's a wide selection of non-alcoholic refreshing mocktails as well. The "Almodovar" is a vibrant blend of watermelon juice, peppermint, and a touch of saline, while "Jungle Love!" takes the heat up with guava juice, basil, Granny's hot sauce, and a hint of jalapeno yet is a perfect cooler on a hot day.

TO CONCLUDE

Sly Granny not only wows it's discerning diners with all day dining menu, but also offers Breakfast on weekends, serving some classic and of course, some of her quirky breakfast dishes from 8:30 am to 11:30 am. Go and explore Granny's new menu, renowned for its culinary wizardry and vibrant atmosphere. Chef Anubhav Moza's dedication to culinary excellence is evident throughout the menu, making Sly Granny Khan Market a must-visit destination for food enthusiasts seeking refined flavours and unforgettable dining moments.

CHECK OUT

Sly Granny
4, Khan Market, New Delhi

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

THE PINNACLE OF GOURMET EXCELLENCE

The Purple Plate, under the visionary leadership of Ishaan Kapoor, has redefined the luxury catering landscape. With a meticulous approach that combines traditional flavours with contemporary techniques, the company delivers unparalleled experiences, making each event a memorable celebration of taste and elegance, says **SAKSHI PRIYA**

In the world of luxury wedding catering, where every detail is meticulously planned and executed, The Purple Plate has emerged as a distinguished leader. Since its inception in January 2017 by Ishaan Kapoor, this innovative company has set new standards in opulent dining experiences. Combining traditional flavours with contemporary techniques, The Purple Plate has catered over 2,000 global events, earning a reputation for excellence and creativity.

What truly sets The Purple Plate apart is its relentless pursuit of perfection in every aspect of its service. The company follows a rigorous 21-step process to ensure each dish meets the highest standards of quality and presentation. This meticulous approach is complemented by a unique policy of catering one event per day. This exclusivity allows The Purple Plate to offer unparalleled personalised service, ensuring that every detail of the event receives the utmost attention and care. A hallmark of The Purple Plate's service is its innovative use of interactive live stations and pass-around dishes. These features are designed to create an engaging and memorable dining experience. Interactive live stations allow guests to interact with chefs, watch the culinary process and customise their meals. This not only adds an educational and entertaining element but also deepens the connection between guests and the food. Pass-around dishes, on the



other hand, enhance social interaction by circulating among guests, encouraging mingling and conversation in a relaxed and informal setting. The Purple Plate's philosophy blends traditional and modern culinary techniques, starting with a deep respect for classic recipes and enhancing them with contemporary methods and innovative presentation. This approach ensures each menu respects culinary heritage while offering fresh and engaging experiences. As the company looks to the future, it aims to incorporate artificial intelligence for personalised menu recommendations, introduce more plant-based and locally sourced ingredients, and explore immersive dining through augmented and virtual reality. These forward-thinking innovations will elevate the dining experience and solidify

WHAT TRULY SETS THE PURPLE PLATE APART IS ITS RELENTLESS PURSUIT OF PERFECTION IN EVERY ASPECT OF ITS SERVICE. THE COMPANY FOLLOWS A RIGOROUS 21-STEP PROCESS TO ENSURE EACH DISH MEETS THE HIGHEST STANDARDS OF QUALITY AND PRESENTATION. THIS METICULOUS APPROACH IS COMPLEMENTED BY A UNIQUE POLICY OF CATERING ONE EVENT PER DAY



The Purple Plate's leadership in luxury catering. The Purple Plate's dedication to excellence extends beyond

culinary artistry to a deep commitment to sustainability. The company integrates eco-friendly practices by carefully planning to

reduce food waste, using biodegradable materials and sourcing local ingredients, thus supporting communities and minimising its carbon footprint. As it prepares to enter the Middle Eastern and Asian markets, The Purple Plate will adapt its offerings to regional tastes while upholding its high standards. Through comprehensive training, the team will be well-prepared to navigate cultural nuances, ensuring that exceptional catering experiences are delivered across diverse global settings. Ishaan Kapoor's background in hospitality management and culinary arts has played a crucial role in The Purple Plate's success. His extensive training and practical experience have provided him with a profound understanding of both the operational and creative aspects of luxury catering. Kapoor's commitment to quality and



YOUR WEEK AHEAD

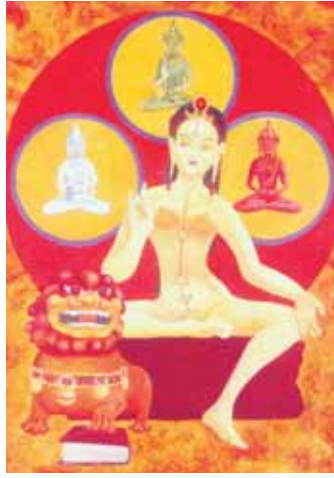
MADHU KOTIYA



ARIES March 21-April 19

This week, you might find yourself at a critical juncture, faced with the need to distance yourself from certain aspects of your life that no longer contribute positively to your growth. It's a time for deep emotional introspection and the bravery to step away from situations that fail to fulfill you. Your natural tenacity and zest for life will play pivotal roles as you manage this period of transition. Current influences suggest a time ripe for reflection, urging you to contemplate your core values and long-term aspirations. Although the process of letting go can be challenging, it's essential for your personal development. Approach this phase with determination, and you'll discover that the new directions you're taking are more aligned with your true desires, promising greater contentment and fulfillment.

Lucky number 6 | Lucky colour Fawn
Lucky day Wednesday



LEO July 23-Aug 22

You may be encountering a phase where responsibilities seem overwhelming and the potential for burnout is high. This period is characterized by a heavy load of duties that could lead to stress if not managed carefully. It's crucial to recognize the importance of delegating tasks and taking moments for self-care to prevent exhaustion. Utilize your inherent leadership skills and determination to navigate through these challenging times. By prioritizing and balancing your responsibilities effectively, you can lighten your load and pave the way for a more manageable and fulfilling path forward. Embrace flexibility in your approach and remain open to adjusting your strategies as situations evolve. This adaptability will be key in overcoming obstacles and maintaining your well-being.

Lucky number 19 | Lucky colour Mint
Lucky day Thursday



SAGITTARIUS Nov 22-Dec 21

This week promises a period of plentiful creativity and nurturing vibes. It symbolizes growth and the enjoyment of life's simple pleasures. Current cosmic energies are particularly supportive of your personal and creative endeavors. This makes it a perfect time to explore your artistic inclinations or to deepen relationships. Your inherent enthusiasm and optimism will significantly boost your creative output and help in manifesting your desires. By tapping into your creative core and welcoming the richness around you, you will discover that this week holds many rewarding and satisfying experiences, enhancing both your personal growth and joy. Embrace this opportunity to flourish and allow yourself the space to explore new ideas and connections.

Lucky number 7 | Lucky colour Lavender
Lucky day Friday



TAURUS April 20-May 20

This week may be challenging as concerns and stress could dominate your thoughts. These feelings often lead to restlessness and significant mental strain. It's essential to tackle these issues directly instead of allowing them to grow. Focus on tangible solutions and don't hesitate to seek support when necessary. Your resilient nature will be crucial in managing these difficult emotions. Keep in mind that you possess the strength to surpass these hurdles with patience and determination. To navigate this period more smoothly, prioritize taking care of yourself and aim to adopt a more optimistic and productive outlook. Remember, challenges are temporary, and addressing them head-on will pave the way for clearer skies ahead. Embrace your inner strength as you move through the week, reinforcing your resolve with each step forward.

Lucky number 17 | Lucky colour Mauve
Lucky day Monday



VIRGO Aug 23-Sep 22

This week underscores the significance of achieving balance and harmony in your routine. It's an ideal time for blending various facets of your existence to establish a stable equilibrium. The celestial alignments at play encourage a pursuit of moderation, urging you to avoid extremes in all areas. Use your sharp analytical skills to pinpoint where imbalances might exist and thoughtfully adjust. Cultivating patience is key now, as is approaching each interaction with calmness and thoughtful diplomacy. Integrating the different elements of your life thoughtfully will help you maintain a balanced outlook, ultimately fostering a greater sense of well-being and harmony. This approach will not only improve your personal satisfaction but also enhance your interactions with others, leading to a more peaceful and productive environment.

Lucky number 22 | Lucky colour Mustard
Lucky day Sunday



CAPRICORN Dec 22-Jan 19

This week brings an emphasis on emotional exploration and the pursuit of romantic interests. You need to get connected to your inner self and Listen to your heart's deepest desires. Current celestial energies support embracing your emotional facets and seeking experiences that enrich your soul. This period is opportune for engaging in creative endeavors or deepening personal relationships. Trust in your instincts and let your passions and empathetic nature be your guides. Although you are typically recognized for your pragmatic approach, this is a time to allow emotions to take precedence. Do not shy away from letting your feelings lead the way, and be open to exploring new possibilities. This approach could unlock doors to fulfilling experiences that resonate deeply with your aspirations and dreams.

Lucky number 23 | Lucky colour Olive
Lucky day Monday



GEMINI May 21-June 20

This week heralds a period of joy, clarity, and success for you. Expect a surge of energy and enthusiasm that makes challenges feel more manageable and opportunities more accessible. Embrace this bright period by pursuing projects and relationships that bring you happiness. Your natural charm and wit will be particularly effective in connecting with others and achieving your objectives. Enjoy the spotlight and let your optimism inspire those around you. This is an excellent time to shine and show your best self, making the most of the vibrant energy surrounding you. It's a time to move forward confidently, allowing your unique talents to lead the way to new achievements and positive encounters.

Lucky number 9 | Lucky colour Amber
Lucky day Friday



LIBRA Sep 23-Oct 22

This week may bring emotional challenges or heartache, signaling a period where you might face difficulties in your personal connections. Such times often indicate separation, disappointment, or conflict. The current cosmic energies highlight a need for healing and addressing any emotional wounds. While this phase may be tough, it is crucial to process these emotions and lean on the support of loved ones. Your innate sense of balance and fairness will be your guide through these trials. Embrace this opportunity to reflect and grow from these experiences. Concentrate on self-care and constructive communication to help you navigate these difficulties, allowing you to emerge stronger and more resilient. This approach will pave the way for recovery and renewed strength, fostering personal development and emotional clarity.

Lucky number 8 | Lucky colour Peach
Lucky day Wednesday



AQUARIUS Jan 20-Feb 18

This week encourages you to harness your intellectual strength and clarity of mind. Embrace your ability to think independently and make decisions with a clear, objective perspective. Current celestial influences are emphasizing the importance of effective communication and the confident assertion of your viewpoints. Your natural aptitude for critical thinking and analysis will be especially valuable during this period. Now is an opportune time to resolve any lingering issues or to approach complex challenges with a rational and structured strategy. Have confidence in your judgment and assertiveness as you move through the week. Trusting in your analytical skills will lead you to discover practical and valuable solutions. By maintaining a focus on clear and reasoned thinking, you'll navigate through any situation with success.

Lucky number 21 | Lucky colour Indigo
Lucky day Sunday



CANCER June 21-July 22

This week centers on enhancing stability, security, and prosperity in your life. You are currently in a strong position to achieve your practical goals, with supportive cosmic energies that encourage the solidification of your financial foundation. Embrace your natural nurturing tendencies to foster a supportive environment both for yourself and those around you. Your adept management of resources will be particularly noticeable, making it an opportune time for wise investments or strategic long-term planning. Rely on your instincts and practical abilities to confidently overcome any obstacles, ensuring a fruitful week ahead. Emphasize creating and maintaining a secure base to maximize your success during this period. This proactive approach will empower you to harness opportunities and cultivate growth, paving the way for sustained achievement and satisfaction.

Lucky number 11 | Lucky colour Saffron
Lucky day Tuesday



SCORPIO Oct 23-Nov 21

This week signals a period of managing multiple responsibilities effectively and striving for balance. The need for adaptability and resourcefulness comes into play as you navigate through various commitments. It's essential to prioritize and remain flexible during this time. You might find yourself balancing professional duties, personal engagements, and financial considerations. Your natural knack for dealing with complex scenarios will prove beneficial, but take care not to stretch yourself too thin. Keeping a steady pace and being open to adjusting your strategies as necessary will help you stay on track. By maintaining organization and focus, you'll be able to handle your obligations successfully and achieve a sense of equilibrium.

Lucky number 10 | Lucky colour Teal
Lucky day Saturday



PISCES Feb 19-March 20

This week is set to focus on themes of generosity and the equilibrium between giving and receiving. You might find yourself engaged in charitable efforts or looking to balance your financial resources. The celestial energies currently at play emphasize the importance of nurturing others while ensuring your own needs are also addressed. Tap into your innate compassion to guide these interactions, aiming for outcomes that are beneficial for all involved. By embracing a spirit of generosity and striving for balance in your exchanges, you will enhance your relationships and establish a supportive atmosphere both for yourself and for those around you. This approach will not only contribute to your personal growth but also build a network of shared support and mutual respect.

Lucky number 16 | Lucky colour Brown
Lucky day Thursday

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THE TUNING FORK



CV Srikantha

From the disciplined learning of youth to the ultimate renunciation of worldly attachments, the four stages enunciated in the scriptures offer a blueprint for balancing our worldly duties with our spiritual aspirations

Chaturashrama - Our space is our Ashrama - The way of life through the 4 ashramas

I am planning to go and stay in an ashram for a few days' said a friend. 'But ... you already are staying in one,' I responded. I was not surprised by the bewildered questioning look on her face. An ashram usually brings visions of a secluded hermitage monastic space, serenity, hills, rivers, trees, forests, and maybe huts or spaced out structures with meditation yoga rooms etc. Our ancient texts and scriptures affirm that every stage of our life is an ashrama ('srama' or efforts towards spiritual learning, growth). The concept of Chaturashrama, - The structure of the 4 stages or phases of life from youth to old age, fascinatingly captures the mental, physical, psychological, intellectual, emotional, and spiritual journey. A guide to Dharma through different responsibilities, duties, personal growth, social contribution, goals and spiritual pursuits and fulfilment at each phase.

Brahmacharya Ashrama (Student hood): A phase, typically from childhood to youth, an individual focuses on education, gathering knowledge (including scriptures), acquiring skills, celibacy and preparing for adulthood

responsibilities. A period of disciplined Shrivana (Listening), Manana (Reflection) and Nididhyasana (Deep Contemplation and Assimilation) under the guidance of a Guru. The application however differs. The Pandavas and the Kauravas all had their Brahmacharya under the same Guru Dronacharya - yet their paths led inversely. "आचार्यप्रणिपातेन परमं चरितुच्छते। शिष्यस्तु शिस्माचार्यं न स्थितिं न त्वरः।।" "A disciple, who respectfully bows down to the teacher and sincerely inquires, and learns does not suffer from spiritual decay nor does he show haste." This highlights the qualities during the Brahmacharya - dedication, humility, respect, and devotion to learning and the Guru.

Grihastha Ashrama (The Householder): This phase transitions the individual into matrimony, raising and taking care of children and family, create wealth, pursues a career or profession. It is characterized by fulfilling worldly duties, managing relationship responsibilities, and participating and adding value actively to the individual's social and economic ecosystem. In the Ramayana, Lord Rama and Mata Sita exemplify the

ideal Grihastha life. After their marriage, Rama fulfils his duties as a prince and later as a king, while Sita supports him as a devoted wife and queen. They navigate through challenges and responsibilities, demonstrating righteousness (Dharma) and upholding societal norms. dharm rtha-k ma-mok" khya ya ichec chreya tmana" eka hyeva hares tatra k raza p da-sevanam As Sri Krishna says in Shrimad Bhagavatam "Any person who desires the fruits of the four principles righteousness, wealth, desire, and liberation should engage himself in these duties with integrity as a devotional service to the Lord to attain fulfilment"

Vanaprastha Ashrama (The Hermit-Forest Dweller): A big transition - first step to detachment. To calibrate the self into gradual retirement and withdrawal from worldly duties can be a very challenging one. Particularly coming after a phase of building wealth, relationships, family and societal bonds in the earlier Grihastha ashrama. Here, individuals are expected to gradually relinquish materialistic pursuits and responsibilities and slowly start focussing more on

spiritual pursuits, self-reflection, and handing down their learnings, and wisdom to the next generations, preparing for the baton exchange. After the war and completing their duties as rulers and householders, Dhritarashtra and then the Pandavas retire to the forest to engage in meditation, and contemplation on the deeper aspects of life. वानप्रस्थस्य धर्मं व्रतम् धर्ममुपासते। सिद्धिमप्राप्तुमिच्छन्ति सुखं चोच न भूतलम्।। (Mahabharata, Anushasana Parva) In the Mahabharata, the Anushasana Parva "The Vanaprastha, who practices the vows of righteousness, seeks perfection and happiness, not attainable on earth.

Sannyasa Ashrama (The Renunciation): Complete renunciation and detachment from all materialistic attachments. Individuals now dedicate themselves entirely to spiritual pursuits, seeking Moksha (liberation) living a modest, ascetic life, disengaging from all kinds of material activities and desire. They are engrossed in elevating themselves into the higher realms. In the Bhagavad Gita, Lord Krishna explains the principles of Sannyasa. He explains that true renunciation is not just physical

renunciation but also mental detachment. कान्यान् कर्मणां न्यासं सन्न्यासं कवयो विदुः। सर्वकर्मफलत्यागं प्राहुस्त्यागं विच्छन्नाः।। k my n k rma i ny s sanny s kavayo vidu saiva-kama-phala-ty ga pr hus ty ga vichak"hai He says - Giving up of actions motivated by desire is what the learned understand as sany s. Relinquishing the fruits of all actions is what the wise declare to be ty g. The Ashramas provide a blueprint for harmonizing worldly duties, with spiritual aspirations and goals, encompassing the spectrum of life. The references to the four Ashramas come through the principles of Purishartha Karmas. It provides a meaningful map that helps making our journey profoundly purposeful.

— The writer is a versatile professional with 3 decades in corporate experience & leadership roles, excelling in several areas as a ICF Certified Mentor Life Coach, Corporate Coach, Spiritual Intelligence Coach & CXO Coach. Spiritual counselor, Astro & Vastu consultant (25+ years of grounding in Vedanta philosophy) and a Motivational speaker. He is a Dale Carnegie's T3 graduate