



NATION 6 UK EVACUATES BRITISH NATIONALS FROM LEBANON AS CONFLICT ESCALATES
SPORT 12 INDIA BAG U18 TEAM SILVER IN WOMEN'S SECTION AT ASIAN YOUTH ARCHERY

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Exit Polls indicate upsets

Congress to sweep Haryana

RAJESH KUMAR ■ NEW DELHI/HARYANA

The exit polls have predicted a thumping majority for Congress in Haryana, after a decade. The ruling Bharatiya Janata Party (BJP) is projected to trail significantly. According to the exit polls the regional parties will have considerable losses. With this, the political landscape of Haryana is set for a dramatic shift. The voter turnout was 61.19 percent till 8 pm on Saturday. The results will be declared on October 8.

The Dainik Bhaskar poll predicted the Congress getting 44-54 seats and the BJP 15-29 seats in the 90-member Haryana Assembly. The Republic-Matrise poll put the Congress tally even higher at 55-62 seats as against the BJP's 18-24.

According to NDTV's Poll of Polls, 55-62 seats are predicted for the Congress while the ruling BJP may win 20-32 seats. The Red Mike-Datansh exit poll gave the Congress 50-55 seats in Haryana and the BJP at 20-25, while the Dhruv Research poll pegged the Congress at 50-64 seats, BJP 22-32 seats, and others 3-8 seats. Peoples' Pulse exit poll



Voters wait in a queue to cast their votes at a polling station in Rohtak, Haryana PTI

gave the Congress 49-60 seats and the BJP 20-32 seats in Haryana. Most exit polls pegged the Indian National Lok Dal (INLD) tally higher than that of the Jannayak Janta Party (JJP), while others were seen getting up to 10 seats. The ruling BJP is eyeing a

hat-trick while the Congress is hoping to make a comeback in the state after a decade. The other key contestants are Congress, JJP, INLD, Aam Aadmi Party (AAP), INLD, Bahujan Samaj Party (BSP), and Azad Samaj Party (ASP). Key candidates include Chief

Minister Nayab Singh Saini, BJP leaders Anil Vij and OP Dhankar, Congress leaders Bhopinder Singh Hooda and Vinesh Phogat, INLD's Abhay Singh Chautala, and JJP's Dushyant Chautala. The BJP's campaign was spearheaded by Prime Minister Narendra Modi, who addressed four rallies, where he attacked the Congress on several issues and said they kept every matter important for the country entangled, including the Ram temple issue. Congress leader Rahul Gandhi also addressed many public meetings where he said a "Congress storm" is on its way in Haryana and his party would form the government, which will be one for the poor and farmers, and a "mohabbat ki dukan" will be opened in every

Continued on page 6



INDIA Bloc hits a rough patch in UP

BISWAJEET BANERJEE ■ LUCKNOW

The recent camaraderie between the Samajwadi Party (SP) and Congress, fostered through the INDIA bloc, is now under strain as the two parties wrestle over seat-sharing arrangements for the upcoming by-elections in Uttar Pradesh. Despite their shared success in the Lok Sabha elections—where the SP-Congress coalition secured 43 out of 80 seats in the state—the upcoming contest for 10 Assembly seats has exposed tensions within the alliance over the Muslim vote bank.

The 10 seats up for by-elections—Meerapur, Ghaziabad, Khair, Kundarki, Karhal, Phulpur, Sisamau, Milkipur, Katheri, and Majhwan—were previously held by the SP (five seats), BJP (three), RLD (one), and the NISHAD Party (one) in the 2022 state elections. While the common goal of

defeating the Bharatiya Janata Party (BJP) remains a binding factor for both SP and Congress, a growing struggle for dominance over the Muslim vote bank has created significant friction. Muslim voters, who form a critical part of the electorate in several of these constituencies, have become the focal point of the dispute, particularly in constituencies like Meerapur in Bijnor district, Phulpur in Allahabad, and Majhwan in eastern Uttar Pradesh.

"This is an interesting turn of events, as both so-called allies are now competing for Muslim votes and eyeing constituencies where Muslims are in the majority," said Manoj Bhadra, a political analyst familiar with the region. According to Bhadra, the tussle over these key seats is threatening the fragile alliance, with each party vying for control over territories seen as potential game-changers in future elections.

Continued on page 6

Two terrorists killed in Kupwara



Representational image

MOHIT KANDHARI ■ JAMMU

A day after India decided to send External Affairs Minister S Jaishankar to Pakistan to attend the Shanghai Cooperation Organisation (SCO) summit on October 15-16, alert troops of the Indian army Saturday foiled an infiltration bid along the line of control in which two Pakistani terrorists were killed in the North Kashmir district of Kupwara.

A joint operation was launched by the Indian army along with the special operations group of the Jammu and Kashmir police in the forward areas of Gugaldhar, Kupwara based on intelligence inputs about a possible infiltration bid late Friday evening. The troops, after noticing the suspicious movement, challenged the heavily armed group of infiltrators which resulted in a heavy exchange of firing. Two terrorists were neutralised in the ongoing operations.

Confirming the same, Srinagar-based China Corps posted on X, "The security forces have eliminated two terrorists in the ongoing Operation Gugaldhar. War-like stores have been recovered. The search of the area is underway and the operation is in progress". So far 16 terrorists have been eliminated in various anti-terrorist/anti-infiltration operations in Kashmir valley this year. The number of active terrorists has also come down to 80 in the region.

At the same time, troops continue to remain in a state of high alert to foil infiltration bids from across the line of control as several launch pads remain active in the area.

Teen raped, while out celebrating Navratri

PIONEER NEWS SERVICE ■ VADODARA

A teenage girl was allegedly raped by two unidentified persons, while another accomplice restrained her male friend, on a deserted stretch on the outskirts of Gujarat's Vadodara city, police said on Saturday. The alleged crime was committed on a Navratri night when revellers come out in large numbers to participate in garba events organised throughout the city. The survivor told the police that she had gone out to meet her childhood male friend at the city's Laxmipura area at around 11 pm, said Rohan Anand, Superintendent of Police - Vadodara (rural).

"They were returning through the Bhayli locality on a Scooty when at around midnight, five persons on two-wheelers intercepted them on an isolated road," the police officer said. Two of them left after some argument, while three others remained. Of these three, two individuals raped the teenage girl, while the third person restrained her male friend, he said. "As soon as the culprits left, the teens informed the police. Cops reached the

Another woman raped in Pune



FIR registered 2 years after woman alleges rape

SAUMYA SHUKLA ■ NEW DELHI

A First Information Report (FIR) has been registered in Southwest Delhi's RK Puram area, two years after a 42-year-old woman was allegedly raped in a five star Hyatt Regency hotel of. The woman has claimed that the accused threatened her of dire consequences with her nude pictures. A case under section 376 (rape) and 506 (criminal intimidation) of Indian Penal Code (IPC) was registered at RK Puram police station on October 3. The accused has been

identified as Amit Malik who is also in his 40s. According to the FIR, the victim met the accused, identified as Amit Malik, through Instagram and used to message her frequently on Facebook messenger and met him for the first time on April 21, 2022. "We started talking frequently after the first meeting. We planned for dinner at Hyatt Regency hotel on April 23, 2022 but upon reaching the hotel he insisted that we check-in in room to know each other more personally," the victim claimed.

Continued on page 6

spot, cordoned off the area and collected evidence. Teams have been formed to identify the culprits using technical surveillance and other means," Anand said. The Gujarat government has lifted restrictions on garba celebration timings for this year's Navratri festival. A lot of evidence has been recovered from the site. "It was very dark in this place at night. The victim and her friend could not recognise the faces of the accused, but they have described their style of speech and body build. This incident has nothing to do with Garba," a senior police officer said.

An investigation has been initiated based on the complaint of the victim's father. The victim's friend is studying in class 11. Five teams of district police (LCB, SOG, and city police) have been deployed to apprehend the accused. In a similar crime, a 21-year-old woman was allegedly raped by three unidentified persons, who also tied her male friend using his clothes and belt and assaulted him, at an isolated place on the outskirts of Pune in Maharashtra on Thursday night, police had said.

Continued on page 6

11-year-old raped, killed, villagers clash with Cops

SAUGAR SENGUPTA ■ KOLKATA

Another horrific case of rape and murder was reported from the Mahishmari village in South 24 Parganas district. An 11-year-old school girl was abducted, raped and murdered late on Friday night, sources said. Following this, police and villagers fought pitched battles on Saturday, leaving several people injured. The girl was allegedly picked up from around the house of the local village Pradhan, brutalised and killed. The body of the victim was found at the banks of the Hooghly River on Saturday morning leading to mass outrage. The accused was arrested early on Saturday, police said. The villagers reacted after the village Pradhan refused to share the CCTV footage from



outside his house, locals said, adding the "angry villagers then got suspicious and hundreds of them attacked and set the Kripakhali police outpost afire. They alleged that the minor, who was missing since October 4 and that police did not act on their complaint immediately. Following this the police resorted to heavy lathi-charge and bursting tear gas shells to disperse the crowd, sources said adding several men were injured during the clash. The

Friday incident takes place amid an ongoing protests in the RG Kar Medical College rape and murder case that took place on August 9. "The police are taking sides of the miscreants," locals said, alleging that "a cousin of the victim had in fact been raped a few years ago and the police did nothing in that case leading to the girl to commit suicide then." District SP PC Dhali said, "we have arrested the culprit within six hours of the victim being abducted," adding that the villagers' allegations of lax handling of the case were unfounded. The Bharatiya Janata Party (BJP) and Left leaders who reached Mahishmari on Saturday blocked the van carrying the body of the victim for postmortem. According to

CPI(M) leader Meenakshi Mukherjee, this was done "so that an RG Kar like incident, where the body was hurriedly sent for funeral after a fake postmortem to save some big fishes can be prevented." Meanwhile, BJP MLA Agnimitra Paul had heated exchanges with local Trinamool Congress MP Pratima Mondal even as the villagers raised "go-back" slogans against her. "The victim bore injury marks similar to that of Abhaya in RG Kar Medical College", the BJP MLA said. While Paul raised the issue of RG Kar and Sandeshkhali to say that "the law and order of Bengal has completely collapsed," Mondal resorted to counter-sloganeering and cited the instances of Hathras and Unnao.

Advertisement for Patanjali products. Text: 'Use only Patanjali Cow's Ghee and sesame oil in Pooja lamps'. 'Prepare Prasad at home with pure and Satvik edible oils and other food items to gain Blessings of Goddess Saraswati, and to protect your family from the poison of adulteration.' Features images of Patanjali Cow's Ghee, pulses, noodles, and other food products.

Funeral of school teacher, Man accused of wiping out Amethi family shot in leg family held in Rae Bareli

Rae Bareli (PTI): The bodies of the Dalit school teacher and his wife, who were shot dead along with their two daughters in Amethi, were consigned to flames on Saturday at Gola Ganga Ghat in Raebareli, while the minor daughters were buried. Chandan Verma killed the four victims on Thursday after his alleged relationship with the teacher's wife ended. He was arrested on Friday. The four bodies reached the village on Friday morning and people from nearby villages who had gathered there raised slogans. The grieving family members initially refused to perform the last rites and police were deployed in heavy numbers to maintain order. Police administration tried to convince the family members several times to cremate the bodies on Friday, but they did not agree. They agreed to conduct the last rites after Sonu, the brother of the teacher, reached the village late at night. On Saturday, Uttar Pradesh Chief Minister Yogi Adityanath met the family members of the victims in Lucknow. "Today, at the official residence in Lucknow, in presence of honourable MLA of Unchahar, Manoj Pandey ji,

I met the victim families of the unfortunate incident that took place in Amethi. The UP government stands with the bereaved family with full sympathy and commitment," he said, sharing a photo of his visit. "Be assured, the victims will definitely get justice and the strictest action will be taken against the culprits," the chief minister added in a post on X in Hindi. In an apparent jibe, Samajwadi Party chief Akhilesh Yadav without taking any names in a post on X in Hindi, said on Saturday, "If the problem is being solved by taking photographs, then make a photographer the minister." Four members of the victim's family met Adityanath in a meeting that lasted around 30 minutes, said an official statement on Saturday. "The UP Chief Minister while expressing grief, said that he stands with the family, and assured that all possible help will be given," BJP MLA Manoj Pandey told PTI. The Chief Minister assured the family that as per law, one of the victims' kin will be given a government job, financial assistance from the government and land, so that they can earn for their liveli-

hood, he said. Pandey said that all members of the victims' family were assured Mukhyamantri Awas and Ayushman Card. Former UP minister Swami Prasad Maurya also spoke to the family members at Gola Ganga Ghat. Bahujan Samaj Party's UP unit chief Vishwanath Pal, who was also present for the cremation, said that if the police had taken action on time, then the situation could have been prevented. 'Jungle raj' is prevailing under this government, he said. Sunil Kumar (35) a government school teacher, his 32-year-old wife Poonam, and their two daughters, Drishti and Suni, were shot dead in the Ahorwa Bhawani area of Amethi on Thursday. During the initial investigation, police found that Poonam had lodged an FIR against Verma, the accused, in Raebareli on August 18 for eve-teasing, and under the Scheduled Caste and Scheduled Tribe (Prevention of Atrocities) Act, 1989. The complainant had also mentioned that "if anything happens to her or her family", Verma should be held responsible for it.

Amethi (PTI): The man accused of gunning down an entire Dalit family in Amethi allegedly over an affair with the deceased teacher's wife was shot at by the police in his leg on Saturday when he tried to snatch gun from an officer. Sunil Kumar (35), a government school teacher, his 32-year-old wife Poonam and their two daughters, Drishti and Suni, aged six and one respectively, were shot dead in the Ahorwa Bhawani area of Amethi on Thursday. The accused, Chandan Verma (27) was arrested near a toll plaza in Noida Friday night while fleeing to Delhi. The police shot Verma in his leg early Saturday while they were recovering, at his instance, the pistol used in the killing. According to police, the incident happened when Sub-inspector Madan Kumar Singh of Shivratnagar police station was taking possession of the pistol found near a canal track. Just when Singh was inspecting the pistol and its magazine, Verma snatched his gun from his holster and fired at him, intending to kill him, the police in a statement said. In defence, Inspector Sachchidanand Rai fired a gunshot which hit Verma in his right leg, they said. According to Superintendent of Police Anoop Kumar Singh, Verma's attack on the family

was a fallout of an affair he was having with Poonam, one of the victims. The SP said Verma had been seeing the teacher's wife for the past 18 months. Verma fired 10 shots and also tried to shoot himself, but the gun failed, the officer said. Ahead of the Thursday rampage, Verma posted an update on a messaging app that there were going to be five deaths, his being the fifth. Earlier, the police had found that Poonam had complained against Verma in Rae Bareli on August 18 under the Scheduled Caste and Scheduled Tribe (Prevention of Atrocities) Act, 1989, and for harassment. "If anything happens to me or my family, Verma should be held responsible," she wrote in the complaint. "Chandan Verma is a resident of Raebareli district. It appears that he reached the house of the victim and got enraged due to some reason after which he began shooting the family members, killing all of them," the SP said at a press conference here. Meanwhile, Verma, while going to the court in police custody on Saturday, told reporters that he had no relation with Poonam. The police were leaving for Raebareli court with Verma from the district hospital when the reporters asked a flurry of questions. Asked how long he

had been in a relationship with Poonam, he said, "I had no relation with Poonam." On being asked from where he got the pistol, Chandan said, "Which pistol?" Replying to a question why he killed the children, he said "it happened by mistake", and nodded his head when asked if he has regrets of committing the crime. The police have seized the

country-made pistol and the motorcycle, a black Enfield Bullet, used in the crime. On Saturday, the bodies of the Dalit school teacher and his wife were consigned to flames at Gola Ganga Ghat in Raebareli, while the minor daughters were buried. The four bodies reached the village on Friday morning and people from nearby villages who had gathered there raised

slogans. The grieving family members initially refused to perform the last rites and the police were deployed in heavy numbers to maintain order. The police administration tried to convince the family members several times to cremate the bodies on Friday, but they did not yield. They agreed to conduct the last rites after Sonu, the brother of the teacher, reached the village late on Friday night.

Govt illuminates lives of Ayodhya potters

PNS ■ AYODHYA The annual Deepotsav celebration in Ayodhya has brought a remarkable transformation to the lives of local potters, who once struggled to make ends meet. Thanks to the initiative of Chief Minister Yogi Adityanath, the potters now earn as much as Rs 1 lakh each during the festive season. With the increasing demand for traditional clay lamps (diyas), the younger generation of potter families, who previously sought work outside the village, are now embracing the craft, choosing to operate electric pottery wheels to meet the growing demand. In Jaisinghpur village, extensive preparations have already begun for the upcoming festival. The transformation began in 2017, shortly after Yogi Adityanath assumed office as chief minister of Uttar Pradesh. One of his first initiatives was to revitalise Ayodhya, with a special focus on organising Diwali and Deepotsav celebrations to mark Lord Ram's return from exile.

Held annually at Ram Ki Paidi, the event sees millions of oil lamps, or diyas, being lit. The chief minister also prioritised the district's potters for diya procurement, ensuring that local artisans directly benefit from the event. As Ayodhya prepares for its eighth edition of Deepotsav, potters are ramping up production to meet the increased demand for diyas. This year holds special significance, with Lord Ram seated in a grand temple, prompting the chief minister to announce the lighting of 25 lakh lamps, making this year's festival the grandest yet. In Jaisinghpur village near Vidyakund in Ayodhya, 40 families of potters are busy making thousands of diyas (earthen lamps) for the upcoming Deepotsav festival. They credit Chief Minister Yogi Adityanath for transforming their lives. While Deepotsav has always brought sales, the government's push to support local potters has led to more people choosing traditional earthen diyas over electric lights.



Lakshmi Prajapati, a potter from Jaisinghpur, shared how the festival has brought new hope to her family. "The Yogi government's initiative has brightened our home. Once we receive the order for Deepotsav, the entire family comes together to make 30 to 35 thousand diyas, which we sell for the festival," she said. Another potter, Rakesh Prajapati, mentioned that although they have not received a formal contract yet, they have already started making diyas based on previous years' orders. "Our income has increased since the chief minister's announcement," he

added. Asha, another villager, explained how the festival has revived traditional lighting. "Every year, we make 20 to 25 thousand diyas for Deepotsav. After the festival began, people in the city now decorate their homes with diyas instead of using Chinese lights," she said. Rajesh Prajapati emphasised the impact the event has had on their community. "Thanks to Chief Minister Yogi, our work as potters is now recognised. Although the tender has not been finalised yet, we have already made over two lakh diyas," he said. With just a few days remaining, the countdown for the eighth edition of Deepotsav in Ayodhya has officially begun. The city is gearing up for another historic celebration, aiming to set a new record with its grand display of lights. Administrative preparations are already in full swing. Alongside government officials, the Avadh University administration and its students have also joined the efforts, ensuring the festival runs smoothly.

IFC shows interest in working with UP gov't

PNS ■ LUCKNOW International Finance Corporation's Global Managing Director Makhtar Diop paid a courtesy visit to Chief Minister Yogi Adityanath at his official residence on Saturday. During the meeting, Diop expressed IFC's keen interest in supporting the state's ambition of becoming a one-trillion-dollar economy and collaborating in the areas of infrastructure and agricultural technology (AgTech). The discussion explored various possibilities for cooperation in Uttar Pradesh, with a focus on public-private partnership (PPP) models. IFC showed a particular interest in contributing to the state's development in infrastructure and AgTech. In response, Chief Minister Yogi Adityanath assured IFC of full support and cooperation in these efforts. Diop said that IFC had been cooperating in many important projects for the past several years. "IFC committed US\$200 million to IndiGrid, India's first and largest power sector infrastructure investment trust, supporting the modernisation of India's transmission sector through asset monetisation. At the same time, IFC actively engages in PPP transaction advisory for innovative renewable energy projects," he said. Notably, IFC and the World Bank Group are working with the state government to increase infrastructure investment in urban areas of UP. Uttar Pradesh has at least seven cities (Kanpur, Lucknow, Ghaziabad, Agra, Varanasi, Meerut and Prayagraj) with a population of more than one million, which can become an important part of this initiative. IFC and the World Bank Group can jointly help establish

a pooled financing structure for the state to attract private capital into urban infrastructure. A pooled commercial financing structure can draw on the financial strength of the state of UP to address collective funding requirements for urban infrastructure. Diop said that with the support of the WBG 100 Cities programme, including IFC, a state intermediary could raise loans/bonds on a pooled basis with a government guarantee or credit enhancement. The WBG-ADB 100 cities programme with the Ministry of Housing and Urban Affairs (MoHUA) aims to deliver bankable projects in water supply, sanitation, and solid waste management services in 100 cities. The programme is in preparatory stages. IFC has invested nearly US\$ 750 million in 29 projects in sectors such as chemicals and fertilisers, housing, renewable energy, telecommunications, health and food processing since 2007. To support the state government's efforts to promote PPPs, IFC signed an MoU with the Infrastructure and Industrial Development department in July 2023, under which IFC is providing advisory services on procurement, operation and maintenance of e-buses. IFC's direct engagement with the UP government includes advisory on PPPs and AgTech. IFC was engaged as a transaction advisor on the Jhansi Solar Project to assist the client (TUSCO) in structuring and tendering a solar power park project of 600 MW in Jhansi. The project is expected to reduce at least 1.1 million tons of carbon dioxide emission annually, facilitate US\$ 330 million of financing, reduce the energy gap, and increase generation of renewable energy.

Over 2.25 crore UP farmers get 18th installment of Kisan Samman Nidhi

PNS ■ LUCKNOW Over 2.25 crore farmers in Uttar Pradesh have benefited from PM Kisan Samman Nidhi as the Prime Minister Narendra Modi released the 18th installment of PM Kisan Samman Nidhi from Washim, Maharashtra on Saturday. In Uttar Pradesh, Rs 4,985.49 crore was credited to the accounts of farmers in the state. Chief Minister Yogi Adityanath expressed his gratitude to Prime Minister Narendra Modi for this generous support to the farmers of Uttar Pradesh during the auspicious occasion of Shardiya Navratri. During the event, the prime minister transferred the 18th installment of the PM Kisan Samman Nidhi, sending Rs 4,985.49 crore to the accounts of 2,25,91,884 farmers in Uttar Pradesh. Simultaneously, 9.4 crore farmers across the country benefited with a total transfer of Rs 20,552 crore in their accounts. Notably, Prime Minister Narendra Modi had previously

distributed the 17th installment of PM Kisan Samman Nidhi on June 18 from his parliamentary constituency of Varanasi, shortly after winning the Lok Sabha elections. Chief Minister Yogi wrote on X, "The 18th installment of the Pradhan Mantri Kisan Samman Nidhi was released from Maharashtra today by the Prime Minister Shri Narendra Modi, who is dedicated to enhancing the lives of our 'annadata' farmers, fostering their self-reliance and prosperity."

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Govt opening nursing colleges in 25 districts

PNS ■ AYODHYA In a significant move to enhance health services across Uttar Pradesh, Chief Minister Yogi Adityanath has announced the establishment of government nursing colleges in 25 districts, with classes set to begin in the next academic session. Currently, construction of the medical colleges is underway in 20 districts, including Ayodhya, Bahraich, Shahjahanpur, Siddharthnagar, Fatehpur, Gonda, Sultanpur, Mirzapur, Lakhimpur Kheri, Basti, Firozabad, Hardoi, Etah, Amethi, Lalitpur, Bijnor, Kaushambi, Ghazipur, Pratapgarh and Chandauli. Additionally, construction has been approved in five more districts - Deoria, Kanpur Dehat, Sonbhadra, Kushinagar and Pilibhit. Four state organisations have been chosen for the construction work of these colleges, including Uttar Pradesh Rajkiya Nirman Nigam (UPRNN), Construction and Design Services (C&DS), UP State Construction and Infrastructure Development Corporation Limited (UP CIDCO), and Uttar Pradesh Projects Corporation Limited (UPPCL).

efforts to strengthen the state's health infrastructure and provide students with the resources they need for medical and paramedical studies, has approved the opening of new government nursing colleges in 25 districts, with classes set to begin in the next academic session. Currently, construction of the medical colleges is underway in 20 districts, including Ayodhya, Bahraich, Shahjahanpur, Siddharthnagar, Fatehpur, Gonda, Sultanpur, Mirzapur, Lakhimpur Kheri, Basti, Firozabad, Hardoi, Etah, Amethi, Lalitpur, Bijnor, Kaushambi, Ghazipur, Pratapgarh and Chandauli. Additionally, construction has been approved in five more districts - Deoria, Kanpur Dehat, Sonbhadra, Kushinagar and Pilibhit. Four state organisations have been chosen for the construction work of these colleges, including Uttar Pradesh Rajkiya Nirman Nigam (UPRNN), Construction and Design Services (C&DS), UP State Construction and Infrastructure Development Corporation Limited (UP CIDCO), and Uttar Pradesh Projects Corporation Limited (UPPCL).

ARYAVART BANK (A Joint Undertaking of Govt. of India, U.P. Govt. & Bank of India) (भारत सरकार, उत्तर प्रदेश सरकार एवं बैंक ऑफ इंडिया का संयुक्त उपक्रम) Regional Office: Lucknow, Aryavart Bhawan, 569/20/K/1, Shesh Nagar, V.I.P. Road, Opp. Awadh Hospital, Alambagh, Lucknow Notice Under Section-13(2) of The Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002. (SARFAESI Act.) Authorised Officer, Aryavart Bank, Regional Office - Lucknow, have issued Demand Notice under Section-13(2) of Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 through Registered /Speed post. The contents of the same are interalia the defaults committed by you in the payment of outstanding amount including principal interest and other charges etc. The outstanding dues are mentioned here-in-below:

सेंट्रल बैंक ऑफ इंडिया Central Bank of India "CENTRAL" TO YOU SINCE 1911 Regional Office: 117/H-1/240, Pandu Nagar, Kanpur POSSESSION NOTICE (for Immovable Property) Under Securitization and Reconstruction of Financial Assets and Enforcement of Security Interest Act 2002 issued and in exercise of the Powers conferred under section 13(12) and read with rule 3 of the security interest (Enforcement) Rules 2002 issued demand notice as detailed here in below with our Branch to repay the amount mentioned in the notices within 60 days from the date of receipt of the said notices. The borrowers/guarantors having failed to pay the entire amount, notice is hereby given to the borrowers/guarantors and public in general that the undersigned has taken possession of the property described here in below in exercise of powers conferred on him under section 13(4) of the said Act read with rule 8 of the said rules. The borrowers/guarantors in particular and public in general is hereby cautioned not to deal with the property and any dealing will be subject to charge of Central Bank of India. The borrowers attention is invited to provision of sub-section (8) of section 13 of the Act, in respect of time available to redeem the secured assets. DESCRIPTION OF IMMOVABLE PROPERTIES



GET READY TO SLAY

THE COLLECTION THAT REDEFINES STYLE!

The Orry x Flying Machine capsule collaboration offers a bold collection that celebrates youth, creativity and self-expression in every piece, says SAKSHI PRIYA

In an exciting development within the fashion industry, *Flying Machine* has teamed up with the sensational social media star *Orry* to launch a limited-edition capsule collection that promises to turn heads and make waves among the youth. *Orry*, a digital influencer renowned for his vibrant style and engaging content, has garnered a massive following on platforms like Instagram. His unique blend of charisma and fashion savvy resonates with Gen-Z consumers, making him an ideal partner for a brand like *Flying Machine*, which is celebrated for its edgy denim and youthful vibe.

Flying Machine, the pioneering homegrown denim brand in India, has evolved significantly since its inception in 1980. Known for its trendy and spontaneous designs, the brand has made a concerted effort to revamp its image and align itself with the tastes of the modern consumer. With a renewed focus on Gen-Z, this collaboration with *Orry* is a strategic move to tap into the vibrant energy of young fashion enthusiasts.

The *Orry x Flying Machine* capsule collection embodies a perfect blend of funky colours and oversized silhouettes, catering to individuals who dare to stand out. Featuring a range of unisex items such as T-shirts, shirts, vests, caps, bucket hats, jorts, parachute pants and classic jeans, the collection captures the essence of contemporary street style. *Orry's* distinct aesthetic shines through each piece, encouraging wearers to express their individuality through bold fashion choices.

A standout feature of this collaboration is *Orry's* hands-on involvement in the design process. His creative input ensures that the collection reflects his signature style, with playful slogans like "L&R H&R" and "Can I live" adding a fun twist. This level of engagement not only enhances the authenticity of the collection but also resonates with consumers looking for genuine connections with brands. The vibrant designs and oversized fits are more than just fashion statements; they are an invitation for young people to embrace

their identities and showcase their unique personalities. *Shailesh Chaturvedi*, Managing Director and CEO of Arvind Fashions, expressed his excitement about the collaboration, highlighting the shared appreciation for Korean and Japanese fashion aesthetics. This partnership reflects a broader trend within the fashion industry, where global influences meet local sensibilities, creating a dynamic fusion that appeals to the youth. With oversized pieces and an androgynous flair, the collection exemplifies a modern approach to dressing that celebrates diversity and self-expression.



The *Orry x Flying Machine* capsule collection will be available at select *Flying Machine* stores throughout India, as well as on popular online platforms like *Myntra* and *NNNOW*. This accessibility ensures that young fashion lovers can easily engage with the collection and incorporate these statement pieces into their wardrobes. The *Orry x Flying Machine* collaboration signifies a bold new direction in youth fashion. By merging *Orry's* vibrant style with *Flying Machine's* denim legacy, this capsule collection captures the essence of modern youth culture, inviting individuals to express their identities through fashion. With its funky colours, oversized designs and engaging slogans, the collection is not just about clothing, it represents a movement towards embracing individuality and creativity in everyday style. As excitement builds around this launch, both *Orry* and *Flying Machine* are poised to make a significant impact on the fashion landscape, paving the way for a new era that celebrates the dynamic spirit of today's youth.

Photo: Pankaj Kumar

NEW OFFERINGS



CELEBRATE NAVRATRI WITH A SPECIAL THALI

This Navratri, elevate your festive dining experience at *Seasonal Tastes* in *The Westin Gurgaon*, with a specially curated Navratri Bhog Thali. Enjoy a harmonious blend of authentic flavours, including *Sabudana Vada*, *Khata Mitha Kaddu* and *Sabudana Kheer*. Perfect for both festival observers and food enthusiasts, this thali offers a delightful journey through the essence of Navratri. Experience a soul-satisfying meal that celebrates the spirit of the season.

DETAILS
Dates: October 3 - 12, 2024
Location: The Westin Gurgaon
Price: INR 1,499 plus taxes
Availability: A-la-carte menu for lunch and dinner

CELEBRATE SAKETOWER

Join this October for a month-long sake celebration at *Guppy!* Indulge in specially curated sake cocktails, tasting flights and enjoy a Buy 1, Get 1 free offer on sake. Delight in options like the Sake Highball and Sake Bombs and join for Sake Sing-along karaoke nights and live music every Wednesday, Thursday and Sunday.

DETAILS
Location: 28, Main Market, Lodhi Colony, New Delhi
Timings:
 Lunch: 12 PM - 4 PM
 Dinner: 6 PM - 12 AM
Price for Two:
 INR 3700 approx. (including cocktails)
Reservations:
 011 24690005 / 6, +91 965018500



CULINARY FUSION EXPERIENCE

Indian Accent celebrates 15 years with an exclusive culinary collaboration with Nadodi. Chefs *Shantanu Mehrotra* and *Yavhin Sriwardhana* will create a 9-course menu blending inventive Indian flavours with South Indian and Sri Lankan influences. Expect an unforgettable dining experience showcasing the best of both culinary worlds.

DETAILS
Date & Time: 9th October 2024, 7 pm onwards.
Location: Indian Accent, New Delhi.
Price: INR 7,900++ per person; Additional INR 5,500++ for wine pairing.
Reservations:
 +91 1166175151; 9871117968.

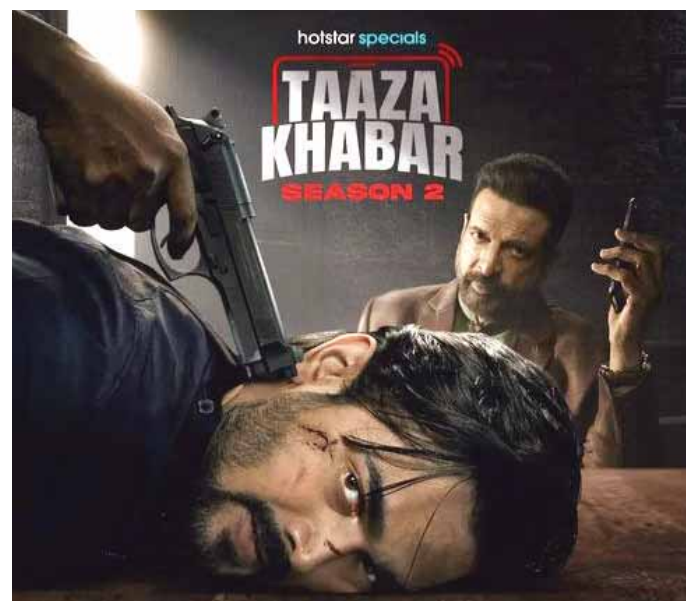
Disclaimer: *The Pioneer* does not endorse or promote the consumption of alcoholic beverages.

TAAZA KHABAR

A CONTINUED TALE OF GREED AND REDEMPTION

With a strong cast and engaging storyline, the new season of 'Taaza Khabar' is a must-watch, says ABHI SINGHAL

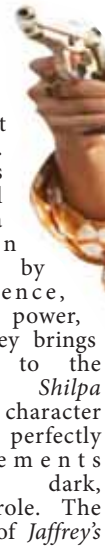
Maintaining high standards in the second season is a challenge but *'Taaza Khabar'* continues to shine with its new season. This web series emphasises how greed can destroy lives, especially in today's fast-paced world. Directed by *Himank Gaur*, the new season retains the stellar cast from Season 1, including *Bhuvan Bam* as *Vasant Gawde*, *Shriya Pilgaonkar* as *Madhu*, *Deven Bhojani* as *Mehboob*, and *Prathamesh Parab* as *Raja Chaturvedi*. A notable addition this season is *Javed Jaffrey*, who plays the character of *Yusuf Akhtar*. Released on *Disney Plus Hotstar*, the series offers a beautifully crafted storyline, continuing to revolve around *Vasant Gawde (Bhuvan Bam)* and his boon, *'Taaza Khabar'*. The first three episodes are gripping, portraying *Vasant's* efforts to free himself from the crushing debt on his shoulders. Although the series is primarily a comedy and thriller, it connects on a deeper, emotional level by exploring themes of right and wrong. The mix of genres adds depth, keeping the audience invested throughout. In the world of filmmaking, both a strong script and excellent acting can make or break a series, and *'Taaza Khabar'* excels in both the departments. The characters truly outdo themselves this season. *Bhuvan Bam* shines as *Vasant*, improving even further from the first season with his impeccable comedic timing and reactions. *Javed Jaffrey*, known for his



comedic roles, plays the

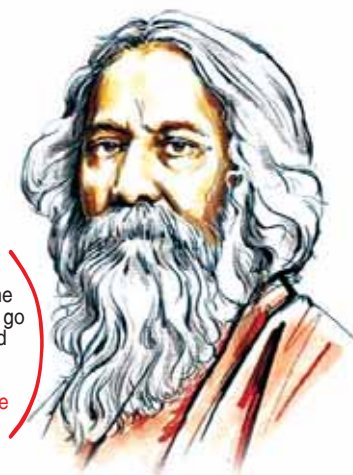
antagonist this time. His portrayal of a villain driven by malevolence, political power, and money brings intensity to the show. *Shilpa Shukla's* character *Aapa* perfectly complements *Jaffrey's* dark, twisted role. The addition of *Jaffrey's*

character brings much-needed energy to the new six-episode arc. *Shriya Pilgaonkar (Madhu)*, *Vasant's* love interest, has fewer scenes this season, but her presence is felt at key moments. *Prathamesh Parab's* portrayal of *Raja*, *Vasant's* loyal friend, is



heartwarming and crucial to the emotional core of the show. The witty dialogues, penned by *Abbas Dalal* and *Hussain Dalal*, add layers to the characters and elevate the humour in the series. The use of foul language, reflective of the protagonist's world, adds authenticity to the setting. However, the flashbacks intended to give depth to the characters feel dull and add very little to the overall plot. These moments do not significantly enhance our understanding of *Vasant's* mental processes or the reasons behind his choices. Despite this, the overarching narrative is a reality check for the modern world, showing the rise and fall of *Vasant*, whose boon quickly turns into a curse, alienating him from his loved ones, including *Madhu* and his parents. The music in *'Taaza Khabar'* perfectly complements the scenes, with songs like *'Kaun Hai'* by *Faridkot*, *'Rajarshi Sanyal'*, and *'IP Singh'*, and *'Hoke Majboor'* by *Mohan Kannan*, *Akshay*, and *IP Singh*, adding emotional depth. The *Baba* theme and *Kathak* theme further enhance the storytelling, giving the audience a rich auditory experience. Overall, *'Taaza Khabar'* is a must-watch. Its engaging scenes and witty dialogues keep viewers on the edge of their seats, eager to see what happens next. While the show hints at a potential third season, an official confirmation would only add to the growing excitement among its fanbase.

'Rating: 4/5'



"Now, I ask, has the time
come at last when I may go
in and see thy face and
offer thee my silent
salutation?"
— Rabindranath Tagore



Kullu Dussehra is a vibrant festival in Himachal Pradesh that brings the Kullu valley to life with colourful processions, traditional music, and cultural performances. Celebrated in honour of Lord Raghunath Ji, this annual event attracts visitors from all over, creating a sense of community and joy, writes **SAKSHI PRIYA**



Kullu Dussehra, celebrated in the picturesque valley of Kullu in Himachal Pradesh, is a vibrant week-long festival that goes beyond just religious observance. It brings together centuries-old traditions, the unity of hundreds of local deities and the incredible artistic expression of the region. *Kullu Dussehra* has a distinctive flavour, embracing the valley's culture, history and devotion. This year, the International *Kullu Dussehra* Festival is set to take place from 13th to 19th October 2024, offering visitors a chance to immerse themselves in the vibrant festivities while also appreciating the breathtaking scenic beauty and natural wonders of this enchanting region. The origins of *Kullu Dussehra* date back to the 17th century when *Raja Jagat Singh*, a ruler of Kullu, brought the idol of Lord Raghunath Ji to the valley. From then on, Lord Raghunath Ji became the central deity of the festival and *Kullu Dussehra* has been celebrated in His honour ever since. What sets this festival apart is its spirit of inclusion, with over 300 local deities from surrounding villages joining the celebrations. These deities, carried on beautifully decorated palanquins, are accompanied by their devotees, musicians and dancers, creating a lively and spiritual atmosphere as they converge at Dhalpur Maidan in Kullu. The festival begins on 13th October with the grand Rath Yatra, a procession where Lord Raghunath Ji is placed in a chariot and pulled through the streets by devotees. This procession marks the beginning of a week filled with devotion, music and dance. The streets come alive with the sounds of traditional instruments, the colourful sight of waving flags and the energy of people who have come from far and wide to participate in this sacred event. The Rath Yatra is not just a religious act; it's a celebration of the unity and shared faith that binds the people of Kullu together. *Kullu Dussehra* is not only a spiritual gathering but also a cultural festival that showcases the rich artistic heritage of the region. Every evening, the open-air auditorium at Lal Chand Prarthi Kalakendra becomes a stage for performances by local, national and international artists. From traditional Himachali folk dances like the Nati to contemporary performances, the festival offers a diverse range of cultural experiences. This year, approximately 15 international cultural troupes will participate, bringing their unique traditions and performances to Kullu. These performances reflect the universal language of art, reminding everyone of the shared human connection through culture. On 14th October, the Cultural Parade takes place, showcasing a vibrant display of traditional attire, music and dance from across India and the world. This parade highlights the rich diversity of cultures, where each troupe brings its own distinct flavour to the celebrations.

"Kullu Dussehra beautifully showcases our cultural richness and serves as a reminder of the bonds that unite us as a community." - Sushil Kumar Singla, Principal Resident Commissioner of Himachal Pradesh Sadan, New Delhi



Sunder Singh Thakur CPS and Sushil Kumar Singla, Principal Resident Commissioner Government of Himachal Pradesh, New Delhi

The sight of dancers in traditional costumes, performing to the rhythmic beats of their native instruments, creates a colourful experience that celebrates unity in diversity. The Cultural Parade embodies *Kullu Dussehra's* inclusive spirit, welcoming different cultures to come together in celebration. A highlight of *Kullu Dussehra* is the performance of Lalhri, a traditional dance native to the Kullu Valley. Passed down through generations, Lalhri is not just a dance but a form of storytelling, where each graceful movement and musical note carries the history of the region. Watching the dancers perform in their traditional attire is like stepping back in time, where the cultural legacy of Kullu comes alive through the art of movement and music. This performance encapsulates the very essence of the festival, where tradition and heritage are celebrated and preserved. The spiritual climax of *Kullu Dussehra* takes place on 19th October with the symbolic Lanka Dahan, marking the return of nearly 300 deities, or devidevatas, to their homes. This significant day begins as the Raja approaches Lord Raghunath Ji, causing all music and dance to pause. After the Raja circumambulates the chariot, the procession moves towards Lanka by the river Beas. Here, bushes and grass are set ablaze, symbolising the burning of Lanka. The flames create a captivating spectacle, while the Lanka Dahan ceremony reinforces values of justice, morality, and goodness, highlighting the festival's importance in uniting the community.

The penultimate day features the



Muhalla ceremony, an event filled with joy, music and festivity. Villagers from across Kullu gather at Dhalpur Maidan, setting aside their daily lives to participate in this lively celebration. The deities, surrounded by flags and accompanied by traditional music, pay their respects to Lord Raghunath Ji. The Muhalla is a vibrant reflection of the community spirit that defines *Kullu Dussehra*, where unity and togetherness are celebrated in a colourful display of devotion. Historically, *Kullu Dussehra* has also been a major commercial event. It once served as a trading hub where villagers would sell their crops, handicrafts and other goods. Traders from regions like Lahaul and Ladakh would bring products such as pashmina shawls, carpets and local herbs, creating a bustling marketplace. Today, this tradition continues with the Artisan Showcase, where award-winning artisans display their crafts, from textiles to woodwork. Visitors can purchase these handmade items, taking home a piece of Kullu's rich artistic heritage and supporting the local economy. For those who enjoy food, *Kullu Dussehra* is a culinary journey that showcases the flavours of Himachal Pradesh. The food courts at the festival serve traditional dishes such as siddu (a type of steamed bread) and madra (a rich chickpea curry), offering a taste of the region's culinary traditions. Alongside these local delicacies,

international cuisine is also available, ensuring that visitors can enjoy a wide variety of food during the festival. The culinary experience is an integral part of *Kullu Dussehra*, reflecting the valley's agricultural richness and its connection to the land. This year's *Kullu Dussehra* will also feature the Ambassador's Meet on 18th October, presided over by *Shri Sukhvinder Singh*, the Hon'ble Chief Minister of Himachal Pradesh. The event will bring together resident ambassadors from various countries, promoting cultural exchange and enriching trade ties. The Ambassador's Meet reflects *Kullu Dussehra's* growing global recognition, where tradition meets modernity on an international stage. This blend of cultural celebration and diplomatic engagement adds a new dimension to the festival, highlighting its significance beyond the local community. Beyond its vibrant cultural performances and religious rituals, *Kullu Dussehra* offers a diverse range of entertainment options for visitors of all ages. Families can enjoy amusement rides like toy trains and swings, while sports enthusiasts can engage in competitions such as

volleyball,

“ THE ORIGINS OF KULLU DUSSEHRA DATE BACK TO THE 17TH CENTURY WHEN RAJA JAGAT SINGH, A RULER OF KULLU, BROUGHT THE IDOL OF LORD RAGHUNATH JI TO THE VALLEY. FROM THEN ON, LORD RAGHUNATH JI BECAME THE CENTRAL DEITY OF THE FESTIVAL AND KULLU DUSSEHRA HAS BEEN CELEBRATED IN HIS HONOUR EVER SINCE

kabaddi and tug-of-war. The open-air performances continue late into the night, ensuring that the festivities are alive with music, dance and laughter. As the festival progresses, visitors will also have the opportunity to explore the natural beauty of the Kullu Valley, which offers breathtaking views of snow-capped peaks, lush green valleys, and flowing rivers. Many visitors choose to explore nearby attractions such as the Great Himalayan National Park, Biji Mahadev Temple, and the historic Hadimba Devi Temple in Manali, combining the spiritual experience of *Kullu Dussehra* with the serene beauty of Himachal Pradesh's natural landscape.

As Kullu prepares to host this grand celebration, it's essential to reflect on the significance of festivals like *Kullu Dussehra* in preserving and promoting cultural heritage. The festival not only showcases the artistic traditions of Himachal Pradesh but also serves as a reminder of the unity and community spirit that festivals inspire. It brings together people from different walks of life, whether they are locals, tourists or international dignitaries, all coming together to celebrate the rich cultural legacy of the region.

Kullu Dussehra is a festival that everyone should experience at least once in their lifetime. It's not just a celebration; it's a living tradition that continues to evolve while staying deeply rooted in the values of the community. The festival's grandeur, coupled with the warm hospitality of the people of Kullu, makes it a truly unique experience. As the date approaches, excitement is building, and the town of Kullu is gearing up to welcome visitors from all over the world. It's a time of joy, devotion and celebration, an event that leaves a lasting impression on all who attend.

The International *Kullu Dussehra Festival 2024* is set to be a spectacular event that will showcase the best of Himachal's culture, art and traditions. *Kullu Dussehra 2024* promises to be a celebration unlike any other. From the grand Rath Yatra to the vibrant cultural performances, from the symbolic Lanka Dahan to the bustling artisan markets, the festival offers a diverse range of experiences for all who attend. Whether visitors are drawn by the spiritual devotion, the artistic performances or the natural beauty of the valley, *Kullu Dussehra* is a festival that speaks to the heart, offering a unique glimpse into the soul of Himachal Pradesh. As the festival approaches, everyone is encouraged to mark their calendars and experience this remarkable celebration from 13th to 19th October 2024. It's a perfect opportunity to enjoy the magic of Kullu Valley, where tradition, culture and community come together in a festival of life, love and joy!

A TASTE OF THE NEW

EXCITING RESTAURANTS SHAPING NCR'S FOOD SCENE



The food scene in the NCR is heating up, with a host of new eateries making their mark, each worth a visit. This month, I sampled a few, and here are my impressions.

LITCHI BISTRO

Nestled in the culinary hub of Malviya Nagar, *Litchi Bistro* offers a creative world cuisine menu alongside freshly brewed coffee from their in-house roastery. The spacious open patio outshines the indoor seating, creating a vibrant atmosphere. Two dishes I highly recommend are the *Spicy Tuna Taco*, served on a crisp Nori sheet with a kick from sriracha mayo and *the Korean Bacon*, a miso-marinated pork belly. The latter is so exceptional that I would return just for this dish.

AVARTANA AT ITC MAURYA

This is easily the most intriguing restaurant I've explored this year. *Avartana* offers set-course menus ranging from 7 to 13 courses, priced from Rs. 2,950 upwards per person. The cuisine is a contemporary interpretation of South Indian ingredients, far from the traditional dishes we usually associate with the region. I'll be doing a detailed review soon, as it's hard to choose favourites when each dish is stellar. It's no surprise that *Avartana* ranks 44th among Asia's 50 best.

689, GURGAON

Six Eighty Nine at Two Horizon brings Quorum Club's finesse into the public domain. This Asian restaurant draws inspiration from Japanese cuisine, with a clever twist of Japanese ingredients across its offerings. A standout dish is the *Flame-Kissed Avocado* from the *Robotayaki* section. The buttery avocado, glazed with soy-mirin, perfectly balances saltiness and sharpness, with a



zing from shichimi lime. Ideal for those who enjoy Asian flavours and refined cocktails without the distraction of loud music.

TEPPANYAKI AT EEST, WESTIN GURGAON

Gurgaon finally has a live *Teppanyaki* counter. What was once

Eest's *Omakase* section has been revamped to accommodate a *Teppanyaki* grill. The sauces are fresh, the ingredients top-notch and Chef Jatin engages with diners to craft dishes tailored to their preferences. The food here is as delicious as it is healthy, ensuring my return visit soon.

ROOM XO, AIPL JOY CENTRAL, GURGAON

The new party hub, *Room XO*, features one of the largest bars in the city, offering high-energy music, creative cocktails, massive screens and a performance bar. The food, curated by celebrity chef *Sabyasachi Gorai*, complements the lively atmosphere. With the same founders as *Studio XO*, this spot is set to be the next big thing in Gurgaon's nightlife.

THANKS AND BEYOND, NEHRU PLACE, DELHI

Veteran nightlife impresario *Priyank Sukhija's* latest venture at *Epicuria Mall* offers three distinct zones. 'Thanks' is a casual dining space, 'And' is the outdoor area, and

'Beyond' is a high-energy bar. For a great time, I recommend the *Tequila-based Picante*, the *Sheesha*, and the *Tuna on Toast*.

PIRATES OF GRILL GRANDE, CYBERHUB, GURGAON

Buffets just went gourmet, thanks to the famous *Banga Brothers*, who have redefined the concept with their Grande edition of *Pirates of Grill*. The quality, variety, and pricing are a revelation - priced at around Rs. 1,000 per head; the spread rivals the best à la carte restaurants. Standout items include the *Benne Dosa* with *Podi Masala*, possibly the best in the NCR and *Dim Sum* that would hold its own in any reputable dim sum restaurant. Don't miss the *Grilled Pineapple*, an old favourite or the *Indianised Meatballs* with shredded egg caulis and cheese, a delightful fusion.

Now that you're in the loop on the hottest dining and nightlife spots in the NCR, where are you heading tonight or later this week? Let me know at pawan.soni@indianfoodfreak.com.

Explore NCR's newest hotspots, serving up bold flavours and vibrant atmospheres for those looking to experience the best in dining and nightlife



PAWAN SONI
Food critic and founder of the Big F Awards



FROM KOLKATA TO DELHI: THE TASTE OF TWO CITIES

While Durga Puja is celebrated across the country, it is at a different level in Kolkata. The rhythm of the dhak, the vibrant atmosphere and the exquisite food transport you to another world, writes DIVYA BHATIA



A visit to Kolkata revealed the grandeur of the festivities, showcasing stunning pandals and creating cherished moments. As a foodie, I was captivated by the culinary extravaganza, especially the traditional *Bhuribhoj* and *Bengali Thali*. The unforgettable flavours of *Basanti Polao*, *Aloo Bhaja*, *Begun Bhaja*, *Potol Bhaja*, *Luchi* and *Chholar Dal*, paired with *Mishti Doi* and *Rasgulla*, left a lasting impression. The magic of these dishes lies in the love behind their preparation. Bengalis savour their meals in small courses, enhancing the authentic flavours of their cuisine. While I've felt a festive spirit in Delhi, it cannot match Kolkata's enchanting transformation during Durga Puja. However, Delhi offers its own take on Bengali cuisine, and this year, I explored delightful recipes from young chefs, ensuring that whether you're in Kolkata or elsewhere, you can enjoy traditional Puja dishes.

CHEF GAUTAM KUMAR'S RECIPE FOR GOBINDOBHOG GURER PAYESH

Chef *Gautam Kumar*, Executive Chef at Foodlink F&B Holdings (India), brings over 20 years of experience in regional Indian cuisine. He emphasises fresh, locally sourced ingredients and has held prestigious positions at top hotels like *Shangri-La* and *Grand Hyatt Delhi*. His innovative approach has garnered numerous accolades, and one of his favourite dishes is *Gobindobhog Gurur Payesh*.

GOBINDOBHOG GURER PAYESH

Kheer, or 'payesh' in Bengali, is a sweet rice and milk dish beloved in Bengali culture. Offered to the goddess *Durga* as 'bhog', it is shared among devotees after the puja. Made with date palm jaggery, 'nolen gud kheer' is a healthier alternative to sugar, especially popular during Durga Puja. Sharing *Payesh* symbolizes unity and harmony among family members. *Durga Puja*. Sharing *Payesh* symbolises unity and fosters harmony among family members.



INGREDIENTS

- 1 litre full-fat milk
- 50 grams Gobindo bhog rice
- 150 grams nolen gur (date palm jaggery)
- ¼ teaspoon salt
- ¼ teaspoon green cardamom powder
- 20 grams cashew nuts
- 10 grams raisins (soaked and drained)
- 10 grams ghee

METHOD

- **Soak the Rice:** Soak the rice in water for 30 minutes, ensuring not to over-wash it to retain as much starch as possible. After soaking, drain the rice and spread it out to dry.
- **Coat the Rice:** Coat the soaked rice with ¼ teaspoon of ghee and set aside.
- **Prepare the Raisins:** Soak the raisins in water until swollen.
- **Fry Cashews:** Heat ghee in a pan and fry the cashews until golden. Set aside.
- **Boil the Milk:** Boil the milk in a heavy-bottomed pan, simmer for 15 minutes, and add cardamom powder.
- **Cook the Rice:** Add the ghee-coated rice to the milk and cook on low heat until fully cooked. The rice should be soft and mushy when mashed between your fingers, as it will firm up while cooling. Stir gently to prevent burning and release starch, which thickens the payesh.
- **Thicken the Payesh:** Ensure the rice is fully cooked; the payesh should be slightly thicker than desired, as the gur will thin it out.
- **Add Gur:** Turn off the heat and mix in the gur, salt, soaked raisins, and fried cashews, keeping the heat off to prevent curdling. Gently fold everything together, cover the pan, and let the residual heat melt the gur completely. Serve the payesh hot or cold in a bowl, garnished with fried cashews and soaked raisins.

RECIPE FOR NARDEL NI CHINGRI

Chef *Gagandeep Singh Bedi*, Director of Culinary at Roseate Hotels & Resorts, specialises in reviving regional Indian cuisines and creating signature dishes at *Kheer*. He focuses on organic produce and minimising food waste.

NARDEL NI CHINGRI RECIPE

One of his standout creations is *Nardel ni Chingri*, a delightful prawn dish cooked in coconut milk. This recipe exemplifies Chef *Gagandeep's* commitment to authentic flavours and sustainable practices. Here's how to make it:

INGREDIENTS

- 500g prawns, cleaned and deveined
- 200ml fresh coconut milk
- 75g fresh grated coconut
- 1 large onion, finely chopped
- 1 tsp ginger paste
- 1 tsp garlic paste
- 2-3 green chilies, slit
- ½ tsp turmeric powder
- ½ tsp red chili powder
- 40ml mustard oil
- Salt to taste
- Fresh coriander for garnish

INSTRUCTIONS

- Marinate the prawns with turmeric and salt for 15 minutes.
- Roast the grated coconut on medium flame until golden brown.
- Heat mustard oil in a pan until smoking, then reduce heat.
- Sauté onions until golden brown, then add ginger and garlic paste.
- Add green chilies, turmeric and red chili powder, stirring well.
- Add marinated prawns and cook until pink (5-7 minutes).
- Pour in coconut milk and simmer for 5-10 minutes.
- Add roasted grated coconut and cook for an additional 2-3 minutes.
- Adjust seasoning and garnish with fresh coriander and Serve hot with steamed rice for a delicious meal!



Navratri: The essence of Satvik food

BY TEAM VIVA

The festival of Navratri is here and the air is filled with a spirit of devotion and celebration. During these nine auspicious days, millions across India follow a special dietary regimen, abstaining from regular food and opting for *Satvik* meals. While these dishes are rooted in tradition, chefs at hotels like *Le Meridien, New Delhi* have taken the opportunity to elevate this sacred cuisine with contemporary flavours, ensuring that even the most discerning food lovers can enjoy fasting meals with a gourmet touch. Navratri food is characterised by simplicity, with ingredients that align with spiritual purity. Common dishes consumed during this period have been improvised by Chef *Setuu Gupta*. Here are the dishes:

- **'Kuttu ki Puri'** (*Buckwheat Flour Puri*) - A deep-fried, gluten-free flatbread made from buckwheat flour, which is one of the staples during Navratri.
- **'Sabudana tikki'** - A light and flavorful dish made with soaked tapioca pearls, peanuts, and mild spices like cumin, offering a fulfilling yet easy-to-digest meal.
- **'Paneer Tikka'** - Cottage cheese cubes marinated in yoghurt and mild spices, then grilled to perfection. Paneer dishes are popular as they provide a protein-rich option for those fasting.
- **'Samak Rice Pulao'** - This is made from barnyard millet, often called 'vrat rice,' and is cooked with mild spices and



vegetables to offer a flavorful alternative to regular rice.

- **'Anjeer ka Halwa'** - A dessert made from figs, slow-cooked in milk and flavoured with cardamom, is a popular sweet indulgence for the fasting period.
- **'Makhana Curry'** - A creamy salty pudding made from foxnuts (makhana) and curd flavoured with spices and nuts for a rich taste.
- **'Kacche Kale Sabudana Tikki'** is a crispy snack made from raw banana, sabudana (tapioca pearls), green chilies, and spices. Shallow-fried and enjoyed during fasting periods like Navratri, it offers a flavourful and energising treat.
- **'Arbi Singara Kadhi'** - is a flavourful curry made with colocasias (arbi) and water chestnuts (singhara), simmered in a spiced yoghurt-based gravy. It's thickened with singhara flour and seasoned with mustard seeds, curry leaves and chilies for a tangy, savoury dish. Navratri food has always been about maintaining purity and simplicity, but at *Le Meridien, New Delhi*, Chef *Setuu Gupta* and his team have shown that fasting meals can be both humble and sophisticated. By elevating traditional dishes with innovative techniques, they ensure that guests not only honour their spiritual commitment but also indulge in a culinary journey that excites the senses. This fusion of faith and flavour is a testament to the evolving nature of India's food culture, where tradition and modernity walk hand in hand.

Photo: Pankaj Kumar



CELEBRATING NAVRATRI

A SPECTACULAR DANCE-DRAMA EXPERIENCE

With the festive spirit of Navratri, *Shriram Bharatiya Kala Kendra* presents a captivating dance-drama that brings the timeless tale of the Ramayana to life, highlighting the struggle between good and evil and the victory of righteousness, says **SAKSHI PRIYA**

October marks the arrival of a magical time in India, where the festive spirit fills the air and people from all walks of life come together to celebrate the rich cultural heritage passed down for generations. Among the many stories and traditions that take centre stage during this season, none are as cherished or as timeless as the story of the Ramayana. Retold through art, music, dance and drama, the Ramayana during Navratri is more than just a mythological tale; it's a reminder of the eternal struggle between good and evil, love and loss, and the ultimate victory of righteousness. One of the most iconic ways to experience this story is through the grand production of "Shri Ram" by the *Shriram Bharatiya Kala Kendra*. For 68 years, this dance-drama has been a hallmark of Delhi's festive calendar, drawing audiences into the epic saga of the Ramayana. The production spans 24 days during the Navratri festival; it's not just a performance but an experience, a journey through time and a deep dive into India's cultural and spiritual heritage.

A GRAND STAGE AND CAPTIVATING ATMOSPHERE

From the moment visitors arrive at the venue, they are welcomed by an impressive stage representing ancient Ayodhya. The meticulous attention to detail in the stage design is evident, featuring intricate patterns and vibrant colours that transport the audience to the heart of the Ramayana. The lighting shifts throughout the performance, enhancing the emotional depth of each scene. As the performance commences, the atmosphere buzzes with excitement and anticipation. Artists in elaborate costumes fill the stage, celebrating the arrival of their lord Ram. The traditional music accompanying their movements resonates with the audience, enveloping everyone in the festive spirit. The dance-drama format allows for a seamless blend of storytelling and art; classical Indian dance forms like Kathak, Bharatnatyam and Odissi take centre stage, where each gesture and expression conveys deep emotion. The opening scene beautifully showcases themes of community, love, and unity, drawing everyone into the celebration.

A DIVINE BEGINNING

The story begins with the birth of Lord Ram and his brothers, as the people of Ayodhya rejoice in the arrival of their beloved prince. The joy on stage is visible, reflecting the warmth and happiness of the occasion. The scenes that follow take the audience on a journey through Ram's life, from his education in scriptures and warfare to his marriage with Sita, highlighting the trials he faces along the way. What makes this story captivating is not just Ram's destiny as a divine figure but his humanity. From a young age, Ram exemplifies virtues of humility, patience and wisdom, shaping his actions throughout his life. This sense of divine purpose, combined with Ram's ability to empathise with ordinary people, makes his character relatable and inspiring to devotees during Navratri. As "Shri Ram" beautifully portrays, Ram's early years symbolise the joys of life and the weight of

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Photo: Pankaj Kumar



responsibility he must bear as the future ruler. The early relationships that shape him, including his bond with his brothers Lakshman, Bharata and Shatrughna, each play an essential role in the unfolding drama.

THE JOURNEY OF LORD RAM AND HIS BROTHERS

As the story progresses, spectators witness the formative years of Ram alongside his brothers, training under Vishwamitra. This segment showcases the dedication and brotherly camaraderie that define their relationships, expressed through intricate choreography that highlights their commitment to duty. The physical movements and emotional expressions of the dancers capture the essence of loyalty, honour, and sacrifice, core values that resonate throughout the Ramayana. The portrayal of Ram's marriage to Sita is another highlight of the performance. The ceremony is beautifully staged and thoughtfully executed, illustrating the depth of love and devotion between the two characters. Sita is depicted with grace and strength, captivating the audience as she expresses her hopes and dreams. The artistry of this scene reflects the timeless nature of love, with each gesture drawing the audience deeper into their narrative. This portrayal captures the essence of their divine union while reminding the audience that true love involves enduring hardship and remaining steadfast in faith.

THE RISE OF CONFLICT

The story takes a dramatic turn with the introduction of Ravana. The portrayal of Ravana brings an air of tension and complexity, masterfully performed by a talented artist whose commanding presence leaves a lasting impression. The audience feels the weight of impending conflict as the stage transforms into a realm where good clashes with evil. One of the most gripping moments comes when Ravana sends a golden deer to tempt Sita, leading to the separation of Ram and Sita. The tension during this scene is visible, as Sita's innocence and longing are powerfully conveyed. This pivotal moment marks the beginning of trials that will test Ram's love and resolve. The fierce confrontation between Lakshman and Surpanakha highlights themes of loyalty and honour. The choreography in this segment is intense, illustrating the

raw emotions involved in defending family honour. Lakshman's decisive action in cutting off Surpanakha's nose showcases the protective instincts that run deep within the characters of the Ramayana.

THE BATTLE OF GOOD AND EVIL

As the narrative escalates, the stage transforms into a dramatic battlefield. The choreography during these scenes is breathtaking, with performers moving in perfect synchrony to depict the chaos of war. Ram's battle against Ravana becomes the climactic moment of the performance, showcasing the bravery and determination of the forces of good. The audience is enthralled as Ram ultimately conquers Ravana, a victory resonating with the core message of the Ramayana: righteousness prevails in the face of evil. The final scenes, where Ram returns to Ayodhya to be crowned king, are a celebration of joy and mastery. The atmosphere fills with colour and light, reflecting the happiness of the citizens of Ayodhya as they welcome their lord home. This ending serves as a poignant reminder of the importance of justice, duty, and the values that bind communities together.

THE SIGNIFICANCE OF "SHRI RAM"

Under the artistic direction of Padmashri Shobha Deepak Singh, the show has evolved over the years while retaining its essence. Singh, Chairperson of SBKK, beautifully articulated this sentiment when she stated, "Shri Ram" is more than just a retelling of the Ramayana; it is an educational tool, a common connection between generations, and a tribute to Indian talent in dance, poetry, and design." Her words resonate throughout the venue, emphasising the importance of preserving and celebrating Indian culture. The entire production is a tribute to the dedication of the artists and the meticulous planning that went into its execution. Every detail, from the stunning costumes to the intricate choreography, was carefully curated to create a seamless experience for the audience. This performance not only entertains but also educates, providing insights into the values of loyalty, courage, and



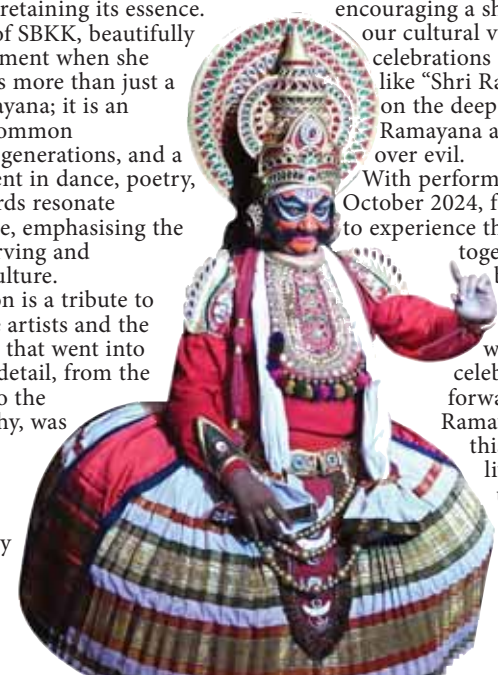
righteousness at the heart of the Ramayana.

A CELEBRATION OF CULTURE AND COMMUNITY

The performance of "Shri Ram" is not just an artistic display; it is a celebration of culture and community. The universal messages of love, sacrifice, and the struggle against adversity resonate deeply, reminding everyone of the cherished values in our lives. The lighting is masterfully used to reflect shifts in tone, from the warmth and joy of Ram and Sita's union to the ominous darkness of Ravana's plans. As the scenes transition, the stage transforms fluidly, drawing the audience deeper into the narrative.

The costumes are a visual feast - rich, vibrant and steeped in historical authenticity. Each character, from Ram and Sita in their royal attire to Hanuman and his monkey warriors, is dressed to reflect their roles and the cultural and mythological significance of their actions. The grandness of the set and costumes adds a layer of magic to the story, allowing the audience to fully immerse themselves in the spectacle. Embracing the Spirit of Navratri The festival of Navratri is a time for reflection, devotion and celebration, beautifully captured in the performance of "Shri Ram." This production highlights the strength of unity and the importance of standing up for what is right while encouraging a shared understanding of our cultural values. As the Navratri celebrations continue, performances like "Shri Ram" inspire us to reflect on the deeper meanings of the Ramayana and the victory of good over evil.

With performances scheduled until 26 October 2024, families have the chance to experience this iconic production together, witnessing the brilliance of Indian art and culture come to life on stage. So, as we gather with friends and family to celebrate Navratri, let us carry forward the lessons of the Ramayana in our hearts. May this festive season fill our lives with joy, love, and an unwavering commitment to righteousness. Wishing all readers a blessed Navratri filled with love and light!





YOUR WEEK AHEAD



MADHU KOTIYA



ARIES March 21-April 19
This week begins with an international touch, whether it's receiving uplifting news from afar or having a family member travel overseas. Expect a flurry of activity, suggesting potential overseas travel for work. Stay prepared for swift movements and transitions. In legal domains, anticipate favourable outcomes that might require decisive action on your part. Health-wise, if you've been under the weather, you'll find yourself mending and returning to your usual activities. As the week concludes, joy emerges from family matters, particularly involving your children who may excel academically or bring surprising news of a potential marriage, leading to joyful wedding preparations. For those already wed, expect deepening bonds and enhanced stability in your relationship.
Lucky number 9 | Lucky colour Teal
Lucky day Friday



LEO July 23-Aug 22
If you're feeling the need to escape the everyday turmoil and start anew, consider reflecting on your past experiences and future aspirations. Gaining mental clarity is essential for a smoother transition, helping you shift from chaos to calm and positivity. Making conscious decisions is crucial because once actions are taken, they can't be reversed. The principle of reaping what you sow always holds true, emphasizing the importance of your choices. This week, some may find themselves connecting deeply with a special someone, experiencing a profound synergy reminiscent of two luminaries that, although bright on their own, radiate even more brilliantly together. This connection can bring significant joy and fulfillment, enhancing the journey ahead.
Lucky number 12 | Lucky colour Red
Lucky day Tuesday



SAGITTARIUS Nov 22-Dec 21
This week promises a series of significant shifts, especially in your professional life. You may find yourself navigating through a rapid succession of events that could reshape your career landscape favorably. However, if you've been riding a high wave recently, stay vigilant as challenges loom on the horizon. Be cautious of deceptive individuals who might be scheming behind your back, potentially leading to a loss of what you've diligently worked for, which could be quite distressing. As the week closes, your bold and dynamic nature will come to the forefront. You'll find yourself invigorated, and ready to tackle any challenge without hesitation. Your ability to make quick, effective decisions will enhance, driven by a proactive and energetic approach to life.
Lucky number 14 | Lucky colour Fuchsia
Lucky day Wednesday



TAURUS April 20-May 20
This week calls for patience and minimal social interactions. Embracing practices like yoga and meditation could greatly enhance your sense of peace. Reflecting on the recent challenges in both your professional and personal life, it's crucial not to let these setbacks cloud the current period. An optimistic outlook reveals promising opportunities for financial growth. Engaging in new business ventures could prove lucrative. Your natural intuition might become a useful tool in navigating straightforward scenarios, leveraging your fair and analytical disposition to transition from negativity to positivity smoothly. This approach will not only clear your mind but also deepen your understanding of financial and emotional matters, guiding you towards a more enlightened state.
Lucky number 13 | Lucky colour Saffron
Lucky day Monday



VRIGO Aug 23-Sep 22
The week begins with notable challenges. Recent endeavors have piled on numerous obligations, making you feel overwhelmed and stuck in your current circumstances. This sense of confinement may make you hesitant to make bold moves. Additionally, there may be individuals who seem opposed to your success, adding to the strain. However, amidst these trials, remember that you possess an inherent strength capable of overcoming these hurdles. Drawing on this positive energy will be crucial as you navigate through the week. By week's end, a calming presence will replace the earlier turmoil, allowing you to distance yourself from worldly concerns. Supported by your loved ones, you'll find yourself relaxing into a state of profound contentment and joy, reinvigorated by the peace that envelops you.
Lucky number 5 | Lucky colour Maroon
Lucky day Wednesday



CAPRICORN Dec 22-Jan 19
This week, you have every reason to celebrate your achievements. A stable financial foundation brings you both security and comfort. For many, these rewards stem from diligent effort and personal commitment. Your aspirations for prosperity are now coming to fruition. Take a moment to reflect on your riches, both tangible and spiritual. The recognition of your hard work may manifest as advancements or salary increases, boosting your self-assurance. You stand as a dependable beacon for those around you, drawing everyone's focus. Your balanced perspective allows you to view situations uniquely. As the week closes, you'll find yourself deeply engaged in reflective practices, seeking to understand the depth of your own insight.
Lucky number 8 | Lucky colour Black
Lucky day Friday



GEMINI May 21-June 20
This week, your innate kindness, generosity, honesty, and tranquility shine through. Some individuals may embark on a budding relationship brimming with promise that could blossom into profound joy and love. This period marks a significant phase where your deepest aspirations might begin to materialize, guided by a strong internal intuition. Professionally, your tenacity, swift responses, and unwavering commitment to your objectives help you navigate challenges effortlessly. Your hard work is likely to gain recognition and commendation from your peers, affirming your efforts. This is a time to relish the rewards of previous challenges that have now been surmounted. As the week wraps up, expect to find yourself in festive spirits, celebrating recent successes with a significant gathering or a festive event.
Lucky number 2 | Lucky colour Mint
Lucky day Thursday



LIBRA Sep 23-Oct 22
This week, be wary as envy surrounds your accomplishments, and others may attempt to tarnish your reputation. There's a possibility of encountering obstacles that could disrupt your plans dramatically. Additionally, there's a risk that your own talents could be misdirected to work against you. Remember, the primary challenge comes from within. You might face disputes and resistance at work, where your proposals could be rigorously questioned by doubters. It's crucial to maintain your composure and seek amicable resolutions when possible, while steadfastly pursuing your goals. As the week closes, you might find yourself drawn to familiar places. A trip back to places filled with memories and reuniting with loved ones could rejuvenate your spirits and restore a positive outlook.
Lucky number 7 | Lucky colour Lavender
Lucky day Saturday



AQUARIUS Jan 20-Feb 18
This week, a significant emotional journey begins, characterized by an evolving intensity of feelings, culminating in a period of significant personal insight and potential fulfillment of deep-seated desires. As the days progress, you may find yourself grappling with a challenging home situation, feeling weighed down by nostalgia or a sense of loss. However, as the week draws to a close, there is a noticeable shift towards a more uplifting scenario where you may discover newfound peace and happiness. In resolving life's challenges, a change of scenery could be on the horizon, whether through a strategic move or a professional relocation. Significant figures in your professional life are likely to influence these transitions, marking a pivotal moment in your journey.
Lucky number 11 | Lucky colour Gold
Lucky day Tuesday



CANCER June 21-July 22
This week marks a phase of deep satisfaction as a long-held dream comes to fruition. You find yourself in a joyful union or embarking on a career path that fills you with pride. Riding a wave of bliss, you feel the support of a higher power enriching your journey. Recognition for your perseverance and tenacity inspires others, while guidance from a mentor proves to be incredibly beneficial. Your commitment to a balanced and harmonious approach to life strengthens. As the week closes, your interactions are characterized by fairness and responsibility. You secure a role that promises emotional and financial rewards, brightening your prospects for the future. Your outlook is optimistic as you navigate forward, ready to embrace new opportunities with open arms.
Lucky number 4 | Lucky colour White
Lucky day Sunday



SCORPIO Oct 23-Nov 21
At the start of the week, some individuals might find themselves overwhelmed by their emotions. Minor issues, whether related to personal health or family matters, could cause tension. This period encourages introspection and expressing oneself through writing. As the week progresses, a shift occurs, bringing a surge of enthusiasm and energy. This phase is characterized by a strong sense of leadership and commitment to responsibilities, possibly coinciding with new responsibilities or projects. The latter part of the week signals a significant period of change, marking the arrival of new professional opportunities. These changes are poised to positively influence one's future, setting the stage for lasting improvements in personal and professional life.
Lucky number 3 | Lucky colour Turquoise
Lucky day Monday



PISCES Feb 19-March 20
Throughout this week, individuals prone to deep empathy are especially attuned to the needs of others. They naturally excel in nurturing roles, offering their support and guidance generously. Their compassion extends widely, ensuring that those who seek their help find solace and assistance. Known for their capability to address and manage the challenges faced by others, they blend resilience with a profound capacity to care. Not only are they mentally and physically robust, but they also possess an indomitable spirit characterized by bravery and endurance. Their unique approach to action is guided by a clear, unaffected rationale. This week, many will find themselves impressed by these intrinsic traits, strengthening bonds and forming meaningful connections with those dear to them.
Lucky number 10 | Lucky colour Olive
Lucky day Thursday

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Is boredom a blessing or a curse?

There are 365 days in a year and there are so many years in your life. If for one or two days you feel you are wasted, life is a failure, it's okay, never mind!

GURUSPEAK



Sri Sri Ravi Shankar
Spiritual Guru

Take a few moments to sit down, be open to boredom, and you'll effortlessly move into a deep meditative state

IN an ocean, the waves keep coming non-stop, it doesn't get boring! Birds sing the same song, every morning, all their life, they don't get bored! It is only human beings who get bored! 'Oh! Once again the same thing.' And why do you get bored? It is because of memory. You remember whatever you have done before, so you get bored. Memory is both a blessing and a curse. It is because you get bored that you feel the need to look for something different, something new, and that is how creativity comes up; you look for the ultimate. Otherwise, you could have remained like an animal doing the same thing every day. But, you can't do it because you get bored!

So, in that sense, boredom is a blessing. Because you get bored, you move on, you look forward, you become a seeker and you rise higher. At the same time, boredom is also a curse because it doesn't

allow you to be centred and steady in one place. So your mind aimlessly keeps jumping from one place to another. Because you get bored of everything, you can't enjoy anything. There are two different paths that boredom leads you to. Boredom is a blessing when it leads you to wisdom. Boredom is a curse when it leads you to frustration and depression. Because you are bored, you can't enjoy it, and when you can't enjoy it you get depressed and frustrated. Or, because you are bored you wake up and begin with a quest.

When life feels dull, there's this magical moment where everything becomes lively. You can repeat the same thing over and over, and it won't bother you. It's like finding a spring of life. Just let go of the past, be like a carefree child, and every moment becomes priceless.

You move ahead and you look into the Self which is fresh all the



time! The Self is ever new. Because you are bored with the ephemeral, the surface, you go deep into the Self. So boredom is both a blessing and a curse. A blessing because it takes you away from the routine monotonous life, makes you aware and brings life into you.

And it is a curse because it doesn't let you stabilise. People who are in love don't get bored. The heart knows no boredom. The head knows boredom.

In life both are essential, the heart and the head. If you are only

in the heart, it is no good. And if you are only stuck in the head, that is also no good. Balancing both is Yoga. Spirituality is balancing the heart and head together. Anyone who feels that they are a failure, just wake up! So what?! Life is eternal.

Meditation acts like a bridge connecting your head and heart. Take a few moments to sit down, be open to boredom, and you'll effortlessly move into a deep meditative state. Otherwise, that boredom might just lead you to sleep. It's a choice — either you sleep, become more sluggish, or you seize the opportunity of boredom to delve into a deep meditation.

There are 365 days in a year and there are so many years in your life. If for one or two days you feel you are wasted, life is a failure, it's okay, never mind!

On a full moon, if it is cloudy and the light cannot shine on the Earth, the moon does not get

upset. If on one full moon night, you cannot see the moon rising, so what? The moon is still there. Like that, inside you there is potential, there is divinity which is so complete. If it has not come to the surface in one day, never mind! You have all the great qualities. If some do not exhibit on a particular day, never mind.

Don't blame yourself, don't analyze yourself too much. We start analysing ourselves too much; to the extent that we feel upset and down. We are so hard on ourselves. I am saying this to those who feel bad about themselves. NEVER MIND. WAKE UP! Never mind if these many years are wasted. The future is bright and there is still so much for you to do. All regrets happen only when you are looking at the past. If you are walking and your head is turned backwards, then that is called regret. Turn your head and look forward, and you will see the future is always bright.

