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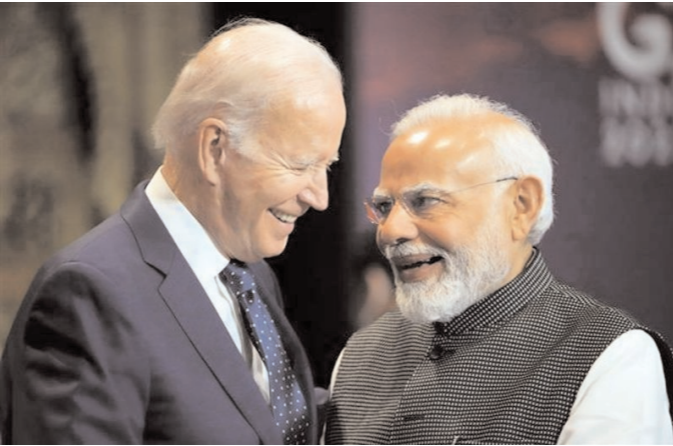
ED files money laundering case to probe 'financial irregularities' in RG Kar hospital Sanjay Kumar

Kolkata, August 27: The Enforcement Directorate has filed a money laundering case to probe alleged financial irregularities at the RG Kar Medical College and Hospital during the tenure of its former principal Sandip Ghosh and some others, official sources said Tuesday.

What US President Biden said on PM Modi's Ukraine visit

Simmi Kaur Babbar

Washington, August 27: US President Joe Biden spoke to Prime Minister Narendra Modi over the phone and commended him for his "message of peace and ongoing humanitarian support" for Ukraine.



Ukraine, as well as the United Nations General Assembly meetings in September. "The President commended the prime minister for his historic visits to Poland and Ukraine, the first by an Indian prime minister in decades, and for his message of peace and ongoing humanitarian

support for Ukraine, including its energy sector," it said. Biden and Modi affirmed their continued support for a peaceful resolution of the conflict in accordance with international law, based on the UN Charter.

Kolkata doctor rape-murder: CBI seeks polygraph test of city police ASI

New Delhi/Kolkata, August 27: The Central Bureau of Investigation (CBI) has sought permission from a Kolkata court to conduct a polygraph test on city police ASI Anup Dutta who was said to be close to Sanjay Roy, the arrested accused in the rape and murder of a trainee doctor at RG Kar Medical College and Hospital, officials said Tuesday.

Himachal Pradesh assembly passes Bill to raise women's age of marriage from 18 to 21

ST Correspondent

Shimla, August 27: An amendment Bill to increase the minimum age of marriage for girls in Himachal Pradesh by three years to 21 was passed unanimously without discussion in the assembly on Tuesday, the first day of the monsoon session, bringing it at par with that of men.



Empowerment Minister Dhani Ram Shandil presented the Himachal Pradesh Child Marriage Prohibition (Amendment) Bill, 2024, in the House. The minimum age of marriage for girls in the state is 18 years. The state government is increasing it by three years.

FIR against contractor, structural consultant over collapse of Shivaji Maharaj's statue in Sindhudurg

Mumbai, August 27: Police in Maharashtra's Sindhudurg district have registered a case against the contractor and the structural consultant in connection with the collapse of Chhatrapati Shivaji Maharaj's statue, officials said on Tuesday.

Bengal BJP announces 12-hour strike over police action

Navdeep Singh Sahni

Kolkata, August 27: The West Bengal unit of the BJP has convened a 12-hour general strike in West Bengal on Wednesday condemning police action on the protesters participating in the 'Nabanna Abhijan' (March to Bengal Secretariat) rally.

initiate action for participating in the protest march and medical aid for those injured in police action. He also said that a helpline number would be opened for that purpose.



protesters at Hastings, where the police resorted to lathicharge and firing of teargas shells to disperse the crowd. On the Howrah side, a group of protesters reached Nabanna, the state secretariat at Mandirtila in the district. However, the police managed

to apprehend them at the last moment and dispersed them. Earlier, the riot police used tear gas shells and water cannons to disperse the crowd in some parts of Howrah district, including on the Howrah Bridge, where many protesters were seen carrying the Tricolour amid slogan-shouting.

Mayawati re-elected National President of Bahujan Samaj Party

Tejinder Kaur Babbar

Lucknow, August 27: Mayawati was re-elected as the national president of Bahujan Samaj Party (BSP) on Tuesday after she announced she would not retire from active politics.

parties 'anti-reservation' and ruled out any future alliance with them. In a series of posts on X, Mayawati said followers of Baba Saheb, Dr Bhimrao Ambedkar,



would never forgive Congress party for not honouring him, the chief architect of the Constitution, with the title of Bharat Ratna both during his lifetime and after his death. "Also, when Kanshi Ram ji, who gave impetus to Baba Saheb's movement,

died, this Congress, while having formed the government in the Centre, did not declare a single day of national mourning in his honour and neither did the SP government declare a state mourning.

UPS a new scheme, not rollback of National Pension System as claimed by Congress

New Delhi, August 27: Accusing the Congress of spreading misinformation, Finance Minister Nirmala Sitharaman on Tuesday said the newly launched UPS is a new pension scheme and not a rollback of NPS. "It is not a rollback... it is different from OPS (Old Pension Scheme) and NPS (National Pension System). It is clearly a new package," she said, adding, Unified Pension Scheme (UPS) is better and will satisfy most government employees.

Supreme Court grants bail to K Kavitha in Delhi excise policy 'scam'

Naresh Malhotra

New Delhi, August 27: In a major relief to BRS leader K Kavitha, the Supreme Court on Tuesday ordered her to be released on bail in the corruption and money laundering cases linked to the Delhi excise policy 'scam', saying her custody was not needed anymore as the probe was already over.

and the documentary evidence ran into around 50,000 pages. The Bench also questioned the fairness of the probe agencies - ED and CBI - for their alleged selective approach in making some accused as approvers. "Prosecution has to be fair. A person who incriminates himself has been made a witness! Tomorrow you pick up anyone as you please? You cannot pick and choose any accused. What is this fairness?" it said.

old daughter of former Telangana chief minister K Chandrashekar Rao has been accused of being a key member of the "South Group", which allegedly paid the ruling AAP in Delhi kickbacks of Rs 100 crore in return for a big



share of liquor licences in the national capital. Subsequently, the CBI arrested her on April 11 from Tihar jail in connection with the corruption case. The Delhi High Court had dismissed Kavitha's bail pleas in both cases, say-

ing she was prima facie one of the main conspirators in the criminal conspiracy related to the formulation and implementation of the now-scrapped Delhi Excise Policy, 2021-22. The Bench - which also included Justice KV Viswanathan - said Kavitha was entitled to special consideration available to a woman under the proviso to Section 45 of the Prevention of Money Laundering Act (PMLA). The top court strongly disapproved of the Delhi High Court's remarks that an educated, sophisticated woman was not entitled to bail under the beneficial provision for women under PMLA.

## News box

## Seven killed, four injured in two separate mishaps in Kadapa

**KADAPA:** Two separate road accidents in erstwhile YSR district have claimed the lives of seven people, leaving four others seriously injured. One of the incidents resulted in a container truck falling into a gorge at Guvvalacheruvu ghat close to Ramapuram in Annamayya district, causing a major traffic jam. A container truck travelling from Rayachoti towards Kadapa lost control at the sixth curve of the ghat road and collided head-on with a car coming from the opposite direction. The impact caused the truck to veer off the road and plunge into the gorge. All four passengers in the car and the truck driver lost their lives in the accident.

Upon receiving information about the incident, Kadapa SPV Harshavardhan Raju, along with CI Shankar Naik and SI Srinivasulu Reddy, rushed to the scene. Rescue operations were conducted despite the darkness, and efforts were made to clear the traffic congestion that had built up on the ghat road. Bodies were retrieved from the car and sent to Kadapa Government General hospital for post-mortem. In another accident in the Duvuru mandal, near Bayanapalli on the Kurnool-Chittoor National Highway, a vehicle carrying passengers from Kurnool to Tirupati lost control and overturned. Two people died in the accident.

## YSRC cadre feels orphaned with no strong leadership after polls

**VIZIANAGARAM:** After YSRC leader Botcha Satyanarayana was elected as an MLC and shifted to Visakhapatnam, the second rung leaders of YSRC are feeling that they are orphaned as most of the leaders have closed doors on them. Barring a couple of leaders like Zilla Parishad Chairman Majji Srinivasa Rao alias Chinna Seenu all others are not in touch with lower rung leaders and there is no confidence building effort from any of the former ministers and MLAs. The NDA alliance comprising Telugu Desam Party (TDP), Bharatiya Janata Party (BJP), and Janasena Party (JSP) made a clean sweep in Vizianagaram, and Parvathipuram-Manyam districts by winning all the nine Assembly segments and one Lok Sabha constituency. Several ministers, former ministers, and senior leaders including Botcha Satyanarayana, Pidika Rajanna Dora, Pamula Puspha Srivani, Kolagatla Veerabhadra Swamy, Botcha Appalarasayya, Baddukonda Appalanaidu, and Sambangi Chinna Appalanaidu suffered defeat in the general elections.

Now, hundreds of second-rung leaders and sympathisers of the YSRC facing tough time in their respective territories. A few of them are facing criminal cases, and some other losing their business. Speaking to TNIE, a YSRC activist of Cheepurupalli said, "We do agree Botcha Satyanarayana is a State leader. We do not have any doubt on his leadership. However, we found a huge difference in his politics from the past few months. He sent his wife Jhansi Rani to Visakhapatnam Lok Sabha constituency in the 2024 elections. Now, he won as an MLC from the erstwhile Visakhapatnam Local Authorities Constituency and become the opposition leader in the Legislative Council." "However, he left the district and the YSRC cadre, and is trying to operate from Visakhapatnam district now.

## State yet to form action plan as lightning deaths continue

**BHUBANESWAR:** Even as lightning strikes claim more than 300 lives in Odisha annually, the state government is yet to prepare a lightning action plan as directed by the National Disaster Management Authority (NDMA).

The NDMA in its key policy document issued in 2019 to address lightning hazards had instructed states to prepare state lightning action plans as per the guidelines on prevention and management of thunderstorms and lightning/squall, dust/hailstorm and strong winds. However so far, only seven out of 36 states and Union territories have developed the action plans. Surprisingly, most vulnerable states including Odisha, have not yet formulated the state lightning action plan that would have helped devise mitigation strategies. Professor of Geography at FM University Manoranjan Mishra, who has extensively researched on lightning in the country, said though Odisha had launched a mobile application 'Satark' to provide actionable early warning information for improved disaster management, it is not functioning properly. "The government has been using digital platforms to send the alerts but it is not reaching the most vulnerable persons like agriculture workers or daily wagers as they hardly use digital platforms. The warning must be targeted and people must be aware about what to do and what not to do," he said. According to global best practices, lightning deaths are preventable through streamlined actions focused on prevention, mitigation, public awareness and compliance. The US, which is more lightning-prone than India, has managed to reduce its lightning fatalities by 90 per cent. Countries like Brazil, Venezuela and South Africa, despite being some of the most lightning-prone countries, have minimised deaths by adopting a citizen-centric approach. Prof Mishra said lightning in the state mostly occurs between 2 pm and 7 pm in the pre-monsoon and monsoon seasons.

## Relax, Ernakulam Rural police tell overworked officers, to introduce 'duty-rest' policy

**Officers will be able to avail these days off for personal needs any time without disrupting the unit's operations**

**KOCHI:** Noticing that some low-ranking officers have been working continually without taking any leave beyond their regular days off, the Ernakulam Rural police are set to introduce special 'relaxation leaves' of two to four days for these officers.

The "duty-rests", approved by District Police Chief Vaibhav Saxena, will be granted in addition to the existing four to five days of compulsory leave already allotted for family events such as birthdays and anniversaries. The new leave policy is being implemented as several rural police officers have not taken any casual or sick leave in the past year and around five officers none in the past three, a police source said. "As part of a law and order enforcement unit that often lacks proper relaxation opportunities, many low-ranking officers are compelled to work tirelessly because of squad strength considerations and challenges in obtaining leave approvals. The new duty-rest policy aims to address this by allowing these officers time with their families," the source said. Additionally, the policy serves to recognise their hard work and provide a means of relaxation beneficial to their health and well-being. The officers will be able to avail these special days off for personal needs any time without disrupting the unit's operations. Responding to the new leave proposal, Saxena said, "The

dedication of the officers who have worked without taking any leave is commendable but we must also prioritise their health and well-being. The special duty-rest leaves will allow them to spend quality time with their families and loved ones.

"He said he has requested a list of rural



police officers who have taken minimal time off, and they will be honoured with appreciation letters and granted permission to take their well-deserved duty-rest leaves. "We will also recognise these dedicated officers by highlighting their names on our social media platforms as a token of appreciation," the district police chief said. Recollecting the experiences that

influenced the new leave policy, Saxena untwined a page from his service story: when he was the superintendent of police in Kasaragod, a civil police officer approached him with a leave request to attend his father-in-law's funeral, claiming that the station house officer (SHO) had denied his initial request. Considering the situation, Saxena approved the leave for the officer and warned the SHO concerned. But Saxena later realised that the officer had lied to get the leave approved, and the officer was suspended from service.

"Personally, I'm always inclined to approve leave requests when my subordinates seek time to be with their families. If someone has a valid reason, we'll even grant four days of leave for a two-day application. But honesty is paramount—don't lie or compromise the integrity of the police force," he added.

## MEANS OF RELAXATION

The "duty-rests", approved by District Police Chief Vaibhav Saxena, is being implemented as several rural police officers have not taken any casual or sick leave in the past year and around five officers none in the past three years. Additionally, the policy serves to recognise their hard work and provide a means of relaxation.

## Kerala seeks Rs 2,000-crore central aid for Wayanad rehabilitation

**Pinarayi scheduled to meet PM Modi today to appeal for a favourable response to request. Apart from that, the state government has sought financial aid for a 'labour skill centre' to be set up in the region.**

**THIRUVANANTHAPURAM:** The state government has sought a financial aid of Rs 2,000 crore from the Union government for the Wayanad rehabilitation package under the Disaster Management Act. Chief Minister Pinarayi Vijayan, who reached New Delhi on Monday, is scheduled to meet Prime Minister Narendra Modi on Tuesday at 10.30am. The CM is expected to personally appeal to the PM for a favourable consideration of the state's request. He has already submitted to the PM a preliminary report of losses suffered and the amount expected to rebuild the region and people's



lives. "As instructed by the Union government, the state had submitted an additional, detailed memorandum to the disaster management division in the

ministry for financial aid to the tune of Rs 2,000 crore. We had asked the Centre to declare Wayanad landslide as an L3-level disaster according to National Disaster Management Plan," Revenue Minister K Rajan told TNIE. Under the National Disaster Response Plan, an L3-level situation arises when large-scale disasters have a noticeable impact on a number of states and when the state and district authorities are overwhelmed and require central assistance in reinstating the machinery as well as in carrying out rescue and relief operations. The revenue minister

said the loss in the twin landslides at Chooralmala and Mundakkai has been estimated at 1,200 crore.

"We have submitted a detailed list of our needs and the estimated costs, for instance to remove debris. The state has also sought central assistance in disbursing house rent to families. Now, we have decided to give 300 as rent to two individuals of a family to live in rented homes. The state wants the Centre to include it in the financial relief and also to extend the facility to another three months. A total of 194 houses were completely destroyed in the landslide," he said.

## Equivalence certificate G.O. cannot be enforced retrospectively: Madras High Court

**CHENNAI:** Holding that a 2022 G.O. of the Tamil Nadu Higher Education department cannot be enforced with retrospective effect regarding validity of a science degree awarded by Venkateswara University for employment in government service, the Madras High Court has ruled in favour of validity of the degree obtained by a woman 10 years before the G.O. was issued.

The ruling was given by a division bench recently on a petition filed by a job aspirant, MD Ramya, who completed BSc (Science) in 2012 and BEd at Venkateswara University in Andhra Pradesh before obtaining MSc degree from University of Madras (UoM). After clearing the Teacher Eligibility Test (TET) and attending interview in 2022, she was denied an appointment citing that as per the 2022 G.O., BSc (Science) degree of Venkateswara University is not equivalent

to BSc (Physics) in the state. When she filed a petition in the high court challenging the G.O., a single judge ruled against her saying the court could not go into the merits of the report of an expert



committee, based on which, the G.O. was issued. Subsequently, she filed the appeal. Advocate Kavitha Rameshwar, appearing of the petitioner, submitted that the single judge failed to take into account the fact

that UoM had accepted the degree and issued an equivalent certificate for the purpose of employment in government departments and the views of the experts given in 2022 could not be used for depriving the validity of the degree obtained in 2012.

Concurring with her submissions, the division bench ruled, "The impugned order (2022 G.O.) can operate prospectively alone and cannot affect the degrees obtained prior to the date of the impugned order if equivalence has been previously certified either by a university or the competent authority." The bench quashed the G.O. insofar as the degree of the appellant was concerned and set aside the order of the single judge. "The respondents are directed to

treat the appellant as eligible for employment in public services of the state holding that BSc (Science) acquired by her in 2012 is equivalent to BSc (Physics)," the bench said in the order.

## Wild buffaloes 'poisoned' in Khuntuni forest, raise concern

**CUTTACK:** Carcasses of eight wild buffaloes, suspected to have died of poisoning, are lying unattended near Sauria village within Gurdijhatia police limits here for the last four days. The dead animals were inhabitants of Baniabandha reserve forest under Khuntuni range in Athagarh division. After spotting the carcasses, villagers informed the local forest officials. However, the officials said the buffaloes are not enlisted in the endangered species and shifted the responsibility of removing the carcasses on to the local administration. Khuntuni range officer NM Sahu said, "The wild buffaloes were staying in Baniabandha reserve forest. Since the dead animals are not endangered species, we cannot carry out the autopsy, bury the carcasses and launch a probe to ascertain the cause of their

death." Around 100 wild buffaloes are residing in the reserve forest. The buffaloes may be considered as stray animals, he added. After their request to remove the carcasses was ignored by forest officials, the villagers informed the local



veterinary officials. Gurdijhatia veterinary surgeon (VS) Manisha Das said, "A veterinary team went to the spot and found the buffaloes lying dead with frothy discharge from their nostrils. Preliminary investigation suggested that animals

died after consuming some poisonous substance. But we were not able to conduct the autopsy due to lack of requisition either from the forest officials or any individual claiming to be owner of the dead buffaloes." Locals alleged that illicit country liquor manufacturing units have mushroomed inside the reserve forest. The mafia are using fertilisers and other spurious items for preparation of the illicit liquor. "After preparation of liquor, the mafia are disposing of the spurious waste water in ditches and low-lying areas of the forest. We suspect that the wild buffaloes might have consumed the same spurious waste and died," said the villagers. The decomposing carcasses with foul odour have become a major headache for the villagers. "Dogs, jackals and other animals will soon start feasting on the dead buffaloes and may spread various diseases in the area.

## Karnataka: 6,356 liquor shops fined Rs 10.96 cr in three years for charging above MRP

**MANGALURU:** The excise department collected a fine of Rs 10.96 crore from 6,356 retail liquor shops in the last three years in the state for charging customers more than the MRP. As per the Excise Act, CL-2 (retail shops) and CL-11C (MSIL retail outlets) have to sell liquor at MRP, while there are no such restrictions on price of liquor sold by other types of licensees. Besides slapping a penalty under Section 36 of the Karnataka Excise Act 1965, the excise department also suspended the licences of 121 shops during the financial year 2021-22, 2022-23 and 2023-24. The highest number of such violations were found in Tumakuru, Kolar, Vijayapura, Ballari and Kalaburgi districts in the last three years. Over one-sixth of such violations were found in the MSIL shops as it accounted for 1,003 cases during this period from which the department collected a fine of Rs 1.88 crore and suspended 20 licences. The data was shared by Excise Minister RB Timmapur in

reply of questions raised by MLC Ivan D'Souza at the recent Assembly session.

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NEWS BOX

Delhi Artist Makes Impressive Debut at Edinburgh Festival Fringe

New Delhi, Aug 27: Tabla virtuoso Manmohan Dogra from Delhi recently made a remarkable debut at the Edinburgh Festival Fringe...



Beards, Manmohan Dogra Sahib delivered an exquisite khyal gayaki vocal recital, setting the stage for his mesmerising tabla solo.

New framework in Haryana aims to eliminate farm fires and improve Delhi-NCR air quality

GURGAON. Haryana govt says it has come up with a framework to utilise all the stubble left behind after paddy crops are harvested...

residues."Around 22.65 LMT of stubble will be used for fodder, 33.04LMT will be managed through in-situ techniques...



Management scheme, and the central govt will contribute Rs 160.9 crore for it.

Starting Sept, govt will activate a web portal that will be used to monitor the use of machines real-time...

Experts told that the action plan can only work if it is implemented on the ground. "While Haryana's plan for stubble management is a step in the right direction...

Gurgaon: Set up compost plants, file list of sites by September 30, MCG told

GURGAON. The municipal corporations of Gurgaon and Faridabad have been ordered to set up composting facilities in urban villages under their jurisdiction.

A committee constituted by Haryana chief secretary has set a deadline of Sept 30 for MCG and MCF to provide a list of villages where these composting plants can be established.

The purpose of these plants is to enable the villages to become self-reliant in managing their wet waste...

"We are going to make clusters of the villages to share the composting plants. The idea is to reduce the burden on the landfill site."



If we have at least seven to eight such sites in urban villages, we can cluster them for effective waste management.

The city generates 1,200 tonnes of waste every day, which is sent to Bandhwari landfill site. It was discussed in the meeting that since sanitation comes under essential services...

The proposal to set up such plants will also be sent to the state govt. The Solid Waste Management (SWM) Rules, 2016, mandate the setup of decentralised waste processing units.

Haryana man sentenced to 10 year rigorous imprisonment for murder over dowry



GURGAON. A Nuh court has sentenced a man to 10 years of rigorous imprisonment for killing his wife in 2020 for dowry.

Gurgaon: 26-year-old man dies after van crashes into truck, 1 held

GURGAON. A 26-year-old driver died after his cargo van rammed into a truck from behind on Pataudi Road on Sunday.

Based on the complaint of Bikesh's cousin Umesh, who was also witness to the accident...



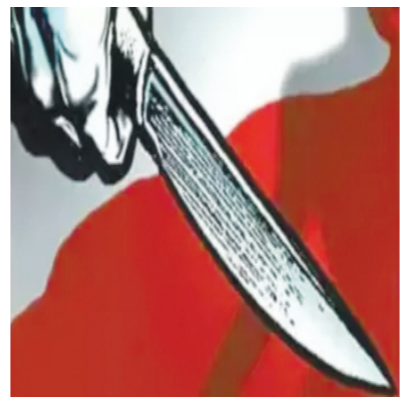
Man dies in hit and run, friend injured In another case, 34-year-old accountant, identified as Vedprakash, died and his colleague Manish Kumar Jangid suffered minor injuries...

Man stabs 70-year-old mother to death with dagger

Gurgaon. A 70-year-old woman from Bilaspur's Nurpur village was stabbed to death by her 37-year-old son on Sunday.

Roshni Devi, a widow, was staying with her son Ravinder at their house situated in the agricultural fields in Bilaspur's Nurpur village.

At 1.30pm on Sunday, Ravinder called his sister and confessed that he had killed their mother with a dao (dagger).



in the neck and blood was splattered on the floor. As I started wailing,

centre. He had recently come home after rehab. After his arrest, he confessed that on Sunday, he had an argument with his mother when he asked for money to buy alcohol.

Police called the forensic team to the spot and the murder weapon was seized from Ravinder's house.

One week on, Gurgaon roads still riddled with craters, GMDA's claim rings hollow

GURGAON. GMDA's claim to make all master roads pothole-free within a week has remained just that, as the deadline came to an end on Monday.

GMDA announced on Aug 19 that it had deployed special teams in four zones of the city to repair potholes on a "war-footing".

"Ideally, they should have repaired the road before monsoon, but officials remained in deep slumber while the situation turned from bad to worse.

Praveen Malik, president of the United Association of New Gurugram, said potholes have been filled with granular material. "It has already started eroding due to heavy traffic, rendering any improvement pointless.

Suraj Bhola, general secretary of Sector 9A RWA, said that repair work carried out by GMDA was

Reliance Home Finance, Reliance Power shares hit lower circuit limits

New Delhi: Shares of Anil Ambani-led group firms - Reliance Home Finance Ltd, Reliance Power and Reliance Communications - hit their lower circuit limits on Monday...

Name Change: I, Varun Kumar S/o Rakesh Kumar R/o 39/2 East Patel nagar new delhi -110008 have changed my name from Varun Kumar to Varun Kumar Karir for all future purposes.

Name Change: I, hitherto known as GAURI SHARMA alias GORA SHARMA D/o CHANDGI RAM W/o SANJAY R/o A-11, A-BLOCK, PRATAP VIHAR, PART-II, KIRARI SULEMAN NAGAR, DELHI-110006 have changed my name and shall hereafter be known as GAURI SHARMA.

Name Change: I, hitherto known as RUBAIDA KHATOON, D/O MOHAMMED ANZAR R/O S-74/95, HARLIAN CAMP PUSHPA BHAWAN SOUTH DELHI, DELHI-110062 have changed my name and shall hereafter be known as GULSHAN. It is certified that I have complied with other legal requirements in this connection.

Name Change: I, JASKIRAN KAUR D/O SHARAN, JEET SINGH R/O HOUSE NO. 193/125 B, WARD NO-33, GANDHI NAGAR, BAGGA KALAN, CENTRAL POST OFFICE, LUDHIANA, PUNJAB - 141008, have changed my name from JASKIRAN KAUR MAKKAR TO JASKIRAN KAUR for all future purpose.

Name Change: I, CARY DMELLO S/O CALLISTH DMELLO Residing at G-19, SECOND FLOOR, SOUTH CITY-II, GURGAON, FARRUKHANGAR, GURGAON, HARYANA-122019 have changed my minor son name from NATHAN DMELLO to NATHAN PRADHAN DMELLO for all future purpose.

Name Change: I, Lt Col Sushil Singh S/o Late Jagatpal Singh R/o P-18/377, CARIAPPA VIHAR, DELHI CANTT-110010 have changed my Minor son's name from SHAURYA to SHAURYA SINGH for all future purposes.

Name Correction: I, TAHIR ALI S/O ABDUL HAFIZ R/O B-24, GALI NO.13/11, MAIN ABDUL HAMID MARG, B-BLOCK, SUBHA-HASH VIHAR, NORTH GHONDA, DELHI-110053 declare that my actual and correct name is TAHIR ALI for all future purpose. That "TAHIR ALI" and "TAHIR" both names are mine and only one or same person.

Name Change: I, hitherto known as DULARI DEVI D/O SUNDAR W/O RAM PRASAD R/O E-24/66, East Vinod Nagar, Chilla Saroda Khadar, Patparganj, East Delhi, Delhi-110091 have changed my name and shall hereafter be known as SADHANA.

PUBLIC NOTICE: General Public is hereby informed that under instructions from and on behalf of my Client Mr MANINDER PAL SINGH S/o Late Harbhajan Singh and Mrs PARVINDER KAUR W/o Mr Maninder Pal Singh both R/o B-2/67D, Keshavpuram, Delhi-110035 have downsized/debarred/discarded his/her son Mr Amandeep Singh S/o Mr Maninder Pal Singh, daughter in law Mrs Manmeet Kaur W/o Mr Amandeep Singh & Grandson Taranveer Singh S/o Mr Amandeep Singh all R/o B-2/67D, Keshavpuram, Delhi-110035, due to his/her misbehavior, disobedient, illegal activities from all of my client's movable and immovable assets and have also ceased all his relations in every respect with them. It is further declared that any person whosoever deals with him/her shall do so entirely at his/her/their own risks, costs and responsibility and my client shall not be responsible for dealing with him/her if any person do so.

Name Change: I, SWAPNA Mother of No. 16131848L, Rank-SPR, Name-ANEESH MADHU Residing at PUTHENPURI, CHHET, TUKUZHILL VILL-ANAKKARA, POKOCHARA, TALJUDUMBANCHOLA, DIST-IDUKKI, KERALA-685551 have changed my name from SWAPNA to SWAPNA MADHU for all future purposes and in my son's service records my date of birth wrongly mentioned as 01/01/1977 instead of my correct date of birth as 12/09/1977. Vide Affidavit dated 27/08/2024 before Notary Public, Delhi.

Name Change: It is for general information that I, YASH KUMAR S/O VIRENDRA SINGH residing at House No. A-8 / 569, Loni Road, East Gokal Pur, Amar Colony, Gokal Pur, North East Delhi, Delhi - 110094 declare that the name of my Father has been wrongly written as VIRENDR SINGH in my 10th Class Educational Documents. The actual name of my Father is VIRENDRA SINGH, which may be amended accordingly.

Name Change: I, hitherto known as ANURUDH KUMAR DIXIT S/o KRISHAN KUMAR DIXIT R/O B-1/14, Sanjay Enclave, Bindapur Matiyala Road, Ujjain Nagar, West Delhi, Delhi-110059, have changed my name and shall hereafter be known as ANURUDH KUMAR DIXIT. It is certified that I have complied with other legal requirements in this connection.

Name Change: I, Nidhi Singh S/O Ram Bias Singh R/O A-2/11b, Keshavpuram, north west Delhi have changed my minor son name from Samarth Singh to Samarth Mehra for all future purposes.

INDIAN RAILWAYS GOVERNMENT OF INDIA (BHARAT SARKAR) MINISTRY OF RAILWAYS (RAIL MANTRALAYA) (RAILWAY BOARD) No. 2023/Track-III/MC/5 New Delhi, dated: 27.08.2024 CORRIGENDUM-X Subject :- E-Tender No. TM-2303 for procurement of Rail Borne Maintenance Vehicle "RBMV" for Indian Railways to be opened on 04.10.2024





## Layered & complex world of translation

Earlier this month, I found myself in Colombo, Sri Lanka, a place where languages seem to hang in the air like humidity, pressing down on the city in a palpable, almost tactile, way. I had come as a Punjabi translator for the inaugural SALT (South Asian Literature in Translation, a multi-year project at the University of Chicago) Summer School, an opportunity that promised to be remarkable. As I stepped into my role as a translator of Punjabi into English, surrounded by other translators — each of us tethered to our own languages like lifelines — I couldn't help but feel that the air there was thick with the echoes of Sinhala, Tamil, Bengali, Urdu and Hindi, a cacophony of tongues that felt at once foreign and familiar. Even English seemed out of place here, as though it, too, was trying to assert itself in a landscape that resisted any kind of easy categorisation.

I felt this resistance in me as I moved through my days there, listening, observing, translating, and yet never quite arriving at a full understanding of where I was, or who I was within it. In Punjabi, the language of my home and my translation, I've often felt a sense of alienation. This feeling likely stems from the underlying tension I've always been exposed to — that Punjabi is the other language, not just another language. So, returning to Punjabi after I've established alternate careers in alternate languages isn't merely wishful thinking. In one of my favourite podcasts, Indy and Dr, the host, Indy, speaks with a representative from Naujawani, an online media platform. Indy poses a question: "If Punjabi is the seventh largest language in the world and still growing, why is there such a fixation among my generation, or the generation above us, on the idea that Punjabi is dying?" Naujawani responds reasonably, "I'd guess there are a number of reasons. Probably, the most prominent is that we are a very negative community because of all we've faced over the last 50 to 75 years, including numerous defeats. All these negative experiences lead us down a road where we start to believe we're constantly under attack, that we're besieged, and so we resort to tropes like the Punjabi language is dying." However, many millennials and Gen Z individuals aren't anywhere close to believing that the Punjabi language is dying. We have our ways of staying connected to it — through music, literature, films, and translation. In a translation workshop, translation felt less like a mechanical process and more like meditation. We found ourselves deeply immersed in our texts, feeling the weight of each word, the flow of each line, and the silences between them. I realised that my role was not just to translate the words, but to convey the essence of them — to allow the audience to feel what the writer felt, even if the words themselves were different. This was not a task I could accomplish alone; it required me to draw upon my own experiences, my own understanding of both languages, and the shared history of our cultures — all this accompanied by the companionship of other translators. While I was a part of the multilingual prose workshop, working on translating some Punjabi short stories into English, there were separate strands of workshops for Bangla, Hindi/Urdu, Tamil and multilingual poetry. In the workshops that solely focused on translating from a single language, the authors whose works were being translated were present in the seminar room. We heard many anecdotes, but the most fascinating reflections came from the Hindi/Urdu translators, who were translating a two-page short story by Asghar Wajahat, which we had the opportunity to hear him read at the inaugural event. Our co-translators from the Hindi workshop told us that since their group was working on translating the same story, sometimes their days were so rigorous that by the end of it,

### China's gradual military conquest of eastern territories

THE term 'South Tibet' frequently pops up in Indian media, uncritically disseminating misinformation from Chinese news outlets. A recent report claimed that China has renamed 30 more places in Arunachal Pradesh, which Beijing asserts are part of 'South Tibet'. In common parlance, Tibetans may refer to the eastern, western, central or northeastern regions of Tibet, but there is no term 'South Tibet' as a geographic proper noun in the Tibetan lexicon — a fact easily verified by consulting any Tibetan dictionary or encyclopaedia. This term is an entirely new Chinese construct. Beijing truly deserves recognition for its exceptional mastery in the politics of names. Their prowess in manipulating names — whether of people, places or concepts — as strategic political tools to assert power, control narratives, shape identities and influence public perception is a masterclass in propaganda. A classic example of China's dominance in shaping the narrative on the Sino-Tibetan conflict is evident from their definition of 'Tibet' itself. The 'Tibet' referred to by China is geographically distinct from the Tibet that exists in the hearts and minds of the Tibetan people. The People's Republic of China, established in 1949, considers only the 'Tibet Autonomous Region' (TAR), created in 1965, as Tibet — an ancient nation with a rich history spanning thousands of years! Traditionally, Tibet consisted of three regions: U-tsang, Kham and Amdo. When Tibetans speak of 'Tibet', they mean all three regions, encompassing approximately 2.5 million square km. In line with the classic colonial divide-and-rule policy, the so-called TAR includes only U-tsang and parts of Kham, with the remaining areas fragmented as autonomous prefectures and counties, and incorporated into the neighbouring Chinese provinces of Qinghai, Sichuan, Yunnan and Gansu. Qinghai, for example, is composed entirely of the traditional Amdo and parts of Kham. The composition of the current democratically elected leadership of the exile Tibetan polity highlights the stark incongruity of China's definition of Tibet. For example, both the current and former Sikyong (President) of the Central Tibetan Administration belong to areas outside the so-called TAR. The current Sikyong, Penpa Tsering, belongs to Amdo Chentsa, now part of Qinghai province, while former Sikyong Lobsang Sangay belongs to Kham Lithang, which is currently within Sichuan province. In previous Sino-Tibetan talks, a key demand from the Tibetan side was the establishment of a single autonomous Tibetan administration encompassing all Tibetan autonomous areas. This is crucial for the genuine implementation of China's constitutional provisions regarding national regional autonomy. Between 2002 and 2010, nine rounds of formal talks took place between representatives of His Holiness the Dalai Lama and the Chinese Government.

## China's quest to replace 'Tibet' with 'Xizang' is destined to fail



Beijing, however, rejected our entire proposal, including our request for a single Tibetan administrative unit. They claimed that the proposed autonomous region would be too large and that Tibetans have historically never been governed under a single administration. This claim is a clear distortion of historical facts. I quote an excerpt from a speech by former Kalon Tripa, Prof Samdhong Rinpoche: "Tibetans were under one administration until the mid-ninth century. Later, Tibetans were again re-integrated into one administration in 1260 under Drogon Choegyal Phakpa. This was offered to him by emperor Kublai Khan and this offering explicitly refers to the three Cholkas with a clear demarcation of its borders. Such unified administration remained until the 1730s."

China further distorted the definition of 'Tibet' by introducing the notion of 'Greater Tibet'. While Tibetans, like people from any other nation, proudly refer to their homeland as great, Beijing has very deftly rephrased this as 'Greater Tibet'. This is a vicious distortion of Tibetan territorial identity. For Tibetans, there is no concept of 'Greater' and 'Smaller' Tibet; there is simply Tibet, as understood in our collective consciousness.

Beijing has now gone a step too far by attempting to supplant the term 'Tibet' with 'Xizang'. It is important to note that Beijing's definition of even 'Xizang' differed both before and after the invasion of Tibet in 1949-50.

In ancient times, such as in the Sino-Tibetan treaty of 821-822, the terms 'Great Tibet' and 'Great China' were used. Before 1949, the Republic of China employed the terms 'Inner Tibet' and 'Outer Tibet' to differentiate regions within Tibet, similar to the use of 'Inner Mongolia' and

'Outer Mongolia' for Mongolia. 'Inner Tibet' referred to the areas under Chinese control at that time, while 'Outer Tibet' denoted independent Tibet. These terms also appeared in the Simla Convention (1913-14), which involved Great Britain, China and Tibet.

China's gradual military conquest of eastern territories of Tibet was swiftly followed by the renaming of the newly annexed places. For example, Ziling was renamed Xining, Dhartsedo became Kanding, Bathang (my homeland) was changed to Ba an, and Chamdo was renamed Changdu. China then developed and promoted its own narrative, claiming that only the territories under the effective control of the Government of Tibet at that time constituted Xizang.

They believe that by renaming places annexed through military conquests and forging new identities and historical narratives, they can gradually root out and erase the deep, centuries-old bond between the people of these areas and historic Tibet. The current reality, however, is quite the opposite. Since the disintegration of the mighty Tibetan Empire in the ninth century and the eventual inception of the Dalai Lama's Gaden Phodrang Government in Tibet in 1642, what is ubiquitous across the Tibetan plateau today is a strong, deep sense of common territorial and national identity.

Beijing's quest to replace 'Tibet' with 'Xizang' is, therefore, destined to fail. If history is any guide, the imposition of Chinese identity through the distortion of historical and cultural narratives will only further alienate the Tibetan people and strengthen their sense of distinct national identity.

## New pension scheme

Staff welfare, fiscal prudence equally important

THE Centre has unveiled broader benefits for its employees in the new guaranteed pension scheme. The Unified Pension Scheme (UPS) is surely a political response to the growing nationwide demand to revert to the pre-2004 Old Pension Scheme (OPS). The Centre claims the UPS, to be implemented from April next year, will benefit 23 lakh employees. Those covered under the current National Pension System will have a chance to shift to the UPS. The move is aimed at resolving the debate on the OPS, a cause championed by many Opposition-ruled states, including Himachal Pradesh and Punjab, on the ground that its benefits are more favourable to employees. With an eye on the upcoming Assembly elections, the BJP-ruled states are expected to adopt the UPS. The tweaking of the pension scheme presents a chance to the stakeholders in all states to have an informed discussion,



keeping an open mind. A summary dismissal without an in-depth study of the provisions or offering insightful

suggestions will be an opportunity lost.

The Reserve Bank of India had last year flagged concerns about the strain on government finances and accumulation of liabilities for the states opting for OPS. The Centre's contention is that the UPS is fiscally more prudent as it is a funded, contributory scheme, unlike the OPS. The likely additional strain on the Centre and the states now has official sanction. Striking a balance between employee welfare as well as their aspirations and fiscal prudence must be the guiding principle. Both are equally important.

The mixed response by the employees' unions is on the expected lines. Sticking to a hard stance is an unreasonable approach. As for employees in the private sector, their hopes for any enhanced pension and retirement benefits do not seem a priority for the

government

## Charge of the Indian-American brigade

Kamala Harris' presidential nomination is in sync with Howard Dean's 2008 prophecy

FOR a country with a relatively short history by the standards of humankind, the United States, which does not live even by the brevity of its history, is seeing a difference in its ongoing presidential election cycle. The just-concluded Democratic National Convention (DNC), which broke glass ceilings, was replete with history. It was appropriate that Hillary Clinton, former Secretary of State, First Lady, Senator and 2016 presidential candidate, was the prime-time DNC speaker who reminded the American people, more than anyone else by implication, of the George Santayana adage — "Those who cannot remember the past are condemned to repeat it." She did not quote the Spanish philosopher at the Chicago convention, though. The biggest setback in her career, a defeat at the hands of newbie politician Donald Trump eight years ago, was partly the result of not remembering history. Specifically, the history of US elections.

Last week, Hillary recalled that women in the US got the right to vote only 104 years ago — on the day before she spoke — in 1920. The first time a Black woman bid for a presidential nomination — unsuccessfully, of course — was not very long ago: in 1972. Twelve years later, Hillary took her young daughter Chelsea to meet Geraldine Ferraro, the first woman nominated for Vice-President of the US. And in 2016, Hillary made almost 66 million cracks in the glass ceiling with her candidacy of a major party for the White House. That was the number of popular votes Hillary received then. Kamala Harris, the incumbent Vice-President, hopes to shatter that cracked glass ceiling in November and become the first woman President of the US. If Harris wins, she will also break a glass ceiling for South Asian-Americans. Historically, it has been at Republican National Conventions (RNC) that America's past has been celebrated. In part, this has been because some of the great US presidents have

been Republicans — Abraham Lincoln, Theodore Roosevelt and Dwight D Eisenhower, to mention a few. Lincoln was the first 'red-blooded' Republican to be elected President, to cite the party's preferred colour. Others who embodied Republican ideals were elected as Democratic-Republicans or as Whigs, according to political descriptions during varying periods in the political evolution of the US. The US did not have a Catherine the Great, a Bismarck or a Chanakya. So, it fell on Republicans in the final decade of the last century and in the new millennium to create an icon of Ronald Reagan. At every RNC I attended through five presidential election seasons from the year 2000, Reagan was the great Republican hero. That changed with the arrival of Donald Trump on the political scene. The RNC in Milwaukee this year was bizarre. First-time voters who attended it could not be blamed if they thought US history began only in 2015 when Trump began his improbable and then unpredictable quest for the White House.

Indians are, unfortunately, familiar with such a catastrophe in their midst. To turn around a memorable description of democracy by Republican Lincoln, the Milwaukee gathering, which renominated Trump as their party's nominee for the November election, was a convention of one family, by one family and for one family: the Trumps. Only one person and one family by extension matters in the Grand Old Party (GOP) now. The Republican Party has become a cult. By contrast, a hundred flowers bloomed at the DNC in Chicago. Brilliant orators like former presidents Bill Clinton and Barack Obama, who represent diversity, bloomed. So did former First Lady Michelle Obama, who enjoys a

phenomenal public acceptance despite never holding an elected office. The first Indian to attend a DNC was a Sikh American, Dalip Singh Saund, in 1952. Indians like Saund were not allowed to embrace US nationality until legislation permitting it was passed in 1946. Saund was the first Indian-American to be elected to the US House of Representatives in 1956. Had he not been felled by a stroke in 1962, Saund may have risen much higher in American politics. The US did not see



another Indian-American in either of the chambers of Congress for another 42 years. Today, there are five of them, all Democrats. The GOP has elected only one Indian-American to the House to date: Piyush 'Bobby' Jindal. A few decades ago, Indian-American Republicans, along with sympathetic White and Hispanic GOP leaders, drew up a road map for getting those like Jindal into statewide public offices in

southern states, known as Dixieland in popular culture. It had some success when Jindal was elected as the first Indian-American Governor in any US state in 2007. Nikki 'Nimrata' Haley was next, in South Carolina, four years later. The plan to put more Indian-Americans in elected offices in Dixie states appears to have fizzled out. Jindal and Haley both made unsuccessful bids to be GOP nominees for the White House in subsequent election cycles.

With ethnic half-Indian origin Harris now a heartbeat away from the White House, Indian-Americans and their former compatriots back home must pay a tribute to her rise to a forgotten former Democratic Party chief, Howard Dean. A three-term Governor of Vermont and a presidential aspirant two decades ago, Dean was the first national-level US politician to predict the rise one day of an ethnic Indian as America's President. Few people remember that in 2008, Dean, as Chair of the Democratic National Committee, wrote an article in a publication of the Indian-American Leadership Initiative. This initiative was created to put US citizens of Indian origin in electable public offices, right down from local school boards, county councils and as city mayors to high up on Capitol Hill. "Indian-Americans are leading the charge to strengthen our (Democratic) Party, elect our candidates and ensure that we build a government that lives up to the ideals that inspired generations of Indian immigrants to make America their home," Dean wrote. "Perhaps they include a future Democratic President of the US."

Harris was a local party functionary seeking to grow in public life in her home state of California then. There is no evidence that Dean had Harris in mind when he wrote those lines. Today, they appear prophetic.

# Tame those table tantrums

I caused my mother a lot of trouble as a child because I was a fussy eater. I realised this the day the tables turned, and my little daughter did the same to me. Food tantrums are every mother's worst nightmare.

Figuring out what is the best way to provide adequate carbohydrates, proteins and essential vitamins to your child is bad enough, and then come the tantrums. But don't worry - here are some smart strategies that will make sure your meal times are peaceful.

1. Never 'ask' a child to eat anything. Yes! Weird as it may sound, most tantrums can be avoided if kids are never asked to eat anything. Our role as parents is just to prevent them from eating the wrong food at the wrong time, so that they eat the right food at the right time. When prevented from eating junk, a child has no alternative but to eat well when hungry. On the other hand, if you are trying to force-feed children something they don't want, they will flare up and resist. Don't force them to eat, and there won't be any fights on the table.

2. The next obstacle will arise when you'll have to say 'no' to junk food. Do this firmly and don't give in. Let your kids know that you really mean what you say. It's okay if they

cry, sulk or scream. Suffering the consequences for bad behaviour is upsetting for the child, but it doesn't mean it's bad for them. Allowing them to eat whatever they wish, whenever they want, doesn't make you a parent, doesn't make you a good parent.

3. Ensure that other members of the house are in sync with your ideologies and methods. Make sure no one gives in to your child's demands (either openly or when you're not around). This usually happens on the pretext that 'let the child eat something; it's better than not eating anything'.

Remember, children will only learn to eat correctly when they are left with no option.

4. Make sure meal times have a happy, relaxed atmosphere. Avoid doing homework and other activities simultaneously. If the child throws a tantrum, keep calm, clear the food from the table and store it in the fridge, so that it can be served again later. Make no attempts to provide alternatives.

5. Make food enjoyable! Serve fruits in attractive ways that make eating a fun activity for the child. Look up online for interesting and innovating

ways to serve different food items to kids: like sandwiches, coin pizzas, roti wraps etc.

6. Come up with a weekly, pre fixed menu for your kids, taking into consideration their likes and dislikes. This way they will be aware of what is going to be served that day and thus, will have no reason to raise objections.

7. Introduce a little of each food group at a time. If you know your child resists soups or salads in particular, serve just a small portion of it every day. Do this for a minimum of two weeks, gradually increasing the portion size if the child agrees. His/her taste buds will gradually start accepting those forbidden foods and he/she will soon learn to enjoy them.

8. Explain the benefits of having a good, balanced meal to your children. Tell them which foods have proteins and why they are important for the body. Tell them about calcium-rich foods and how consuming them leads to healthier bones. Mainly, educate them on the dining table through fun facts and examples.

9. Lastly and most importantly, set an example by always eating right. Children love to emulate their parents. They always learn better from what they 'see' rather than from what they are 'told'. Eat well-balanced and healthy meals with your children so that they follow your footsteps well.



## 5 characteristics of a great workplace

At every stage in your career, the decision of where to work is in many ways life-shaping beyond just the immediate tangible financial impact. Unfortunately, not many realise this until well into their career. Where you work is a choice of how and on what you want to spend your time and what you want to receive in return for that invaluable investment. While ultimately where to work is each individual's choice based on their priority and needs, in my opinion, there are five key criteria to look for in a company.

## 'I believe in living with the right balance'

I believe in living with the right balance: Vineet Bajpai, CEO, TBWA\India

?Managing work-life balance

I was a workaholic till very recently and it took me some time to get this right. I realised that the only sustainable model for success and longevity is one that offers balance. So, now my greatest balance comes from spending time with my family, no matter what. I also read a lot, write whenever I get time and play console games.

### Key to fitness

I have always been an active swimmer. I play tennis regularly. However, the real difference came in when I started practising yoga in the form of pranayama. It completed my fit ness chart and is an inseparable part of my fitness regimen now.



### Energy high and happiness

There is nothing more fulfilling and energising than to see the building of an institution that one started from scratch. Thereafter, the journey

becomes the fuel! On the other hand, happiness is a far deeper emotion, and what gives me ample joy and happiness is the presence of my family around me.

### Risk-taker or a micro-planner?

I will have to say I am a combination of both. I started my professional life as an entrepreneur, so that makes me a risk-taker. And I'm also a micro-planner because I'm involved in building a company from 'good' to 'brilliant' - which needs meticulous planning and determined execution of the details.

### Spiritual diet

I'm a voracious reader and have a strong inclination towards spiritual and philosophical books. Apart from practising meditation, it is books from authors like Dr S Radhakrishnan and Khalil Gibran that have made a huge impact on me. My father is a constant source of wisdom for me as he influences me with recitations from the Gita, Guru Granth Sahib and even Ghalib!

### Handling failure/success

I'm grateful to the Universe for my success but I never celebrate it. I start to plan the next big step. Failure makes me more committed, stronger and determined to win. Hope it stays that way!

### Crisis management

I have a great asset for this - a fantastic team. It has taken me almost two decades to build this solid team, but now it never lets me feel alone or deal with crisis all by myself.

### An icon who has achieved work-life balance

Robin Sharma, the celebrity author of The Monk Who Sold His Ferrari. I follow his teachings and it is amazing to see how he creates time for family, holidays and refuelling, despite nurturing a global career.

### prospects to continue your educational journey:

Look for an environment where you can challenge the status quo, even unlearn past assumptions and misplaced beliefs, and ultimately learn a set of new skills and principles that enable you to continuously stretch and raise the bar for yourself.

### 5. Provides a pace to enjoy the journey:

With mobile phones, a constantly connected world, a growing number of virtual offices and global teams that make collaborating across time zones critical to success, the boundaries between work and home life are now blurred. A good organisation will allow employees to take from this the benefits and leave behind the disadvantages. You want to be able to transition seamlessly between work and home life without it seeming like you have a strained wall of defined separation from your "home you" and your "work you".

### 3. Honours merit over tenure; ideas over hierarchy:

Apple's legendary co-founder firmly believed companies that want to retain great employees have to let them make decisions. Enlightened leadership teams ask employees to contribute ideas because they recognise managers and executives don't have all the answers. Leaders should also encourage debate and action on ideas. In 2006, IBM invited 150,000 employees, family members, business partners and clients to an online brainstorming session called 'Innovation Jam'. Participants from 104 countries responded, and their ideas led to \$100 million in investments by IBM on suggested projects.



### 4. Offers





## 5 ways to be less self-conscious

Here are a few ways you can easily break out and be yourself without worrying too much about yourself  
There are a lot of people who are constantly worried about themselves and thus end up being very conscious about themselves. Here are a few ways you can easily break away from this habit — Do not think too much about yourself When you start thinking too much about what you are wearing or what you are doing, you are bound to become self-conscious. This is when you become full of

yourself and start over analysing things about yourself.  
Don't give way to negative thoughts When you start thinking what others are thinking about you and what they say and perceive of you, you are bound to become self-conscious. Your thoughts become negative and you start thinking negative about yourself as well.  
Observe your strengths Your true happiness will lie in your strengths only. Try and figure out what your strengths are instead of thinking whether you have any or not. Make a list of all the things you think are strengths of yours and try and incorporate them in your daily life.



## How to get your kid to know your pet

You've just had a baby and don't know how to introduce him/her to your pet dog? Or you've just brought home a pet and want your three-year-old to get along with it? Follow this guide to ensure that the two can co-exist happily at home.



**Train your pooch:** While you might have potty-trained your dog, teach it not to sleep on the child's bed or lick his/her face. If such training isn't possible for you, hire a professional pet trainer who can teach your dog how to get along with young children. This should be done before the arrival of the baby. Also, double check with your vet how often you need to give any extra vaccinations to your pet.

**Introduce your baby to your pet warmly:** Animals can sense emotions and danger. If they know that the baby is not a danger to them nor can hurt them, they will love the baby gradually. Introduce your baby's scent to your pet by letting it sniff its blanket. Make the first introductions from a distance — your baby may be scared initially. Your pet may take some time to get used to him/her, as well.

**Establish boundaries:** Condition your pet to understand that there is an invisible barrier — in your room where the child sleeps — that it should not cross without your permission. Eventually, you can allow

your pet to explore and sniff certain things in the room with your supervision.

**Never leave your child alone with the pet:** Dogs can become agitated with baby sounds and movements and thus, may harm them. Cats are usually attracted to the warmth of a baby's cot. So keep them away. You can also put a baby gate around your kid's cot to keep the pet off-limits. Remember, never leave your child alone with the pet, even if you are only two minutes away, in another room.

**Don't ignore the pet:** Ensure you spend a considerable one-on-one time with your pet to make it feel loved. Also, never punish or scold the dog in the presence of the baby. This will affect it negatively and it might want to hurt the baby because of it.

**Teach your child to respect the pet:** Discourage your child every time he/she tries to pull hair or hit the pet. At the same time, make sure your toddler doesn't grab the dog's toys and put them in his/her mouth. Wash dog toys often. Teach your child to wash his/her hands after playing with the pet.

## Why your kid won't sit still



A five-year-old finds it difficult to sit still for long in class. Next door, a six-year old has difficulty staying focused. Parents of both children, 'doctorised' by Google, have made their diagnoses: Attention Deficit Hyperactivity Disorder (ADHD). Their teachers seem to agree. But, according to child counsellors, the two children are being, well, children. Child psychiatrist and psychotherapist Dr Zirak Marker says, ADHD and Attention Deficit Disorder (ADD) are "among the most overdiagnosed syndromes of the last decade". "We all 'saw' a huge rise in the symptoms. I'd see five cases of alleged ADHD cases a week," he says of the condition that has to do with significant challenges of attention and acting impulsively that are not appropriate with a person's age. Often, parents and teachers would want to give a 'label' to a condition where the child was unable to sit. But, not every over-active or restless child has ADHD.

Experts across the world would agree with Marker. Symptoms of hyperactivity are usually apparent in most young preschoolers and are nearly always present before the age of seven. Dr Richard House, child psychologist and editor of Too Much, Too Soon?, puts the blame on modern educational thinking is making fundamental errors in children's early development, which then (not surprisingly) generates behavioural disturbances - these get misdiagnosed as 'medical problems' for which the child is assumed to require medical treatment.

### NOT MOVING ENOUGH

In a recent blog, Angela Hanscom, a paediatric occupational therapist from New Hampshire, said there's only one reason why more kids have attention issues these days: They're not getting enough movement. "Recess times have shortened due to increasing educational demands, and children rarely play outdoors due to parental fears, liability issues and the hectic schedules of modern-day society. Children are not moving nearly enough, and it is really starting to become a problem," writes Hanscom, who runs TimberNook, a nature-based development programme designed to foster creativity and independent play outdoors.

House argues that hyper-competitive modern life is creating environments that are precisely the opposite of those that children need - early cognitive learning, drastic reduction in free imaginative play, less time spent in nature. Obsessive hours of doodling behind a computer screen and fiddling on iPads and cell phones is making matters worse.

In his book, The Role of Play in Human Development, Anthony Pellegrini, emeritus professor of educational psychology at the University of Minnesota, questions if we are depriving our children of normal, non-competitive forms of social play. And if yes, is the incidence of ADHD, aggression and delinquency symptomatic of a society that has forgotten how to play?

### COMPRESSING THE BREAK

Across the world, too many schools are clamping down on breaks while choosing to focus on reading, writing and arithmetic. This is based on the belief that eliminating play time will lead to a rise in academic achievement.

But nothing could be farther from the truth.

University of Illinois psychology professor and Beckman Institute director Arthur Kramer led a 2010 study that found an association between physical fitness and the brain in nine and 10-year-old children. "Regular physical activity can influence both, brain structure and function in children," Kramer says.

How does exercise benefit a child's brain? Dr John Ratey, the co-author of Spark: The Revolutionary New Science of Exercise and the Brain, writes that the brain produces a protein called BDNF, or brain-derived neurotrophic factor, when the body is moving. "This protein helps build nerve-cell connections and the stronger these connections (as a result of continued physical activity), the easier it is for children to understand and retain information."

So, active kids tend to experience better cognitive performance and focus, have more rapid reaction time, and are likely to perform better at school. They learn to be more social, gain friendships, and sleep well, a crucial element in mental development.

### A FEW SCHOOLS UNDERSTAND

Rajani Pattabhiraman, principal of EuroSchool in Thane, says: "We have found that kids are doubly attentive when they come to class refreshed. Therefore, the day's time-table is designed in such a way that classes are interspersed with skating, taekwondo, dance or craft. Why just kids; even you and I can't do the same thing day in and out."

A study conducted in North Carolina evaluated the effects of a classroom-based programme that gave students 10-minute breaks for organised physical activity between classes. Researchers found breaks improved on-task behaviour and made students "more focused and ready to learn."

A tiny Nordic nation has known this secret for decades. On a regular school day, students and teachers in Finland take a 15-minute break after every 45 minutes of class. Students head outdoors to play and chat with friends; teachers go to the lounge and unwind.

Tim Walker, an American teacher in Helsinki, questioned the Finnish practice of giving 15-minute breaks each hour. But he became a convert after he saw the difference it made to his students. On his blog, Taught by Finland, he writes: "I no longer saw feettreading, zombie-like kids in my classroom... my Finnish students would -without fail - enter the classroom with a bounce in their steps [and] were more focused during lessons."

Pellegrini, who also authored Recess: Its Role in Education and Development, is another firm believer in the "break" approach. In a series of experiments to explore the relationship between recess timing and attentiveness, he found students were less attentive when the break was delayed.

### HOW MUCH TO MOVE?

During the course of her research, Hanscom found that a majority of children surveyed had poor core strength and balance. "When compared to kids from the early 1980s, only one out of 12 children had normal strength and balance," she says.

The restricted movement pattern means that many children are walking around with an underdeveloped vestibular (balance) system. "In order to develop a strong balance system, children need to move their bodies

in all directions, for hours at a time. They need to do this more than just once a week in order to reap the benefits," she writes. This means that once-a-week football practice doesn't count. For minds prepared to learn, children must have bodies that are geared up to acquire knowledge. If the sensory system isn't working well, sitting and paying attention is a tough task. A child's body displays a natural reaction -fidgeting -so as to get the movement the body needs to "turn the brain on." Instead, teachers ask them to sit still and pay attention, putting their brain into sleep mode.

In India, most schools, owing to long hours, often have two recesses - a short one of 15 minutes and a long one of 30-45 minutes. However, between catching up with friends and finishing the snack, there's hardly any time to play.

Can schools consider extending recesses? Teachers and principals are unwilling to get into this debate, with completion of course work a primary worry. At Garodia International in Mumbai, its coordinator Meeta Sampat, says, they have a 15-minute and 30-minute break together with 5-minute breaks after every class. But five minutes is only enough to plug down water and put away books.

### THE CASE FOR FREE PLAY

Pellegrini's research found that the recess lost value when break times were "teacher directed". In Finland, children get to decide how they spend their break time. "Free play gives students the opportunity to develop social competence. During these times, they not only rest and recharge - they also learn to cooperate, communicate, and compromise, skills they need to succeed academically as well as in life," Walker says.

House's suggestion may horrify Indian helicopter parents, but she insists that until age six, a child's physical development should take precedence over cognitive learning. "Physical development needs to occur first, because if cognitive, quasi-formal learning is engaged with prematurely, this can actually interfere with the child's overall holistic development," she warns.

## Married women cheat for the thrill

People have often wondered what drives married women to cheat on their husbands.

According to a US dating website for "casual encounters", a woman is more prone to cheat at certain stress points in her life, notably right before turning 40.



Women also say that they cheat because they either don't feel loved or there is an emotional void in their marriages. Rest say that they cheat for the thrill of it. Statistics have shown that 21 per cent of married men have had an affair, compared to 15% of married woman. However, number for women has increased in the last two decades, nearly up to 40%.









# Priyanka Chopra's

## Brother Siddharth And Neelam Upadhyaya's Engagement Photos Scream Love

Popular chef and producer Siddharth Chopra, who is also Priyanka Chopra's brother, recently tied the knot with his fiancée and actress Neelam Upadhyaya. On Monday, the couple gave their followers a glimpse into their "hastakshar ceremony" with a joint post featuring stunning photos from the joyous occasion. The photo album, filled with affectionate shots of the newlyweds and scenes from the ceremony, shows the couple's special moments. In the photos, Neelam looked stunning in a pink lehenga adorned with intricate golden designs, while Siddharth complemented her perfectly in a golden sherwani paired with a coordinating half coat. In the first picture, Siddharth gently kisses Neelam, who beams with joy. The second image captures the couple posing gracefully for the cameras. They proudly show off their engagement rings in the following shot, leading to a series of romantic photos, including one where they embrace each other. The final two pictures highlight moments from their hastakshar or registry ceremony.

Following the post, Siddharth's younger brother, Sahaj Chopra, extended a warm welcome to Neelam with a heartfelt message saying, "Congratulations both - welcome to the family Neelam Upadhyaya." Fans and celebrities quickly joined in to congratulate the couple in the comments section. Priyanka Chopra also travelled to Mumbai to attend the special event. A fan page also shared an exclusive video from the ceremony, showing Siddharth and Neelam exchanging rings and touching Priyanka's feet for blessings. The video also features some family moments with Madhu Chopra, Mannara and others.



Earlier this year, in April, Siddharth and Neelam had their roka ceremony, which they announced with beautiful pictures. The album included some cosy shots of the couple, individual pictures and a special cake inscribed with "just rokaified." They captioned the post "Sooo we did a thing." Previously, Siddharth was engaged to Ishita Kumar. Their roka ceremony took place in New Delhi in February 2019 and was attended by Priyanka Chopra and her husband, Nick Jonas. However, the engagement was reportedly called off in June. Soon after, Siddharth and Neelam made their first public appearance together at the Ambani's Ganesh Puja in 2019.

# Neena Gupta

## Is The Cutest Nani-To-Be And This Video From Masaba Gupta's Baby Shower Is Proof

Masaba Gupta's baby shower took place on Sunday. The biscuit-themed ceremony was hosted by Sonam Kapoor. Rhea Kapoor, Soni Razdan, Shaheen Bhatt, Akansha Ranjan Kapoor, chef Pooja Dhingra, Neena Gupta and Masaba's husband Satyadeep Misra were also part of it. While many pictures and videos from the event are making rounds on the Internet, one clip in particular is sure to leave you in awe. It has Neena humorously schooling the younger generation about their sartorial choices. The video was originally posted by one of Masaba Gupta's friends Nimish. Later, Neena Gupta also shared it on Instagram Stories. Standing amid the guests seated on comfy couches, the veteran star is seen giving a speech. The nani-to-be, while advising the younger ones to dress up as per the occasion, had everyone laughing as she cutely scolded her son-in-law Satyadeep Misra for wearing jeans instead of white pants to the party. "I told him not to wear jeans. White pant pehen leta (He could have worn white pants)," Neena said.



Masaba Gupta also gave a speech at her baby shower a snap of which was shared by her friend and renowned stylist Tanya Ghavri. Dropping the picture, she wrote, "To the cutest mama to be at her baby shower! (sic)." Masaba Gupta also shared a bunch of pictures from her special day. Taking to her Instagram stories, she posted a picture with

Sonam Kapoor and Rhea Kapoor. While Rhea is hugging the expectant mother in the image, Sonam is leaning on her sister for an endearing click. Masaba chose to make heads turn in a brown full-length gown, complemented by a few dainty pieces of jewellery for her baby shower ceremony.

Masaba Gupta announced her pregnancy in April this year. In a joint Instagram post with husband Satyadeep Misra, she wrote, "In other news - Two little feet are on their way to us! Please send love, blessings and banana chips (plain salted ONLY) #babyonboard #mom&dad (sic)."



## Parvathy Says Vikram and Late Actor Irrfan Are 'Similar,' Recalls Qarib Qarib Single Shoot: 'He Helped Me...'



Thangalaan actress Parvathy Thiruvothu, during a press event in Mumbai, fondly remembered late actor Irrfan Khan, with whom she shared screen space in Qarib Qarib Single. Looking back on her time working with Irrfan and filmmaker Tanuja Chandra on the 2017 film, Parvathy expressed her deep connection with Mumbai, a city she said she had shifted to before Covid-19 hit. Drawing analogy between Vikram and Irrfan, Parvathy said it's their generosity that she finds heartwarming. Parvathy said, "I guess it's the generosity, for sure, that I see in both of them. Irrfan sir used to help me out with things because Hindi is not my native language. So he used to help me get into that space and made sure that everyone knew you are as good as the other person on set. And I saw that generosity in him [Vikram]. And when I worked with him... it expands further away from even actors. It's everybody on set."

Parvathy also shared an interesting anecdote from the sets of Thangalaan. She said, "I miss getting all the toffees! Like, there is a particular native toffee that we get there and it's called Kamarkat. It's like this jaggery, palm sugar, kind of a thing. And he'd just be walking around and he'd shake hands. Suddenly you have a toffee in your hand! He just brightens the mood for everybody. Not just me, the kids obviously and others as well. But, the way he asks everybody, 'Have you eaten?' It's not for show. Genuinely, there's a concern how everyone is doing."

## Mira Rajput's Birthday Post For Her 'Darling Girl' Misha Is Love



Shahid Kapoor's wife, entrepreneur and influencer, Mira Rajput is a hands-on mother to her kids Misha And Zain. Today, Mira is super excited. Reason? It's Misha's birthday. She turns 8. Mira, on her daughter's special day, made sure to proudly express her love for her little bundle of joy. In a post on Instagram, she attached a set of endearing pictures with Misha. The photos captured Misha all smiling in an all-white cord set with a pink jacket tied around her waist. The final image featured the birthday girl with Mira as they posed happily for the camera. Sharing the album, Mira Rajput wrote, "I will spend my whole life loving you. Happy 8th Birthday our darling girl. Sunshine, sparkles and the best of everything for the light of our lives. Smile forever my baby girl, Misha."

Hours before the birthday, Mira Rajput and Misha were spotted by paparazzi. The duo was seen stepping out after their salon visit. The clip that surfaced on social media captured Misha running ahead of her mother, quickly boarding the car as Mira followed her. Mira, for her salon visit, wore a plain black T-shirt with blue bell-bottom jeans. On the other hand, her daughter looked cute in a simple white dress. Misha is a constant on Mira Rajput's Instagram. Not long ago, the mother-daughter attended Taylor Swift's Eras Tour concert in Munich. The mommy-daughter took a selfie at the concert and even rooted for the pop star as she performed on some of her chartbusters. "Core memory with my sunshine swiftie. We couldn't believe it! Mother-daughter trip of dreams," Mira wrote. Shahid Kapoor and Mira Rajput got married in 2015. The couple welcomed Misha in 2016. In 2018, they were blessed with a son, Zain.

In terms of career, Mira Rajput recently launched her skincare line, Akind. As for Shahid Kapoor, he is preparing for Deva opposite Pooja Hedge. Directed by Rosshan Andrews, the film is set to release on October 1. Additionally, he also has Vasu Bhagnani's mythological epic, Ashwatthama: The Saga Continues.