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We need to create system in which people's skills get their due: Rahul Gandhi

Sanjay Kumar

New Delhi, Nov 01: Leader of Opposition in the Lok Sabha Rahul Gandhi Friday called for creating a system in which people's skills get their due



and everyone's contribution is respected, as he shared a Diwali video in which he interacts with paint job workers and potters. Posting the over nine-minute video which features him also having a conversation with his nephew Raihan Rajiv Vadra on YouTube, the former Congress chief said, "A memorable Diwali with special people - I celebrated this Diwali working with some painter brothers and making earthen diyas with a potter family."

skills and understood their difficulties and problems. They don't go home. We celebrate festivals happily and to earn some money, they forget their village, city, family," Gandhi said. "They make happiness from clay. While lighting up the festivals of others, are they able to live in light themselves? Those who build houses can hardly run their own houses!" he said. "We have to create such a system—in which people's skills get their due and contribution is respected—makes everyone's Diwali a happy one. I hope this Diwali brings prosperity, progress and love in the lives of all of you," he said. In the video, Gandhi is seen working with labourers at the 10 Janpath residence and learning to paint walls along with his nephew. In the second part of the video, Gandhi goes to the house of a woman who makes earthen lamps with her five daughters. Gandhi tries his hand at pottery and makes 'diyas', which he says he would give to his mother and sister. Since his Kanyakumari to Kashmir Bharat Jodo Yatra and his Manipur to Mumbai Bharat Jodo Nyay Yatra, Gandhi has been interacting with a cross-section of people from mechanics and cobblers to labourers and bus drivers.

On poll eve, PM cautions voters against Congress's 'fake promises'

Simmi Kaur Babbar

New Delhi, Nov 01: Prime Minister Narendra Modi on Friday attacked the Congress for making "fake promises to the people knowing fully well that it will not be able to deliver those".

Speaking on the eve of the Maharashtra and Jharkhand elections, the PM said people of the country would have to be vigilant against the Congress-sponsored culture of fake promises. "We saw recently how the people of Haryana rejected their lies and preferred a government that is stable, progress-oriented and action-driven. There is a growing realisation across India that a vote for the Congress is a vote for non-governance, poor economics and unparalleled loot," he said. The PM added that the people of India wanted development and progress. He also launched the X hashtag 'Fake promises of Congress'. "Check any state where the Congress has government today - Himachal Pradesh, Karnataka and

Telangana - the developmental trajectory and fiscal health is turning from bad to worse. Their so-called guarantees lie unfulfilled,

promises but also see their existing schemes diluted," he said. Modi said that in Karnataka, the Congress was busy with intra-party politics and loot instead of focusing on development. "Not only that, they are also going to roll back the existing schemes. In Himachal Pradesh, salaries of government workers are not paid on time. In Telangana, farmers are waiting for the waiver they promised. Previously, in Chhattisgarh and Rajasthan, they promised certain allowances which were never implemented for five years. There are numerous such examples of how the Congress works," said the PM. He added that the Congress is realising the hard way that making unreal promises is easy but implementing them properly is tough or impossible. "Campaign after campaign, they promise things to the people, which they also know they will never be able to deliver. Now, they stand exposed in front of the people! #FakePromisesOfCongress," the PM said.



which is a terrible deceit upon the people of these states. The victims of such politics are the poor, youngsters, farmers and women, who are not only denied the benefits of these

Delhi L-G Saxena's nod to relaxation in criteria for jobs to 1984 riots victims

Naresh Malhotra

New Delhi, Nov 01: Delhi Lieutenant Governor VK Saxena on Friday approved relaxation in qualifications for recruitment of victims of the 1984 Sikh riots to the post of multitasking staff (MTS), Raj Niwas said in a statement. With the L-G's approval, the minimum educational qualification for the post of MTS has been relaxed from Class 10 to Class 8, making a larger number of candidates eligible for job, it said. According to the officials, this decision, pending for decades, will enable a larger pool of candidates to secure employment, by becoming eligible for the post. Saxena has also directed the concerned departments to explore the possibility of providing employment to the children of deceased or aged applicants on humanitarian grounds, it stated. The L-G directed full relaxation in required education qualification to the post of MTS for the remain-

ing applicants who were identified by the Revenue Department. In cases where the applicants have passed away or have crossed the age limit for employment despite the age relax-

ation, the department will process the applications to grant employment to one of their children, the Raj Niwas said. The decision comes after a comprehensive review of the cases which revealed that several applicants had been denied employment despite meeting eligibility criteria, it said. Various groups, public representatives, Delhi Sikh Gurdwara Management Committee and a delegation of the victims had met the L-G and appealed to consider all eligible applicants, including those who may have aged out or passed away, it said. Following this, Saxena had directed the departments concerned to look into the issue with empathy and suggest a way forward. The Revenue Department, in its proposal, suggested relaxing educational qualifications and allowing family members of the original applicants to apply for the MTS posts. However, the chief secretary of Delhi recommended focusing solely on the qualification relaxation. But the L-G sent back the proposal for review by the Services Department, it said. After a thorough examination of the matter, the Services Department put up the file on the L-G's directions, proposing that a one-time relaxation in educational qualifications could be granted as a special case to provide relief to the victims of the 1984 riots, it added.



Rajesh Kumar Singh takes over as Defence Secretary

New Delhi, Nov 01: Senior bureaucrat Rajesh Kumar Singh took over as Defence Secretary on Friday. The 1989-batch IAS officer from the Kerala cadre assumed charge at the South Block, where the ministry is

service of the motherland. Their extraordinary bravery and sacrifice is a source of strength and inspiration for us to make India a safe and prosperous nation," he said. Read More Singh held the post of secretary in the Department for Promotion of Industry and Internal Trade under the Ministry of Commerce and Industry from April 24, 2023, to August 20, 2024. Prior to that, he was secretary in the Department of Animal Husbandry & Dairying under the Ministry of Fisheries, Animal Husbandry & Dairying. Singh has held many other important positions in the Union government, including director of works and urban transport in the Ministry of Urban Development; commissioner (lands) in the Delhi Development Authority; joint secretary in the Ministry of Petroleum and Natural Gas; joint secretary in the Department of Agriculture, Cooperation & Farmers Welfare; and chief vigilance officer in the Food Corporation of India, the ministry said in a statement. He has also held charge as urban development secretary and finance secretary in the Kerala government.



housed. Before taking charge, Singh laid a wreath and paid homage to the fallen heroes at the National War Memorial. He had assumed charge as officer on special duty (defence secretary-designate) on August 20. "The nation will remain forever indebted to our brave soldiers who make the supreme sacrifice in the

Shiv Sena (UBT) leader Arvind Sawant booked for 'imported' remark on Shaina NC

ST Correspondent

Mumbai, Nov 01: Shiv Sena (UBT) member of parliament Arvind Sawant was on Friday booked by the Mumbai Police for his alleged controversial remark against Eknath Shinde-led Shiv Sena candidate Shaina NC. According to an ANI report, the Eknath Shinde-led Shiv Sena filed a complaint against Sawant in Mumbai's Nagpada police station for calling its candidate an "imported maal". "Look at her condition. She was in the BJP all her life and now she has gone to another party. Imported 'maal' does not work here, only original 'maal' works here," Sawant was quoted by ANI as saying. The Shiv Sena party emphasised that under the provisions of the Bhartiya Nyay Sahita (Indian Penal Code), this behaviour amounts to an act of outraging a woman's



modesty, in violation of Sections 354 and 509 of the IPC. "I am writing to file a formal complaint against Arvind Sawant, a sitting Member of Parliament, for his derogatory and highly objectionable remarks directed at Shaina NC, referring to her as a "real maal" (translated as "sexy bomb")," the Sena letter read. "This language, objectifying a woman in a public and influential setting, not only demeans the individual but also sends a deeply disturbing message to society, trivializing the respect and dignity of women," the letter said. "Under the provisions of the Bhartiya Nyay Sahita (Indian Penal Code), this behavior amounts to an act of outraging a woman's modesty, in violation of Sections 354 and 509 of the IPC. By using such terms, Sawant has exhibited a gross disregard for the principles of respect, equality, and decency that are fundamental to our society and legal framework," it added. "We all know that "MahaVinashAghadi" don't respect women... Ma Mumbai Devi's blessing is with me, I am a woman but not "maal". If you are to make derogatory remarks against any woman, then this is the FIR and the law will take its course," Shaina NC said after an FIR against Sawant was registered. Mumbai Police has registered a case under BNS sections - 79 and 356 (2)... When you outrage the modesty of a woman, do you think that the woman will keep quiet?

Union minister Kiren Rijju interacts with Chinese soldiers in Arunachal Pradesh

New Delhi, Nov 01 Union minister Kiren Rijju on Friday said that he interacted with soldiers of China's People's Liberation Army (PLA) along the Sino-Indian border near Tawang. The interaction took place during a visit to an Indian Army post on the occasion of Diwali. US Elections: Catch Real-time Election stories—Check Now! In a short video, posted on X, the union minister of parliamentary and minority affairs was seen talking to three PLA soldiers through an interpreter. He sought to know how the soldiers were managing while being posted in such a high-altitude area, which is located 15,000 feet above sea level. In response, the Chinese soldiers said that they had no problems while serving in such areas and they were comfortable, according to PTI. Also Read | Indian troops' patrolling in Ladakh's Demchok begins, SAS next "After talking to Chinese soldiers and seeing the infrastructures, everyone will feel proud of India's border development now," Rijju wrote in his post on X. The union minister, who hails from Arunachal Pradesh, also interacted and spent time with Indian Army jawans and celebrated Diwali with them. "Since you are far away from home during Diwali, we have also decided to be away from home and spend time with you," Rijju said.

Bibek Debroy, Chairman of PM's Economic Advisory Council, dies at 69

Navdeep Singh Sahni

New Delhi, Nov 01: Bibek Debroy, Chairman of the Economic Advisory Council to the Prime Minister, passed away on Friday morning. He was 69 years old. A Padma Shri awardee, economist Debroy had earlier served as the Chancellor of the Gokhale Institute of Politics and Economics (GIPE) in Pune. "Dr. Bibek Debroy Ji was a towering scholar, well-versed in diverse domains like economics, history, culture, politics, spirituality and more. Through his works, he left an indelible mark on India's intellectual landscape. Beyond his contributions to public policy, he enjoyed working on our ancient texts, making them accessible to the youth," Modi said. Debroy completed his early education at Ramakrishna Mission School, Narendrapur, and pursued higher studies

at Presidency College, Kolkata; Delhi School of Economics; and Trinity College, Cambridge. He had worked at Presidency

College, Kolkata; Gokhale Institute of Politics and Economics, Pune; Indian Institute of Foreign Trade, Delhi; and also as the Director of a Ministry of Finance/UNDP project on legal reforms. He was also a member of Niti Aayog up to June 5, 2019. Debroy authored and edited several books, papers and popular articles and has also been a consulting and contributing editor with several newspapers. Known for his far-reaching contributions to economic theory and policy, Dr Debroy was a respected figure in the fields of game theory, law reforms and Indology, as well as an advocate for poverty reduction and social equity. Debroy was also the Chairperson of Finance Ministry's 'Expert Committee for Infrastructure Classification and Financing Framework for Amrit Kaal', guiding strategic policy frameworks for India's long-term growth. Congress leader and Rajya Sabha leader Jairam Ramesh also condoled Debroy's death. "A man of unusually wide-ranging interests, Bibek Debroy was first and foremost a fine theoretical and empirical economist who worked and wrote on various aspects of the Indian economy.



NHAI seeks apex court nod to construct bridge over SYL canal in Fatehgarh Sahib

Tejinder Kaur Babbar

New Delhi, Nov 01: The National Highways Authority of India (NHAI) has moved the Supreme Court seeking permission to construct a major bridge over the Satluj Yamuna Link (SYL) canal at Pawala village in Fatehgarh Sahib as part of a new Greenfield Expressway which will connect Chandigarh with Amritsar-Jam Nagar Economic Corridor. The 135-km Expressway will start from Tricity (Chandigarh-Mohali-Panchkula) to Sirhind (Fatehgarh Sahib district) and will terminate at Sehna (Barnala district) on Amritsar-Jam Nagar Corridor. The project is divided into four packages - Mohali to Sirhind 27.37 km; Sirhind to Malerkotla 51.83 km; Malerkotla to Sangrur 33.3 km and Sangrur to Barnala 21.79 km. Land acquisition for all four packages has been completed and notifications under Section 3D of the National Highways Act, 1956,

have already been issued in 2022-23, the NHAI submitted. The NHAI is executing through a contractor the Greenfield Alignment Sirhind Mohali NH 205 AG of length 27.37 km under Bharatmala Pariyojna Phase 1 which starts from Bhagamajra village, SAS Nagar, at NH-205-A and ends at Saidpura village, Sirhind, on NH-44 (Delhi-Ambala-Amritsar NH-44). The work in package 1, Mohali to Sirhind - which will connect Chandigarh with NH 44 on Delhi-Amritsar National Highway - has already been started. This whole corridor (Mohali-Sirhind-Sehna) will provide connectivity with the upcoming Delhi-Amritsar-Katra Expressway which is about 655 km long and work on that expressway is in advanced stages of construction, it submitted. The complete stretch, Mohali-Sirhind-Sehna, will connect Chandigarh with New Delhi-Amritsar-Katra Expressway and Amritsar-

Jam Nagar Economic Corridor, thus providing high-speed connectivity. It will also

the NHAI's prayers. However, Punjab has sought certain clarifications from NHAI on the ownership of land on which the bridge would be constructed, while Haryana has put forth certain conditions. The court's permission is needed in view of the Supreme Court's November 30, 2016 order directing the states of Punjab and Haryana to maintain status quo and appointing receivers of the lands, works, properties and portions of the SYL canal. Earlier, the Punjab government had refused to grant a no objection certificate (NOC) for construction of the bridge over the SYL canal in view of the November 30, 2016 status quo order of the Supreme Court. The project as a whole is part of the Baddi-Bathinda corridor which will link major industrial town Baddi with Jamnagar/Kandla Port in Gujarat via the Amritsar-Jam Nagar corridor and Ludhiana-Bathinda corridor.



enhance connectivity with Chandigarh Airport from NH-44 and major towns such as Rajpura, Sirhind, Khanna, etc, the NHAI said. The states of Haryana and Punjab had earlier told the top court that they did not dispute the national importance of the project and may not have a serious objection on

## Harris slammed for 'word salad' after protesters interrupt Nevada rally

New Delhi, Nov 01: Kamala Harris is under fire once again for spewing "word salad." The vice president recently stumbled over her words after a heckler interrupted her speech during the Harris-Walz campaign rally in Nevada Thursday night. "You know what? Let me say something about this," she said amid the protests at the Reno event. As the video clip of a flustered Democratic nominee went viral, netizens took to social media to call her out for speaking in "gibberish." NORTH LAS VEGAS, NEVADA - OCTOBER 31: Democratic presidential nominee and U.S. Vice President Kamala Harris speaks during a "When We Vote We Win" campaign rally at Craig Ranch Amphitheater on October 31, 2024 in North Las Vegas, Nevada. With five days to go until Election Day, Harris is campaigning in Arizona and Nevada. Ethan Miller/Getty Images/AFP (Photo by Ethan Miller / GETTY IMAGES NORTH AMERICA / Getty Images via AFP) (Getty Images via AFP) Harris struggles with her speech amid protests. As chaos erupted among the crowd, Harris fumed, saying, "We are here because we are fighting for a democracy." "Fighting for a democracy," she went on before struggling with her words and repeating the same sentences. "And understand the difference here, understand the difference here, moving forward, moving forward, understand the difference here," the vice president said. Enhance your career with IIT Delhi's Design Thinking & Innovation Programme Enroll now Catch all the newsmakers, detailed explainers and deep analysis of the US Election "What we are looking at is a difference in this election — let's move forward

and see where we are because on the issue, for example, freedom of choice ...," Harris continued, only to be distracted again as the

Trump's campaign, shared the clip and tweeted, "Kamala spirals after ANOTHER speech is interrupted by protesters: "Understand the



protests intensified. "That's OK. That's all right. That's OK," she added. After noting that she did not mind the heckling, Harris said, "You know what? Democracy can be complicated sometimes. It's okay. We're fighting for the right for people to be heard and not jailed because they speak their mind. We know what's at stake." Despite getting ahead of her words again, her "word salad" became a subject of criticism online. Trump War Room, an X account run by Donald

difference here moving forward! Moving forward, understand the difference here! What we are looking at is a difference in this election. Let's move forward and see where we are!" Stephen Miller, an advisor for the GOP nominee, remarked, "[Harris] CRACKS UNDER PRESSURE. CHOKES EVERY TIME. Not a quality you want in the commander-in-chief." Meanwhile, Fox News contributor Tammy Bruce snarked, "The gibberish never ends."

## JD Vance claims teens 'become trans' to get into top colleges, 'That is the way to reject your White privilege'

New Delhi, Nov 01: JD Vance recently said that children are identifying as transgender to get admission into top universities and colleges. The

host Joe Rogan. "Think about the incentives," Vance told Rogan. "If you are a, you know, middle-class or upper-middle-class White parent and

obviously, that pathway has become a lot harder for a lot of upper-middle-class kids, but the one way that those people can participate in the DEI bureaucracy in this country is to be trans, and is there a dynamic that's going on where, if you become trans, that is the way to reject your White privilege." Enhance your career with IIT Delhi's Design Thinking & Innovation Programme Enroll now! "That's the social signifier. The only one that's available in the hyper-woke mindset is if you become gender non-binary," Donald Trump's running mate added. Vance appeared on the

Joe Rogan Experience less than a week after Trump appeared on the show. During Vance's interview, he described transgender medical care as "pharmaceutical con- version therapy" for gay people. "Every single day, my 4-year-old or 2-year-old will come to me and say something that is bats-- insane, because they're 4 and 2," Vance said at one point. "Like my 4-year-old will come and say, 'Daddy, I'm a dinosaur,' right? I'm gonna take him to, like, the dinosaur transition clinic and put scales on

him?" During the interview, Vance also addressed the fact that men who have transitioned to women are often allowed to participate in women's sports. "Have you seen all these studies that basically connect testosterone levels in young men with conservative politics?" Vance said. "Maybe that's what's going on. Maybe that's why the Democrats want us all to be, you know, poor health and overweight is because that means we're going to be -- no, it means we're going to be more liberal."



Republican vice presidential candidate made the comment during his interview with podcast

the only thing that you care about is whether your child goes into Harvard or Yale, like

## Epstein makes shocking claim about Trump's White House team in 2017 recording

New Delhi, Nov 01: Jeffrey Epstein claimed that Donald Trump used a divide-and-conquer strategy with his staffers. The disgraced financier made the shocking claim in a 2017 tape released by Michael Wolff on his podcast, Fire and Fury Thursday. The 71-year-old journalist said that the recording took place during his conversation with the sex offender, who died by suicide in 2019, in the SoHo branch of Ladurée, a patisserie in Manhattan, reported Daily Beast. Jeffrey Epstein made shocking claim about Donald Trump in a 2017 recording (New York State Division of Criminal Justice Services/Handout via REUTERS, Jeffrey Epstein made shocking claim about Donald Trump in a 2017 recording (New York State Division of Criminal Justice Services/Handout via REUTERS, AP Photo/Alex Brandon) Epstein told Wolff that Trump's staffers fought with "each other" while the former president "poisoned the well outside." "He will tell ten people 'Bannon's a scumbag' and 'Priebus is not doing a good job' and 'Kellyanne has a big mouth'—what do you think? Jamie Dimon [CEO of JPMorgan Chase] says that you're a problem and I shouldn't keep you. And I spoke to [financier] Carl Icahn. And Carl thinks I need a new spokesperson," the financier went on. Catch all the newsmakers, detailed explainers and deep analysis of the US Election "So Kelly[anne]—even though I hired Kellyanne's husband—Kellyanne is just too much of a wildcard. And then he tells Bannon, you know I really want to keep you but Kellyanne hates you," Epstein added in the clip, referring to former White House chief strategist Steve Bannon, former White House chief of staff Reince Priebus and former White House senior counselor Kellyanne Conway. In the wake of Wolff's alleged conversations with Trump, the GOP nominee's national press secretary Karoline Leavitt issued a statement to the outlet, slamming the controversial journalist.

## Jennifer Lopez nukes Donald Trump's Madison Square event at Kamala Harris rally

New Delhi, Nov 01: Jennifer Lopez totally slammed former US President Donald Trump at the rally in Las Vegas while endorsing VP Kamala Harris. JLo herself, a Puerto Rican-American, voiced her concerns over Trump's handling of race and gender issues, particularly his recent rally in Madison Square Garden. Jennifer Lopez speaks at a "When We Vote We Win" campaign rally for Democratic presidential nominee and U.S. Vice President Kamala Harris at Craig Ranch Amphitheater on October 31 "Trump has consistently worked to divide us," Lopez stated. "At Madison Square Garden, he reminded us who he really is and how he really feels. It wasn't just Puerto Ricans that were offended that day. It was every Latino in this country. It was humanity and anyone of decent character." Enhance your career with IIT Delhi's Design Thinking & Innovation Programme Enroll now! Lopez's comments were aimed at the podcaster and comedian Tony Hinchcliffe, who referred to Puerto Rico



"I am Puerto Rican, and yes, I was born here, and we are Americans," she declared to applause, adding, "I am a mother. I am a sister. I am an actor and an entertainer. And I like Hollywood endings. I like when the good guy, and in this case, the good girl wins." Harris' campaign has worked to keep these inflamma-

tory remarks in the public's eye, using Hinchcliffe's comments in campaign ads and rallying support from prominent celebrities, including LeBron James, who has cited them in his own endorsements. Earlier in the day, Puerto Rican-American icons Ricky Martin, Lin-Manuel Miranda, and Rita Moreno released a joint op-ed denouncing Hinchcliffe's remarks and defending Puerto Rico's contributions. "You might be surprised whom some people consider trash," they wrote, responding to Hinchcliffe's comment. During her 15-minute speech, Lopez grew emotional, acknowledging, "We should be emotional. We should be upset. We should be scared and outraged. We should — our pain matters. We matter. You matter. Your voice and your vote matter." "When I started in TV and film, I could get roles playing the maid or the loud mouth Latina, but I knew I have more to offer," the Atlas star recalled. "And I think there are a lot of people in this country who feel the same way, who know that they are capable of more, and we all just want a chance to prove it. And elections are about choosing leaders who support that, not one who stands in the way." "I'm a lover. I am not a fighter. I am not here to trash anyone or bring them down. I know what that can feel like, and I wouldn't do it to my worst enemy, or even when facing the biggest adversary, I think America has internally ever had. But over Kamala Harris' entire career, she has proven to us who she is," she concluded.

## Sheikh Hasina's ally slams protesters after its offices attacked in Bangladesh: 'Country now divided'

New Delhi, Nov 01: The Jatiya Party, founded by late President Hussain Muhammad Ershad, was a part of the

to former prime minister Sheikh Hasina's Awami League on Friday said that their offices were burned down in an arson attack

the country's ousted leader Sheikh Hasina, in Dhaka, Bangladesh, Thursday, Oct. 31, 2024. The Jatiya Party, founded by late President Hussain Muhammad Ershad, was a part of the Bangladesh Awami League-led Grand Alliance and participated in the previous three general elections even as other parties boycotted the elections. Enhance your career with IIT Delhi's Design Thinking & Innovation Programme Enroll now! According to ANI, the protesters were angry over the Jatiya Party's announcement of a rally in Dhaka on Saturday. Clashes erupted when protesters carrying the Chhatra Sramik Janata banner marched with a torch procession in front of the Jatiya Party's central office in Kakrail area, the heart of the capital Dhaka, on Thursday. Protesters vandalised the party offices, pulled down signboards and smeared ink on party founder Ershad's picture on the wall, ANI reported, citing witnesses. Also Read | "Kamala Harris, Joe Biden ignored Hindus": Donald Trump condemns violence against minorities in Bangladesh Police and Army were then subsequently deployed in front of the Jatiya Party office. Jatiya Party chief Ghulam Muhammed Quader, who had also served as the former commerce minister under Hasina's leadership, claimed that such pro-

testers were "splitting" the nation. "The country is now divided", Quader was quoted as saying by AFP in Dhaka. "They disregard everyone else, splitting the country into 'pure' and 'impure' factions... They determine who is culpable and who is not, leaving no room for justification. Once they tag someone as culpable, it's final." Also Read | Hindus in Bangladesh hold massive Chittagong rally demanding minority rights, Taslima Nasreen reacts On their part, the protesters claimed that Thursday's incident took place as they were attacked by members of the Jatiya Party during their march. "We were passing in front of the Jatiya Party office with a torch procession. At that time, terrorists of Jatiya Party threw bricks at our procession from the roof of Jatiya Party office", said Shakiluzzaman, a leader of Gono Audhikar Parishad, a political party that participated in the movement against Sheikh Hasina. "Jatiya Party terrorists themselves set fire to their office and escaped. Jatiya Party acted as a proxy of the fascist Awami League in the 2014, 2018 and 2024 elections", Shakiluzzaman said, according to ANI. Also Read | Sheikh Hasina's exile: Lutyens bungalow, heavy security cover Sheikh Hasina fled to New Delhi after the dramatic collapse of her government in August.



Bangladesh Awami League-led Grand Alliance. A Bangladeshi party formerly close

by protesters. Unidentified assailants vandalize an office of Jatiya Party that supported

## Pakistan MP attends Diwali celebration at Abhay Chautala's place

Chandigarh, Nov 01: Pakistan's former minister of state for interior Abdul Rehman Khan Kanju visited Indian National Lok Dal (INLD) leader Abhay Chautala's family in Haryana and joined them at an event to felicitate the party's two MLAs and join in the Diwali festivities. The event, in which INLD president and former chief minister Om Prakash Chautala was also present, was held at Chautala village in

tude to all the villagers for the felicitation ceremony organised to welcome our dear Aditya Devi Lal ji and Arjun Singh Chautala on

from Lodhran in Pakistan, congratulated Aditya and Arjun on being elected as Haryana MLAs. The Pakistani leader, while pointing towards Abhay Chautala, said, "We may be living across the border, but Abhay and OP Chautala have always been there for us in our thick and thin. Abhay is Haryana's sher (lion). "When I used to watch the Haryana assembly's proceedings on YouTube, Abhay used to forcefully raise issues in the House,"



Haryana's Sirsa district on Thursday evening. Abhay Chautala's son Arjun Chautala and Aditya Devi Lal won from Rania and Dabwali seats respectively in the recently held Haryana assembly polls. In a social media post in Hindi on Friday, Abhay Chautala said, "We express our heartfelt grati-

the land of our ancestral village Chautala late last evening and to our family member and MP Abdul Rehman sahab who came from Pakistan as the chief guest on this special occasion. Addressing the gathering, Kanju said he also had the opportunity to be part of festivities on Diwali. Kanju, who comes

he said about the former MLA. On the festivities, Kanju said, "Diwali is the festival of lights, which dispels darkness and may Allah bestow happiness on people of both the countries." In his brief address, Om Prakash Chautala said Kanju has always batted for better ties between the two neighbours.

## IDF claims Hezbollah fired over 4,400 projectiles towards Israel in last month

New Delhi, Nov 01: The IDF stated that they had also eliminated over 1,500 terrorists since the beginning of the war. The Israel Defence Forces on Friday stated that Hezbollah had fired over 4,400 projectiles toward Israel in the past month. The IDF also stated that they uncovered over 3,000 explosive devices, found and dismantled 2,500 anti-tank missiles, and rocket-propelled grenades (RPGs) in the last month. Enhance your career with IIT Delhi's Design Thinking & Innovation Programme Enroll now! The IDF stated that they eliminated over 1,500 terrorists since the beginning of the war. In a post on X, the IDF posted "1 month recap of limited, localized & targeted IDF operations against Hezbollah in southern

Lebanon". Also Read: Israel says it eliminated 3 top Hezbollah commanders in southern Lebanon. The IDF earlier stated that they found a statue of Adolf Hitler and Nazi symbols in one of the civilian homes in Lebanon. "It's no coincidence these were found in civilian homes exploited by Hezbollah in southern Lebanon. Hezbollah's goal has always been the same: annihilate Israel," a post read. "Hezbollah rockets killed 7 innocent civilians inside Israel today. We will not let Hezbollah's deadly attacks go unanswered," the IDF said. US Secretary of Defense Lloyd Austin recently spoke with Israeli Minister of Defense Yoav Gallant to explore opportunities for de-escalation amidst rising Middle East tensions. Their conversa-

tion highlighted the US' support for Israel's security, particularly in the face of threats from Iran and Iranian proxies. Notably, Hezbollah's rocket attacks in northern Israel have resulted in the loss of seven lives in agricultural fields near Metula and Haifa, marking one of the deadliest days for Israeli civilians in months, Times of Israel reported. According to the authorities, tragedy struck near the border town of Metula on Thursday morning when a rocket fired from Lebanon slammed into an apple orchard, claiming the lives of five people. Hours later, two more people were killed while in an olive grove outside the Haifa suburb of Kiryat Ata, as Hezbollah fired dozens of rockets at the area, Times of Israel reported.

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# If goal is to strip itself of last vestiges of neutrality, it is doing remarkable job: Cong slams EC

New Delhi, Nov 01: The Congress on Friday hit out at the Election Commission after it rejected allegations over irregularities in the Haryana assembly polls, saying if the poll panel's goal is to "strip itself of the last vestiges of neutrality", then it is doing a "remarkable job" at creating that impression. The opposition party claimed that the EC's reply was written in a tone that is condescending and warned that if the poll panel persists with such language then it would have no choice but to seek legal recourse to expunge such remarks. The Congress's response came days after the EC rejected allegations levelled by it over irregularities in the just-held Assembly polls, saying the party was raising "the smoke of a generic doubt" about the credibility of an entire electoral outcome like it did in the past. In its letter to the EC signed by nine senior Congress leaders, including general secretary in-charge communications Jai Ram Ramesh, the party said, "We have carefully studied your response to our complaints. Not surprisingly, the EC has given a clean hit to itself. We would normally have let it be at that. However, the tone and tenor of the EC's response, the language used, and the allegations made against the INC compel us to submit the counter-response." "We do not know who is advising or guid-

ing the hon'ble Commission, but it seems that the Commission has forgotten that it is a body set up under the Constitution and charged with the discharge of certain crucial functions - both administrative and quasijudicial," the response by the Congress leaders said. Posting the reply on X, Congress general secretary Ramesh said, "ECI gave a non-reply to Congress' specific complaints in 20 Vidhan Sabha constituencies in Haryana." The Congress letter said that if the Commission grants a recognised national party a hearing or examines issues raised by them in good faith it is not an 'exception' or 'indulgence' but it is the performance of a duty which it is required to do. "If the Commission is refusing to grant us a hearing or refusing to engage on certain complaints (which it has done in the past) then the law allows recourse to the higher courts' extraordinary jurisdiction to compel the ECI to discharge this function (as happened in 2019)," the letter said. The Congress leaders, who had peti-

tioned the EC alleging irregularities in the polls, said every reply from the EC now seems to be laced with ad-hominem attacks on either individual leaders or the party itself. The leaders said the Congress' communications confine themselves to issues and are written with a regard for the high office of the CEC and his brother Commissioners. "However, the EC's reply are written in a tone that is condescending. If the current ECI's goal is to strip itself of the last vestiges of neutrality, then it is doing a remarkable job at creating that impression," the party said in its letter to the EC. "Judges who write decisions do not attack or demonise the party raising the issues. However, if the ECI persists then we shall have no choice but to seek legal recourse to expunge such remarks (a remedy with which the ECI is familiar since it unsuccessfully sought to do the same with a high court's unflattering but accurate observations after Covid)," said the letter signed by Ramesh, K C Venugopal, Ashok Gehlot, Bhupinder Hooda, Ajay Maken, Abhishek Singhvi, Uday Bhan, Partap Bajwa and Pawan Khara. In a strongly-worded letter to Congress president Mallikarjun Kharge, the poll panel had said such "frivolous and unfounded" doubts have the potential of creating "turbulence" when crucial steps like polling and counting are in live play, a time when both public and political parties' anxiousness is peaking. The BJP retained power in Haryana winning 48 of the 90 seats in the October 5 assembly elections with the Congress bagging 37 seats, INLD two and Independents three seats.



## Junior doctors unhappy with CBI probe, announce new protests

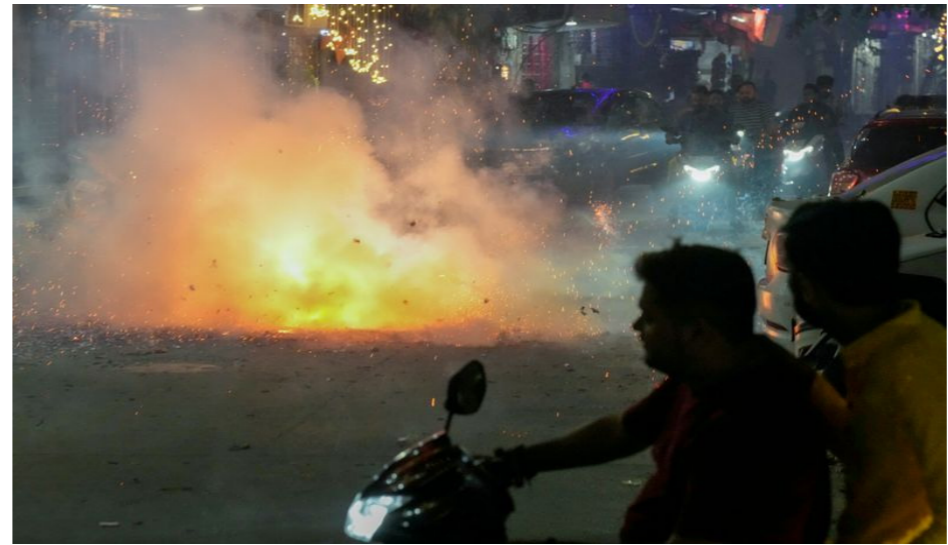
New Delhi: Nov 01: Junior doctors protesting against the rape and murder of their colleague at the state-run RG Kar Medical College and Hospital in Kolkata on Friday expressed unhappiness with the pace of probe by the CBI into the incident and announced a slew of fresh agitations, reported PTI. Junior doctors raise slogans during a torch rally towards the CBI office in protest against the alleged rape and murder of a woman medic at the RG Kar Medical College and Hospital, in Kolkata on Oct. 30, 2024. Junior doctors raise slogans during a torch rally towards the CBI office in protest against the alleged rape and murder of a woman medic at the RG Kar Medical College and Hospital, in Kolkata on Oct. 30, 2024. The doctors, protesting under the banner of the West Bengal Junior Doctors' Forum, were also dissatisfied with the central probe agency's chargesheet, which named only one person as an accused in the case. Enhance your career with IIT Delhi's Design Thinking & Innovation Programme Enroll now! Forum spokesperson Debashis Halder said that junior doctors feel, based on media reports, that the role of "other perpetrators" of the crime has not been fully spelled out in the CBI charge sheet. "Has the role of other arrested persons including former (RG Kar hospital) principal Sandip Ghosh been entirely investigated?" Halder asked. He also announced a slew of fresh agitations by the protesting doctors. "We will take out a rally in Kolkata on November 9 from College Square to Esplanade along with members of civil society organisations. There will be similar rallies in different parts of West Bengal," Halder was quoted as saying by . A mass convention will also be held on November 9 on Rani Rashmoni Avenue in the Esplanade area, demanding justice for the murdered medic. "We are also giving a call to light lamps at every locality of Bengal on November 4," he added. The doctor was found murdered inside the seminar hall of the hospital on August 9. The police arrested a civil volunteer named Sanjay Roy for the crime. The CBI, which took over the probe, arrested the former principal of the RG Kar Medical College, Sandip Ghosh, and the now-suspended officer-in-charge of Tala Police Station, Abhijit Mondal. On October 21, the agitating junior doctors called off their fast-unto-death, which started on October 5, following a meeting with Chief Minister Mamata Banerjee who assured them of looking into their demands.

# Delhi Fire Services receives 318 fire-related calls on Diwali, highest in 13 years

New Delhi, Nov 01: The Delhi Fire Services (DFS) experienced a surge in fire-related calls this Diwali with more than 300 such incidents reported across the city, which is the highest in the past 13 years, an official said on Friday. According to officials, the increase is attributed to the extensive use of firecrackers. "The figure marks the highest number of Diwali-related fire and emergency incidents in the past 13 years," DFS chief Atul Garg said. DFS, which had ramped up its readiness for the festival by deploying fire engines and personnel across the city, reported that most calls were received between 5 pm on October 31 and 5 am on November 1. According to the data shared by DFS, they had received 206 fire-related calls in 2011, 184 in 2012, 177 in 2013, 211 in 2014, 290 in 2015, 243 in 2016, 204 in 2017, 271 in 2018, 245 in 2019, 205 in 2020, 152 in 2021, 201 in 2022 and 208 in 2023. "This year, we received 318 fire-related calls. The number is the highest in the last 13 years. "We were also fully prepared to tackle any and every situation with deployment of all the fire units and officials. We cancelled all the leaves and were ready to help everyone across the city," Garg said. He said at least 78 calls regarding fire incidents were received between 4 pm and 9 pm. He said the peak time of such calls this year was 6

pm to 11.59 pm, when DFS received 176 fire-related calls, and from 12 am to 6 am, when received 144 calls. "Last year during

lution, the Delhi government had enforced a comprehensive ban on firecrackers for the fifth consecutive year, prohibiting their



the same time, we had received 195 fire-related calls," he added. The relentless bursting of firecrackers through the night blanketed Delhi in dense smoke, causing severe noise pollution and reducing visibility as residents defied the ban on firecrackers and celebrated Diwali on Thursday. In an effort to combat the annual spike in pol-

lution, the Delhi government had enforced a comprehensive ban on firecrackers for the fifth consecutive year, prohibiting their manufacture, storage, sale and use. Delhi Environment Minister Gopal Rai mobilised 377 enforcement teams, working closely with resident welfare associations, market committees and social organisations to promote compliance. Police were deployed to monitor neighbourhoods, with officials warning that legal action would be taken

## ISRO's analogue space mission kicks off at Ladakh's Leh

New Delhi, Nov 01: Taking a significant step in the field of interplanetary space missions, India on Friday launched its first analogue space mission at Leh in Ladakh. The objective of the mission is to simulate life in a habitat on another planet to experience and be ready for the challenges that future astronauts may encounter in such a mission. The initiative is a collaborative endeavour involving the Human Spaceflight Centre of Indian Space Research Organisation (ISRO), AAKA Space Studio, the University of Ladakh and IIT-Bombay. Supported by the Ladakh Autonomous Hill Development Council, Ladakh has been chosen for the experiment for its unique geological characteristics. It's cold, arid conditions and high altitude provide an ideal environment for testing technologies and strategies required for interplanetary missions. The mission is part of India's ambition to enhance its capabilities in human spaceflight and interplanetary exploration. ISRO is at present working on Gaganyaan programme, which aims to send Indian astronauts into space. During the analogue mission, participants will engage in various activities designed to simulate life on another planet. These include habitat design evaluations, resource management studies, and psychological assessments of isolation effects on crew members. The findings are expected to inform future designs of habitats in other locations beyond the earth within the solar system. AAKA Space Studio will play a crucial role in designing habitats that are sustainable and conducive to human health under extraterrestrial conditions.

## NCW chief asks ECI to take action against Arvind Sawant's 'imported maal' remark

New Delhi, Nov 01: The NCW chief appealed to all political parties and public representatives that there should be no tampering with the honor, dignity and prestige of women. National Commission for Women Chairperson Vijaya Rahatkar on Friday requested the Election Commission of India to take "immediate action" against Shiv Sena (UBT) MP, Arvind Sawant, for calling Shiv Sena leader Shaina NC "imported maal". The NCW chief appealed to all political parties and public representatives that there should be no tampering with the honor, dignity and prestige of women. "Shiv Sena (Thackeray) MP Arvind Sawant has made a very inappropriate statement against Shiv Sena (Shinde) Assembly candidate @ShainaNC. Diwali is going on, Lakshmi Puja is happening. In such a holy festival, responsible public representatives like MPs make such statements against women, which is completely wrong. @MumbaiPolice should take appropriate action as per law on the FIR lodged by Shaina NC," Rahatkar posted on X. "I once again appeal to all political parties and all responsible public representatives that there should be no tampering with the honor, dignity and prestige of women. The issue of women's dignity is above party politics. @ECISVEEP should also take immediate action on such inappropriate statements being made during the elections," she added. Meanwhile, a case has also been registered at Nagpada Police Station against Sawant on a complaint by Shaina NC over his "imported maal" remark. Sawant has reportedly said, "Look at her condition (Shaina NC). She was in the BJP all her life and now she has gone to another party. Imported 'maal' does not work here, only original 'maal' works here." However, after facing backlash for his "imported maal" remark against the Shiv Sena candidate from Mumbai for upcoming Maharashtra assembly, Sawant on Friday claimed that did not mention Shaina's name. "I never men-

tioned her name. I only said that someone who is an outsider will not be able to work here. It's their habit to create uproar," he said while speaking to ANI. He also criticized PM Modi, accusing him of falsehoods and referencing the alleged ₹75,000 crore irrigation scam involving NCP leader Ajit Pawar, who was later made Deputy Chief Minister of Maharashtra. The Maharashtra Assembly election is set to take place on November 20, with vote counting for all 288 constituencies scheduled for November 23.

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against violators under sections of the Bharatiya Nyaya Sanhita (BNS) for defying government orders. Meanwhile, another official of DFS said they received three calls of fatal nature. Two calls were received from the Sagarpur area and one was received from the Daryaganj area. According to the southwest district police, they received two different calls regarding suicide at the Sagarpur police station. In the first call, a 44-year-old man, identified as Madanlal, committed suicide near Air India Colony. "His body was found in an auto-rickshaw. He was addicted to alcohol and used to work as a labourer. "No foul play behind the matter was suspected," a senior police officer said. He further said another call was also regarding suicide, this time by a 22-year-old man. "Another PCR call regarding suicide was received at 7.16 pm saying a man committed suicide by hanging himself in his house. The deceased was identified as Tushar," said the officer. He said a suicide note was also found which did not blame anyone behind his step, the officer said. A police officer of central district said they received a call regarding the death of a 52-year-old man in a house in the Daryaganj area. "He was suffering from some ailment. He died due to multiple organ failure in his house," he said, adding that no foul play was suspected behind his death.

# Punjab and Haryana High Court brings Diwali cheer, orders release of woman

Chandigarh, Nov 01: Amid Diwali celebrations, the Punjab and Haryana High Court ordered the immediate release of a woman and her son "illegally confined" in a criminal case involving a "civil dispute" by the Ludhiana police following alleged intervention by a "sitting AIG of Punjab Police, who remained at various posts in the district like the DCP". Citing the significance of Diwali

detainees at home". Justice Vashisth's bench, during the course of hearing, was told that the police, allegedly pressured by the senior Punjab police officer connected to the complainant, had turned the civil dispute over leased property into a criminal case to compel the family to vacate the premises. The bench was told the police agency was "hand in glove" with the AIG. The registration of a

the police to hand over the original "additional" lease-deed. Apprehending that the document would either be destroyed or tampered with if handed over to the police, an application was moved before a Ludhiana court. The police in response submitted a report that criminal case was not registered against the "detainee" woman and she was also not required. "Despite submission of the report before the court and consequent withdrawal of the application by the woman, the detainees and other family members have now been slapped with the FIR", it was added. Justice Vashisth during the course of hearing observed that the SHO of the police station concerned failed to provide satisfactory explanations for the delay in registering the FIR, especially when the complainant - now abroad - was present in India during the initial complaint dates. The court stated, "No plausible and satisfactory explanation has been given... why no action was taken immediately by the police." "Prima facie, the contention raised by the counsel for the petitioner through present petition seems to be more probable and if truly so, undoubtedly, undue harassment has already been caused to the detainees by the police. However, same is still under examination before the court," Justice Vashisth observed. The court also empowered the DGP to initiate an independent inquiry into the alleged police misconduct. The bench made it clear that this inquiry was required to be conducted by an officer not below the rank of SSP before submitting a report to the court by the next hearing date on November 25.

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Simple ways to become a

# Better cook



While eating out is the most popular activity, learning to cook does not seem to be so of late. In fact, it also does not seem to feature among the top-five resolutions. If you are among the health conscious, who plan to eat healthy this year, it is more effective if you learn to cook it yourself. All you need to do

is get rid of the awe around cooking. It is no rocket-science. Just remember some things for a hassle-free, healthy cooking...

➔ **Make a commitment**

Always remember that learning is a process and not just a single step. To become a good cook, you will require some

time to master it. It is much more than reading a recipe and following a set of instructions. Says food blogger Vidhi Ravjani, "Often you may lose hope and just feel like ordering something from your neighbourhood restaurant, but try to remember your goal. Figure out what went wrong in the first dish you made and don't repeat it the next time

around."

➔ **Pay attention**

The first rule when you just start out cooking is to be attentive. Turn off your TV, don't talk on the phone or don't surf the internet while you are cooking. Be aware of what the food looks like or what it smells like etc. Paying attention to what you're cooking, also saves you from unwanted disaster. For example, if you have put something on the stove and get busy talking on the phone, chances are that the dish could end up getting burnt as you are distracted.

➔ **Organise well**

The trick to becoming a better cook is by keeping everything you need while cooking at hand. Since you are not used to the whole process of cooking, you may forget about having everything prepped and chopped before you begin. Before you start, make sure that you have all the ingredients you require for the dish so that you don't have to do any last-minute running around.

➔ **Taste your food while you cook**

Don't wait for your cooking to get done completely. Flavour is built up in layers — when you taste the food in various stages of being cooked, you will get different flavours. For example if you are cooking with tomato, you will notice how the flavour of a tomato sauce deepens as it cooks or how a carrot goes from a simple vegetable to a rich and sweet dessert. Also when it comes to seasoning, always remember that there's more to it than salty or sweet. Many dishes can also be fixed easily with a jolt of acidity.

➔ **Keep it simple**

Just like you don't become an excellent driver until you have spent a considerable amount of time on the road, similarly you won't become a chef in a day. Begin by learning a few basics — a vegetable or chicken soup, an omelette, dal and chawal are a few. Repeat them until you are satisfied with the result. Move over to another dish only when you have mastered the simple ones.

➔ **Shop with care**

As a beginner, you may feel that the real cooking starts in the kitchen, but you are wrong. It really starts in the market. Select the ripest of fruits, the deeply coloured vegetables or the fresh variety of meats. Devote an extra 10 minutes to choose the best ingredients as it will save you hours of cooking time.

➔ **Get the right equipment**

There are a few essential equipments that you need to have. These include a skillet, woks, roasting pans, slow cookers, casserole dishes and salad bowls. Home baker Geeta Subodh says, "Besides these, a well-stocked kitchen includes a saucepan, cutting boards, one for meat and one for vegetables. Use a big cutting board — the bigger the board, the more room you will have for quickly prepping ingredients. You should also have a set of mixing bowls and measuring cups and spoons."

➔ **Keep a well-stocked pantry**

You shouldn't think of your kitchen as just an ordinary kitchen. While you are making a shopping list, and as you cook and use the ingredients, keep your pantry in mind. Every time you reach the bottom of your ginger-garlic paste or vinegar bottle, always jot it down on your list, so that you won't come up empty-handed the next time you are about to cook.

## Tried fresh fruit popsicles yet?



Want to get your kids to enjoy fruit and still indulge in a chilled treat? How about making some fruit popsicles? They're a healthier alternative to aerated drinks and high-sugar syrups. These popsicles are not just a natural fix, but thus also make for a smarter dessert idea. They help you stay hydrated and give you an energy boost.

What's more, you can use just about any fruit — strawberries are in season, so start with those. Here are a few tips on how to make the cold sticks...

**HOW TO MAKE THE COLD POPS**

- Mash the fruit in a bowl and spoon it into the popsicle moulds.
- Add some juice or lime water for extra taste.
- Place these in the fridge.
- When semi-set, insert a stick in each and re-freeze.
- When set, run the moulds under cold water to ease out the pops.

**DIFFERENT KINDS**

There's a lot to try out. Use fresh orange or

mosambi that are always in season. Mix pomegranate (the fruit has a low glycemic-index and is recommended for obese and diabetic patients) with lemon and a little cinnamon. Try hibiscus with pomegranate by mixing hibiscus tea with pomegranate juice, opt for peach pulp with honey or make the popsicles yoghurt-style by adding fresh yoghurt to the mix. With the summer coming up soon, you can also make coconut water popsicles as the fruit is high in potassium and extremely hydrating.



## Five foods that help you remain fit, healthy and active

New Delhi: In today's world we have to be fit and healthy in order to cope with the ever-mounting pressures of a globalised life. Exercising in the gym and gardening alone won't keep you fit. You are what you eat and it is imperative you consume healthy foods.

Eating food rich in carbohydrate, proteins, minerals and vitamins after exercising make helps you boost your immunity.

Here are some foods that will help you to stay fit and energised throughout the day:

**Apple:**

'An apple a day keeps the doctor away'. There are different types of apples available in the market. Apples contain essential fibres, carbs and vitamins. You can use apple in salad, juice, smoothies to avoid boredom of eating an apple as it is.

**Eggs:**

An egg is one of the most loved foods for athletes.

Eggs contain high amount of protein. You can eat an egg at any time of the day. It provides you all the protein that a body needs to repair.

**Milk:**

Drinking a glass of milk in the morning is very good as it contains calcium, proteins and hydrating properties which help your body get energised. You can have a glass of milk before going to bed as it helps your body to get the rest it needs. You can add fruits to milk and have healthy shakes.

**Chicken Breast:**

Chicken Breast contains protein and it supports muscle development.

**Salmon:**

Salmon is an excellent source of vitamins and Omega 3 fatty acids which are believed to keep your heart healthy. It is also high in protein.



## Tried some Gujarati Parsi?

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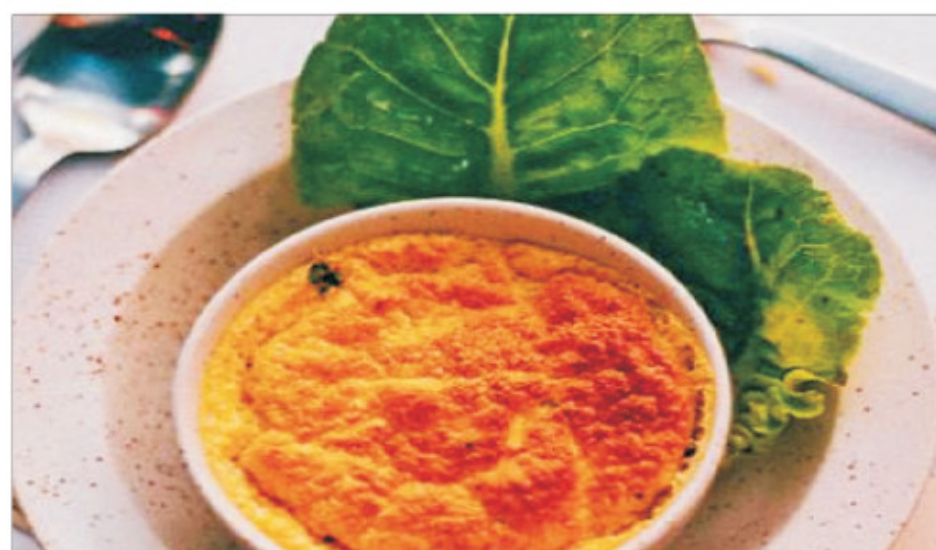
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# Top 20 ways to Improve Your Concentration

With distractions present everywhere, concentrating on work becomes difficult. The human mind isn't designed to cope with surrounding chaos as each sense picks up on something that could distract us in a second. However, even though it is difficult to improve concentration, it is not entirely impossible. Perseverance is important in improving your concentration power. Here are the top 20 ways with which you can improve your concentration. Get cracking today!

### Select your environment

The environment in which you work plays an important role in improving your concentration. Comfortable and appealing environments are more conducive to attaining full concentration while working.

Usually, while selecting the environment, keep in mind, the lesser the distractions, the better the chances of working with full concentration.

### Control your thoughts

The key to concentration is to not allow your mind to distract you with casual thoughts. When unrelated thoughts emerge in the mind, pay no attention to them and actively focus on the task you are trying to accomplish.

### Make a time plan

Make a schedule for the jobs to be done. In order to balance, allocate time appropriately to serious tasks, and to leisure as well. This will help you feel more fulfilled and less weak toward playful distractions.

### Never be negative

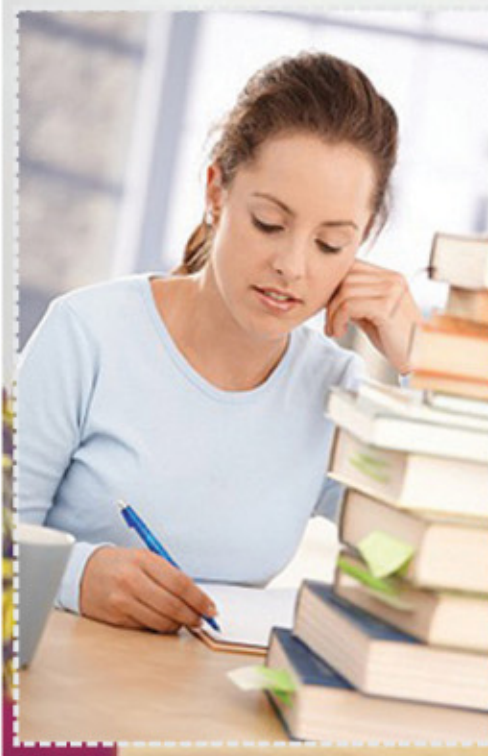
Do not tell yourself that you cannot concentrate; this will make it more difficult to focus, because you will force your mind to be short of concentration and attention.

### Avoid Multi-tasking

Multi-tasking ensures that we cannot concentrate on one single task at hand when we have a horde of tasks lying in front of us. Focus on completing each task before moving on to the next.

### Cut off the Noise

Cutting off noise is very important, as it is obvious that distractions won't help you focus. Though it can be tempting to put the e-mail



alerts on, reply to the BBM or whatsapp messenger and answer every request sent your way, eventually it will only prevent you from concentrating.

### Diet and Exercise

Focus depends, to a great deal, on a balanced diet and exercise plan. Lack of essential nutrients can cause fatigue and lethargy. Ensure concentration by eating a diet rich in nuts and fruits containing Vitamin E, and follow through with a healthy workout routine.

### Understand the task

Concentration is particularly difficult if you have doubts about what you are doing or if you find the task confusing.

When work is difficult, the mind looks for easier things to do. Hence, try to get a general overview and develop a basic concept and framework before you start each task.

### Conquer Procrastination

Don't feel like concentrating? Are you putting off a task? This is procrastination.

Do not postpone, in fact simply decide to not leave your seat till the burdensome task is over.

### Spot your peak times

All of us have our times of peak alertness in the 24-hours cycle. However, it is not the same for all.

Find out yours and use it for more tricky or less interesting tasks.

### Be positive

Whenever you need to focus, tell yourself over and over again that you can concentrate, and this will easily help you to develop this ability.

### Divide tasks

Tasks that have no clear start or end point will destroy your focus. If you have a large project that needs work, clearly identify a path that you will use to get started working on it.

### Concentration Exercises

Exercise restores the loss in focus by improving mind and body coordination.

Focus is closely related to memory preservation exercises like coin trick, chair trick. This will improve your concentration.

### Meditation

Meditation is not a cure; but, if you can practice sincerely and learn to control the mind you will notice a difference, and slowly improve your concentration power.

### Go slow

It is important to discipline yourself as well as put in more time to effective use. So start small, but stick to it if you are not able to concentrate easily.

### Train your brain

In order to improve your concentration you need to train your brain. If you are unable to focus on a subject for

more than a few seconds, but if you persevere, you will be able to fix the mind on anything for a longer duration.

### Set a Deadline

Deadlines work well when trying to strengthen concentration.

A deadline can make it easier to forget the non-essential and speed up your working time.

### Get enough sleep

Impose a regular bedtime. Tiredness, fatigue and lack of a good night's sleep is one of the leading causes of poor concentration.

### Steady progress

If you feel you are horrible at concentration, try to make small improvements each week.

If you get distracted for say half of the time, make an effort to get distracted for less time each week.

### Manage requirements

Make sure that you have arranged all your requirements before you start with each task. This may avoid unnecessary distractions, and you will work serenely.

### Unite your heart with mind

Applying your mind to the work is a requirement in any case; adding positive attitude makes the real difference. When you start enjoying the work, your understanding of it and desire to concentrate on it is much faster and better.



## Benefits of chamomile

# Tea

Of late, green tea has earned kudos for its miraculous effects on skin and body. But the wonders of chamomile tea are still unknown to many. Yes, chamomile tea has sundry beneficial effects on the skin as well as hair. Some of them are as follows:

1. It has an abundance of amazing healing, antioxidant, cleansing and moisturizing properties and is considered a full-fledged skincare treatment.
2. Infused with great healing properties, chamomile tea accelerates the healing process of minor wounds and also disinfects the wounds.
3. Chamomile tea is an excellent all-natural skin bleach. It lightens the complexion and renders it a healthy glow.
4. It is found to be very effective in soothing skin irritation and sunburns.
5. This magic potion is a powerhouse of antioxidants that help you fight acne and breakouts. It

also works wonders to eliminate acne scars.

6. It protects your skin from free radical damage, a chief contributor to premature aging, hence help retaining your youthful charm for long.
7. Placing cooled down chamomile tea bags under the eyes can help reducing under-eye dark circles and eye puffiness. It also soothes your tired eyes.
8. When blended with powdered milk, chamomile

tea provides you a great body and facial scrub. It sloughs off the dead, dry skin cells revealing the underlying cells which are new.

9. If consumed on a regular basis, chamomile tea nourishes and moisturizes your skin from deep inside. You may also want to use chamomile in your homemade beauty recipes to draw its beauty benefits.
10. A chamomile tea rinse brightens up the blonde hair instantly. If combined with henna, it makes natural highlights for dark hair as well.
11. It is a wonderful hair lightener. Using chamomile tea as final hair rinse adds a stunning bright-golden light to the brown hair. Use the treatment regularly to lighten your hair gradually.
12. Chamomile is also found to be highly effectual in preventing and eliminating dandruff. In addition, it also soothes irritated scalp.



Here are 7 great reasons to snack on olives regularly

### Cardiovascular benefits

When free radicals oxidize cholesterol, blood vessels are damaged and fat builds up in arteries, possibly leading to a heart attack. The antioxidant nutrients in black olives impede this oxidation of cholesterol, thereby helping to prevent heart disease. Olives do contain fat, but it's the healthy monounsaturated kind, which has been found to shrink the risk of atherosclerosis and increase good cholesterol.

### Cancer prevention

Black olives are a great source of vitamin E, which has the brilliant ability to neutralize free radicals in body fat. Especially when working with the stable monounsaturated fats found in olives, vitamin E can make cellular processes safer. When such processes such as mitochondrial energy production are not well protected, the free radicals produced can cause oxidation, damaging a cell's mitochondria, and preventing the cell from producing enough energy to supply its needs. If the DNA of a cell is damaged, it may well mutate and become cancerous. Studies have shown that a diet supplemented with olive oil leads to a lower risk of colon cancer, almost as low a risk as a diet rich in fish oil.

### Skin and hair health

Black olives are rich in fatty acids and antioxidants that nourish, hydrate and protect. Chief among those is vitamin E. Whether applied topically or ingested, vitamin E has been shown to protect skin from ultraviolet radiation, thus guarding against skin cancer and premature aging. You can gain a healthy, glowing complexion by washing your face in warm water, applying a few drops of olive oil to vulnerable spots, and letting it work its magic for 15 minutes before rinsing it off. In fact, you can moisturize with olive oil before any bath, and even condition your hair with it by mixing it with an egg yolk and leaving it before rinsing and washing.

### Bone and connective tissue

The anti-inflammatory abilities of the monounsaturated fats, vitamin E and polyphenols in black olives may also help dull the asnerity of asthma,

## 7 reasons you MUST eat

# Olives



osteoarthritis, and rheumatoid arthritis. Most of the suffering in having one of these three bone maladies is brought about by high levels of free radicals. Olive oil also contains a chemical called oleocanthal, which acts as a painkiller. Research has found that oleocanthal inhibits inflammation by the same means that drugs like Ibuprofen do.

### Digestive tract health

Frequent consumption of both vitamin E and the monounsaturated fats in black olives is associated with lower rates of colon cancer. These nutrients help prevent colon cancer by neutralizing free radicals. Olive oil's protective function also has a beneficial effect on ulcers and gastritis. Olive oil activates the secretion of bile and pancreatic hormones much more naturally than prescribed drugs, thereby

lowering the incidence of gallstone formation. A cup of black olives also contains 17% of the daily allowance of fiber, which promotes digestive tract health by helping to move food through the system at a healthier pace. This keeps any one part of the digestive tract from having to work too hard and supports the ideal balance of chemicals and populations of microorganisms required for a healthy digestive system.

### Good source of iron

Black olives are very high in iron. The ability of red blood cells to carry oxygen throughout the body is due to the presence of iron in the blood. If we suffer from a lack of iron, our tissues don't get enough oxygen, and we may feel cold or weak. Iron also plays a vital role in the production of energy. It is a necessary part of a number of

enzymes, including iron catalase, iron peroxidase, and the cytochrome enzymes. It also helps produce carnitine, a nonessential amino acid important for the utilization of fat. To top it all off, the proper function of the immune system is dependent on sufficient iron.

### Eye health

One cup of black olives contains ten percent of the daily recommended allowance of vitamin A which, when converted into the retinal form, is crucial for healthy eyes. It enables the eye to better distinguish between light and dark, thereby improving night vision. Furthermore, Vitamin A is believed effective against cataracts, macular degeneration, glaucoma and other age-related ocular diseases.

### The moral context of Article 370

THERE has been an avalanche of commentaries attacking the Supreme Court Constitution Bench's verdict on the abrogation of Article 370, prompting one to wonder whether some of them were written by the ghost of Adlai Stevenson (more about him later). All public pronouncements of constitutional bodies, or rather every pursuit of public good, must be built on the firm foundation of morality. Arguments of legality and procedure become insignificant if what is legal is immoral and false. Hence, it is imperative to examine the moral context of Article 370 and the special status for Jammu and Kashmir. The last two volumes of The Collected Works of Mahatma Gandhi throw light on the circumstances that shaped the framing of the Constitution, especially the Kashmir question. The word 'Kashmir' appears 117 times and 'Sheikh Abdullah' 40 times in Volume 97 for the period from September 27 to December 5, 1947, which covers the Pakistani invasion of J&K and Maharaja Hari Singh's signing of the Instrument of Accession. Here is an instance: "I do not believe in armed fighting, but I must know what it is. On the one hand are 1,500 Indian soldiers and on the other all those Afridis and others. And there is Sheikh Abdullah. He is called the Lion of Kashmir... He is doing what a single individual can do... He would not let the Hindus and Sikhs there die before the Muslims. What if the Hindus and Sikhs are in a minority there? If this is the attitude of the Sheikh and if he has influence on the Muslims, all is well. The poison which has spread amongst us should never have spread. Through Kashmir that poison might be removed from us... Now Kashmir is in the hands of Sheikh Abdullah. He regards the Hindus, Muslims and Sikhs as his brothers." Gandhi said this on October 29 at his prayer meeting, just a week after Pakistan attacked. The only moral thing for Gandhian nationalists to do in that blood-soaked dawn of Independence was to have hailed the lone Muslim leader and his people who were giving them hope that Hindus and Muslims could live together as one nation. Only Sheikh Abdullah and Kashmiri Muslims stood between Indian nationalism and the British two-nation theory. India, then and now, cannot be divided in every district. The spread of the communal poison had to be stopped. And Gandhi rightly believed that "through Kashmir that poison might be removed from us". So, Kashmir was special. It had a special status in the hearts of every nationalist then because, despite anti-Muslim riots in Jammu, there was no retaliation in the Kashmir valley. Sure, Gandhi lionised Sheikh. But it was not just Gandhi; even refugees who lost everything to Islamist violence in West Punjab listened to him. On Guru Nanak Jayanti, Sikh leader Baba Bachittar Singh took Gandhi to Chandni Chowk along with Sheikh Abdullah. "I asked him how Sheikh Abdullah could come there since the Sikhs and the Muslims could not bear to look at one another. But he said that Sheikh Abdullah had done one great thing. He had kept the Hindus, Sikhs and Muslims united in Kashmir and created a situation in which they would wish to live and die together," Gandhi reported to his gathering on November 28, 1947.

This was the glue the nation-builders desperately sought, and it was integral to Sheikh's brand of nationalism — anti-colonial, anti-feudal, pro-people and, most importantly, it was built on the principle of Hindu-Muslim amity. The slogan Mahatma Gandhi ki jai was often followed by Hindu-Muslims. Here was, finally, another leader worthy of similar adulation as an apostle of Hindu-Muslim amity. The concessions in Kashmir were for the greater good of the nation and beyond. If Kashmiri Muslims can live and prosper in the Indian Union, why not Sindhi Muslims or Baluchi Muslims? And all of them could be offered special protection and a special status. Could there have been a greater means to defeat the two-nation ploy than the people's will expressed through communal amity? That was the moral context of Article 370. But Sheikh himself defeated this idealism in 1953 when he conspired to create a separate 'independent Kashmir', using the Muslim identity as a secessionist tool. Sheikh discussed the contours of an independent Kashmir when he met a top US politician, Adlai Stevenson (who was a Democrat presidential candidate twice).

### The political economy of rising burger prices

The average US citizen is stuck between high prices and equally high debt. This is a terrible situation for Biden just a year away from a possible re-election bid.

I have a friend who is a big burger buff. He went to college in the US, and whenever he would come home for the holidays, he would complain about the price of burgers in Delhi. "You can get a great burger there for less than a dollar, twice this size," he would say, pointing to the one we used to eat at one of Delhi's few fast-food joints in the early 1990s. Last week, he came back from a short trip to New York, completely devastated. "Do you know what a good non-McDonald's burger costs in New York now?" he asked me. "15 dollars!" I have read about unprecedented inflation in the US, but this is something else. The last time I ate a burger in New York, nine years ago, I paid \$4 at an upmarket cafe. A McDonald's cheeseburger would have cost me \$1, which went up to \$1.09 in 2019. In the early 1990s, the same McDonald's burger would have cost 75 cents. Now, it costs \$3.69.

That means the price of a cheap McDonald's burger had risen at an annual rate of 1.5 per cent over 25 years, and in the past five years, it has shot up by 15 per cent per year! No wonder President Joe Biden's approval ratings are so bad. The Biden administration desperately needs to cool inflation down or at least control the messaging around it. One important player in inflation messaging in the US is its central bank, 'the Fed', short for Federal Reserve. Every now and then, the Fed or its members make predictions about where they see inflation settling over the next year or so. Based on these inflation expectations, the Fed tinkers with its key interest rate. It also gives people advance notice as to how many rate cuts or hikes are expected over the next few quarters. What the Fed says about inflation is amplified by the media, seeps into party conversations and ends up defining the average consumer's own view on future prices. How do interest rates affect inflation? Textbook economics tells us that inflation happens when entrepreneurs want to expand their operations but there aren't enough workers to work for them. Because workers are in high demand, they ask for higher wages. That pushes up costs, and businesses have no option but to charge higher prices for their products. The workers have more money in their pockets, but when they go to the shops, they find that everything that they buy has become more expensive: The rise in wages has been offset by higher prices. They now bargain for even higher wages, anticipating that prices will keep going up. This is what textbook economists call a wage spiral. Of course, this is a half-truth. Several studies have decisively shown that periods of high inflation are largely driven by businesses trying to increase their profit margins to make the most of shortages. In both cases, high inflation is caused by demand for goods and services outstripping their availability. That is why when inflation flares up, central banks try to curb demand. They do that by making loans more expensive. In theory, when interest rates are low, entrepreneurs feel encouraged to take bigger risks, hoping to borrow cheap, spend it on buying machines and hiring more workers, increase production and make more money. The opposite



happens when interest rates are hiked: businesses stop investing and cut back on hiring. Workers, faced with a tight labour market, agree to work at lower wages. Both corporate and household demand falls. That brings down prices and inflation eases. When Covid-19 hit the world, the US Fed quickly brought its interest rate down to 0.05 per cent. This almost free money helped boost the economy and there was a huge surge in employment as soon as the lockdowns ended. However, because of China's zero-Covid policy and Russia's war in Ukraine, there were massive supply disruptions. The average American consumer was earning decent wages and had access to extra-cheap credit, but there weren't enough things for him/her to buy. Not only did this cause a rise in prices, but also allowed corporates to take advantage of shortages and jack up their profit margins. This is a classic side-effect of easy money. Studies have shown that cheap credit lulls consumers into believing that it is okay for them to borrow and buy things. They assume that they will earn enough to pay off their debts. Inflation is overwhelmingly driven by such credit-fueled overconsumption. Easy money in the US caused inflation to hit a 45-year high. It forced the Fed to rapidly raise

rates to 5.5 per cent last year. While inflation has cooled off a bit now, the sudden increase in rates has only made the household debt situation worse. Right now, US households have a record \$1.1 trillion in credit card debt. An average American's credit card balance — the amount that is unpaid between two billing cycles — is the highest in 10 years. Similarly, student loans stand at a record \$1.7 trillion. Historically, such high levels of household debt have come right before a big recession. So, the average US citizen is stuck between high prices and equally high debt. This is a terrible situation for Biden just a year away from a possible re-election bid. Democrats know that a lot of this is a matter of optics — how people perceive the inflation situation to be and how confident they feel about paying off their credit card bills. That is where the US Fed's latest stance has come to Biden's rescue. The Fed has suddenly shifted its commentary on inflation and interest rates by saying that it is happy with the way prices have started cooling down. The Fed has also indicated that interest rates will come down to 4.6 per cent by the end of 2024, a year ahead of its previous schedule. That is precisely when Americans will vote for a new President.

### Suspension of Mps

Action undermines parliamentary democracy

AMID an uproar over a massive security breach in the Lok Sabha, 14 Opposition MPs have been suspended from Parliament on the charge of disrupting House proceedings. The drastic step was avoidable; it threatens to derail the ongoing winter session, which is scheduled to conclude next week. The government has asked the Opposition not to politicise the 'grave national issue', while the Congress and other parties are demanding a statement from the Home Minister on the pandemonium caused in the Lok Sabha by a couple of intruders on December 13. The security of the new Parliament complex concerns not only the lawmakers but also the entire nation. It requires a thorough discussion involving the government and the Opposition to work out foolproof correctives. The suspension of MPs for the remainder of the session reeks of an evasive approach on the part of the government. Such a measure needs to be resorted to sparingly and proportionately.



When lawmakers are suspended at the drop of a hat, the focus inevitably shifts to their protests against alleged injustice and 'murder of democracy'. This precludes a meaningful dialogue and undermines Parliament's

significance as a forum for debate on matters of national and public interest. Right or wrong, Indian politicians have always been known for making noise. High decibel levels are the norm in Parliament. It's true that all MPs are constitutionally bound to maintain the dignity, sanctity and decorum of Parliament. But as long as they don't cross the line of decency, they should be allowed to have their say in the House. Mere raising of slogans is not a valid reason to show them the door. Instead of a knee-jerk reaction, the priority should be to ensure that the business of the House is transacted smoothly. Repeated disruptions and suspensions are bad news for the productivity of any House session; they also bode ill for parliamentary democracy.

### Fossil fuels on climate agenda a step forward

While transitioning away from fossil fuels, there is a need for innovation to improve the efficiency of sources of renewable energy.

THE agreement forged at the end of the Conference of the Parties (COP28) of the United Nations Framework Convention on Climate Change (UNFCCC), which concluded in Dubai a day later than scheduled, has managed to address fossil fuels, which were rightly described by a delegate as the elephant in the room. Most of the members wanted a stronger wording that would include 'phasing down', a term disliked by China, India and members of OPEC (Organisation of the Petroleum Exporting Countries). However, they settled for 'transitioning away'. It was reassuring for many small island nations and the European bloc that at least 'fossil fuels' were named in the text of the accord. However, there was no hint of numbers and timelines regarding the reduction in the use of fossil fuels. Azerbaijan will host COP29 in 2024, and COP30 is scheduled to be held in Brazil in 2025 with the hope of further advancing the reduction of fossil fuels in the energy system. However slow and tortuous the progress on the climate front may be, there seems to be no other way than that of the UNFCCC summits, where consensus is the mode for making decisions and reaching agreements. It has become clear that the only way is to patiently nudge people into agreeing to the imperatives of climate action.

There was scepticism whether the UAE, a member of OPEC, would advocate for the phasing out of fossil fuels. It deserves credit for bringing fossil fuels on the climate agenda. The wording may be considered too mild, even too vague, but this is how things often begin before gaining strength and momentum. Admittedly, the global industrial economy cannot entirely abandon fossil fuels due to the risk of breakdown, which can have its own disastrous consequences. Both poor and rich countries would be severely impacted by such a move. Simultaneously, the challenging decision to transition away from fossil fuels cannot be delayed too long, with the looming threat of a climate apocalypse on the horizon. There is a need for a realistic assessment of how



the global economy can be weaned off fossil fuels. The production and transportation of goods and people are hugely dependent on fossil fuels. It can be argued that an efficient and economic use of fossil fuel resources could serve as a starting point. One of the features of the modern industrial economy over the past 200 years has been wastefulness, which, it can be said, was unintended. However, this is only partially true. The industrial mode triggered by science and technology was so exhilarating that little attention was paid to negative consequences. The mining sector, especially coal, stands as a clear testament to the toll on the health of miners. That dreaded occupational disease, pneumoconiosis, was the outcome. It is only now that human health has become a factor in climate talks. How industrialisation and crowded urban spaces created

health hazards remain to be probed. The Covid-19 pandemic exposed the dark side of densely populated cities. The unchecked expansion of industrial civilisation has given rise to the climate crisis. Finding solutions to this problem is not easy. Countries cannot easily break away from existing systems. China and India, for instance, opposed singling out coal, contending that they cannot yet relinquish its use to sustain the development of their economies. India was also not in favour of mentioning methane emissions due to its key sector, agriculture, as well as dairy farming. The OPEC members did not agree to restrictions imposed on petrol, diesel and natural gas on the plea that renewables cannot be solely relied upon to power key sectors like energy and transport. These arguments cannot be dismissed as pretexts to evade responsibility

and reluctance to reduce greenhouse gas emissions. The harsh fact is that renewables are not yet in a position to run the entire economic engine, although their presence has increased substantially. India's share of renewables in the energy basket has reached the 40 per cent requirement as promised in the Paris climate summit in 2015. Prime Minister Narendra Modi has shown keen interest in solar power and actively advocated for its development. However, it has not yet reached the critical position of replacing coal and gas to fuel thermal and fertiliser plants. Besides, in the transport system, renewables make a meagre contribution. While transitioning away from fossil fuels, there is a need for innovation to improve the efficiency of sources of renewable energy. One of the renewables, nuclear power, shows promise, although there are concerns about the hazards of nuclear waste and the dangers posed by radiation through its use. Despite these apprehensions, it remains one source that promises continuous power generation. It is not enough to set targets for increasing the use of renewables without drawing up exigency plans in case of disruptions caused by climatic factors. Hydropower will have to be reconsidered due to the change in monsoon patterns and the reduction in the volume of waters in rivers, potentially rendering hydroelectric projects defunct. It becomes necessary to contemplate a global grid for solar power, given the local fluctuations in sunlight due to seasons. The most important issue is the storage of energy generated from renewable sources, apart from nuclear power. There is a need to invest in research and plans for building an energy system based on renewables, and this would require international cooperation. It would be a bad idea to embrace renewables without considering potential disruptions. Climate action cannot be confined to containing the global temperature rise to 1.5°C above pre-industrial levels. It must also address how to help billions of people adapt to the changed conditions.

# Tejasswi Prakash

Looks Ravishing In A Red Bodycon Dress With A Plunging Neckline, See Hot Photos

With everyday passing by Tejasswi proves that her know-how of fashion is indeed commendable.

Time and again, Tejasswi Prakash has made heads turn with her sartorial choices. The actress has a noteworthy approach towards fashion and her impeccable sense of style is a proof for the same. Having said that, she recently dropped in a bundle of ravishing pictures from her latest photoshoot. Tejasswi looked all things breathtaking in a red bodycon dress. The dress featured a plunging neckline. With long wavy locks and curls, the actress completed her look with well defined eyes and dark red lip colour. She looked effortlessly glam, and posed with perfection.

Soon after the photos were shared online, Karan Kundrra fans reacted to it and wrote 'bhabhi' in the comment section. Tejasswi and Karan have been in a steady relationship for quite some time now. Other users also complimented the actress for her look. Tejasswi Prakash and Karan Kundrra fell in love with each other in Bigg Boss 15 house. Since then, they are often spotted together and have become everyone's favourite too. Recently, the two stars also appeared together on Entertainment Ki Raat: Housefull.

In a recent interview, when asked about their wedding speculations, Tejasswi mentioned that she wants to keep her marriage plans 'secret' and does not want to talk about it until it actually happens. She also admitted that getting married is 'very important' to her. "I am in love. I am a little superstitious. I feel the more I talk about it, the more people tend to take the jinx off the beautiful things in your life. So, getting married is a very important thing in my life. I don't think I would like to talk about it until it actually happens. I would like to keep it a secret. We are going strong, and I am enjoying each other's company," Tejasswi had told Zoom TV. On the work front, Tejasswi Prakash is currently playing the titular role in Ekta Kapoor's fantasy show, Naagin 6.



## Rakhi Sawant Moves HC to Quash Defamation Case: 'A Woman Can't Be Booked for...'



Terming it a "publicity stunt", actor Rakhi Sawant has moved the Bombay High Court (HC), seeking the quashing of a First Information Report (FIR) and charge sheet filed against her for allegedly defaming a model.

The defamation proceedings and the FIR were filed on October 18, after Sawant allegedly showed the complainant's videos in public and made defamatory remarks against her. Sawant was booked under Sections 354(A) (outraging modesty of a woman), 500 (defamation), 504 (criminal intimidation), 509 (intent of provoking breach) and 34 (common intention) of the Indian Penal Code (IPC) along with Section 67(A) of the Information and Technology Act (IT Act). Sawant's plea specifically stated that Section 354A of the Indian Penal Code (IPC), for outraging the modesty of a woman, can't be evoked against her as such charges can only be pressed against a man.

Sawant has alleged that the FIR was filed to frame her in a false case. "It is submitted that the aforesaid FIR has been filed by the informant in an attempt to harass the petitioner herein and to frame her in a false and a bogus case and is a publicity stunt used to gain notoriety and fame, by berating and attacking the reputation and modesty of the Petitioner. That the present FIR is mala fide and is motivated with fraudulent intentions and has been registered by the informant with ulterior and revengeful motives to harass the Petitioner and pressurize her," the plea reads. In her plea, Sawant has also stated that a careful perusal of the FIR indicates that no confidence can be generated on its genuineness. "The petitioner states that without going into the merits of the matter, a careful perusal of the FIR by itself indicates that no confidence can be generated in respect of the genuineness of the said FIR..." Sawant also stated that the dispute was resolved amicably. "...In any case, as the Petitioner and the Respondent no.2 have amicably resolved all the disputes however pendency of the present F.I.R is nothing but just a tactic played by the respondent no.2 to waste the precious time of the court and also to be highlighted in the media," the plea stated.

## Sai Pallavi Roped In As Female Lead In Yash's 19th Film: Reports

In Kannada cinema, three movies are currently capturing the attention of fans: Kaatera, Salaar and the much-anticipated Yash-starrer, tentatively titled Yash19. Each film carries its unique charm but the intrigue surrounding Yash's next has taken centre stage as the actor unveils details one poster at a time.

The excitement reached new heights when Yash announced that the title of his next film would be revealed on December 8 at 9:55 am, accompanied by the release of the title teaser. As fans anxiously wait for this revelation, the question of who will be the leading lady in the film has become the talk of the town. While official announcements are yet to be made about the film's heroine, speculations have begun to circulate, with the name of Sai Pallavi gaining prominence. Film critic and trade analyst Rohit Jaiswal added fuel to the anticipation by suggesting Pallavi as the potential leading lady for Yash19. Jaiswal shared this insight on his X, raising expectations among Yash's fervent fanbase.

Charan Raj is said to be composing the music for



Yash19, directed by Geetu Mohan Das, adding an extra layer of excitement to the project. The official announcement on December 8 is anticipated to unveil crucial details, providing fans with a glimpse into the much-awaited film. Another name that has surfaced in the speculation mill is Raashii Khanna. Social media enthusiasts have noticed Raashii recently following 'Rocking Star' on various platforms, increasing speculation about her potential role in the big-budget film. While this remains speculative, fans are keenly observing social media cues for any further hints.

In a recent revelation, Yash hinted at the film's magnitude, with all eyes set on December 8. As the date approaches, the anticipation for the title and, hopefully, the revelation of the leading lady intensifies.

# Rashmika Mandanna

Raises Temperatures In Bluish-grey Dress And Coat

Rashmika Mandanna is one of the top actresses who has found fame not just in the Southern belt of India but across the country with her stellar performances. Recently, the actress starred in Sandeep Reddy Vanga's action thriller Animal which stars Ranbir Kapoor, Bobby Deol and Anil Kapoor in prominent roles. The movie earned her immense accolades as the audience praised her exceptional acting chops. After winning hearts with her acting, the actress is now serving fashion statement in the latest photoshoot. Rashmika Mandanna, aka, the "National Crush" has grabbed headlines with her latest snaps which are currently viral on the microblogging site, X (formerly known as Twitter). The actress, who sends her fans into a frenzy with her dazzling smile seems to be missing from the clicks and instead, she looks forlorn. The actress wore a bluish-grey dress with pleat details on the sleeves and midriff. She paired it with black stockings and black sneakers.

To elevate her look further, she added a grey coat which gave her photoshoot a winter effect.

Rashmika Mandanna marked her debut in the Kannada movie industry with Kirik Party, which emerged to be the highest-grossing movie of the year. In 2017, she starred in Anjani Putra and Chamak which ended up becoming commercially successful. In 2018, Rashmika ventured into Telugu cinema with the comedy-drama Chalo which also starred Naga Shourya. Her second movie was Geetha Govindam directed by Venky Kudumula directed by Vijay Deverakonda.

Rashmika Mandanna gained national recognition after she starred as Srivalli in the critically and commercially successful movie Pushpa: The Rise opposite Allu Arjun. The movie is considered to be a breakthrough in her career as it catapulted her to immense fame. She made her debut in Bollywood in 2022 with Goodbye which also starred Amitabh Bachchan. 2023 seems to have been a lucky year for her as she delivered yet another highest-grossing Tamil movie Varisu, opposite Thalapathy Vijay. In the same month, she starred opposite Sidharth Malhotra in the movie Mission Majnu. Her final release was Animal which opened with a bang at the theatres. She is all set to reprise her role in the Pushpa 2: The Rule.



# 6 little changes that can take your Career to the next level in 2020



The much-awaited New Year is finally here. While you might have made resolutions to exercise daily, read 20 books before the year ends, splurge less on clothes or learn to play a musical instrument, but have you spared a thought about your professional life? In case, you are still figuring out what all you can do to climb up the corporate ladder in 2019, we have got you covered.

We have compiled a list of six small changes that can make a huge difference in your career. Apart from increasing your daily productivity and managing the stress levels at workplace, these habits would also help you to achieve a better work-life balance. Plus, these changes are quite easy to inculcate in your daily schedule, and are bound to give results even before you start realising.

We all procrastinate at work and it is not a serious issue till the time it starts to hamper your performance. Instead of



delaying a task simply because it does not interest you, set a deadline and challenge yourself to complete it. Remind yourself that there is no point in escaping or delaying it and ultimately, you are increasing your own work burden. Make it a habit to prepare a to-do list every morning, and include a few boring tasks (that make you procrastinate) in it among the important ones. If not this, break your task into small, achievable steps, and push yourself to complete them.

Instead of stressing over all the tasks you

have in your hand, learn to prioritise them and work accordingly. In fact, try to plan your work a day in advance, so that you already know the things you need to do once you reach office. Use your email calendar to mark all the important deadlines, meetings and other events. Trust us, you won't regret it.



Push yourself out of your comfort zone, and try to take up new projects that offer you learning opportunities. It would help you to address your weak areas, and challenge your existing skills. Commit yourself to give your best shot to whatever you are doing, and you will soon become your own source of motivation.

A constructive feedback hurts no one! Ask your peers to review your work and share their feedback. It will help you to accelerate your own learning and improve your knowledge level. Further, it would help to meet the expectation levels of your manager and make you a better team player.

You might not have realised it, but the pop up notifications on your mobile and desktop, especially from your personal social media accounts like Facebook, Twitter or Instagram, affect your concentration levels. As soon as you reach office, make it a habit to switch off all the app notifications and limit checking these during the day. Instead, spend time on all these apps when you are commuting or at home.

It is important to be ambitious and strive for professional success, but do not forget to appreciate what you have in hand. The next time you crib about your job, think about those who are sitting jobless at home, or those who have got fired due to cost cutting. You are definitely at a better position than millions and therefore, do not forget to count on your blessings every day.

## 10 career advice you wish your younger self knew

We all learn from our past mistakes and experiences, and later repent brooding—wish we would have known about this earlier...isn't it? And when it comes to professional life, some 'innocent' mistakes can cost you strained relationships with colleagues, and even your job, sometimes!

We got in touch with ten professionals from different walks of life and asked them the one advice they would like to give their younger self. Here's what they had to say...

1. "When I joined my first office, I used to think everyone is good-hearted and humble. I started considering a few colleagues very close and got deeply hurt when the same people started bitching about me behind my back after some time. That was my first learning in the corporate world, and that day, I made sure to not start trusting anybody and everybody in professional life."- Nitya Agarwal, 25

2. "I firmly believe one should not share their secrets and personal problems with anyone in the office. You never know what happens the next day in office and what the situation is. People may change and things may backfire anytime."- Nitish Mishra, 27

3. "I was really ambitious since day one of my professional life and used to think way



more than required on how I can grow professionally and get a better salary package. I wish somebody would have advised me to just work hard and go with the flow; and that things fall in place eventually. Additionally, I would have surely advised my 21-year-old self to enjoy

life to the core as the responsibilities only increase with time."- Spardha Pandey, 25

4. "Mine is pretty simple and effective. Bitching and gossiping won't make you popular. You need to prove your worth with your work."- Anurima Roy, 28

5. "My advice to myself would be to never

stick to one field. Your initial years will shape your entire career. Be more experimental, don't stick to one particular field of work, be open to everything that you are capable of doing. Like if you joined a company as a stylist, be open to writing, doing events and even trying your hands at social media. This way, you will know your own capabilities, have options and even experience. Later, you can always stick to one thing and master that. But initial years, you should know all!"- Dhriti Sharma, 34

6. "I would advise myself to realise where my real talent lies. Don't go after salary for the initial years and focus on the larger picture. If you are good at what you do, you are bound to be successful. Struggle in initial years of professional life would be worth it."- Samaera Mohan, 29

7. "Initially, I used to get really apprehensive about what my colleagues think about me. I wish I could tell my 21-year-old self that it hardly matters what your office mates think about you. You should

know your capabilities and where exactly you need to improve."- Ronika Bisht, 27

8. "It was my first job and I gossiped about my boss with my colleague in an online chat. Later, she showed the same chat to my boss, and I got fired! I would surely advise my younger self to not do that. I got really upset at that time but now, I laugh thinking about it."- Alka Behl, 32

9. "My advice would be to go out and socialise. Going out for office events, parties will help you network with the right kind of people. Getting to know new people will inspire you in so many ways, and it might help you at work someday. So don't just stick around your desk and say no to all parties and events!"- Navya Anand, 25

10. "I am still trying to inculcate this advice in my life, and it's a pretty common advice. One must leave all office-related stress at office, and chill at home. Taking work home or even thinking about office at home should be banned from one's life."- Abhilash Kumar, 30





नवंबर 1984 सिखों के  
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केंद्र सरकार चुप क्यों ?  
4 नवंबर 2024 को ,  
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श्री नरेंद्र मोदी साहब को ,  
मेमोरेण्डम दिया जाएगा !

निवेदक

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# Places to visit in Bangalore with kids

## Bannerghatta National Park

An amalgamation of a zoo, butterfly enclosure, aquarium, snake house and a safari park (with a lion and tiger safari), Bannerghatta National Park is a preferred escape for those who want to explore the lush hinterlands around Bangalore. Sprawling over 25,000 acres, the national park is located about 22 km south of Bangalore in the hills of the Anekal range, and set at an elevation range of 1245 m to 1634 m. Teeming with a wide variety of flora and fauna, the park is an educational as well as a recreational experience for children and is also frequented by trekkers. Amongst its wide variety of fauna, the park is home to leopards, elephants, wild boars and tigers. The park is also watered by a small lake, where visitors can also opt for a half-an-hour boat ride. A great escape from the city

boundaries, this national park lets you unwind, explore the wilderness and makes for a great day-trip destination with your kids. Collapse

## Wonderla Amusement Park

A 28 km drive away from the Bangalore city, Wonderla Amusement Park is a thrill-packed destination offering uninterrupted fun and frolic for kids and adults alike. From easy rides like the 'magic mushroom,' 'mini Venice,' 'kiddies wheel' and 'jumping frog,' to high-thrill rides such as the 'flash tower,' 'hurricane' and 'maverick,' the

amusement park caters to all ages. Those who don't mind getting drenched can plummet down the swirling water-rides which include 'lazy river,' 'boomerang,' 'twisters' and 'uphill racers.' The park also has play pools, wave pools and a rain dance enclosure. For those who wish to extend their visit, Wonderla houses a quaint resort in the premises, with luxury rooms, a fine dining restaurant and large halls for celebrations and meetings.

## Jawaharlal Nehru Planetarium

A centre of non-formal science education, the Jawaharlal Nehru Planetarium is a major attraction for kids in the garden city. Founded by Bengaluru City Corporation in 1989, the centre hosts a variety of shows (named sky-theatre, Mars, our solar system) that attract lots of science-enthusiasts, school students and families throughout the year. The planetarium features a dome measuring 15 metres in diameter, and the auditorium can accommodate 210 people at a time. Offering a close encounter with our galaxy, constellations, the nine planets and other celestial objects, this educational centre makes learning a lot of fun. Besides a host of shows related to astronomy, the planetarium is also a preferred venue for scholarly discussions and events related to science.

## Fun World

From roller coasters to soaking water-rides, Fun World

promises a world of uninterrupted fun and enjoyment for everyone. Housing thrilling rides for families (such as 'fun columbus,' 'octopus' and 'pendulum') and easy rides for the kids (like 'jumping frog,' 'baby dragon,' 'merry-go-round' among many others), this amusement park is one of the major attractions for kids in Bangalore. The wide variety of swings here also include a ferris wheel, 'amazing cyclone,' while the gaming chambers house virtual car racing and motor racing games. Located just six km away from the city railway station and about 30 km from the airport, Fun World attracts locals and travellers in equal measure.

## The Heritage Centre and Aerospace Museum

Take a walk through India's first aerospace museum in Bangalore and you'll find yourself admiring the precision, design and shape of some of the finest Indian air machines to take to the air. Providing interesting glimpses of the Indian aeronautics history, the Aerospace Museum houses a collection of aircrafts and helicopters, aircraft engine models and flight simulators where one can witness the technological advancements brought in aircraft-making. An exhibit of photographs and notes take you back in time and give you a tour of the aviation industry's glorious past. Almost free of cost, the museum only requires you to pay a sum of Rs. 20 for a visit. Do not forget to carry your camera along to capture the vintage aircrafts and their exquisite cockpits.

## Government Museum

You might not care much for ancient history, but regardless, the Government Museum in Bangalore will capture your imagination and bring the past to life. Established in 1886, this is one of the oldest museums in India and features a fine collection of ancient coins, sculptures and paintings. Some of its most prized exhibits include relics from the Indus valley civilisation and some stunning jewellery from the country's south.

## Ulsoor Lake

If the idea of stepping away from the city for a quiet getaway excites you, then you must include Ulsoor Lake in your itinerary while you're in Bangalore. Plan an early morning trip to the lake and enjoy the picturesque views of the waters set amidst lush coverlets of trees swaying in cool breeze. Carry your favourite book and a picnic hamper to make the most of your day trip. Located towards the north-eastern side of the city (near M.G. Road), this serene lake spans over 123 acres and is surrounded by a surfeit of eateries and street-food stalls. Those visiting the city during August-September must witness the elaborate Ganesha Festival festivals at the lakeside.

## Lalbagh Glass House

A historical garden, Lalbagh was built by former Mughal Hyder Ali, and his son Tipu Sultan. Modelled after the Mughal gardens that were fast gaining popularity at the time, this space is spread over 188 acres. Its most arresting feature is the Glass House, built in the very centre and modelled after the Crystal Palace in London. Originally meant to acclimatise the foreign and exotic plants to

**From hurtling down in a roller coaster at a theme park to learning about history at a museum, there's a wide array of fun and learning activities for children in Bangalore. With its temperate climate Bangalore is ideal for outdoor jaunts and in close proximity to a number of destinations that provide an escape from city life and the trappings of the daily routine. So carry a picnic hamper, top up your car's tank and head to these edutainment venues in the garden city for a day out with your kids.**

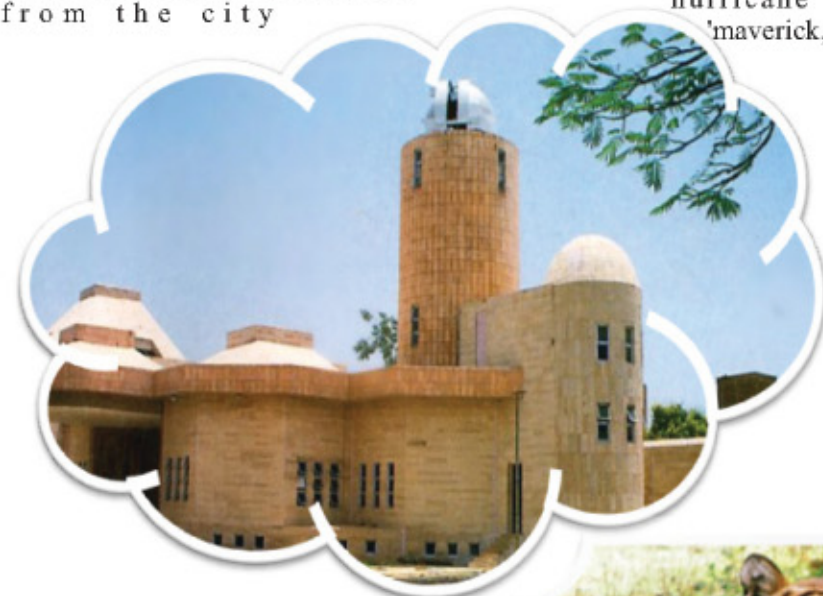
the Indian weather, this structure is now the venue of Bengaluru's famous biannual flower shows.

## Cubbon Park

Bengaluru is known as the garden city, and Cubbon Park is one of the main reasons for it. Officially known as Sri Chamarajendra Park, this green oasis sprawls across 300 acres and is dense with green all around. Meander through the trees, and lush green and immerse yourself in nature. This is a great way to get away from the bustle of the city from right within it. Alternatively, make an early go for it and take a run along the tree-lined avenue to get a feel of the city.

## Visvesvaraya Industrial and Technological Museum

Drawing in an average of about a million visitors a year, this interactive museum is a fascinating place to get schooled in science. You can discover the history of space exploration at the Space Gallery, witness a moving replica of a Spinosaurus at the Dinosaur Corner or take in an interactive electrical exhibition at the Electrotechnic Gallery. The new 3D theatre is a must-see as well.



4 नवंबर 2024 को सिख ,  
दिल्ली के आसपास  
अरावली की  
पहाड़ियों और  
जंगलों में जाएंगे !

जहां पर कांग्रेस सरकार ने ,  
सैंकड़ों सिखों की लाशों को ,  
पैट्रोल, डीजल और कैमिकल  
डालकर फूंक दिया था !

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# 5 Easy and healthy non Vegetarian recipes

Adequate protein intake is crucial for muscle growth and maintenance. Today we're looking at some quick and healthy protein-rich non-vegetarian recipes that will help you clock your daily protein requirement without spending too much time in the kitchen. Let's get started!

## Baked Chicken Legs

- Ingredients**  
 8 chicken legs - skinned  
 1 teaspoon curry powder  
 2 teaspoons French mustard  
 1/2 cup yogurt  
 1 cup breadcrumbs

**Method**

- Combine, curry powder, mustard and yoghurt and mix well. Coat chicken legs in mixture before rolling in

breadcrumbs. Place on a plate in fridge for 30 minutes.

- Preheat oven to 350 F. Grease an ovenproof dish. Place chicken legs in dish and bake turning once or twice.
- Bake for approximately 45 minutes or until chicken is cooked through and crumb is golden and crisp.

## Grilled Chicken Breasts

- Ingredients**  
 1/3 cup mustard  
 1/4 cup honey  
 2 tablespoons mayonnaise  
 1 teaspoon steak sauce  
 4 skinless, boneless chicken breast halves

**Method**

- Preheat the grill for medium heat. In a shallow bowl, mix the mustard, honey, mayonnaise, and steak sauce.
- Set aside a small amount of the honey mustard sauce for basting, and dip the chicken into the remaining sauce to coat. Lightly oil the grill grate.
- Grill chicken over indirect heat for 18 to 20 minutes, turning occasionally. Watch carefully to prevent burning!

## Fish Teriyaki

- heat for 3-4 minutes, basting with reserved marinade frequently.
- Sprinkle fish fillets with sesame seeds. Remove from pan and serve hot.

## Egg White Omelette with Veggies

- Ingredients**  
 3 large egg whites  
 1 teaspoon salt  
 1 teaspoon freshly ground pepper  
 1/2 cup thinly sliced spinach  
 1 tomato chopped

**Method**

- Whisk egg whites, water, salt, and pepper together in a medium bowl. Toss spinach, tomato in another bowl. Lightly coat with oil and heat over medium heat 1 minute.
- Pour egg mixture into pan and cook until eggs begin to set on bottom. Cook 2 minutes. Slide omelet onto a serving plate and garnish with reserved filling.

## Prawn Salad

- Ingredients**  
 Red chillis chopped

- 1 clove garlic  
 2 tablespoons olive oil  
 800 green prawns peeled and de-veined  
 1 cup cherry tomatoes  
 100 g green beans  
 100 g peas  
 1 red capsicum thinly sliced  
 juice of 1 lemon  
 freshly ground black pepper

**Method**

- Place chilli and garlic with oil in a food processor and blend until lightly chopped.
- Transfer half the mixture to a mixing bowl. Add prawns and toss to coat thoroughly. Allow this to marinate for 30 minutes.
- Preheat oven to 200 °C. Transfer remaining mixture to dish. Add tomatoes, beans, and peas. Toss to combine. Microwave on high for three minutes, or until vegetables are just cooked.
- Transfer prawns to a baking tray and bake for ten minutes, or until cooked. Remove from oven and tip prawns and cooking juices into cooling vegetables.

## Butter Paratha



Butter Paratha is a delicious paratha recipe which is made using butter and whole wheat dough. This simple recipe goes well with paneer and potato dishes and even with dals.

- 1 tablespoon sieved all purpose flour  
 1 teaspoon salt  
 1 teaspoon butter  
 2 tablespoons Refined oil

**How to make Butter Paratha**

- Step 1**  
 Combine salt and butter with maida. Knead well to a thick dough.
- Step 2**  
 Add a little oil and knead well. Stretch the dough from time to time till it has a soft, pliable consistency. Cover and keep aside for 30 minutes.
- Step 3**  
 Make small balls of the dough and roll them into small rotis using only little oil if required
- Step 4**  
 Heat a tawa over medium flame. Cook the prepared parathas on both sides till done.
- Step 5**  
 Serve with side dish of your choice.

## Pasta Salad

Those who think that pasta recipes cannot be healthy, should try this healthy pasta salad. Counted among healthy pasta recipes, this salad recipe is made with broccoli florets and lettuce leaves.

- 200 gm gluten free pasta  
 1 cup broccoli  
 2 pinches salt  
 2 cloves minced garlic  
 2 teaspoon virgin olive oil  
 1 handful basil  
 2 small sliced tomato  
 1 dash powdered spice black pepper



- 2. teaspoon vinegar**  
 4 leaves lettuce loose-leaf  
 1 teaspoon oregano
- How to make Pasta Salad**
- Step 1**  
 For making this healthy pasta salad, boil the pasta in a pan for 10-15 mins until its tender.
- Step 2**  
 Drain the pasta and rinse under running cold water. Let it dry.
- Step 3**  
 In a serving bowl, add lettuce leaves, broccoli, tomatoes, garlic cloves. Toss nicely.
- Step 4**  
 Drizzle it with lemon juice, vinegar and olive oil.
- Step 5**  
 Season with salt, pepper, oregano.
- Step 6**  
 Toss all the ingredients together.
- Step 7**  
 Garnish with basil leaves. Serve.

# Eat Healthy Foods to Stay Healthy for Entrepreneurs

## Eat Healthy Foods To Stay Healthy

If you are looking to lead a healthy lifestyle in this modern world, then it is vital for you to maintain a very healthy diet along with some physical exercise. This is the most common thing that is being said by most people, but only a handful of people heed to such theories. The end result is that many of the people we see around us are either overweight or obese. If you also fall in this category, then it is high time that you gave a serious thought to a healthy body and mind in order to boost your lifespan. Eating healthy meals and

healthy food is a sure shot way to your physical well being.

## What Are Healthy Foods?

There is no specific food that carries a name tag as a healthy food. If you find healthy foods in bags or boxes or in a bottle in a departmental or grocery store, then they probably are not a healthy food. These foods contain a whole lot of preservatives, additives as well as sodium added to it to boost its shelf life. Hence, eating foods like this on a regular basis might even make you overweight. You should never eat frozen or foods that contain added preservatives. Fresh fruits and vegetables as well as lean meat and fishes are considered to be healthy foods. But, make sure that you go for organic fruits and vegetables as they are the best healthy foods that you can come across in this planet.

## Add More Grains And Fiber In Your Food

It is very important for you to go for high fiber and whole grain diet especially if you are obese or overweight. There are numerous health benefits that you would gain by going for whole grains and high fiber diet. It will help in preventing heart related diseases, diabetes as well as protect you from certain types of cancer. It is ideal for you to include a lot of bran, fruits and vegetables in your daily intake and reduce the amount of white foods like rice or white flour in your diet. It will help in boosting your digestion and will also make you feel full very soon so that you eat less.

## Reduce Sugar And Salt Consumption

You need to reduce the intake of salt to prevent high blood pressure. You should replace your salty snacks diet with healthy fruits and a vegetable diet to reduce salt intake. Never ever think of sugary sodas and juices for breakfast and substitute it with unsweetened iced tea. Replacing the sugar with sugar free pills is also not very ideal in the long run.

## Foods Low In Cholesterol

It is highly important for you to reduce the intake of foods that are rich in bad cholesterol and bad fat. They will easily get stored in your body and add on to your body weight. It would be better for you to consume lean meat and try to consume lean chicken or turkey over red meat.

## Author Bio

Arijit Roul is a health and nutrition expert who has written many articles and blogs on the ideal health foods that people need to take to be fit and healthy. You can read some of the interesting articles on beregnbmi.dk.

