

YUGMARG, CHANDIGARH, THURSDAY, APRIL 13, 2023

## Expert explains how can weight impact fertility & getting pregnant

Being healthy has always been one of the requirements for a healthy pregnancy, or even conception, and has been regarded as advantageous for both the offspring and the mother. The majority of people are aware that being overweight or obese increases the likelihood of having heart disease and diabetes. However, many individuals are unaware that this can alter fertility, the pregnant journey (which typically results in problems), and the probability of having a healthy child.

"If you're trying to get pregnant or planning one, the closer you are to a healthy weight, the more likely you are to conceive (get pregnant) and have a healthy kid," says Dr Swathi Reddy (PT), Consultant Physiotherapist and certified diet counsellor and MIAP, Motherhood Hospitals, Bengaluru. Experts suggest that the ideal body mass is determined using BMI which is required to know the safety level of your weight. "Your BMI is a number that is calculated using your height and weight. A BMI range of 18.5 to 23 is considered healthy. Adults with a BMI of 24 to 29 are termed overweight, while those with a BMI of 29 or higher are deemed obese," she explains.

Dr. Reddy elaborates on the need of weight management while attempting to conceive.

**Underweight**  
By causing hormonal imbalances, being underweight (BMI less than 18.5) may impact a woman's fertility status. It causes irregular cycles and

may prevent ovulation altogether, making it difficult for women to become pregnant. In contrast to women within a healthy weight range, women who are underweight typically take longer than a year to conceive.

If you are underweight and attempting to



conceive, consulting a nutritionist, consuming a balanced and healthy diet, and engaging in the necessary amount of physical activity will boost your fertility.

**Overweight**  
Achieving an ideal weight before conception reduces the chances of complications during pregnancy, raises the chances of healthy birth, and a positive growing phase for the baby. Obesity and excessive weight gain during pregnancy have also been connected to a variety of problems such as miscarriages, high blood pressure, pre-eclampsia,

caesarean section, Gestational diabetes, heart problems, sleep apnea, stillbirth, etc. Moreover, babies born to obese mothers are at a higher risk of childhood and adult obesity, as well as other long-term health issues. Mother who had high sugars during pregnancy is at risk of developing type 2 diabetes in the future. So, why take risk when you have specialists to help you with a better life.

Being overweight can also have detrimental effects on a woman's fertility by causing:  
Ovulation (the release of an egg from the ovaries) issues and menstrual irregularities due to hormonal abnormalities.

It can also make assisted reproductive procedures like in-vitro fertilization (IVF), ovulation induction, and intracytoplasmic sperm injection more challenging (ICSI). Polycystic ovarian syndrome (PCOS), a major cause of low fertility or infertility, is linked to obesity.

While the statistics on obesity and reproductive results can be depressing, there is some good news. Even a minor weight decrease enhances fertility and pregnancy health in obese women. But need to be careful during pregnancy to gain only the required amount of weight based on your preconception BMI. Additionally, some dietary and lifestyle adjustments that minimize excessive weight gain during pregnancy can benefit both the mother and the baby's health.

## Aditya's ton propels Team No. 143 to a massive win

Chandigarh: Aditya Gusaian's century steered Team No. 143 beat Team No. 142 by a record margin of 200 runs in a knock-out match on the seventh day of Gully Cricket tournament being organized by UT Cricket Association (UTCA) in association with Chandigarh Police. Played at GMSS School Sector 35, Team 143 opted to bat first wherein centurion Aditya completed his century in mere 24 balls with the help of 12 sixes and 6 boundaries. The team scored 238 runs in the allotted ten overs losing three wickets. Riyan also contributed blistering 49 runs. In reply, the opposition was bundled out for 38 runs. A total of 6272 runs were scored while 464 wickets fell in the 39 matches played in the tournament today. Some of the results of the matches played on the seventh day were as follows  
Team No. 108 (47/8) lost to Team No. 109 (49/2) by eight wickets  
Team No. 15 (112/4) beat Team No. 17 (79/6) by 33 runs  
Team No. 10 (103/5) beat Team No. 9 (52 all out) by 51 runs

## Dc launches wheat procurement at Parjian Kalan grain market

JALANDHAR APRIL 12 (J S SODHI) Deputy Commissioner Jaspreet Singh today kick-started wheat procurement at Parjian Kalan Grain Market for this rabi season. He asked the officials of procurement agencies to ensure smooth and hassle-free conduct of entire operations with focus on facilitating farmers. Diving the details, the DC said that during this season as many as 5.30 lakh metric tonne wheat was expected to arrive across all 79 purchase centers in the districts and elaborate arrangements have already been put in place to procure every single grain. Likewise, timely lifting and payment would also be ensured, he said adding any kind of delay in this task would be highly unwarranted. He also added that arrangements like availability of potable water, cleanliness, shades, tarpaulins, besides others were already made by the officials. Stressing on lifting and payment to farmers, he directed the officials that no stone be left unturned to make timely payments to farmers and all the payments be made within 48 hours of purchase while lifting within 72 hours. There was sufficient availability of Bardiana in Mandis which would lead towards a hassle-free season for farmers, he added. Meanwhile, the DC also interacted



with some of the farmers present on the occasion and took their valuable feedback about arrangements made by the officials at grain markets. The deputy commissioner further mentioned that a control room has been set up by the district administration and farmers can contact it at 0181-5019247 in case they need any assistance with respect to procurement operation.

## Sanjivv Jotangia talks about how his character Radheshyam Yadav is inspired by real people

CHANDIGARH: The 'coming of age' drama, 'Sapnon Ki Chhalaang' on Sony Entertainment Television has piqued the interest of the audience with its distinctive narrative. Starring Megha Ray as the protagonist Radhika, the show follows her leap of faith to Mumbai to fulfill her dreams while wanting to prove to her parents, Radheshyam Yadav (Sanjivv Jotangia) and Suman Yadav (Kashish Duggal) that she can stand on her own feet and take care of them. But to succeed, Radhika must overcome the challenges of moving to a new city, handling the pressures of her first job, and learning to live with her roommates, all from a diverse background.

Essaying his role of a solicitous father to perfection, Sanjivv Jotangia talks about how the character lives not only on the pages of the show's script but has been inspired by real people. Elaborating further, he shared, "Radheshyam Yadav's character has intrigued me since the time I heard the script. A man in his late 40s, he is the definition of a bridge between two generations. So, when it comes to educating his daughter, he stands tall amongst sceptics and believes in women empowerment through education. Yet, when it comes to sending his daughter to a new city, he is torn with concerns about her wellbeing away from home. My character is progressive, yet he is still a traditionalist."



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## Skyview by Emyrean offers a premium, adventure-packed experience

CHANDIGARH: Skyview by Emyrean, an initiative of Emyrean Skyview Projects Pvt. Ltd., is the ultimate destination that seamlessly blends premium hospitality, adventure, nature and luxury! The 22-acre property is located at Sanget Valley-Patnitop, Jammu, which is just an hour's drive away from the famous Sri Mata Vaishno Devi Temple at Katra.



Skyview by Emyrean is also the foremost ropeway mobility company in India offering sustainable luxury and exhilarating experiences including the Skyview Gondola (ropeway), one of the highest CEN-certified gondolas in Asia covering 2.8 km in flat 10 minutes! This gondola ride will leave you awed and wanting more as you glide through beautiful mountains, lush green valleys, bubbling streams and mirror lakes. Skyview by Emyrean provides unique and enjoyable dining experiences, offering a scenic view with the best-in-class services. The Banana Leaf restaurant on the property offers delectable Indian, Chinese and continental cuisine and The Skyview Cafe offers a casual and relaxed atmosphere with a menu featuring a variety of light meals, snacks, and beverages. During the month of April, Chef Anuj Bhagat will be serving a variety of hot and delectable sizzlers for guests to relish at the Skyview Café. The property also features an artisanal boutique store known as Hands of Gold, which showcases a wide range of traditional and authentic Kashmiri handicrafts, as well as locally manufactured products. This boutique store provides guests with an opportunity to explore the rich cultural heritage of the region, and to purchase unique and handmade items that make for excellent souvenirs or gifts.

## Hardik Pandya invests in Consumer Foods Brand "Yu"

CHANDIGARH: Chef Crafted Instant Foods brand Yu announced Hardik Pandya as investor and brand ambassador today. Hardik and Yu have entered into a long-term association to promote the brand in India as well as overseas. Founded by Bharat Bhalha and Varun Kapur, Yu is making packaged foods healthier by providing consumers easy meals that are made using 100% natural ingredients and



contain absolutely ZERO preservatives! The brand offers 14 SKUs across Pasta, Cup Noodles, Hakka Noodles, Oats and Halwa categories that can be made in 5 minutes by simply using boiling water. The homegrown brand recently closed its Series A fundraise, led by Ashish Kacholia and Asian Paints Family in October 2022. Yu will launch its maiden brand campaign during the IPL 2023 season. The campaign will be spearheaded by ace Indian cricketer Hardik Pandya and will focus on highlighting Yu's brand proposition - packaged foods that are CHEF Crafted made using ZERO Preservatives that allow young and aspiring Indians to not compromise on Health, Quality, Taste or Convenience! Yu offers healthier EASY Meals that are not only 100% Natural but also retain their aroma, taste and nutrition despite being packaged. Hardik Pandya said, "What Bharat and Varun have done at Yu is truly exceptional! To make packaged foods without any chemicals or preservatives that still taste as good as fresh is remarkable. Yu is a highly purpose driven brand that is bringing a revolution in the packaged food space through its diversified product categories."

## Gen Z, Millennials invest with Upstox, 75% of Delhi's customers aged between 18-35 years

GURUGRAM / FARIDABAD: Upstox (also known as RKS Securities India Pvt Ltd), one of India's leading investment platforms, has announced revamped features on its app that will radically simplify investing for Indian investors. By reimagining the investor experience, Upstox seeks to make the investment process seamless, intuitive, and engaging.

Upstox recently achieved the milestone of serving over 1 crore customers. Its diverse customer base includes private employees, students, business owners, professionals, and housewives. Interestingly, in Delhi, Upstox has recorded a 25% growth in UCs (Unique Client Codes) in the last one year with Millennials and Gen Z accounting for approximately 75% of the user base in the capital. In fact, growing by 32% on a y-o-y basis, Gen Z is also the fastest growing age group amongst subscribers in the city. 25% of Delhi users are students and 39% are privately employed. The capital also boasts the highest number of homemakers who trade on the Upstox platform. The latest addition to Upstox's app is built on the fundamental understanding that many individuals desire to invest, but often feel overwhelmed by the plethora of choices available. With a firm conviction in India's growth potential and the belief that equity participation can be a key driver of wealth creation, Upstox's core campaign centres on the concept of investing in India. By introducing users to Index Funds - a cost-effective and straightforward means to track the market's performance - Upstox offers a long-term solution to beat inflation and grow wealth. To further simplify the investing process, Upstox has taken on the mammoth task of evaluating hundreds of mutual fund schemes based on their risk and reward ratio and from that curated some of the top ones in each category.



## Miss & Mrs India Classic Queen 2023 in Zirakpur on April 16

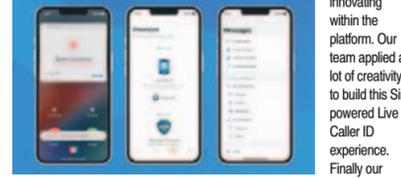


Zirakpur: The M S Entertainment will organize the Miss & Mrs India Classic Queen 2023 beauty contest in Zirakpur on April 16. It will be one of the biggest beauty pageants of the region. Meet Sandhu, Director, M S Entertainment said that the Celebrity Jury will include Puspangkaj Nanda, Praveesh Rawat, Bahinikha Kar, Alpa Shah, Mrs Nisha Pradhan, and Pallvi Chopra. The Celebrity Guests will be Nayana Thigale, singer Sharzada, Mrs Kajal Pathania, Namrita Malik, Mrs Milan Arora, Mrs Gayathri, Dishi Bhatnagar, Priya Tiwari, Mrs Ruchi Manshani and Alta Sharma. Special guests will have names like Purjab Singh Cheema, Bikramjeet Singh, Alisha Mann, Mrs Garima Khurag, Vipul Khurag, Mrs Upasana Kalra, Dr Varun Khanna, The Dancing Divertist and Mrs Gayatri will join the show as the Brand Icon, and Archana Schafer will join as the Brand Ambassador, Anja Sidhu will be the guest of honour. The Show Opener will be Miss Anjali Bargsi and the Show Stopper will be Miss Sonal and Mrs Sitwela Choubey. The show will be directed by Shweta Kamboj and the co-organiser is Monika. The celebrity makeup artists are: Kashish Chourasia, Meenakshi Sharma, Jyotika Chauhan and Zia Ur Rehman.

## Truecaller Introduces Live Caller ID for iPhone

CHANDIGARH: Truecaller has announced the introduction of a major update of its product on iPhone. The update brings in new, exciting features which will provide an improved and more secure communication experience for iPhone users worldwide. The complete Live Caller ID experience is now on iPhone for the first time ever, which uses a simple Siri shortcut to tell you who is calling.

Speaking about the new update, Rishit Jhunjhunwala, Managing Director, India at Truecaller said that we are witnessing strong adoption on iPhones and we are constantly innovating within the platform. Our team applied a lot of creativity to build this Siri powered Live Caller ID experience. Finally our community can



get to experience Live Caller ID during an incoming call by saying "Hey Siri, Search Truecaller". We are very excited with this global release and will continue to innovate on the iOS platform. For the very first time, Truecaller is introducing a Live Caller ID experience on iPhone by integrating with the operating system's reliable virtual assistant Siri. Now, whenever an iPhone user receives an incoming call from an unknown number, they can activate Truecaller with their voice by simply saying "Hey Siri, Search Truecaller".

## Get set for mindful movement as Nykaa Fashion launches ALO

CHANDIGARH: Whether you are a committed yogini or simply a streetwear savant - we have the most exciting news for you! Nykaa Fashion, the multi-brand lifestyle e-commerce platform, has launched ALO in India, only on Global Store. Offering the best selection of trend-forward brands and enabling an unmatched seamless experience of shopping for international brands, Nykaa Fashion Global Store will now feature USA's ALO. A premium lifestyle brand where luxury meets performance. ALO's wellness-centric approach to athleisure has made it a cult-favourite, offering customers everything from stylish workout gear to comfortable lounge and athleisure wear. Founded in 2007 in Los Angeles by Danny Harris and Marco DeGeorge, ALO is an acronym for air, land, and ocean, and is the fastest growing activewear brand, seen on celebrities like Taylor Swift, Gigi Hadid, Kendall Jenner, Hailey Baldwin, and Selena Gomez, to name a few. The brand's mission is to "spread wellness, inspire mindful movement and create community." ALO's trendy silhouettes and edge details are one of the biggest reasons why fashionistas swear by it. Genuinely soft, contouring, sculpting, slip-proof fit, and sweat-resistant fabric stand out. The coveted range features quality leggings, running shorts, sports bras, jackets, tees, and tennis skirts among others.

## Bollywood Star Ayushmann Khurrana unveils India's first full-size fold smartphone TECNO PHANTOM V Fold

GURUGRAM: TECNO the premium technology brand has launched its first-ever foldable smartphone, the PHANTOM V Fold 5G in a starry unveiling ceremony in presence of the revered Bollywood star and Brand Ambassador Ayushmann Khurrana at JW Marriott, Sahar. The actor has been associated with the brand for the past two years and has played a pivotal role in enhancing the brand imagery and recall among the Indian youth and further establish TECNO as a disruptive smartphone brand. The advent of the 'Beyond the Ordinary' Phantom V Fold marks TECNO's entry into the foldable device market, under its flagship PHANTOM product line. TECNO PHANTOM V Fold 5G, priced at INR 88,888 comes with the industry-first Full Sized Fold with largest 7.85" 2K+ LTPO display. The phone boasts a dual-screen display and a 5-lens Ultra HD camera system, promising an immersive visual experience and exceptional image quality. The PHANTOM V Fold 5G aims to enhance user experience in various smartphone aspects, it achieves this through its flagship dual LTPO screens, which offer a 10bit display for sharper and more detailed visuals and an adaptive 10-120Hz high refresh rate, enabling smooth motions

and fluid transitions both when folded and unfolded. The smartphone is available in two colors - Black and White. The back cover is 100% Renewable Fiber made of emerging environment-friendly organic material from plastic waste. Furthermore, TECNO's Foldable offering redefines the Fold segment by introducing the largest 5000 mAh battery coupled with a power-packed 45W charger. Also, the phone is supported by the specially designed HIOS based on Android 13 for providing an efficient UI that could also be adapted to work on large displays. The users can enjoy seamless multitasking and productivity with amazing features like Split screen, Parallel Window, Smart touch, Multiple windows etc. Additionally, the Fold is packed with the most advanced MediaTek 9000-5G processor based on 4-nanometer fabrication. Commenting on the launch of PHANTOM V Fold, Arjeet Talapatra, CEO TECNO Mobile India, said, "By addressing the new-age consumer needs and leveraging our vast ecosystem to offer best-in-class technology on our smartphones, we are shifting our gears to consolidate our product portfolio in the ultra-premium segment with the Phantom series, ranging from 25K up to 100K."

## Reliance Jewels unveils majestic Thanjavur collection for Akshaya Tritiya 2023

SOLAN(GAGAN) Reliance Jewels, one of the most trusted jewellery brands of India, has launched an exquisite jewellery collection, Thanjavur, to mark the occasion of Akshaya Tritiya. The collection draws inspiration from the artistic traditions of Thanjavur temples, the royal darbar halls of its palaces, the adorable Bommal dolls, and the majestic Poomburgha. It was launched at a special event in Shangri-La, Bangalore, which was attended by customers, media, and leading members of the fashion fraternity. Thanjavur offers an array of exquisite jewellery pieces that suit every occasion, from weddings to festive events. It includes stunning necklaces, chokers, layered necklaces, bangles bracelets, earrings, rings, waist belts, maang tikkas, and ear chains; each crafted to exude elegance and sophistication. With its inspiration rooted in the glorious heritage of Thanjavur, the collection is a perfect blend of traditional art and contemporary designs, making it the perfect choice for the modern, fashion-conscious woman. Sunil Nayak, CEO of Reliance Jewels, said, "We are proud to present our Thanjavur collection this Akshaya Tritiya across India. It captures the essence of the rich heritage of Thanjavur in Tamil Nadu. Our thematic jewellery collections are an ode to the diverse culture of our country, and we are happy to continue our legacy with the launch of season 7.0. Our customers have always appreciated our thematic collections, and we are confident that they will love this one too." The Thanjavur collection is available at all Reliance Jewels outlets across India. Reliance Jewels is offering up to 25% off on gold jewellery making and diamond jewellery invoices from 1-24 April 2023. Ms Jahnvi Kapoor said, "It was an absolute pleasure to be a part of the Thanjavur Collection launched by Reliance Jewels. The jewellery pieces are stunning and truly capture the essence of Thanjavur's rich heritage. Tamil Nadu and its rich culture will always have a special place in my heart as it's a part of my family roots and I am truly fascinated and extremely happy to be wearing this magnificent necklace set which was crafted with great attention to detail and exceptional workmanship, bringing out the glorious heritage of Thanjavur in multiple folds. It was a privilege to be associated with such a fantastic event that celebrates the diversity and beauty of Indian art and craftsmanship."

## Eyesight is world, No eyesight no world: Ramesh Agarwal

CHANDIGARH: Sewa Hi Sewa Trust was already running its charitable eye hospital, where free operations have been performed, now state-of-the-art machines have also been installed there. Sewa Hi Sewa Charitable Hospital, Panchkula has received three state-of-the-art eye treatment machines from Valco Industries Ltd., Chandigarh as a donation worth Rs 40 lakhs. The hospital, managed by Sewa Hi Sewa Charitable Trust, is located at the back side of SCO 27, Sector 11, Panchkula. The newly installed machines include one OCT machine (used to check the cornea of the eye), NCT machine (that checks eye pressure), and YARG laser machine (which is used to clean the membrane after the operation) for eye examination. Sewadar of the Trust, Ramesh Agarwal said that

Sewa Hi Sewa Charitable Hospital was inaugurated by Gyanchandra Gupta on 1 August 2021, where medicines are provided free of cost apart from various types of medical tests to the needy patients. Cataract surgery is done free of cost in its eye clinic on 'first come, first served' basis. After the expansion of Retina and Cornea section, this eye clinic has become one of the best facilities in the region. It has a fully equipped Eye Surgery Theatre. A total of 325 patients were provided free lenses after satisfactory eye operations during the last 8 months. In future also, cataract operations will be done free of cost along with lenses. The premium lens will be of the patient's own choice.

## Safe Arctic 2023 Exercise Participants Complete over 100 Experimental Research Tasks

CHANDIGARH: The Safe Arctic 2023 experimental research exercises took place in nine regions of Russia's Arctic zone on 6-7 April. The exercises were held as part of Russia's chairmanship of the Arctic Council in 2021-2023. They were organized and coordinated by the Russian Ministry for Civil Defence, Emergency Situations, and the Elimination of Consequences of Natural Disasters (EMERCOM) with the support of the Ministry for the Development of the Russian Far East and the Arctic. The Roscongress Foundation manages the events of the chairmanship. The group from the United State System of Prevention and Response to Emergencies included more than 3,500 specialists and 650 units of equipment during the exercises. "We must be ready to respond quickly to any threats and challenges that may arise in this region. During the exercises on the territory of nine regions, forces from various ministries, agencies, state corporations, and organizations that are part of the system [of the United State System of Prevention and Response to Emergencies] will practice 16 scenarios based on the most typical risks for Russia's Arctic region," said EMERCOM Minister Alexander Kurenkov, who personally supervised the exercises. Kurenkov said the exercises will enable the EMERCOM to objectively assess the readiness of manpower and resources to act in extreme climates and difficult terrain and



## HDFC Bank signs agreement with Export Import Bank of Korea

CHANDIGARH/LUDHIANA: HDFC Bank, India's leading private sector bank, has signed a Master Inter Bank Credit Agreement with Export Import Bank of Korea for a US \$ 300 million line of credit. The pact was signed at GIFT City, Gujarat. This will help HDFC Bank raise foreign currency funds which it would extend to Korea-related businesses. "Our agreement with Korean Eximbank will further strengthen and support trade and investment flows between India and Korea which can potentially create more jobs in the country. We will pursue deals under this agreement and may look to expand the programme," said Mr. Arup Rakshit, Group Head, Treasury, Sales Analytics and Overseas Business, HDFC Bank. This line of credit would be utilised by HDFC Bank towards funding relationships of Companies having equity participation by Korean companies, Companies having business relationship with Korean companies, Consumers for purchase of cars manufactured by Korea related Companies. The pact is likely to promote and increase the bank's business with Korean entities and products. The first drawdown under the program would happen by May. The signing ceremony was attended by Export Import Bank of Korea's team led by Mr. Choun-Jae Lee, Director General, Head of Interbank Finance Department. Others present on the occasion from Export Import Bank of Korea were, Ms. Ki-young Jung, Senior Loan Officer, Interbank Finance Department and Mr. Kisang Kim, Chief Representative, New Delhi Representative Office.

## Easter Celebration held at Changera Church



CHANDIGARH: Pastor Kanchan Mittal, Apostle Abhishek Mittal and Pastor Ashish Mittal along with their entire team and KMM Church rejoiced on the occasion of Easter. Ashish Mittal, Chairman said, "Easter Sunday was celebrated as the Day of Resurrection of Lord Jesus Christ. He took our sins to the cross and rose from the dead! It was truly a marvelous day that ended with Brother Anurag Mittal and Sister Aradhna Mittal serving food and sweets to the Church." The Flames of Fire Ministries distributed dry rations to 20 widows on the occasion.

## &TV Actors pay tribute to Babasaheb on Ambedkar Jayanti

CHANDIGARH: Every year, the 14th of April is observed as Ambedkar Jayanti to celebrate the birth of one of the most exceptional leaders in Indian history, who rallied a revolution and became a voice to reckon with - Dr B.R. Ambedkar. Reverently called 'Babasaheb', his life and legacy have inspired many. On the birth anniversary of Dr B.R. Ambedkar, &TV artists Atharva (Bhimrao), Jagannath Nivangune (Ramji Sakpal), Narayani Mahesh Varne (Ramabai) from Ek Mahanyak - Dr B.R. Ambedkar, Neha Joshi (Yashoda, Doosri Maa), Kamna Pathak (Rajesh Singh) Happu Ki Utan Paltan), and Rohitashv Gour (Manmohan Tiwari, Bhabji Ghar Par Ha) pay tribute to Babasaheb. Atharva, aka Young Bhimrao in &TV's Ek Mahanyak-Dr B.R. Ambedkar, says, "Dr B.R. Ambedkar laid the foundation of a unified India by bringing millions of Indians under one nation and one constitution. His teachings and philosophy still resonate with Indians today. I feel proud to be part of a show that depicts his life journey and to play Young Bhimrao." Neha Joshi, aka Yashoda in &TV's Doosri Maa, says, "Dr Ambedkar was truly a leader par excellence. His work touched and impacted Indians. Be it his fight for equality, women's empowerment, or involvement in education reformation. He has impacted the lives of every Indian. On Ambedkar Jayanti, let us remember and honour Babasaheb's immense work for women and society." Kamna Pathak, aka Rajesh Singh in &TV's Happu Ki Utan Paltan, says, "Babasaheb has inspired many. He envisaged a society based on liberty, equality, and fraternity. It takes a lot of vision and belief to bring about social and economic reforms that touch many lives. His work has touched and impacted the lives of all Indians. Let us all come together to pay tribute to this great leader on his birth anniversary."

## Participate in the 'Vi20FANfest' challenge during the ongoing T20 Championship to win a Smartphone every day!

SIMLA: It's that time of the year again when soaring sixes, nail-biting matches, and all the razzmatazz of India's favourite T20 Championship will keep millions of cricket enthusiasts glued to their television sets. It is also the time when Vi, India's leading telecom brand, brings exciting opportunities for its cricket enthusiastic customers to win rewards by participating in engaging contests. Vi once again invites its customers to participate in the Vi20FANfest challenge that gives them a chance to win a smartphone every matchday. Through this two months long contest, Vi will felicitate winners with smartphones every day. Additionally, one mega winner will have the golden opportunity to win 2 tickets to experience the T20 Championship finals live. Vi customers can play Vi20FANfest challenge on the Vi Facebook page - @ViOfficialFanWorld, the Vi Instagram page - official fan world, and on Vi Twitter page - @ViCustomerCare, during match hours. Participants must correctly answer the trivia questions every day, by commenting with the hashtag #Vi20FANfest. There will be a total of 20 questions for each match. The Smartphone will be given to a winner selected basis a computerized audit from the participants who have answered all questions correctly and the participant with most correct answers in the season will win the tickets to the finals

## MDI Gurgaon is Commonwealth Hub for Business of Government (Hub) in India

SIMLA: Management Development Institute (MDI), Gurgaon a 50-year-old management school in the National Capital Region (NCR) of India, is ranked among the top B-schools in India. The institute in partnership with the Commonwealth, organized a roundtable on Generally Accepted Performance Principles (GAPP), Commonwealth Secretary General Rt Patricia Scotland KC, Prof. Luis Francisco, Commonwealth Assistant Secretary General, Sri. Rajnish Kumar, Chairman, of the Board of Governors, MDI, along with country representatives, MDI faculty, and several policy experts attended the session. Prof. Prajapati presented on GAPP that enables governments designing an effective Government Performance Management System (GPMMS). It was an extension to 8th June 2022 when more than 200 top civil servants from across the Commonwealth adopted a sixteen-point GAPP. One of the important underlying principles discussed and agreed upon was Generally Accepted Performance Principles (GAPP) was that 'the performance of a government organization lies in the eyes of the beholder'. With the objective of supporting the global governance agenda of Commonwealth governments to do their business more effectively, efficiently, and equitably the MDI School of Public Policy and Governance plans to set up a hub for stimulating capacity building, and research on the effective delivery of public services and efficient implementation of public policies that affects society, business and the government for inclusive and sustainable development.

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## Big drama!! Will Devansh sign divorce papers?



CHANDIGARH: The last episode of the television program "Nayan-Jo Vekhe Unvekh" showed Devansh driving the black Vibutti that Pompey and Rita had given him. Nayan is now beginning to notice some changes in Devansh. Today's episode will prove to be a difficult one for Nayan where Devansh drank black vibutti given by Rita and Pompey and is behaving differently. Nayan is seen distressed by Devansh's sudden change of behavior. Rita prepares fake divorce papers as part of her new plan to separate Devansh and Nayan. Devansh is asked to sign the papers which he denies. Jasmine threatens Devansh with legal action if he refuses to sign, which puts Nayan and Devansh's relationship into an unexpected crisis. Will Devansh and Nayan's relationship end? Will these three succeed in their plans? To know, watch today's exciting episode of "Nayan-Jo Vekhe Unvekh" at 8.30 PM only on Zee Punjabi.

## Varun Chopra, Tapy Ghai, Yashas Chandra, Mohammad Sanju is leading quartet on day one

CHANDIGARH: American Varun Chopra, Gurugram-based Tapy Ghai, Mysuru's Yashas Chandra and Mohammad Sanju of Kolkata shot scores of four-under 68 to make up the leading quartet on day one of the Rs. 1 crore TATA Steel PGTI Players Championship 2023 presented by Chandigarh Golf Club. On a windy day, the leaderboard looked packed with seven golfers bunched in tied fifth place just one shot behind the lead at 69. This chasing pack included Delhi's Sachin Baisoya who made a hole-in-one on the eighth as well as Chandigarh pros Harendra Gupta, defending champ Yuvraj Singh Sandhu and Akshay Sharma. The three other players in tied fifth were Man Muthu, Harsh Gangwar and Divyanshu Bajaj. Inspired by Spaniard Jon Rahm's winning performance at the Masters last week, rookie Varun Chopra put behind the disappointment of a double-bogey on his opening hole of the tournament with a superb display thereafter as he went on to pick up six birdies. Chicago-based Varun, a joint runner-up at PGTI's event in Kolkata in February this year, made three birdie conversions from a range of 15 to 30 feet and also capitalized on two of the par-5s by sinking two-pulls for birdies there. The 23-year-old Chopra fired his approach within three feet of the pin for his third birdie of the day on the 17th. Varun, who is staying with family in Chandigarh this week, said, "After making double-bogey on the first hole, I thought about and was inspired by what Jon Rahm did at the Masters last week. Rahm too began the tournament with a double-bogey but then came back fighting with birdies on the next two holes."