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12 flyers test positive for COVID-19 at B'luru

Passengers arrived from high-risk countries; samples sent for genome sequencing PAGE 6



Neighbouring Raigad district goes into preventive mode against COVID-19

PUNE CAUGHT NAPPING

District has highest number of cases in state; waiting for fresh govt directives, say officials; impending New Year celebrations press panic mode among many; health experts want govt to motivate people to follow Covid-appropriate behaviour

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Raigad district, known for having one of the strongest fortresses on the Deccan Plateau, is living up to its name. It has literally thrown a security ring around to prevent COVID-19 from attacking its inhabitants. Surprisingly, the Pune district administration has decided to wait and watch even as the district witnessed the highest number of cases in the state recently.

Public health expert Dr Subhash Salunkhe, who has been the advisor to the Maharashtra government on COVID-19, has appreciated the decision of the Raigad district administration which, as a preventive measure, made the use of face masks mandatory for all staff members working in different departments of the district collector's office from Monday.

The clamour in various quarters is that the New Year celebrations are bound to be a crowded affair. Considering this, the authorities ought to have made the guidelines issued by the central government a must by now. On the other hand, health experts have advised the state public health department to motivate people in general to follow guidelines.

Salunkhe told Mirror that the guidelines issued by the central government are comprehensive and should be followed by the citizens in the state and the state government should motivate people to follow them.

"Ahead of the festive season, not compulsorily, but the citizens should be motivated to use face masks in public places as a preventive measure.

CONTINUED ON PAGE 4 >>



FILE PHOTO

EXPERT TAKE

Samruddhi a super-fast passage to big disaster?

There was no need to hurriedly open the highway without proper safety measures, says activist Sanjay Shirodkar

Being an engineer and an activist who has done a deep study in infrastructural works, by procuring information under the RTI Act; the case of the Nagpur-Mumbai Super Communication Expressway (Samruddhi Mahamarg) seems serious in terms of commuters' safety.

Following are the deep concerns that the authorities must address immediately, as the highway has been opened to motorists in a tearing hurry:

- Highway landscaping is mandatory as per the Manual of Standards and Specifications (four-lane and six-lane) published by the Union ministry of road transport and highways in 2008. For this, trees shall be planted in rows and on either side of the Project Highway with a staggered pitch as per IRC: SP: 21. The scheme for landscaping shall be part of the overall environmental mitigation plan (EMP) as spelled out in Schedule C.
- Although median plantation/landscaping is a part of this project, it was missing at the stage of opening on December 11, 2022. This ignorance can invite accidents as HID headlamps are extremely bright and they can have the effect of temporarily blinding people. Many of these aftermarket HID lamps have not been set properly and they throw beams directly into the eyes of the drivers of vehicles coming from the opposite direction.
- Such a high-speed design expressway has been opened without a wired rope at the median side. This limits the speedy uncontrolled vehicle from taking off from one side to jump the other side and has the potential to create a crash. The Mumbai-Pune Expressway has encountered such cases before erecting wired ropes. Commuters have lost their lives.
- At the Samruddhi Expressway, 17 QRVs were made available for the first 520-km distance instead of one each at 50km as per the inception report of this project.
- The design speed is 150 kmph for this project. Now, because of enthusiastic overspeeding, this has been restricted to 120 kmph and less including the threat of penal actions. In the inception report of June 2016 of this project, it is mentioned that "as per the proposed expressway, which is envisaged to have a design speed of 150 kmph, to enable reduce the travel time to almost half of the current travel time." If this is the case then my points of median plantation/landscaping and wired ropes are vital. I hope the Maharashtra government takes note of it and act quickly.
- As per NHAI toll notification 2008, the distance between two consecutive toll plazas should not be less than 60km and as per the BOT (build-operate-transfer) policy of the state government, it should be 45km. This opened stretch of 520km of Samruddhi Mahamarg has 18 toll plazas situated on average distance of 28km, which is in complete violation of the above regulations. However, it is mentioned in the project that toll will be charged only on the actual travelled distance, then this is justified. However, we will have to see what it would be in actuality.

(The writer has used RTI extensively to unearth details on toll and user taxes levied by various infrastructure companies)



IANS

PIC FOR REPRESENTATIONAL PURPOSES ONLY

A New Year treat for cricket buffs in Pune

India, Sri Lanka to face-off in T20I in Gahunje on Jan 5, after a 22-month lull



RIYAZ BAGWAN



Cricket aficionados have reason enough to look forward to the New Year with the Men in Blue set to grace the city after a 22-month-long wait. The last international action in the city was the three-match ODI Series between India-England.

"With India set to begin their home season against arch-rivals and neighbours Sri Lanka, Pune will host the second T20 International of this series at the Maharashtra Cricket Association (MCA) stadium, Gahunje, on Thursday, January 5, 2023," said MCA secretary Riyaz Bagwan.

India's home international season is scheduled to begin on January 3, 2023, with a T20I and ODI series against Sri Lanka, a week after their ongoing tour of Bangladesh that ended on December 26, 2022. The Men in Blue will play their first T20I game in Mumbai on January 3, 2023, before descending on Pune.

The day and night encounter would be the fourth T20I to be hosted at the stadium and the 13th international encounter for India at the stadium. So far, MCA Stadium has hosted 2 Tests, 7 ODIs and 3 T20Is apart from 51 Indian Premier League (IPL) matches.

In fact, in the three T20Is held here, hosts India have been successful twice (v England in 2012; won by 5 wickets, and v Sri Lanka, in 2020; won by 78 runs) apart from a loss (v Sri Lanka, in 2016; lost by 5-wickets).

The hosts will also be looking forward to improving on the 1-1 (win-loss) T20I record they have against Sri Lanka and likewise setting the tone in the series.

Fans and cricket lovers can be sure to expect an exciting contest that promises to scorch and sizzle; a baseline through the new year 2023!

Ticket sale begins today

The Maharashtra Cricket Association (MCA) will officially open ticket sales for the forthcoming India-Sri Lanka T20I on Tuesday (Dec. 27). Fans can buy tickets online or from two PYC Hindu Gymkhana, off Bhandarkar road, and the box office at MCA's international stadium, Gahunje. Counters at both venues will be open between 10 am and 6 pm.

The T20I comes after Punekars were treated to an ODI between India and England on March 28, 2021.

The tickets rates are as follows; West Stand and East Stand (Rs 800); South Upper (Rs 1,100); South Lower (Rs 2,000); South West and South East stand (Rs 1,750); North West and North East Stand (Rs 1,750); North Stand (Rs 2,000); South Pavilion Stand A & B (Rs 3,500). Corporate boxes with a seating capacity of 12 seats per box can be availed at Rs 6,00,000 each.



Kind **Attention** Readers

The Second Meeting of Pune Times Mirror

Citizens Forum for Potholes/Roads Solution (CFPRS)

to be held on **FRIDAY, JANUARY 14TH, 2023** Time: **3.30 PM**

Venue: Avik Polychem 116, Profile Garnet Anand Park, Aundh

- (Rotarian Nitin Joshi, also a member of the CFPRS has kindly taken the lead to host the meeting. We heartily thank him).
- Members and all citizens from all neighbourhoods, besides Aundh, are most welcome.
- Come with your friends along and join this public movement and give momentum to get good roads for Pune by the monsoon of 2023.

Please register by emailing to vinita.deshmukh@punemirror,com or WhatsApp to 9850932379.
Registration is free but it is mandatory.


Pune Times Mirror

India becomes world's 5th largest economy: IMF

Saving grace

Onus is on PMC to answer whether the city will have...

...Better roads next monsoon

Mirror's Citizens Forum for Potholes/Roads Solution meeting chalks out action plan; passes several resolutions on taking forward campaign to get proper, commutable streets in 2023 by liaising with municipal corporation

Safe bet! PCMC to collect non-hazardous indl waste

Initiative to begin in twin towns on Jan 1; industry associations hail move, but call for reasonable charges

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The Pimpri Chinchwad Municipal Corporation (PCMC) has decided to charge a minimal amount for the collection of non-hazardous industrial waste. The civic body is working on a flexible tariff for the industries on this matter and it will announce the amount very soon. It also says that an appropriate disposal system for hazardous and non-hazardous waste will be in place in the twin towns from January 1, 2023.

The mixing of hazardous and non-hazardous industrial waste has been leading to frequent fires at the Moshi garbage dump. Hazardous waste is also being thrown indiscriminately on the roads, drains, and in open spaces in the city, causing a threat to human health.

In a recent meeting with the industry representatives and officials from the health and sanitary department and the pollution control board, the PCMC directed the industrial units to segregate their hazardous and non-hazardous waste so that appropriate disposal can be carried out from January 1.

Ajay Charthankar, assistant commissioner (Health), PCMC, told *Mirror* the civic body is working on a very systematic way to tackle the industrial waste issue.

"We told the industry representatives that every industrial unit should segregate their waste daily into hazardous and non-hazardous ones. While PCMC will be collecting the non-hazardous waste, the industries will have to ensure that hazardous waste is disposed of at the private processing facility available in the Ranjangaon area. There are around 10,000 small, medium, and large industries in the MIDC area and nearly 35 tonnes of waste is generated daily from them," he said.



Mixing of hazardous and non-hazardous industrial waste has been leading to frequent incidents of fires at the Moshi garbage dump. FILE PHOTO

"We have not yet decided on the amount for collecting the waste. We are thinking of including it in the property tax, unlike the domestic waste collection. But it will be nominal and the industries need to cooperate for this for the safety of the environment and public health," Charthankar added.

Industrial waste disposal is a major issue of the Pimpri-Chinchwad industrial estate because the MIDC did not set up facilities for waste disposal. One such facility is the Material Recovery Facility or MRF. This facility recovers useful material while scientifically disposing of the waste. The PCMC collects the waste from the industries but it has been noticed that industries are mixing hazardous with non-hazardous waste. The inflammatory material from the industrial waste was leading to fires at the garbage dump. Also, it was found that hazardous waste was dumped on the roads or was stored for a longer period on the company premises. This is a dangerous thing to do. Major incidents of fire were reported in the twin towns because of it. In an agarbatti factory in Akurdi, a major fire broke out recently due to this reason.

Meanwhile, the associations of industries have said that they will oppose if the charges levied by PCMC are exorbitant.

Abhay Bhor, president of the Forum for Small Scale Industries Association, said: "For the last several decades, the industries have been paying crores of rupees to the civic body but in return, they have not even provided the basic facilities. If PCMC promised us that they will sweep all the internal roads of the MIDC and collect the waste regularly, then only we will pay the tax. The civic body did not keep its promise. Recently, after several appeals, PCMC started sending garbage vehicles to pick up waste from the MIDC doorstep but after four months it was stopped. So, there was no clarity. Once the tax head starts, it will continue. We need concrete assurance from the civic administration."

Sandeep Belsare, president, Pimpri-Chinchwad Small Scale Industries Association, said, "We will oppose the tax if it is exorbitant. We welcome the PCMC initiatives from the perspective of the environment and public health. It is the duty of everyone to save the environment. We are ready to support the civic body but they should have to listen to our demands too."



The PMC had set a three-year deadline for completing the Shivane-Kharadi riverside road project, but it has been unable to meet it even after nine years. FILE PHOTO

No end to traffic woes on Nagar rd

Citizens want PMC to complete the work on the 1.5-km unfinished patch as it is the sole alternative route

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Residents of Vadgaonsheri, Chandannagar, Kharadi, and adjoining localities have demanded the Pune Municipal Corporation (PMC) to complete construction of the unfinished patch of 1.50 km in between Gunjan chowk (Yerawada) to Kharadi- riverside road to ease traffic on Nagar road as it is the sole alternate route.

For more than a year, the traffic situation on Nagar road has gone from bad to worse. Earlier, Nagar road was considered to be one of the best roads for commuters. Owing to the construction of metro work and the increasing growth of IT industries in the Kalyaninagar, Wadgaonsheri, and Vimanagar area, the traffic woes have been giving the public a bad headache.

In October, residents of Vadgaonsheri, Chandannagar, Kharadi, and adjoining localities conducted protests against persistent traffic issues on surrounding roads. They accused the civic administration of not paying any heed to their demands and allowing the traffic menace to worsen in their locality.



While speaking to *Mirror*, Nitin Bhujbal, a resident of Vadgaonsheri, said, "The corporation has been constructing the Shivane-Kharadi riverside road to ease traffic problems in the city for over 15 years now. Yet, the work on the road is completed in patches as the corporation has been facing problems acquiring private land for constructing the road,"

He also said that as per corporation officials, construction on the Kharadi-Gunjan chowk (Yerawada) riverside is almost completed. Only 1.5 km of the stretch from Yerawada to Kharadi remains to be connected."

Another resident of Rajesh Katle from Chandannagar said that the areas near the Aga Khan Palace and the Phoenix Market City Mall along Nagar Road are perennially jammed during peak traffic hours. He added, "Therefore, an alternate road is required to ease traffic congestion on the said road."

Rajabhau Padale, a resident of Kharadi, told *Mirror* that they were tired of raising their issues with the PMC authorities and traffic department officials. "We are provided with fake assurances that issues will be sorted. Residents in these areas are thinking of shifting to other localities as they are frustrated with the daily traffic," he added.

The project is part of the Development Plan (DP) of the city and work began in May 2013. The project cost was Rs 363 crore but the corporation has paid Rs 228 crore to the contractor to date. The project cost has escalated to Rs 41.50 crore due to a lack of land acquisition. The total length of the road is 17.10 km and it has a width of 24 and 30 metre as mentioned in DP, respectively. The corporation had set a deadline of three years but was unable to meet it even after nine years.

VG Kulkarni, the chief superintendent engineer of the road department, said, "In the Agakhan Bridge to Mundhwa bridge stretch, there is a 700-metre patch where there are three-four storied buildings existing. All of them are authorised buildings. The PMC is trying to get hold of the land and complete construction on the Gunjan chowk to Kalyaninagar section. However, we haven't got the land yet," he added.

Pune caught napping

CONTINUED FROM PAGE 1

We have advised the state government to take steps to make citizens follow Covid Appropriate Behaviour (CAB). Also, if the restrictions are imposed in tourist destinations, it will be more helpful," he said.

Salunkhe added that it should be made compulsory to use face masks on flights. It may be noted that travellers arriving at airports from countries which have currently reported a spike in cases due to the new variant of the COVID-19 virus are being mandatorily scanned and tested. On Monday, two positive cases were detected at the Kolkata airport and both samples have been sent for genome sequencing.

There has been a rise in COVID-19 cases in China, Japan, South Korea, Brazil, and the US due to the BF.7 – a sub-lineage of the Omicron variant BA.5. However, public health experts and officials say that there is no need to panic but people should celebrate the New Year with caution. They recommend that high-risk patients should take precautionary doses of the vaccine and use face masks while moving about in a public place.

Seconding the recommendation, Dr Kapil Zirpe, a member of the city and district Covid task force and head of the department of critical care at Ruby Hall Clinic, said that ahead of the New Year citizens who are elderly or suffering from comorbidities should mandatorily take booster shots, use face masks and follow CAB when in public places as they are at high risk. "They should not forget that during all the Covid-19 waves, most deaths were reported among high-risk patients. There should be no need for the government to issue orders for compulsion if citizens learn from past experiences," he added.

Meanwhile, Dr Sanjeev Wavare, the assistant health chief of Pune Municipal Corporation (PMC) who has been heading the Covid-19 management and prevention cell for Pune city, said that as of now there are no orders or directions from the state government or central government regarding the imposition of guidelines. "If any restrictions are to be imposed ahead of the New Year, the decision and orders regarding the same will be issued a couple of days ahead. Fortunately, there is no surge in Covod-19 cases in the city as of now. The situation is under control," he said.

Pimpri-Chinchwad Municipal Corporation (PCMC) commissioner Shekhar Singh, too, said that as of now there is no decision regarding restrictions to be imposed in the twin towns as there are no directions to this effect from the central or state government. "If the situation evolves, a decision regarding the restrictions will be taken in public interest. In the past, such decisions were by the civic body only when the situation evolved," he said.

Pune district collector Rajesh Deshmukh said that currently no decision has been taken by the administration regarding the imposition of the restrictions in the district. "The decision will be taken as per the directions and suggestions of the central and state governments," he added.

NOTICE

NOTICE REGARDING, claim of amount of Rs. 1,50,000/- of FDR Receipt No. PN/3117796 dated 02/01/2020 in name of Late Nirmala Gopal Kirane. I Nandita Raghunath Bakre, R/at. Flat No. 401, 4th Floor, Bliss Kasa, Bhavani Shankar Road, Dadar West, Mumbai - 400028, am claiming the above amount with HDFC Ltd., as being the only legal heir to Late Nirmala Gopal Kirane and Late Veena Vasant Dewaskar who died on 12/09/2022 at Pune and 10/09/2020 at Mumbai respectively. The Date of Death of Late Nirmala Gopal Kirane is recorded at Pune Municipal Corporation vide registration No. D-2022/27-90408-001621 dt. 11/10/2022 whereas that of Late Veena Vasant Dewaskar is recorded at Municipal Corporation Greater Mumbai vide registration No. D-2020:27-90265-002490 dt. 30/09/2020. Kindly contact HDFC Ltd., Ramon House, HT Parekh Marg, 169 Backbay Reclamation, Churchgate, Mumbai - 400020 within 14 days from the date of this notice for any objection of whatsoever.

MAHARASHTRA JEEVAN PRADHKARAN

Executive Engineer, Maharashtra Jeevan Pradhikaran Division

"JAL BHAVAN" Administrative Building, Ground Floor, City Survey No.18311, Vedunt Nagar, Behind Deogiri College AURANGABAD - 431005
E-mail : cemjpabd@gmail.com

E-Tender Notice No. 10 for 2022-2023

Executive Engineer, MJP Division, Aurangabad Invites e-Tender for the following works in the state of maharshtra.

Sr. No.	Name of Work	Estimated Cost
1	Rejuvenation of old 56 MLD WSS For Aurangabad City. - 900 mm. dia. Di. K-9 - length-12450. M. (from Jack well in jayakwadi Dam to sump and pump house at Dhorkin village). (Second Call)	RS. 37,05,65,149/-
2	Rejuvenation of old 56 MLD WSS For Aurangabad City. - 900 mm. dia. Di. K-9 - length- 14150 M. (from sump and pump house at Dhorkin village to existing water treatment plant at Pharola village) (Second Call)	RS. 41,67,91,781/-
3	Rejuvenation of old 56 MLD WSS For Aurangabad City. - 900 mm. dia. Di- K-9, length-13650 M. (from sump and pump house at water treatment plant at Pharola to Sump and pump house at Nakshatrawadi and Master balancing reservoir at Nakshatrawadi). (Second Call)	RS. 39,79,40,304/-
4	Rejuvenation of old 56 MW WSS For Aurangabad City. - Construction of Conventional - 26 MLD Water Treatment Plant at Pharola , Repairs to Conventional 56 MLD existing Water Treatment Plant, Construction of high level MBR capacity 3.5 ML. Ltr., Hill cutting for MBR, Approach road to MBR, Repairs to existing Sump and Pump House at Dhorkin, Repairs to existing Sump and Pump House at Nakshatrawadi. (Second Call)	RS. 12,32,88,968/-

The above e-Tender details are available on www.mahatenders.gov.in form dated 27.12.2022. All relevant dates will be as per the tender published in web portal www.mahatenders.gov.in

Sd/-
Excutive Engineer,
Maharashtra Jeevan Pradhikaran
Division Aurangabad

MAHARASHTRA JEEVAN PRADHHCARAN

"E" - Tender Notice No.27/9 for 2022-2023 (III CALL)

Maharashtra Jeevan Pradhikaran invites e-Tender notice for the work **Khanapur Water Supply Scheme, (UnderJJM) Taluka: Bhor, District : Pune.01** in the state of Maharashtra.Valued at **Rs.5,15,47,980/-** The e-Tender 3/7 are available on www.mahatenders.gov.in from dated **27.12.2022**

All relevant dates will be as per the tender published in web portal www.mahatenders.gov.in
Dated 27.12.2022

Sd/-
Excutive Engineer,
Maharashtra Jeevan Pradhikaran
Division No.2, Pune.01.

Sheezan 'cheated' on Tunisha, says mother

#MUMBAI

In a video message released on social media, TV actress Tunisha Sharma's mother, Vanita Sharma, has accused her 'Alibaba: Dastaan-e-Kabul' co-star Sheezan Mohammed Khan of "cheating" and "using" her daughter. The 20-year-old rising star, who committed suicide on December 24 on the sets of the TV serial at Vasai, Mumbai, was said to be in a relationship with Sheezan Mohammed Khan, but they had broken up 15 days ago.

Sheezan was arrested after a case of abetment to suicide was registered against him by Tunisha's mother. According to the First Information Report (FIR), the two actors, who were in a relationship, broke up 15 days ago. Tunisha's mother is blaming Sheezan for her daughter's mental stress and depression.

In the video message, Tunisha's mother, alleged: "Despite being involved with another woman, he continued a relationship with Tunisha. He used her for three-four months. I just want to say that Sheezan should be punished, he should not be spared. I have lost my child."

Earlier, Tunisha's uncle, Pawan Sharma, had alleged to the media that Sheezan was involved with several other women. **IANS**

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Activists shocked as cancer of superstition remains uncontrolled

Two transgenders arrested for performing 'aghori' rituals at crematorium to cure woman who is terminally ill

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Two members of the transgender community have been arrested on the charge of performing 'Aghori Pooja' for curing the mother of one of them, who is suffering from cancer, police said.

Meanwhile, civic activists said that such activities keep happening across the state despite the government enacting a law, as the dispensation has failed to create awareness in this regard

Laxmi Nimbaji Shinde (31) and Manoj Ashok Dhumal (22) were caught while performing the ritual at a city crematorium, Vaikunth Smashanbhumi, at 2.30 am on December 23.

According to the police, Dhumal's mother is suffering from cancer. Shinde advised him to perform the ritual next to a burning pyre on the new moon day in order to pass on the disease to someone else.



Caught in the act: The cancer patient is the mother of one of them, said police

A crematorium worker noticed the duo conducting rituals and informed other workers and nearby people, who caught them and handed them over to the police.

"The duo was not ready to accept their crime even after being caught in the act. Both were arguing with police for interrupting their prayers that would purportedly cure Dhumal's mother," said police.

The accused had brought black dolls, pictures of some of their family members, lemons, turmeric, and needles to perform the black magic at the crematorium. The photos of their family members were burnt for their better health as part of the black magic.

"A case has been registered at the Vishrambaug police station against both the accused under section 3 of the Maharashtra Prevention and Eradication of Human Sacrifice and other Inhuman, Evil and Aghori Practices and Black Magic Act. The accused have been sent to judicial custody and police are investigating further in the case" said senior police inspector Sunil Mane.

Meanwhile, activists said that such activities keep happening across the state and some places are known for it.

"Such practices are not uncommon in Maharashtra, especially on the new moon day. Several famous religious places are known for such acts and people fall prey to them. In this case, the accused were carrying pictures of some unknown people. It is important to prevent this now because those who dare to bring pictures today will even dare to sacrifice humans tomorrow," Nandini Jadhav, member of Andhashraddha Nirmoolan Samiti, told *Mirror*.

The state government enacted legislation to prevent occult practices after rationalist Dr. Narendra Dabholkar was assassinated. However, activists claim that the government has failed to create awareness regarding the law among people.

"Even today, several people are not aware that there is a dedicated officer at every police station to take cognizance of black magic-related complaints. Our organisation is holding events to promote awareness, but the government should take a more active interest," Jadhav added.

Dabholkar's son Hamid Dabholkar said that there is a need to create awareness among people about the healthcare system to prevent people from falling prey to such activities. "Some chronic illnesses take a long time to cure. People spend a huge amount of money and time on their treatment. Such people are prone to be exploited by so-called practitioners of black magic," he said.

He said that many times the perpetrators also become victims as they start to believe that such rituals will cure their or their family member's disease.

"It is important to understand what kind of a mindset these people have as they even get ready to sacrifice another human being for the well-being of their family members or their loved ones," he said.

Hamid Dabholkar also said that the government has failed to implement the Act on the ground although it was enacted around ten years ago.

Watchman 'uncle' turns out to be a 'pervert'

Suspect allegedly stalked, took photos of two minor girls in society parking lot, booked under POSCO

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In yet another case of sexual harassment of minors in the city, a security guard stalked and clicked pictures of two 10-year-old girls while they were playing in the parking lot of a society located on the Baner-Pashan link road. The incident took place around 8.30 pm on December 24. The accused, identified as Ahmed Husain (20), has been booked by the Chatuhshrungi police.

According to the complainant who is the mother of one of the girls, they were playing in the parking lot when the accused, Husain, a resident of Assam, was following and trying to get close to the duo. The girls, scared, ran to the mailbox room for safety. Husain landed up there as well, following them. He then intimidated the children by inquiring about their family members and the age of their brothers. He also asked which school they go to and if they have mobile phones at home.

The victims alleged that Husain intentionally spoke in a very low tone and looked around continuously, making the minors frightened. The security guard then clicked pictures of the girls on his mobile without their consent and asked them if they liked the snaps.

The victims then left the room since they felt uncomfortable with Husain around. The accused kept staring at them.

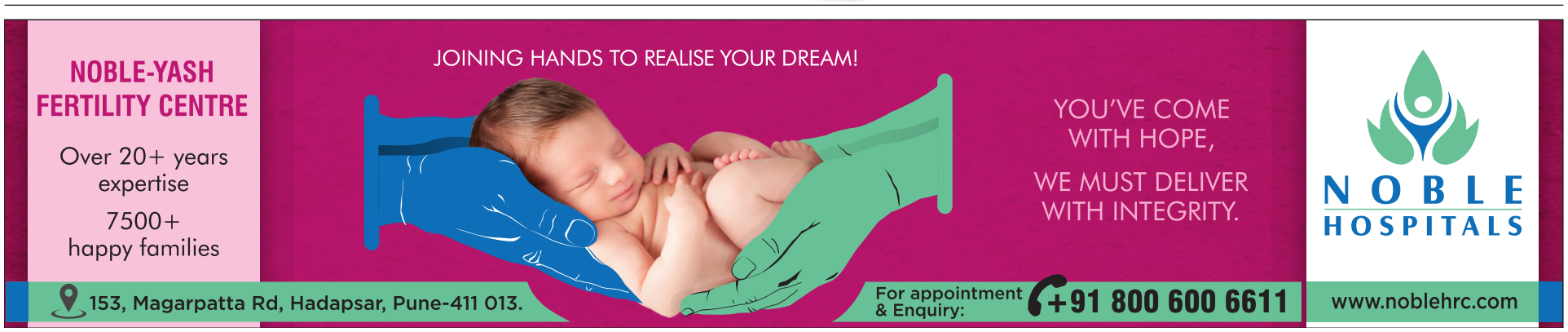
One of the victims went home crying and narrated the incident, following which legal steps were taken by the parents. The parents of one of the victims reached the parking lot along with the victims and called the accused. The girls pointed fingers at the security guard after which Husain tried to flee from the spot but was nabbed by the residents of the society.

A case has been registered against Husain at the Chatuhshrungi police station under Section 354 (Assault or criminal force to woman with intent to outrage her modesty), 354-D (Stalking) of the Indian Penal Code and relevant sections of the Protection of Children from Sexual Offences Act, 2012 (POSCO).

Senior police inspector Balaji Pandhare of Chatuhshrungi police station said, "We have booked the accused and further investigation is on."



GRAPHIC: MANOJ SHINDE



15 kg IED recovered in J&K's Udhampur
— A major tragedy was averted on Monday when the security forces recovered a powerful improvised explosive device (IED) in Jammu and Kashmir's Udhampur district. Police said that the security forces recovered the IED in the Basantghar area of the district.

Pune Times Mirror | 6
Tuesday, December 27, 2022
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12 flyers test positive for COVID-19 at B'luru

Passengers arrived from high-risk countries; samples sent for genome sequencing

#BENGALURU

The Karnataka health department was concerned over the development of 12 passengers arriving from high-risk countries testing positive for COVID at the KempeGowda International Airport Bengaluru, sources confirmed on Monday.

According to authorities, a 37-year-old man, who arrived from China, had tested positive for COVID at Bengaluru. The other 11 passengers came from high-risk countries. Four of them have been quarantined in a private hospital and the rest passengers have been kept in home quarantine.

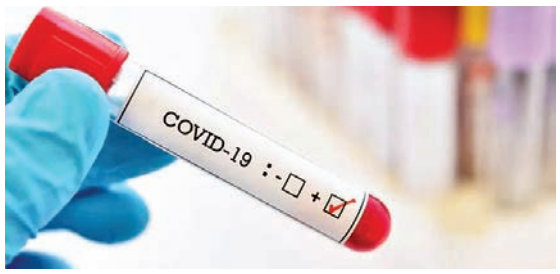
All the samples have been sent to genomic sequencing to the National Institute of Virology and results were expected by Monday evening or Tuesday morning. The 37-year-old man, who arrived from China, hails from Uttar Pradesh's Agra. All the 12 were subjected to COVID tests after they arrived at the airport in the last three days, authorities said.

The state health department was concerned over the development and was awaiting the results. Minister for revenue R Ashok said the new COVID guidelines would be released this evening or on Tuesday morning. Health minister Dr K Sudhakar appealed to the people to wear masks at public and crowded places.

British woman tests +ve at Kolkata airport

A British citizen, currently residing in Australia, was detected COVID-19 positive at the Netaji Subhas Chandra Bose International airport here after she arrived there from Kuala Lumpur by an Air Asia Flight early on Monday, officials said.

Kilburn Mary was slated to go to Bodh Gaya from Kolkata. After she was detected COVID-19 positive, she was immediately isolated and sent to the Bailgate Infectious Disease Hospital in north Kolkata. **IANS**



Four quarantined in pvt hospital, others isolated at home

4 foreign nationals test positive in Bodh Gaya

#PATNA

Four foreign nationals have tested positive for COVID-19 in Bihar's Bodh Gaya amid a nationwide alert over resurgence of the pandemic in various countries.

Four of them were isolated in their respective hotels in Bodh Gaya, while a woman went to Delhi after her report came negative for the second time. **IANS**

Declare Belagavi as UT till SC verdict: Uddhav

'K'taka CM has adopted aggressive stance on issue'

#NAGPUR



As the Maharashtra-Karnataka boundary row continues to burn, former chief minister **Uddhav Thackeray (in pic)** on Monday demanded that the disputed areas around the borders should be declared as 'Union Territory' till the Supreme Court delivers its verdict.

Speaking in the Maharashtra Legislative Council, the Shiv Sena (UBT) president said though Karnataka chief minister Basavaraj Bommai has adopted an aggressive stance on the issue, his Maharashtra counterpart Eknath Shinde remains silent. "Until the apex court takes decision in the matter, the areas of Belagavi (Belgaum), Karwar, Nippani should be declared as a UT. This point must be included in the resolution that is passed in the legislature," said Thackeray.

Replying to the issue, deputy chief minister Devendra Fadnavis assured that "under any circumstances, Maharashtra will not desert our people residing in the disputed borders areas."

"We shall fight for every inch of land with the Centre or the apex court... We shall not relent and tackle any injustice meted to the people living there," he declared.

Later, speaking to the media outside the house, Thackeray accused Karnataka of harassment of the Marathi-speaking population on the borders, which has never happened with the Kannada-speaking people in Maharashtra. "This is not just a question of two languages but of humanity. The people living in the border areas have been suffering for decades and generations. It is high time for the Centre to intervene and take firm steps to resolve the grievances of the affected people for their future," he said.

The opposition has been continuously targeting the Shinde-Fadnavis government of going 'soft' on Karnataka on the prickly border problems. **IANS**

पिंपरी चिंचवड महानगरपालिका, पिंपरी ४११ ०१८

आरोग्य मुख्य कार्यालय

E-Tendering

निविदा नोटिस क्रमांक : ८/२०२२- २०२३

पिंपरी चिंचवड महानगरपालिकेच्या आरोग्य मुख्य कार्यालयामार्फत म.न.पा. क्षेत्रीय कार्यालयाचे कार्यक्षेत्रातून वाहणा-या १) सांगवडे ब्रिज ते मोरया गोसावी बंधारा २) मोरया गोसावी बंधारा ते कासारवाडी दत्त मंदीर(सृष्टी चौक, पिंपळे गुरव ब्रिज) ३) कासारवाडी दत्त मंदीर (सृष्टी चौक,पिंपळे गुरव ब्रिज) ते बोपखेल बंधारा ४) वाकड ब्रिज सुर्या हॉस्पिटल ते दापोडी पवना- मुळा संगम ५) इंद्रायणी नदी सिंटेल कंपनी, तळवडे ते बटवाल वस्ती मोशी बंधारा ६) इंद्रायणी नदीपात्रातील बटवाल वस्ती, मोशी बंधारा ते हिरामाता मंदीर च-होली एस टी पी. प्लांट या कार्यक्षेत्रातील नदीपात्रातील हायसिंथ (जलपर्णी) काढणेचे कामाचे ड्रोन कॅमेराव्दारे सर्वेक्षण खाजगीकरणाव्दारे करावयाचे आहे. निविदांचा तपशील खालीलप्रमाणे.

अ. क्र.	कामाचे स्वरुप	एकूण किलामीटर	अंदाजपत्रकिय र.रु	१% बयाना	५% अनामत	फॉर्म फी	कामाचा कालावधी
१	पिंपरी चिंचवड मनपाच्या कार्यक्षेत्रातुन वाहणाऱ्या पवना, मुळा व इंद्रायणी नदीपात्रातील ड्रोन कॅमेराव्दारे सर्वेक्षण करणेबाबत	५९ कि.मी	७,०८,०००/-	७०८०/-	३५,४००/-	३५८४/-	६ महिने

निविदेचे वेळापत्रक

ई निविदा उपलब्ध कालावधी	दि.२७/१२ /२०२२ ते ३/१/२०२३
निविदा भरण्याची अंतीम दिनांक व वेळ	दि. ३/ १/२०२३ दुपारी ३.०० वाजेपर्यंत
निविदा उघडणेचा दिनांक	दि. ४/१ /२०२३ शक्य झाल्यास

कोणतेही कारण न देता निविदा रद्द करणे, पूर्णत: किंवा अंशत: मंजूर अथवा नामंजूर करणेचा अधिकार मा. आयुक्त यांनी स्वत: कडे राखून ठेवला आहे. निविदा संचाची विक्री https://mahatenders.gov.in या संकेतस्थळावर ई-निविदा सूचनेत नमूद केलेल्या तारखेनुसार सुरू राहील सविस्तर निविदा व निविदा बाबतची इतर माहिती खालील संकेतस्थळावर उपलब्ध आहे.

1. https://mahatenders.gov.in
2. सदरची ई-निविदा प्रणाली वापराबाबत काही तांत्रिक अडचण निर्माण झाल्यास NIC यांच्याकडील ईमेल supporteproc@nic.in अथवा Help Desk Number – 0120-4200462, 0120-4001002, 0120-4001005, 0120-6277787 या दूरध्वनीवर संपर्क साधावा.

सही/-
(अजय चारठाणकर)
उपआयुक्त
आरोग्य मुख्य कार्यालय
पिंपरी चिंचवड महानगरपालिका
पिंपरी-१८

जाहीरात क्रमांक.३९७
जा.क्र./आमुका/०४/कावि/४१९/२०२२
दि. २६/१२/२०२२

CBI arrests Videocon grp chairman for loan fraud

Probe agency acts after questioning of Kochhars

#NEWDELHI



In a latest development in the loan fraud case involving former ICICI Bank CEO Chanda Kochhar and her husband Deepak Kochhar, the Central Bureau of Investigation (CBI) on Monday arrested **Venugopal Dhoot (in pic)**, chairman Videocon group.

Dhoot was placed under arrest following the questioning of Kochhars. The Videocon group chairman arrest was made in Mumbai. The CBI will produce him before a Special CBI court in Mumbai later in the day. The probe agency will seek his custodial remand. "It was alleged that the ICICI Bank Ltd sanctioned credit facilities of about Rs 3,250 crore to Trend Electronics Ltd, Century Appliances Ltd, Kail Ltd, Value Industries Ltd and Evan Fraser & Co India Ltd, all companies belonging to Videocon Group promoted by Venugopal Dhoot. **IANS**

PM attends 'Veer Bal Diwas' in Sahibzadas' remembrance

Modi takes part in 'shabad kirtan' by 300 'baal kirtanis'

#NEWDELHI



Prime Minister **Narendra Modi (in pic)** on Monday took part in 'Veer Bal Diwas', a programme organised in the remembrance of Sahibzadas, sons of Guru Gobind Singh, at Major Dhyan Chand National Stadium in New Delhi. Modi participated in a 'Shabad Kirtan' performed by 300 'Baal Kirtanis' approximately.

On the historic occasion, the Centre has organised an interactive and participative programmes all over the country to inform and educate the citizens, especially the young children, about the story of exemplary courage of the Sahibzadas.

Prime Minister tweeted, "On Veer Baal Diwas, we recall the courage of the Sahibzades and Mata Gujri Ji. We also remember the courage of Sri Guru Gobind Singh Ji".

Essay writing, quiz competitions and other activities were organised in schools and colleges. **IANS**

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Dubai may be the right place for investment

But Indians should consider legal and other factors, preferably visit the emirate, before putting in their money

Political stability, a favourable tax regime and almost zero crime rate are among the reasons why Indians may not hesitate from investing in Dubai. However, it is crucial to know the legal and other procedures while calculating the returns on your investment.



Dr Prof Sandeep Sahasrabudhe

STRONG ECO GROWTH: Dubai has a strong and diverse economy, which has contributed to its rapid growth in recent years. This growth has been fuelled by sectors such as tourism, finance and real estate, making it an attractive destination for investment.

HIGH DEMAND: The emirate in the UAE has a high demand for real estate, which has led to strong price appreciation in recent years. This demand is driven by factors such as a growing population, a thriving tourism industry and a favorable business environment. In the last one year, the capital appreciation in the real estate has been more than 13% per annum and it is expected to appreciate at least 10% p.a. in the financial year 2023-24.

POLITICAL STABILITY: The stable political environment makes Dubai an attractive destination for investment. The government has a track record of supporting economic growth and has implemented policies that encourage foreign investment in the real estate market.

STRONG RENTAL YIELDS: Properties in Dubai tend to have strong rental yields of 6% p.a., which makes them a good investment for those looking to generate passive income.

TAX ENVIRONMENT: A favorable tax environment, with no income or capital gains tax for non-residents, makes it an attractive destination for investors looking to minimize their tax burden.

NO LANGUAGE BARRIER: Several Indian languages such as Hindi, Bengali, Malayalam and Tamil are widely spoken in the emirate.

ALL ABOUT INVESTMENT: The minimum investment required for investing in Dubai real estate will depend on a variety of factors, such as the location and type of property you are interested in, as well as the current market conditions. In general, prices for real estate can vary widely, with some properties costing several million dollars and others costing much less.

That being said, it is possible to invest in the real estate with a relatively small amount of money. For example, you may be able to purchase a small or studio apartment for under $120,000. It's also worth noting that you may be able to finance your investment through a local mortgage. However, you will need to meet the lender's requirements and may be required to make a down payment of 20-30% of the purchase price.

In addition to the purchase price, you should also consider the ongoing expenses associated with owning a property in Dubai, such as property taxes, insurance, maintenance and utilities. These costs can vary depending on the location and type of property, as well as the cost of living in the area.

Overall, the minimum investment required will depend on your specific goals and the property you are interested in purchasing. It's a good idea to consult with a financial advisor or a real estate professional to understand your options and make an informed decision.

WHAT IF BUYER IS NOT A UAE CITIZEN? If you are not a UAE citizen, there are a few legalities to consider when purchasing property in Dubai. They are generally allowed to own property in designated areas, known as freehold zones, and include most of the city's residential and commercial areas. However, non-UAE citizens are not allowed to own property in non-freehold areas, which are typically reserved for UAE citizens.

PURCHASE FORMALITIES: The process for purchasing property is similar to the process in other countries. You will need to sign a sales and purchase agreement, pay a deposit and complete the necessary paperwork. You may also be required to pay a fee for property registration and transfer of ownership.



LEGAL REPRESENTATION: It's a good idea to seek the help of a local lawyer or real estate agent to navigate the legal process of purchasing a property in Dubai. They can assist with the paperwork and ensure that everything is in order.

Overall, it's important to carefully consider the legalities of purchasing property in Dubai if you are not a UAE citizen. By understanding the foreign ownership restrictions, purchase process, mortgage options, tax considerations, and the need for legal representation, you can make an informed decision about whether buying a property there is the right choice for you.

BETTER VISIT THE PLACE: If you wish to own property in Dubai, the first thing you must do is visit the place to see the properties. A minimum of two full days will be required to cover different types of properties. We will take you on a property tour from 10 am to 6 pm. We will explain to you the USPs of every property as per your budget and requirements. We will help you to negotiate with the builder and help you in completing the booking formalities. Depending on the builder in Dubai 50,000 AED to 1, 00,000 AED is what the builder asks for in order to book the apartment in your name. Also, after booking we help you open a bank account in Dubai with the bank with which the builder has a tie-up and we guide you in completing all the apartment booking formalities. The builder also offers good payment plans, up to five years to pay the agreement amount. Also, Dubai is one of the safest places around the world with close to zero crime.

Is it a must to visit the UAE?

It is not necessarily compulsory to visit the UAE in order to purchase a property in Dubai. However, it is generally recommended to visit the country and see the property in person before making a decision to buy. This will allow you to get a better sense of the local area and ensure that the property meets your needs and expectations. Additionally, you may need to visit the UAE to sign the necessary paperwork and complete the purchase process.

Dr Prof Sandeep Sahasrabudhe is the managing director of Moneywise Weallth Planners. He can be reached at moneywise@punemirror.com or *www.moneywisefp.com*.

How many co-applicants can buy one property?

There is no specific limit on the number of co-applicants who can buy a property in the UAE. However, all co-applicants must meet the requirements for foreign ownership and must be listed on the title deed as co-owners of the property. It's important to carefully consider the legal and financial implications of co-owning a property with others, as well as any potential disputes that may arise. It may be a good idea to consult with a lawyer or financial advisor to understand your options and make an informed decision.

The risks involved

There are several risks to consider when investing in real estate properties in the UAE for Indians.

Market risk: The real estate market in the UAE can be volatile, and property prices may fluctuate based on a variety of factors, such as economic conditions and supply and demand. This means that the value of your property may go up or down over time, and you may not be able to sell it for as much as you paid for it.

Currency risk: If you are investing in a property in the UAE with currency other than the local currency, you will be exposed to currency risk. This means that the value of your investment may be affected by fluctuations in the exchange rate.

Maintenance risk: Owning a property in the UAE may involve ongoing expenses for maintenance and repairs. It's important to budget

Conclusion

Buying real estate in Dubai is a popular choice for Indians due to the city's attractive location, modern infrastructure and high standard of living. Here is an overview of the other things to consider when buying real estate in Dubai as an Indian citizen:

Research, diligence: It is important to do thorough research and due diligence before buying a property in the Gulf state. This includes inspecting the property, reviewing the legal documents, and getting a professional valuation. It is also a good idea to research the neighborhood and surrounding area to ensure that it meets your needs and preferences.

Financing: If you need financing to purchase a property in Dubai, you will need to apply for a mortgage. Several banks in Dubai offer mortgages to foreign buyers, including Indian citizens. It is important to compare rates and terms before choosing a lender. You should also be prepared to provide proof of income and other financial documents as part of the mortgage application process.

Legal assistance: It is advisable to seek the assistance of a real estate agent or lawyer to guide you through the process and protect your interests. A real estate agent can help you find properties that meet your criteria and negotiate the terms of the sale. A lawyer can review the legal documents and ensure that your rights are protected.

Fees and taxes: It is important to be aware of the various fees and taxes associated with buying real estate in Dubai, including the transfer fee, mortgage registration fee, and property tax. These fees can add significantly to the cost of the property, so it is important to budget for them in advance.

Ownership restrictions: It is important to familiarize yourself with the local laws and regulations related to property ownership, including any restrictions on foreign ownership or use of the property. Some properties in Dubai may be restricted to certain types of ownership, such as freehold or leasehold, and may have additional restrictions on use or occupation.

Rental income: If you are planning to purchase a property in Dubai as an investment, you should consider the potential rental income. Dubai has a strong demand for rental properties, especially in popular areas such as the Dubai Marina or Downtown Dubai. However, it is important to research the local rental market and consider factors such as the type of property, location, and demand to determine the potential rental income.

HEALTH ICONS 2022

HONOURING UNSUNG HEROES of the MEDICAL WORLD

PHOTOS: GAURAV KADAM & OSHWIN KADHAO

In an endeavour to encourage and celebrate their efforts and duty, Pune Times Mirror and Civic Mirror's Health Icon 2022 felicitated doctors, health practitioners, and government and private hospitals for their exemplary work in the field of healthcare and medicine, at a gala award ceremony hosted on December 22. Hosted at Hyatt Regency, Viman Nagar, the afternoon witnessed health practitioners and hospitals conferred with awards for their outstanding contribution to providing public healthcare facilities. Health Icons 2022 strives to highlight the stories of the city's and society's unsung heroes — doctors, the frontline workers — who risked their lives to save others during the pandemic. The gala event was hosted by celebrity host and voiceover artist Sachin Kumbhar.

POWERED BY

Former Mrs World (2001) Dr Aditi Govitrikar, who was one of the chief guests at the award function spoke highly about Pune, her birthplace, and shared her fondest memories of the city. She went on a trip down memory lane. Govitrikar spoke about the challenges that doctors face.

"They don't have a family life because of their work commitments which normal citizens would never know. An award like this means that their work is being recognised by the masses. It's my absolute honour to felicitate health icons from Pune," Govitrikar added. The actor felicitated the awardees and expressed her gratitude to the awardees and those present in the audience.

The awards were presented in two categories — hospitals and individuals for their excellent service in providing public healthcare. Dr Radhakishan Pawar, Deputy Director of Health Service, Pune Region and Dr Rajendra Wable, dean of Postgraduate Institute of Yashwant Rao Chavan Memorial Hospital, also graced the event and were the chief guests at the event. Pankaj Sharma, chairman and managing director of Pune Times Mirror and Neeraj Sharma, vice-president of Pune Times Mirror congratulated the awardees and expressed gratitude for their relentless service to humanity.

A zone-wise survey was carried out by Dexter Consultancy Pvt Ltd to handpick the best hospitals, doctors and medical practitioners from Pune. The aim of the survey was to rank the finest organisations and individuals in the city, and the result was tabulated through three primary modules such as perceptual rating survey, factual survey and desk research. The collected data was evaluated to grade the hospitals, clinics and health experts that participated in the survey.

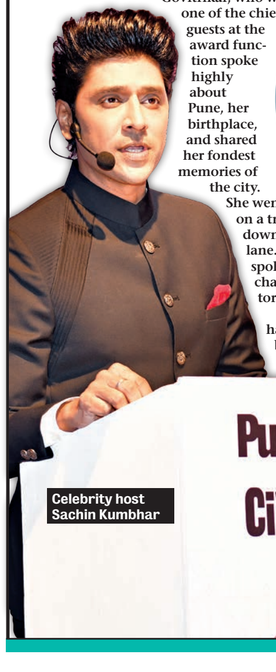
The Pune Times Mirror and Civic Mirror Health Icons 2022 was powered by Shyam Global Technoventures Pvt Ltd with Estilo Furniture as the luxury furniture partner.



Dr Aditi Govitrikar, former Mrs World and actor was the chief guest at the award ceremony



Pankaj Sharma, chairman & MD, Pune Times Mirror



Celebrity host Sachin Kumbhar

(L to R) Prakash Kodande and Pawan Tiwari from Mahindra Powerol, Yamini Goyal, director, Shyam Global Technoventures Pvt Ltd felicitate Aditi Govitrikar

Winners	Categories
Dietician Prithmesh Mago	Best Nutritionist and Dietitian, Pune
Dr Himanshu Ajwani	Best Dentist, Pune east
Dr Yashraj P. Patil from DPU Hospital & Research Center	Best Emerging Leader in Healthcare, PCMC
Dr Anant Bagul from Universal Hospital	Best Stem Cell Therapy Centre, Pune
Dr Syam Bhargavan from Muppra Ayurvedic Clinic	Best Ayurvedic Cilnic, Pune
Dr Preeti Kale from Unity Hospital	Best in IVF and Fertility Treatment, Pune
Dr Anil Dudhbhate from Dr Dudhbhate Netralaya And Retina Centre	Best Opthalmologist, Pune West
Dr Shradha Salunke from DPU Hospital & Research Center	Best Pediatrician & Neonatologist, PCMC
Dr Apoorv Sahu	Best Dental Clinic, Pune east
Dr Vishnu G Nandedkar from Nandedkar Multispeciality Hospital	Best in Joint and Replacement Surgeon PCMC
Dr Prerana Beri kalekar	Best in Ayurved consultant, Pune
Dr Rohan Jahagirdhar	Best Psychiatrist, Pune
Dr Prasad Bhate	Best in Gastroenterologist, Pune
Dr D.Y. Patil Hospital and Research centre	Best Multispeciality Hospital, PCMC
Dr Vishal Tapadiya from Tapadiya Dental Casa	Best Dental and Cosmetology Clinic, Pune
Dr Bhupeshkumar Kaware from Inlaks and Budhrani Hospital	Best in Nephrology, Pune
Dr Nupur Barde from Aryaa Multi-speciality Homeopathy	Best Homeopathic Doctor Pune West
Dr Umesh Vaidya	Rationality & Excellence in Pediatric Outpatient Services, Pune
Dr Jagadish Dhekne	Exceptional Contribution to Society, Pune
Dr Mukesh Chute	Best Dentist Pune West
Dr Bipin Vibhute from DPU Hospital & Research Center	Best Liver Transplant Surgeon, PCMC
Dr Vikas karale from Prolife Health Centre	Best In Infertily Speciality, Pune
Dr Manish Kulkarni from Dhanwantari Hospital	Best in Orthopedic Surgeon, Pune
Dr Avichal Ambulkar from Ambulkar speech and Hearing clinic	Best Hearing clinic, Pune
Dr Priya Bholanath Baviskar	Best in Acupuncture Therapist , Pune
Dr Prachee Sathe from DPU Hospital & Research Center	Excellence in General Medicine & Critical Care Pcmc
Dr Rahul Katariya from Dental Galaxy	Best Dental Clinic, Pune West
Dr Vivek K. Deshmukh	Best in Pain Management, Pune
Dr M Sufiyan Tamboli	Best Audiologist and Speech Therapist, Pune

Research Methodology for The Dexter – Pune Times Mirror & Civic Mirror Health Icons 2022

As illustrated below, a 4-step approach was followed, starting from desk research followed by a self-nomination step, in which all the shortlisted potential candidates in a segment were asked to nominate themselves in various categories and zones such as East, West and PCMC Pune, by providing the relevant factual details.

Further, a parameter-wise analysis of nominees in each award category was computed through a weighted average score to derive a perceptual mapping of various participants across categories.

Based on the above 4 steps, weightage-based ranks were determined and the final standings of each category were established.

Best attempts were made to reach maximum entities in the respective categories in Pune. However, only the fully complete and validated nominations received within the deadline were analyzed for Pune overall and PCMC zone for final parametric rankings. In addition, any entity which expressly stated that it did not wish to be considered for the survey was excluded.

Dexter Consultancy Pvt. Ltd. is a 15-year-old research organization working PAN-India on research and consulting projects across 28 sectors.

Dexter has quickly become known for its tech-driven operational expertise, with innovations in live-data access for clients and geo-mapped interactions bringing in an unprecedented level of transparency and authenticity to the research industry. This survey was executed by the project team based out of its head office in Ahmedabad.

Desk Research → Nominations → Parametric Ranking → Final rankings



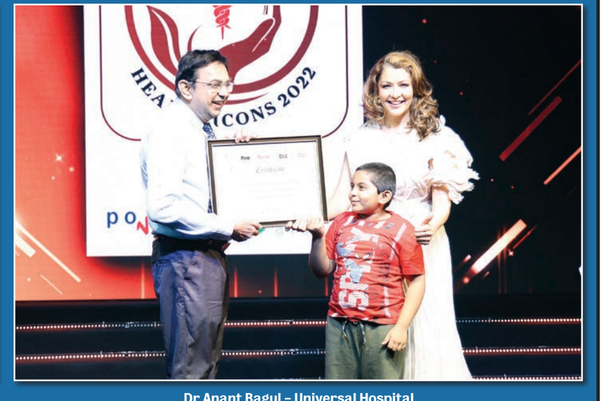
Dietician Prithmesh Mago – The Nutritionist Edition



Dr Himanshu Ajwani – Dr Ajwani's Family & Cosmetic Dental Center



Dr Yashraj P. Patil – DPU Hospital & Research Center Team



Dr Anant Bagul – Universal Hospital



Dr Syam Bhargavan – Muppra Ayurvedic Clinic



Dr Preeti Kale – Unity Hospital



Dr Anil Dudhbhate – Dr Dudhbhate Netralaya And Retina Centre



Dr Sunil Kumar Rao on behalf of Dr Shradha Salunkhe – DPU Hospital & Research Center Team



Dr Apoorv Sahu – Dr Sahu's Dental and Orthodentic care



Dr Vishnu G. Nandedkar – Nandedkar Multispeciality Hospital



Dr Prerana Beri Kalekar – Urja Ayurveda



Dr Rohan Jahagirdar – MJM Hospital



Dr Prasad Bhate– Dr Bhate's Gastro liver Clinic



Dr Yashraj P. Patil – DPU Hospital & Research Center Team



Dr Vishal Tapadiya – Tapadiya Dental Casa



Dr Bhupeshkumar Kaware – Inlaks and Budhrani Hospital



Dr Nupur Barde – Aryaa Multi-speciality Homeopathy



Dr Umesh Vaidya – Cloudnine Hopsital



Dr Jagadish Dhekne – Kartik clinic for children



Dr Mukesh Chute – Dr Mukesh's Dental Solution



Dr Sunil Kumar Rao on behalf of Dr Bipin Vibhute – DPU Hospital & Research Center Team



Dr Vikas Karale – Prolife Health Clinic



Dr Manish Kulkarni – Dhanwantari Hospital



Dr Avichal Ambulkar – Ambulkar Speech and Hearing Clinic



Dr Priya Bholanath Baviskar – Health Point Polyclinic



Dr Prachee Sathe – DPU Hospital & Research Center Team



Dr Rahul Katariya – Dental Galaxy



Dr Vivek K. Deshmukh – Dr Deshmukh's Pain Clinic and Pathology



Dr M Sufiyan Tamboli – The Hearing Aid and Speech Clinic



1 I am a newly-married woman. My husband and I want to have a baby as soon as possible. I'm wondering does morning sex work more efficiently as sperms would be more refreshed with energy than having sex at night?
Good morning, ma'am! It's a very refreshing question. But unfortunately, the sperms don't act based on the time and day schedule. It doesn't matter either morning or at night, All The Best.

2 I am a 60-year-old smart-looking man. My prostate has been diagnosed with some issues. I would like to know if it would affect my active sexual life?
Dear sir, it depends on the condition you are suffering from. Most likely, you have BPH (benign prostatic hyperplasia), which can affect your sexual drive, satisfaction, and also may lead to erectile dysfunction (ED). Be smart and please take help for the same from a doctor.

3 I am a 24-year-old male. I would like to know whether anxiety causes erectile dysfunction?
Yes, stress and anxiety about performing or satisfying your partner can cause sexual dysfunction. Anxiety may also lead to an increase in stress hormones and a reduction in testosterone which can also play a role in the same.

4 I am a 19-year-old male. I have been having a habit of masturbation for many years. Will it affect my ability to have children or satisfy my partner?
Dear sir, your habit does not have a correlation with your ability to have children as masturbation and satisfying sexual intercourse is two different things. If you do have anxiety about the same please see a doctor.

SEND YOUR QUERIES RELATED TO SEXUAL PROBLEMS TO
sexpert@punemirror.com

Benefits of a 10-minute workout

Elaborately structured exercises that last up to 45 minutes to an hour can be difficult to accommodate, making burnout unavoidable

Damaging effects relayed from the growing prevalence of a sedentary lifestyle among adults have become increasingly evident across the world. The need for physical activity has been recognised with renewed importance and stressed globally. Recent research has highlighted that even short bouts of physical activity in a day can result in a number of benefits useful for reducing anxiety, weight gain, and blood pressure, while improving blood circulation to the nervous system, along with availing better sleep. Positive results can be experienced from brief and quick hits of activity, such as brisk walking, stair climbing, jump rope, and high-intensity interval workouts ranging from 8-10 minutes!

Isolated vigorous exercises, called 'exercise snacks', which are lasting under a minute and are performed three to eight times a day have been shown to improve cardiovascular health, blood sugar levels and pressure by a 2022 study conducted by Martin Gibala, a kinesiology professor from McMaster University in Ontario. Similarly, the World Health Organisation suggests that adults should incorporate 150 minutes of moderate exercise, or 75 minutes of vigorous-intensity aerobic activity per week to remain healthy. Further, a study published in the European Heart Journal in October showed that adopting practices of 15 to 20 minutes of exercise in a week has been repeatedly associated with lowering mortality rate among adults, leading to longer and healthier lifespans.

While performance training remains specifically crucial for building on attributes such as muscle mass, strength, and endurance, 10-minute workouts prove to be an easy solution to ensure health and well-being while greatly reducing the level of commitment necessary. These exercise snacks can provide a beneficial alternative for many, and can be a great way for beginners to start their journey into the world of fitness.

Take walking for instance. The simple act of walking for 10 minutes a day can provide a person with an adequate energy expenditure while enabling them to take time for themselves, procure natural light which is beneficial for cognitive health, build on a structured routine, control blood glucose and reduce muscle soreness. Walking is thus one of the easiest, simplest, and highly effective measures people can take to improve their health. **IANS**



ADVERTORIAL

Discover a world of delight at NH-37 Dhaba

Diners today are exploring the authentic experience at NH-37 that does not only offer a unique variety of food but an exceptional ambience as well

Pune's kaleidoscopic food spectrum has it all: glitzy fine-dine restaurants, tiny chaat corners for street food enthusiasts to cuisine specific restaurants which embrace international cuisines while also providing a flavour of each region of the country. While there are numerous restaurants serving North Indian cuisine, NH-37 Dhaba provides the most authentic experience.

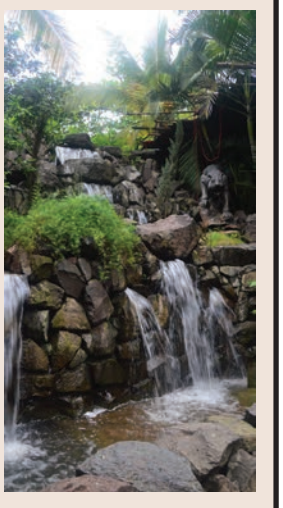
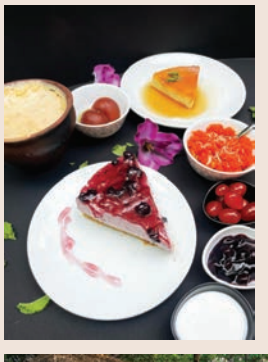
Whether you're looking for a healthy meal on a Sunday afternoon or quick stopovers on your way to nearby weekend getaways, NH-37 has got you covered. Punekars have complained about the city's lack of authentic food, but there is NH-37 that certainly will change one's mind.

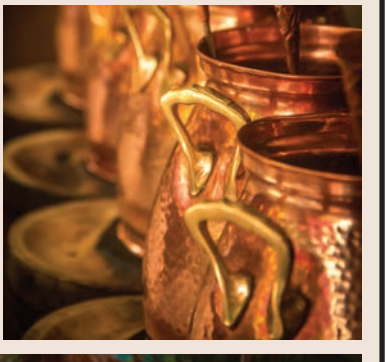
NH-37 Dhaba takes immense pride in offering the best of both worlds: its traditional ambiance, vibrant walls, and artefacts are all reminiscent of a cosy North-east Dhaba, but the restaurant yet exudes a very casual-dining vibe.

NH-37 Dhaba, which has a rustic and homely atmosphere where cleanliness is given utmost importance. They are committed to providing excellent service and mouth-watering cuisines. The place looks magical at night when the lights turn on whilst soothing music plays in the background. There is a confined area for all the P-town lovers to enjoy a romantic Candle Light dinner with their respective partners. Are you under the misapprehension that Dhabas only serve non-vegetarian cuisine? NH-37 Dhaba on the other hand, is here to prove you wrong. From hot piping Sizzling brownies to Chinese, Dal Makhani, and paneer tikkas, the extravagant menu has something for everyone.

This spacious but lively location offers a brief glimpse of the North Eastern states which is the NH-37 belt and you can't have enough at once so you will have to keep coming back asking for more. Enjoy the delicious food while sitting on a charpoy decorated with cushions. Come get lost in the NH-37 Dhaba vibe with your Pune Tribe.

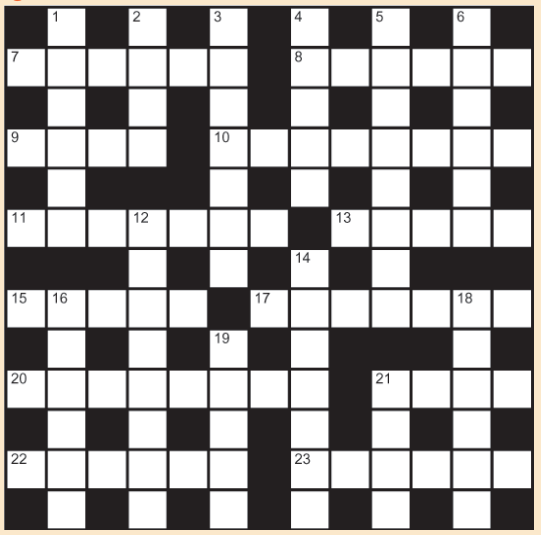






Quick



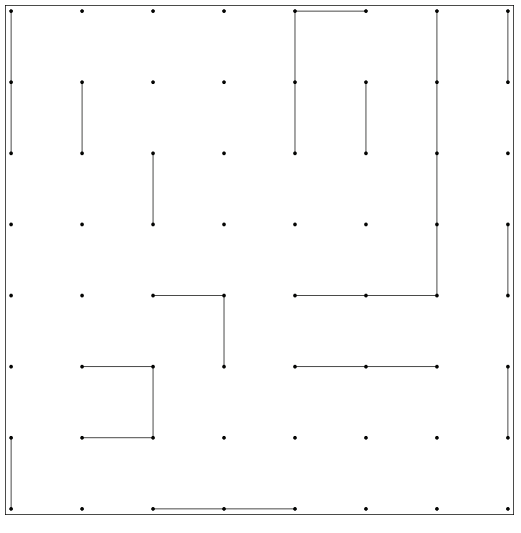
ACROSS

7 Sad and mournful, miserable? (6)
8 Animated or enthusiastic (6)
9 Concerts (4)
10 Unit of computer storage (8)
11 Pursuing or following (7)
13 Shaping machine (5)
15 Made __ __ : employed ? (3,2)
17 Jimmy _____ : '70s tennis star (7)
20 Pune's __ __ Maharashtra Industrial Museum (4,4)
21 Spreads out for drying (4)
22 Cower, shrink or wince (6)
23 Unidirectional (3,3)

DOWN

1 ___ Behl : Nutan's son? (6)
2 Newts (4)
3 Food or nourishment (7)
4 Set in rows (5)
5 Adolph Hitler's paramour (3,5)
6 Temporary malfunction (6)
12 Reprimanding (8)
14 Many sided geometric figure? (7)
16 Cleans by hard rubbing (6)
18 Military policeman (3,3)
19 Jesus Christ's disciple (5)
21 Long journey (4)

Around The Block



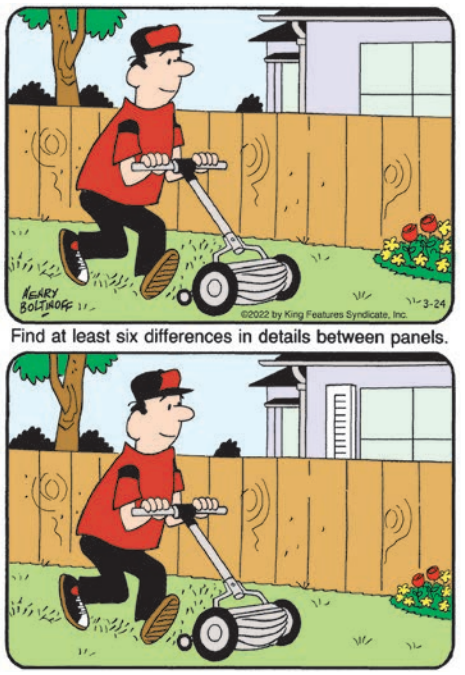
Bull's Eye

SEE HOW YOU FARE IN THIS RAPID FIRE ROUND OF QUIZ ON

Science

1. What was the name of the project that developed the Atom Bomb?
2. The DNA molecule is described as having what shape?
3. True or false? The Curies were the first married couple to jointly win a Nobel Prize.
4. Which metal melts at 1,538 °C?
5. What is the largest living species of tortoise?
6. What is sodium hydroxide more commonly known as?
7. Which planet in the solar system has the most moons?
8. What metal is used to make the filament of an incandescent light bulb?
9. True or false? Hydrogen is a greenhouse gas.
10. What is the hardest naturally occurring substance?

Hocusfocus



Find at least six differences in details between panels.

Sudoku

			5	6	9		3	2
	4		1				6	
			8		7			
			7					
		3			2		8	
	2							
	6				8			1
		9			6	5		4
7						6		

To solve a Sudoku puzzle, every digit must appear once in:
* Each of the vertical columns
* Each of the horizontal rows
* Each of the boxes

Go Figure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once. Operations should be carried out sequentially. BODMAS rule does not apply.

The operators: ÷ × + −

Easy

□ □ □ □ □ □ □ = 25

3 4 4 9

Medium

□ □ □ □ □ □ □ = 7

1 5 5 6

Hard

□ □ □ □ □ □ □ = 6

3 4 4 6

Quiz

1. 'Alba' is the Gaelic name for what?
   - Ireland
   - Wales
   - Scotland
2. Which is the odd one out?
   - Ace
   - King
   - Queen
3. What is the transparent front part of the eye which, while contributing most of the eye's focusing power, has a fixed focus?
   - Iris
   - Cornea
   - Retina
4. Which of these is half a semi-breve?
   - Quaver
   - Crotchet
   - Minim
5. Who played the title role in the film 'Saving Private Ryan'?
   - Matt Damon
   - Tom Hanks
   - Colin Firth
6. Bangladesh declared independence from which country on 26 March 1971?
   - United Kingdom
   - France
   - Pakistan
7. Which of these is a graph of a function showing smooth repetitive oscillation?
   - Sine wave
   - Hyperbola
   - Wave equation
8. What was Mickey Mouse's original name?
   - Miniver
   - Mortimer
   - Montague
9. In 2004, Barbie dumped Ken for an Australian. What was his name?
   - Bruce
   - Brian
   - Blaine
10. What is the relationship of the word 'ten' to the word 'net'?
    - Palindrome
    - Synonym
    - Semordnilap

Why What

Who has always been an inspiration to disabled persons all over the world?

Helen Keller who had overcome considerable physical handicaps, has served as an inspiration for other afflicted people all over the world. Helen Adams Keller (1880–1968), was an American author and educator who was blind and deaf. Keller was afflicted at the age of 19 months with an illness that left her blind, deaf, and mute. She was examined by Alexander Graham Bell at the age of six; as a result he sent to her a 20-year-old teacher, Anne Sullivan (Macy) from the Perkins Institution for the Blind in Boston, which Bell's son-in-law directed. Sullivan, a remarkable teacher, remained with Keller from March 1887 until her own death in October 1936.

Within months Keller had learned to feel objects and associate them with words spelled out by finger signals on her palm, to read sentences by feeling raised words on cardboard, and to make her own sentences by arranging words in a frame. At the Perkins Institution she learned braille. Then she began a slow process of learning to speak under Sarah Fuller of the Horace Mann School for the Deaf in Boston. She also learned to lip-read by placing her fingers on the lips and throat of the speaker while the words were simultaneously spelled out for her. At age 14 she enrolled in the Wright-Humason School for the Deaf in New York City, and at 16 she entered the Cambridge School for Young Ladies in Massachusetts. She won admission to Radcliffe College in 1900/

She wrote of her life in several books, including The Story of My Life (1902), Optimism (1903), The World I Live In (1908) and others In 1913 she began lecturing (with the aid of an interpreter), primarily on behalf of the American Foundation for the Blind, for which she later established a $2 million endowment fund, and her lecture tours took her several times around the world.

Vocabulary Builder

TEST YOUR WORD POWER WITH VOCABULARY BUILDER

Grades: 5 correct = Excellent; 3 to 4 correct = Good; Less than 3 = Improvement needed

1) Panoply
- impressive collection
- oil soaked
- recovery
- world peace

2) Papule
- baby
- pimple
- nut
- pill

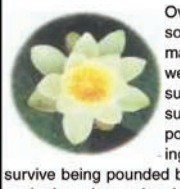
3) Paradigm
- covering
- negotiation
- epitome
- religion

4) Precarious
- highly ambitious and greedy
- new and hardly used
- highly irritable
- very unstable and uncertain

5) Argot
- a specialised and often secret vocabulary and idiom peculiar group
- a gold nugget
- any of a band of heroes sailing with Jason in quest of the Golden Fleece
- inert gas of helium family

Fascinating Facts

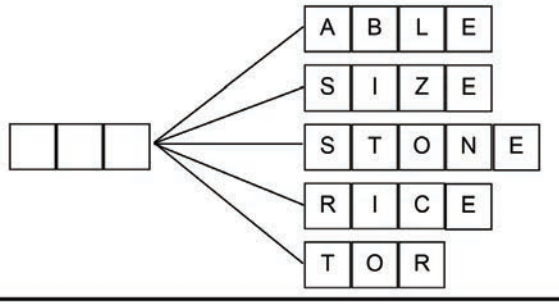
HOW CAN PLANTS LIVE IN WATER?



Over 90 percent of a plant is water so it is not surprising that plants manage to live in water perfectly well, so long as they can obtain sunlight. Some plants float on the surface others root in the bottom of ponds or streams. Seaweeds growing in the oceans are very tough, to survive being pounded by waves or being dried and then soaked again as the tides come in and go out on the seashore. All we see of the water lily is its flower on the surface of the water but underneath the surface long stalks connect it to the roots on the river bed like an anchor.

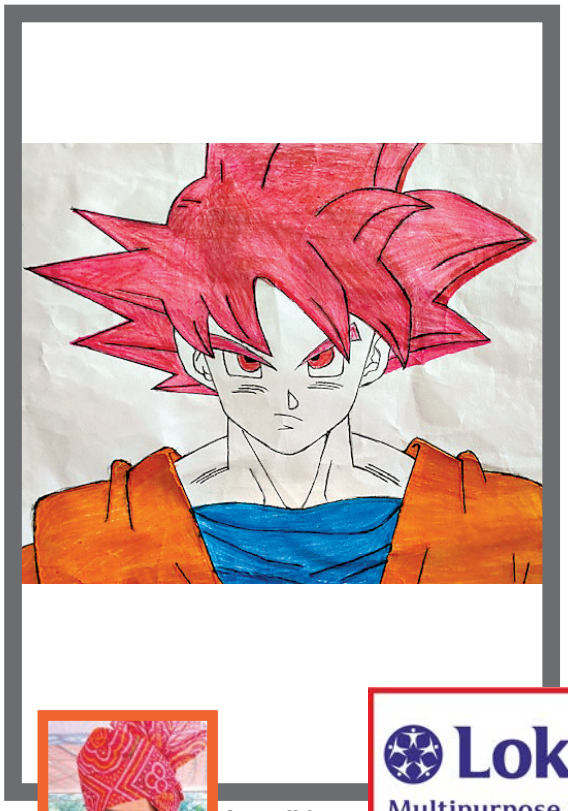
DOUBLE - BARRELLED

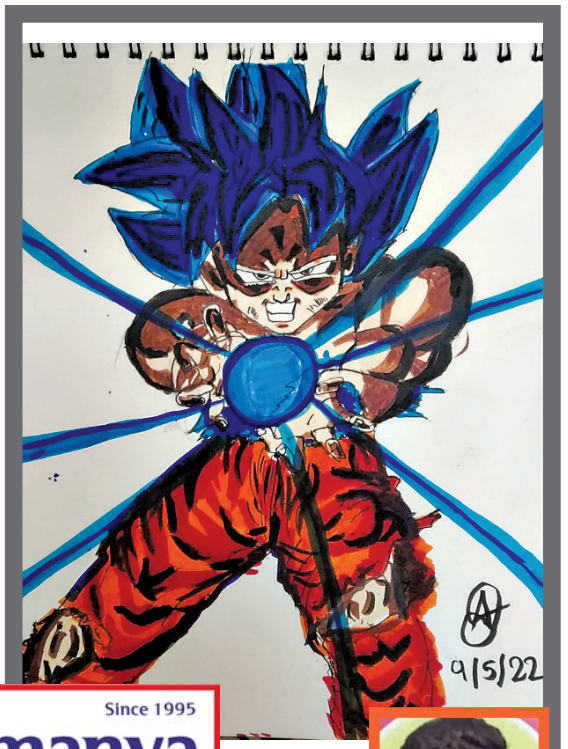
What word can be placed in front of the five words shown to from. in each case another word ?



Kidzone, Pune Mirror, email us at mirrorfeatures@gmail.com

Please send copies of your children's artworks along with a photo of the artist in A4 size. Do mention their age and the name of the school they attend. You can also mail us unpublished poems by children.





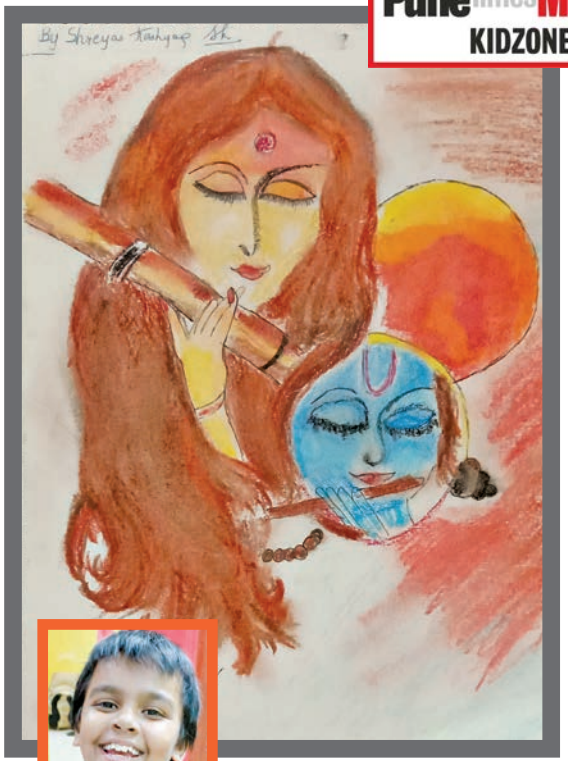


Aaryan Kale, 9 years, Bishop's School

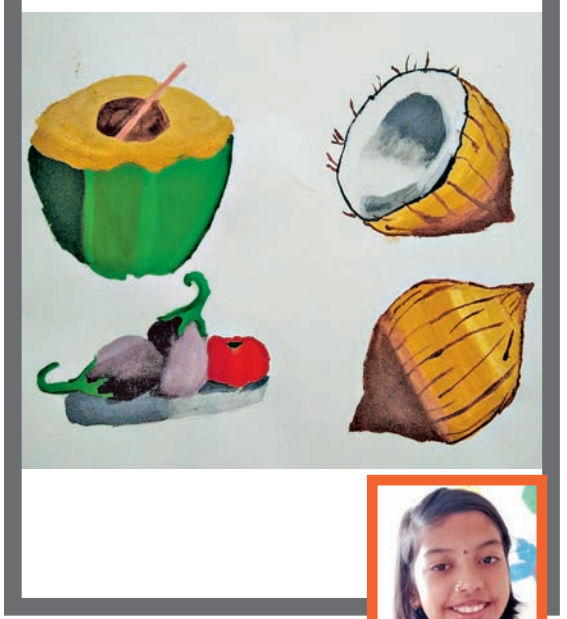


Arrush Basaant, 12 years, St Ursula, Nigidi

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KIDZONE



Shreyas Kashyap, 9 years, Dhole Patil Of Excellence School, Kharadi



Aarohi Amit Gandhi, 12 years, Muktangan English Medium School

SOLUTIONS

GO FIGURE

Our Solutions:
Easy - 3 x 4 + 9 + 4 = 25
Medium - 5 / 5 x 6 + 1 = 7
Hard - 3 x 4 / 6 + 4 = 6

VOCABULARY BUILDER

1) impressive collection 2) pimple 3) epitome 4) very unstable and unceratain 5) a specialised and often secret vocabulary and idiom peculiar group

HOCUSFOCUS

Differences: 1. Bush is moved. 2. Shutter is added. 3. Cap is different. 4. Tree is reversed. 5. Flower bed is smaller. 6. Ear is larger.

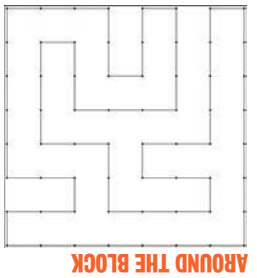
DOUBLE BARRELED

Gap

QUIZ

1. Scotland 2. Ace (not a picture card) 3. Cornea 4. Minim 5. Matt Damon 6. Pakistan 7. Sine wave 8. Mortimer 9. Blaine 10. Semordnilap

AROUND THE BLOCK



BULL'S EYE

1. Manhattan Project 2. Double helix 3. True 4. Iron 5. Galapagos tortoise 6. Caustic soda 7. Saturn 8. Tungsten 9. False 10. Diamond

SUDOKU

8	7	1	5	6	9	4	3	2
9	4	5	1	2	3	8	6	7
2	3	6	8	4	7	1	5	9
6	9	8	7	3	1	2	4	5
1	5	3	4	9	2	7	8	6
4	2	7	6	8	5	9	1	3
5	6	4	9	7	8	3	2	1
3	8	9	2	1	6	5	7	4
7	1	2	3	5	4	6	9	8

QUICK



WHAT YOUR STARS SAY TODAY



Aries
March 21 – April 20

You want to break down barriers. Don't put the cart before the horse, do the right thing. There's too much stress around you, you can't do any more. You would do better to seek out a calm atmosphere and give your morale a rest.



Gemini
May 21 – June 21

Your lucidity will make you very useful, so don't hesitate to express your opinion, your realism won't fail. You will find it easy to immerse yourself in work that uses your brain. Don't forget to move on to something else afterwards, to clear your head.



Leo
July 24 – August 23

Discussions with the family are easier. You'll get more satisfaction if you don't stay in your cocoon. You'll have the basic energy to complete your tasks successfully. All the same, you'll need to slow down before you take things too far. Go easy.



Libra
September 24 – October 22

Immense satisfaction is in the offing... You will find positive support for finalising your projects. The atmosphere around you is so lively, there's a risk of sapping your energy. Look for calm surroundings and listen to your body.



Sagittarius
November 23 – December 22

You're going to be able to finalise a financial project concerning an important purchase. A boost of energy will make you feel tougher, stronger, and above all, more inclined to commit yourself to what's important.



Aquarius
January 21 – February 19

You need to get away from your daily routine. Do it before you become completely bogged down. A feeling of inner well-being enables you to get a good many ideas into perspective and the calm atmosphere gives you strength.



Taurus
April 21 – May 20

You shouldn't be perturbed by the unrest around you. Stay focused on your goals. You're feeling generally on good form again and it will be easier to jettison a bad habit.



Cancer
June 22 – July 23

Clear and resolute ideas are the order of the day and sweep away your doubts. Your good humour is infectious. You're going to have to call on all your endurance skills. Fortunately, you are on good form, though make sure you eat a balcanced diet.



Virgo
August 24 – September 23

You'll find your own way to bring up certain things in conversation that will make life easier. You're going to crave freedom and feel more reactionary – you need to breathe.



Scorpio
October 23 – November 22

You will take others by surprise and be completely elusive! There are too many inconsistencies in your lifestyle and you aren't looking after your nervous system enough. There's no point in being stressed, or not really.



Capricorn
December 23 – January 20

Nothing will spoil your good mood today! The heavens are smiling on you and the feeling will be mutual. Your doubts don't affect either your outlook or your relations with others, which makes for a perfect existence – or almost.



Pisces
February 20 – March 20

You feel ready to redress the situation, drawing the right conclusions and starting afresh. Kidney troubles are going to affect your health, so drinking more liquids would be a good idea. You need to get rid of the superfluous on all levels.

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