

SUNDAY

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Block By Block SUDAN BLOCK

The Sudan Block is a prominent structure on the National Defence Academy (NDA), Khadakwasla, campus. It serves as a significant administrative and residential building for the cadets and staff of the world famous academy. It is named after Sudan, the country that gifted a large sum of money to the Indian government for the establishment of NDA. The block features architectural elements inspired by Sudanese design, showcasing a fusion of Indian

and Sudanese architectural influences.

The magnificent building houses various facilities, including administrative offices, mess halls, classrooms, and accommodation for cadets and faculty. It also serves as a hub for administrative activities and provides essential amenities to support the training and education of cadets. The building stands as the most imposing structure of this grand and august premises.

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**242-km march
of devotion
kicks off**

'Haphazard development, disrespect to nature main culprit'

Simple Solutions To Prevent Flooding



| Eeshwari Jedhe eeshwari.jedhe@punemirror.com

TWEET @ThePuneMirror

In recent years, Pune has witnessed significant monsoon-related flooding incidents that have caused inconvenience to citizens and disrupted normal life. Some of the common consequences of

monsoon flooding include waterlogging on roads, disruption to transportation networks and damage to new infrastructure causing loss of life and property. The rainy season, typically defined as nature's beauty, has

turned into a season of fear and hardships in the city. The improper management of construction activities and the encroachment on riverbeds and natural nullahs have exacerbated the situation, leaving the citizens to face the consequences of the authorities' inadequate measures.

Mirror elicited views of citizens and activists on the issue and the way forward. Here's what they have to say:

ACTIVISTS' SAY

Due to the construction of cement roads, there is a lack of seepage of the groundwater, which is one of the major reasons for flooding in the city. Also, there are no storm-water drains on many roads. The PMC should not only work on cleaning the drainages pre-monsoon but also keep a check on the drains for the entire year to avoid flooding."

— **Qaneez Sukhrani**, civic activist and convenor of Association of Nagar Road and Viman Nagar Citizens Forum

Pune has been developed in a haphazard manner and the construction of Metro and roads has worsened the situation. Besides, rainwater harvesting should be promoted and the existing water bodies should be cleaned up. The flow of water should properly be channelised. The existing drainage systems have not been effective. There needs to be some major changes in order to avoid flooding"

— **Dilip Boralkar**, former member secretary, Maharashtra Pollution Control Board

The encroachments near the rivers should be removed immediately. The PMC should work to stop the dumping of debris in the river bed and allow the river to flow freely. Authorities are least concerned about the environment and eco-friendly projects and are only working towards infrastructure development while neglecting the rivers in Pune. Flooding can be avoided only if eco-friendly infrastructures are built."

— **Sarang Yadwadkar**, environmentalist, civic activist

The unwanted construction debris is being dumped by private builders or PMC. Rivers are not disposable places for this. The Khadakwasla Irrigation Division is vigorously working on sending warnings to Pune Metro to clean the river as soon as possible, and before the onset of the monsoon. The river bed needs to be clean to prevent flooding in the city."

— **Vijay Patil**, executive engineer, Khadakwasla Irrigation Division

CITIZENS' VIEWS

The height of riverbeds has increased as debris is constantly being dumped into the rivers. This is one of the major reasons for flooding. Pre-monsoon cleaning does not help at all. Water then overflows and starts entering our houses."

— **Dipak Waghmare**, Indira Gandhi slum

Pune has been facing the problem of flooding for the past few years because of haphazard development. The construction of Metro has worsened the condition of the city, there is debris all over, including on the footpaths. The drainage systems are cleaned for name sake. The PMC should work on this. Even if the city is flooded, people have to travel and cannot avoid that."

— **Akshay Kale**, Pulachiwadi

It becomes very difficult to step out on the roads during the monsoon. I have faced a lot of vehicle failure issues due to the flooding. The flow of water has no direction as the roads are of cement and no water is seeped. Besides, the river also overflows and no hygiene is maintained."

— **Tejas Abhyankar**, Resident in Shaniwar Peth

I am a doctor by profession and I have to travel regardless of the flooding in the city. My only concern is that as a developing city, if flooding is experienced every year, there has to be a solution to this. Only tall buildings, Metro and infrastructure alone will not be considered as the beauty of Pune. The greenery and rivers flowing freely is the real Pune."

— **Rutuja Joshi**, Resident in Vitthalwadi

Building the Sudan Block

Behind the iconic structure of the Sudan Block, the administrative building of the National Defence Academy (NDA), which is celebrating 75 glorious years of existence, is the compelling story of planning the structure from the ground

up. From surveying and acquiring land for the purpose to addressing the grievances of landowners and then planning the design, the account needs to be told and retold, much like ancient legends.

The story begins with my father, VS Gupchup, who began his association with the

Ajit Vishnu Gupchup graduated from the National Defence Academy (NDA) and retired as a Commander of the Indian Navy. He proudly recounts the story of how his father, the late VS Gupchup, and uncle, the late NS Gupchup, were an integral part of the team that constructed the iconic Sudan Block, the administrative building of NDA



Commander (ret'd)
Ajit Vishnu Gupchup as
an NDA cadet

National War Academy Project on August 2, 1948. It marked his initial encounter with chief engineer WX Mascarenhas, who provided a briefing on his assignment.

The office, a small unit, consisted of the chief engineer, senior superintendent SS Pandit, a senior architect, an executive engineer, and two assistant engineers including him.

Their primary responsibility was to survey and acquire the designated land. To aid in this task, the state government assigned a special land acquisition officer to collaborate with them. The endeavour was far from easy but was accomplished with the guidance of veteran officers.

It involved attentively listening to and addressing the grievances of landowners and dealing with situations where crops still occupied the surveyed plots. These lands were acquired only after the crops were harvested.

Occasionally, enraged landowners, armed with sticks and pickaxes, would charge at them. However, the accompanying land acquisition officer would somehow manage to pacify them, saying, "The land is required in the interest of our nation. If not us, future generations will benefit from it. You should cooperate in this great undertaking. Rest assured, you will be duly compensated."

Meanwhile, the architect commenced drafting plans for the project. King, a partner at the renowned Mumbai-based firm Messrs Gregson, Batley, and King, served as the consulting architect. He would visit the site every Sunday and create essential maps. The project's various requirements were being considered, and work pro-



Commander (ret'd) Gupchup presenting the NDA construction album to Commandant Lt General Jatinder Singh

gressed at a rapid pace. The state government had provided the land, and the goal was to complete the project within six to seven years.

The first and foremost necessity was to construct roads that would provide access to the construction sites. Initially, there was a proposal to utilise the existing road that linked the sites to nearby villages, passing through Kothrud and Hingane. However, it was later decided to construct a gravel road from Pashan, and this proposal was accepted. The new road was completed within a year.

Simultaneously, the locations for key buildings were finalised, and plans were made accordingly. The location of the administrative building was determined first, followed by decisions on the placements of other structures.

On October 6, 1949, the foundation of the administrative building was laid in a simple ceremony by then-Prime Minister Pandit Jawaharlal Nehru. Soon, work commenced at a frenzied pace.



Nehru laying the foundation stone of Sudan Block on October 6, 1949



Towards the end of 1949, my uncle NS Gupchup, who was the chief engineer of the Hindustan Construction Company and a renowned expert in RCC technology, joined as a special engineer in the planning department.

He was put in charge of three specific tasks: the Sudan Block, Cadet Campus A and B, and the main road, known as NDA road. Under his guidance, the dome of the administrative building was constructed using RCC technology, which posed considerable risks even for the labourers. However, by taking extensive precautions, they successfully accomplished the task.

The overall construction of the building took two years. Subsequently, the work on constructing the two domes began. Skeletons for the domes were created, and concrete was poured continuously for 40 hours without a break. The team worked tirelessly round the clock. Constructing the outer dome proved to be relatively easier as cut stones from

Jodhpur and Malad were used, giving the building an elegant appearance.

Sundays used to be special for the team. My uncle insisted that all project workers reside on-site, fostering a family-like atmosphere. The day would begin with a few hours of tennis followed by a hearty breakfast. They would then visit Pune. The construction of the buildings was completed around 1954-1955, and their utilisation began shortly thereafter.

A photo album of the construction of the NDA administrative headquarters was among the treasured possessions of my father. Following his demise, we as a family decided that the best way to preserve his memory was to gift the album to the NDA where it could be preserved safely in the archives. So, a couple of years later, I went to the Academy and presented it to Lt Gen Jatinder Singh, who was the then Commandant.

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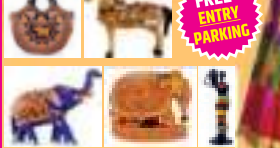
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A (W)HOLE LOT OF TROUBLE!

Manhole sinks below ground level on Prabhat Road; someone places flower pot on it; PMC swings into action after matter gets highlighted on social media

PHOTO: NIKHIL GHORPADE

Prince Chaudhuri
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TWEET @ThePuneMirror

The lackadaisical attitude of the Pune Municipal Corporation (PMC) once again came to the fore when a flower pot was placed by someone over a damaged manhole on the recently-tarred stretch of Prabhat Road. The sewer hole, which had sunk below the ground level, could have proved dangerous for motorists. Apparently, the flower pot was placed by someone to avoid a mishap. However, its presence in the middle of the road was causing inconvenience to commuters.

Interestingly, the civic body jumped into action only after the matter gained significant traction on social media. The flower pot has been removed and the portion of the road around the manhole has been tarred and covered.

Speaking to *Mirror*, Akshay Damle, a resident of Kamla Nehru Park, said that the PMC had carried out stormwater drainage work on the road between February and March.

"The civic body had planned to construct a concrete road but citizens opposed the idea. It was apprehended that the concrete surface would cause rainwater runoff and prevent it from soaking into the ground."

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I have reprimanded the PMC officials and the contractor and warned them that such substandard quality of work will not be tolerated

— Sidharth Shirole, MLA

Following the intervention of MLA Sidharth Shirole, the PMC agreed on laying a tar road, which was completed in May's first week," he said.

He said, "The manhole was completely covered during the road tarring. The tar layer was removed by the contractor two weeks ago after residents raised the issue. However, the traffic load on the stretch caused the manhole to sink. The matter was raised on social media after someone placed a flower pot on it. Subsequently, Shirole also intervened on the issue fol-

lowing which the manhole was repaired by the PMC contractor. The cementing work has been completed."

Speaking to *Mirror*, Shirole said, "The PMC did not carry out the drainage work satisfactorily. I have reprimanded PMC officials as well as the contractor and warned them that such sub-standard quality of work will not be tolerated."

He added, "Some finishing work still remains. I have instructed the contractor and civic authorities to complete it as soon as possible."

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'We are also interacting with public reps to curb crimes'

| Rohit Athavale
Rohit.Athavale@Civictimes.in

TWEET @RohitA_Mirror

In a candid interview with Pune Times Mirror, Pimpri-Chinchwad police commissioner **Vinoy Kumar Choubey** speaks about various measures he has taken to curb street, cyber and white collar crimes in the twin towns, besides shedding light on various welfare schemes to ensure safety in the industrial belt and recruitment of highly skilled manpower in the force. Excerpts:

What about the staff who face challenges in the investigation of complicated cases where there is a requirement of highly techno savvy manpower?

We deal with a cosmopolitan public. Because of the presence of many multi-nationals in Pimpri, Chinchwad, Bhosari, Talegaon and Mhalunge-

Being an IT and auto hub, with major centres such as Rajiv Gandhi Infotech Park; Chakan, Talegaon Dabhade and Talegaon-Chakan-Mahlunge industrial belt, besides pilgrimage sites such as Alandi, the twin towns of Pimpri Chinchwad have been facing several challenges for police to maintain law and order

Chakan and presence of world class universities around, many foreign nationals live in Sangvi, Vishalnagar, Pimple Saudagar, Wakad, Hinjawadi and Chakan areas. Hence, we have appointed highly educated officers at the police station level with fluency in Hindi, English and other foreign languages. We have recently recruited 900 such staff. Software-hardware engineers were appointed to the cyber cell, those with commerce background to the Economic Offences Wing while selected candidates with qualifications in technical knowledge have been sent to Sangvi, Wakad, Hinjewadi and Chakan police stations.

What about manpower crunch?

When the commissionerate was started, the civic body provided temporary space for the headquarters and the commissioner's office. We are in the process of getting a separate land parcel in the Wakad, Chikhli and Moshi areas. Once this space is available, the city will get an additional com-

missioner, two deputy commissioners and four assistant commissioners. Some personnel will be coming to the city through the inter-district transfer policy.

The fast-developing twin towns are facing newer challenges of traffic congestion, like Pune city. How are you dealing with it?

Citizens' complaints about traffic problems are on the rise. However, we have a better road network than other cities. The width of internal roads connecting urban and rural areas is a problem. We are talking with the stakeholders to find a solution.

How do you enroll yourself in social media interaction, which is often avoided by your counterparts?

I took to Twitter for the first time to

What measures have been taken to enhance the surveillance system to curb crime?

The jurisdiction of the commissionerate is spread along with Pimpri-Chinchwad Municipal Corporation limits, municipal councils such as Talegaon, Chakan and Alandi. The planning authorities, like PMRDA and MIDC, are also a part of the commissionerate, but CCTV cameras are yet to be installed to cover the entire area. Except for municipal limits, we are expanding our network with the help of citizens.

Any measures to curb the increasing trend amongst the younger generation to consume drugs and narcotics?

We have written to the civic authorities to remove 250 illegal paan shops within 100 metres of schools and colleges to ensure that students and out-of-school children in the city do not get addicted to drugs. Our anti-narcotics cell is keeping an eye on such activities and ensuring preventive action against suspected drug peddlers.

What about the increase in street crimes?

We have started the work of closing all types of shops after 10.30 pm to prevent crimes, and it is yielding good results.

We are also constantly interacting with representatives of people and various social groups for the cause. As schools and colleges are now reopening, a meeting of their principals will be held and our women officers in plain clothes will patrol the areas during the school-college timings to ensure that the student community is safe.

Besides, special efforts are being made by the crime branch to crack down on organised crime. We are also holding meetings with doctors, lawyers, senior citizens, housing society federations and traders' organisations to

know their problems.

We are coordinating with trade unions, micro-small and medium enterprise associations and political leaders because of different problems being faced by the migrant population.

Please describe the recent success story of the Moshi-Chakan road, where you managed to provide a major relief to motorists from the chaotic traffic.

Our officials have taken some measures on the Moshi-Chakan road. We have reduced the travel time from 39 minutes to 24 minutes between 15-km stretches. The roads in Hinjawadi are narrow and the issue of a traffic jam is serious. We have planned rotary-style traffic on those roads and the traffic keeps moving. The civic body and Smart City authority, as well as Metro, are providing wardens to solve the traffic congestion issue.

What measures are being taken to ensure the safety of senior citizens, especially those who are living alone?

For every 30 elderly people in the city, one staff member will be appointed, who will stay in touch with these elderly people and help them in every way possible. In case of a medical emergency, all possible aid will be provided.



Not an easy task

The Pimpri Chinchwad township is currently home to many from across the country, as they settle here after education, employment and retirement. Considering special needs, a separate police commissionerate was created five years ago. But with political instability in the state in the last five years, the city witnessed four different police commissioners. None of them completed the prescribed tenure. Many had innovative ideas, but they could not execute them. Since December, police commissioner Vinoy Kumar Choubey has been working hard to resolve long-pending issues and reform the system.

interact directly with citizens. This social networking site is being used extensively by citizens who have come to the city for education and are settled in the city after retirement or because their children are abroad. Our day-to-day functioning will not necessarily make it possible to meet every citizen in person. The idea of communicating on Twitter came up and it seemed to be getting a good response.





PHOTOS: RAHUL DESHMUKH

Dual Challenge: Crack The Exams, Survive In Pune

| Yashpal Sonkamble
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TWEET @YashPune_Mirror

Around 1.5 lakh students from across the state have anchored in Pune to prepare for the Union Public Service Commission (UPSC), Maharashtra Public Service Commission (MPSC) and other competitive exams, according to a survey conducted by a students' organisation.

The candidates, many of whom are either from the weaker sections of society or are children of farmers from small villages, face the dual challenge of cracking the tough exams and surviving in the city with limited cash at their disposal.

Mirror delved into candidates' affairs and found out that besides facing financial problems, some of those who failed to clear the exams in many attempts have stayed back in the city and chose to either run classes while a few started tea and snacks stalls or libraries.

Mahesh Bade, a UPSC aspirant and co-ordinator of MPSC Sangharsh Samiti, said his organisation conducted a survey at 18 locations in the city and its suburbs on UPSC and MPSC students' lifestyles and found that 1,50,000 are preparing for competitive exams.

"There are around 207 study centers, 61 popular coaching classes, around 100 book stores, 218 plus photo copying centers, 152 girls' hostels and 130 for boys, 203 mess facilities (home cooked food) and small-scale hotels. There are around 1,000 plus tea stalls, and snacks centres around the classes. Due to these competitive exams and coaching classes, the economy has got a big boost. The turnover of

Mirror finds that life is not a bed of roses for candidates coming to Pune to prepare for the UPSC-MPSC exams from rural areas of the state and poor families

this industry is around Rs 2,500 crore in Pune and its suburbs," he said.

Bade said that only 15 percent of the candidates clear the exams. "Failure in the exams after spending three to eight years, many aspirants did not return to their native places. While some have started working for coaching classes, others have opened tea stalls and snacks centers. Some of them have also started libraries and hostel services for newcomers."

Mirror found a number of candidates staying in the Peth areas and suburbs facing problems like admission to hostels, monthly mess, library and classes.

Sachin Patil, an MA student and an aspirant, said, "I hail from Beed and am preparing for competitive exams in 2019. After graduation, I joined a well-known academy for foundation courses. I paid an annual fee of Rs 50,000. I want to clear MPSC or UPSC. I stay in Sadashiv Peth on a cot basis. I spend at least Rs 15,000 per month on accommodation, mess, library and my daily expenses. My father and mother are farmers."

There are around 207 study centres, 61 popular coaching classes, around 100 book stores, 218 plus photo copying centres, 152 girls' hostels and 130 for boys, 203 mess facilities (home cooked food) and restaurants and eateries
— Mahesh Bade, UPSC aspirant and co-ordinator of MPSC Sangharsh Samiti



Prerana Sonawane, an MSc student, said that after the COVID-19 pandemic, she moved to Pune for MPSC preparation. "I drew inspiration from success stories that are uploaded on social media platforms. I stay in a girls' hostel by spending Rs 10,000 per month. We faced problems like not getting rooms on rent in residential buildings. The fees for the classes is about Rs 30,000 with books. It

is very difficult to manage the expenses in Pune. Hope I will be successful in the future."

Ganesh Joshi, owner of a hostel, said, "There are 1,200 boys and 1,000 girls living in our hostel in New Sadashiv Peth. We charge Rs 3,000 per person, per month for accommodation and Rs 2,500 for mess facilities."

Vikas Dubey said he owns five tea stalls in Sadashiv Peth, Kelkar Road, Laxmi Road, Shastri Road and Navi Peth areas. "We sell at least around 10,000 glasses of tea in the Sadashiv Peth area daily. The turnover is around Rs 1,00,000 per day for each stall. We have 25 workers. We also sell snacks with tea."

Vadehi Fadake runs a mess in Sadashiv Peth. "We have lost business due to the pandemic. Previously, we served 300 boxes of meals per day, but only 150 plus now. Besides, small restaurants and snacks centres have hit our business badly. We serve food at a reasonable rate, that is Rs 2,500 for two meals and Rs 1,200 for one."

Vivek Giri said, "Before the pandemic, we had photocopying centres at many locations. When we received queries about a well-equipped library for study, we took a huge hall on rent and provided A-Cs, WiFi, clean water, toilets and restroom facilities for girls. There are 3,000 members in our library. We charge each candidate Rs 1,200 per month."

Hemant Patil told Mirror that he had come to Pune for MPSC and UPSC preparation 15 years ago, but could not clear either exams, despite several attempts. "I, along with my roommates, started a coaching academy for students from rural areas at affordable fees. We charge only Rs 30,000 for coaching, mock exams, books, interview practicals and other activities. We have 5,000 students. Every aspirant should have Plan B, in case of failure to crack the exams; MPSC and UPSC are not the end of the world," he added.

PuneTimesMirror

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- Iskon.....12 min

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PDP

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Ensuring Safety



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Milk is an indispensable part of the majority of people's diets irrespective of their ages. Most of them, however, are unaware that the 'caretaker' of their bones' health is struggling with 'bad' health. Reason: Adulteration. So, next time when you buy your daily carton of milk, you better watch what you are buying. It is highly possible that your glass of milk is watered down and laced with liquid paraffin and whey powder.

Two such cases were reported in the city last year. Although, this is not the case with milk alone as other food and beverages – vegetable oil, paneer, skimmed milk powder – for instance, also find their names in the list of contaminated food items, cautions Arjun Bhujbal, joint commissioner, Food and Drug Administration (FDA).

In a tete-à-tete with Mirror, Bhujbal and Surender Shivsagar, assistant commissioner of FDA, elaborate on the issue and how the government agency tackles the problem.

Urging the people to be vigilant on what they consume, Bhujbal says, "If citizens have any doubt about the quality of food, packaged or bottled water and drugs, then they may complain to the FDA toll-free number – 1800 222 365. We are here to help you."

"We investigate citizens' complaints. Although there have been many instances of food adulteration, poisoning from tainted food has not occurred," says the joint commissioner.

So which food items are found adulter-

The FDA plays a crucial role in keeping citizens safe from consuming tainted food items and beverages by taking appropriate action against violators

ated most frequently? "We have been detecting adulteration in vegetable oil (vanaspati), paneer, milk, skimmed milk powder, jaggery, mango, frozen whole wheat, chapati, khawa, almond beverages, sweets and goodie shev, rava, nira, and ghee (clarified butter)," the officer replies.

"Even bottled drinking water may be contaminated with coliform bacteria. Sometimes packaged water contains a significant amount of metal particles. Such products are qualified as unsafe and substandard," Bhujbal cautions.

Role of FDA in curbing adulteration

FDA is a government agency responsible to enforce the Food, Drug, and Cosmetics Act fairly, uphold safety standards and protect consumers.

"There are 12 food safety officers (FSO) in Pune. They conduct regular



area-wise inspections of food manufacturing and packaged/bottled water units, shops, bakeries, hotels, and other places. During every inspection, 10 samples of food suspected to be adulterated are collected. The samples are then sent to the State Public Health Laboratory for testing," says Bhujbal.

The food can be safe or unsafe for human consumption. It can be substandard, if adulterated or misbranded if the contents of the packaged food differ from what is stated on the labels.

Once the State Public Health Laboratory certifies a particular sample to be unsafe for consumption, substandard or misbranded, a case is filed against the manufacturer, distributor, or seller and sent to the adjudicating officer who gives his judgment.

"The penalty for manufacturing or selling unsafe, substandard or misbranded food ranges between Rs

“ You shouldn't be worried if you notice any black or grey particles that resemble soil in the rice your child is receiving as part of the nutritious meal programme. The powder may be vitamins and minerals that were added to the rice to increase its nutritional value. This rice is provided to children, especially in regions where cases of malnutrition have been found

— Arjun Bhujbal, joint commissioner, FDA



Action taken by FDA from April 1, 2022 to March 31, 2023

Number of Raids & Seizures	37
Number of Inspections	1012
Samples Collected	1133
Samples Certified Appropriate	641
Samples Certified Substandard	30
Samples Certified Misbranded	25
Samples Certified Unsafe	41
Cases Compounded	164
Fine Recovered	₹37.07 lakh
Food Items Vanaspati, paneer, milk, skimmed milk powder, jaggery, mango, frozen whole wheat chapati, khawa, almond beverages, sweets, rava, nira, ghee (clarified butter)	
Number of Banned Items Found	25

Action taken in April 2023

Raid and Seizure	NIL
Number of Inspections	102
Food Samples Collected	48
Food Samples Certified Appropriate	36
Food Samples Certified Substandard	1
Food Samples Certified Misbranded	1
Food Samples Certified Unsafe	2
Cases Compounded	7
Total Fine Collected	₹70,000
Number of Banned Items Found	1

50,000 and Rs 2 lakh and/or imprisonment for a period of not less than three months and not more than six months," Bhujbal explains.

Fortification of food items

On a number of occasions, food items are modified to improve their nutritional value. This is called 'fortification'.

According to Bhujbal, rice and oil fortification is done when certain essential nutrients are insufficient and they are added to balance the requisite quantity.

Strict adherence to norms

Elaborating further on the duties of the citizens, sellers and manufacturers of food items, FDA assistant commissioner Surender Shivsagar says, "It is mandatory for every shop and store to display its license and registration number."

He added, "Citizens should check for the Bureau of Indian Standards Certification label and FDA license, ISI mark, Food Safety and Standards Authority of India (FSSAI) certificate, and Best Before Date (BBD) while purchasing canned or packaged food, beverages and water. Besides, the consumers must also insist on being given valid bills bearing the name and address of the shop, license number of the seller, description of the items purchased and date of purchase."

"If any rules are being flouted, the FSO instructs the store to take corrective steps. If corrective measures are not adopted, the license is suspended and an adjudication process is initiated," he explains.

He adds, "Such adjudication process could result in two consequences. Firstly, the adjudicating officer, the joint commissioner of FDA in case of Pune, may impose a fine. However, if the adjudicating officer finds the case to be of a grave and serious nature, he may authorise the FSO to file a criminal case, which will be tried in the court and sentence of imprisonment may be awarded by the judge."

Free ride for pupils

PMPML to provide travel passes to PMC school students at zero cost

Eeshwari Jedhe
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TWEET @ThePuneMirror

In a welcome move, the Pune Mahanagar Parivahan Mahamandal Limited (PMPML) has decided to provide free bus passes to students of Class V to XII of Pune Municipal Corporation-run schools while private school students of Class V to X will have to pay only 25 per cent of the bus fare.

The scheme is aimed at encouraging students to use public transport. It would also help reduce volume of private vehicles on city roads and decongest roads in the vicinities of the schools.

Although the PMPML runs students' special services on many of its routes, majority of students still travel to and fro school using private vehicles, shared rickshaws or privately-operated vans and school buses. These private vehicles are parked on roads at the time of opening and closing of schools, which results in traffic congestion and snarls, especially in downtown parts of the city.

A press communiqué said the bus passes for the students of PMC-run schools will be financed 100 per cent from the special grant, while a portion of grant will be earmarked to finance 75 per cent of the amount of passes for private school students.



The move aims at encouraging students to use public transport. FILE PHOTO

The students willing to travel by PMPML buses after obtaining passes will have to file applications with the PMPML to avail the discount. The forms would be made available at all PMPML bus depots and PMPML pass centres from Monday.

The filled up forms will be accepted at all PMPML depots. Schools would be allowed to collect the blank forms for students of the school concerned and submit the filled up ones at the PMPML bus depots in bulk. This decision is taken to ensure that students do not have to travel long distances and reach the bus depots or pass centres to complete the formality.

Private school students will be provided challans for the amounts to be paid to cover their bus fare after their forms are scrutinised and the documents enclosed as verified. Thereafter, the money will have to be paid at any branch of Bank of Maharashtra within the jurisdiction of the PMC. Thereafter, the students will have to submit their forms along with documents and the counter copy of the challan at the PMPML bus depot or PMPML pass centre.

Nitin Ramchandra Ghogre, manager of the pass department, PMC, said, "This initiative is started before the schools reopen this year which will enable students to avail the facility."

Hsg society in PCMC area gets breather

Bombay high court stays order passed by CHS deputy registrar dissolving its executive body

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The Bombay high court has stayed the order of the deputy registrar of cooperative housing societies (CHS) dissolving the executive body of Roseland Society in Pimple Saudagar and issued directives to reinstate the entire executive body, including the chairman of the society.

The high court passed the order on Wednesday while hearing a petition challenging the order issued by the deputy registrar in this regard on April 5.

The society has 900 flats and 100 bungalows. Around 4,500 people belonging to the middle-class and upper-middle class category live in the society.

In April, some members of the society filed a complaint with the office of the deputy registrar of cooperatives accusing the society's executive body of violating the rules of the management committee and of being involved in financial irregularities.

Santosh Maskar, chairman of Roseland Society, said, "Ours is a



renowned housing society in the limits of the Pimpri Chinchwad Municipal Corporation (PCMC). The society has received several awards from the Central as well as the state government."

He said, "The society has been discharging its functions in accordance with the law, rules, and bye-laws. There had been no irregularities."

"However, a few members complained against the executive body. As a result, the deputy registrar dissolved the general body and disqualified its sitting members for a term of five years."

Washrooms for third gender on the way...

PMC to have such facilities at 37 places, efforts by NGO yield results; all eyes on PCMC now

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TWEET @ThePuneMirror

Members of the third gender who have been so far deprived of toilets may heave a sigh of relief. The Pune Municipal Corporation (PMC) is planning to provide such facilities for them at 37 places in the city, thanks to the Flying Women Foundation, an NGO, for demanding the same.

A total of eight toilets will be constructed in the Nagar road-Wadgaon Sheri area, six under the Kondhwa-Yewalewadi ward office and four each under the Dhankawadi-Sahakar Nagar, Dhole-Patil Road and Wanawadi-Ramtekdi ward offices.

A 'pink campaign' was launched for women as there were very few toilets for them, but few thought about the third gender. Recently, the civic health department made a decision to help the community, which unfortunately faces a virtual ban on entering the public washrooms.

Ketaki Ghatge, assistant health officer, solid waste management department, said, "Toilets will be made exclusively for the third gender at government offices, public places and in private buildings. Areas have been earmarked and even work has started at a few locations."

Chayavati Desale, president of Flying Women Foundation, said, "In the prevailing system of public sanitation, men and women are given priority. Where will the third parties



Photo for representational purpose only

Eight toilets will be built in the Nagar road-Wadgaon Sheri area, six under the Kondhwa-Yewalewadi ward office and four each under the Dhankawadi-Sahakar Nagar, Dhole-Patil Road and Wanawadi-Ramtekdi ward offices

go? If they choose to use the men's restrooms, their safety may be at risk. The possibility of molestation or abuse cannot be ruled out.

"If they decide to use the women's restroom, they may face opposition. The question arises as to where they will go. Hence, a demand was made to Pune and Pimpri-Chinchwad civic bodies to build separate toilets for this community."

LADY PILES TREATMENT CENTER BY DR SARITA PATIL

ADVERTORIAL



DR SARITA MORE (PATIL)

Lady Proctologist-Fellowship in Anorectal practitioner council India - Fellowship in ksharsutra and Owner at Vithai Piles Hospital Kasarwadi and Pimple Saudagar, Pune

Introducing Vithai Piles Hospital, a state-of-the-art specialty hospital catering exclusively to the healthcare needs of women with piles, fissure and fistula. Located in Kasarwadi and Pimple Saudagar, this unique facility offers a comprehensive range of advanced treatments, including laser therapy, ksharsutra, and various other cutting-edge procedures, all under one roof. What sets Vithai Piles Hospital apart is its emphasis on providing specialized care exclusively by female medical professionals. Dr Sarita Patil, a highly skilled

lady doctor with extensive experience in the field, leads the hospital's team of expert practitioners. With her expertise and a compassionate approach, Dr Patil ensures that patients receive personalized attention and quality care throughout their treatment journey. The hospital's staff comprises a team of dedicated female healthcare professionals who are committed to ensuring a comfortable and welcoming environment for all patients. By fostering an all-female staff, Vithai Piles Hospital aims to create a safe and supportive space where

women can seek treatment with ease and confidence. Vithai Piles Hospital's convenient locations in Kasarwadi and Pimple Saudagar make it easily accessible to residents in these areas and beyond. Whether it's for laser therapy, ksharsutra, or any other advanced treatment, women can now benefit from the expertise and comprehensive services available at Vithai Piles Hospital.



CONTACT DETAIL VITHAI PILES CLINIC

Above Aai misal house, Front of Yogesh Cloth Center, Jai Maharashtra chowk, Kasarwadi, Pimpri-Chinchwad, Maharashtra 411034, India 94056 59585 dratulpatil85@gmail.com

PHOTOS: OSHWIN KADHAO



242-KM WALKATHON OF DEVOTION KICKS OFF

The entire atmosphere was charged with devotion as the Sant Tukaram Maharaj palkhi processions departed Dehu on the annual wari of the pilgrim centre of Pandharpur on Saturday. Warkaris from across Maharashtra flocked to Dehu to participate in the 242-km long annual walk over the period of 17 days. The palkhi procession of Tukaram Maharaj is scheduled to arrive in Pune on Monday, along with the palkhi procession of Sant Dnyaneshwar Maharaj, which will leave Alandi on Sunday.

Sant Tukaram Maharaj's Palkhi will camp at the Nivdungya Vithoba Temple while Sant Dnyaneshwar Maharaj's Palkhi will camp at Palkhi Vithoba Temple during their stay on Tuesday. The palkhi procession of Sant Tukaram Maharaj will proceed to Pandharpur via Solapur road while the Sant Dnyaneshwar Maharaj palkhi will proceed via Jejuri on Wednesday.

Attending to women warkaris' health

Eeshwari Jedhe eeshwari.jedhe@punemirror.com

TWEET @ThePuneMirror

The Arogywari Abhiyan, a joint initiative of the State Women's Commission and the Pune Municipal Corporation (PMC), was launched on Saturday to promote women warkaris' health and safety during Ashadi Wari, the annual palkhi processions from Dehu and Alandi to Pandharpur.

It was inaugurated by district guardian minister Chandrakant Patil, MLA Ravindra Dhangekar and State Women's Commission chairperson Rupali Chakankar.

This initiative aims to provide essential health services and amenities to breastfeeding women, including waiting rooms, restrooms, and changing rooms. Moreover, a dedicated Nirbhaya squad will be available around the clock to ensure women's safety and security.

As a part of the 'Hirkani' initiative, sanitary pads vending and burning machines have been installed every 10-12 kms, ensuring easy access to menstrual hygiene products for women pilgrims from June 12 to June 15.



Chakankar, Patil, Dhangekar launch the initiative

Traffic arrangement during passage of palkhis in city

Stretches of arterial roads would remain closed as the processions enter and exit Pune

Ankit Shukla ankit.shukla@punemirror.com

TWEET @ThePuneMirror

Restrictions would be imposed on vehicular movement on several arterial roads in the city to provide smooth passage for the palkhis of Sant Tukaram Maharaj and Sant Dnyaneshwar Maharaj on Monday.

Commissioner of police (CP) Ritesh Kumaar, along with DCP Vijaykumar Magar, Jt CP Sandeep Karnik and DCP Amol Zende on Saturday addressed a press meet in this regard.

The roads to be closed for traffic include the old Mumbai-Pune highway from Bopodi Chowk to Khadki Bazar, Church Chowk at Khadki, Poultry Farm Chowk at Khadki, Mula Road, Shadal Baba Dargah to Patil Estate Chowk, Alandi road, Chandrama Chowk to Alandi road, Ambedkar Bridge to Chandrama Chowk,



A grab of drone (right) filming 'wari'

Holkar Bridge to Chandrama Chowk and Sapras Chowky, Ganesh Khind Road, Fergusson College road, Shivaji road, Modern College road, Juna Bazar road, Tilak Road, Lal Bahadur Shastri Road, Laxmi road, Bajirao Road from Shanipar to Seva Sadan Chowk, Road from Somwar Peth police chowky to Dulya Maruti Chowk and Ramoshi Gate to Palkhi Vithoba temple.

Vehicles on Solapur road will be divert-



ed via Chaufula - Kedgaon - Pargaon-Nhavare Phata, Nagar Road-Shikrapur - Chakan-Talegaon Dabhade and Their Phata-Kesand-Wagholi/ Loni Kand-Nagar road. Vehicles on Lonikand to Their Phata road will be diverted via Loni Kand-Shikrapur-Nhavare.

Vehicles on Saswad Road will be diverted via Saswad - Narayanpur - Kapurhol - Katraj bypass and Saswad - Bopdev Ghat - Katraj bypass. Vehicles from Kharadi bypass to Saswad road via Magarpatta will be diverted via Ahmednagar road - Shikrapur - Nhavare.

Part of Solapur road will be closed for traffic on Wednesday night and Thursday morning when the palkhi of Sant Tukaram Maharaj would proceed to Pandharpur.



ASK THE SEXPERT

DR ROHAN JAHAGIRDAR
 Psychiatrist & Sexpert

1 I am a newly married 28-year-old man. Everytime I have sex with my wife, she plays some music in the background saying it will give us the beat. However, I find this background music very distracting. Kindly help.

Dear Sir, one can dance to a beat, but having sex to a beat is relatively new!(pun intended). Do communicate to her directly. Let it not be a reason to cause conflict. However, since you are newly married, if she feels more relaxed listening to some music, you can request her to at least play the songs you like!

2 I am a 24-year-old woman. My husband does not like to wear a condom during sex, and pulls out to ejaculate on my stomach. Can this make me pregnant?

Dear Ma'am, NO, you will not become pregnant and have a baby bump because he ejaculated on your tummy!

3 I am a 20 year-old female. I recently met a guy with regards to an arranged marriage. In one of the conversations, he said he doesn't like to watch porn. I am wondering if he does not like it, how will he know the right moves to do in bed?

Dear Ma'am, knowledge about sex does not come from porn alone. In fact, it is an exaggerated and dramatic version of it all. There are a lot of educational and scientific ways of getting sex education, so don't worry!

4 I am a 20-year-old male. I play a lot of football. I injured myself a fortnight ago in the groin region. I did not have any pain then, but I have pain in my testes now. Is it something to be worried about?

Dear Sir, I would suggest you go and see a doctor right away. If it was a minor injury, it would have healed by now. Do get yourself checked and take necessary treatment.

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

Navigating seasonal shifts for radiant skin and strong nails

ASK THE FACE EXPERT



Dr Prajakta Kulkarni, Specialist in Advanced Aesthetic and Anti-ageing Medicine, Facial Aesthetics Expert & Clinical Cosmetologist, and Founder of The Face Studio, Prabhat Road

My skin has tanned over the summer, and I can also see pigmentation on my face. How do I deal with it?

During summers, most people struggle with excessive tanning and

sometimes hyperpigmentation. Never step out without an SPF and always re-apply it every two hours. For the Indian climate, you can opt for an SPF 40 (or above) broad-spectrum sunscreen. If you already have excessively tanned skin and are experiencing hyperpigmentation, you should opt to go to an aesthetician for professional guidance. Advanced medi-

facials and depigmenting chemical peels targeted at specific skin concerns also help to improve skin texture and reduce pigmentation, acne, dark spots, and tanning to even out your complexion. Another treatment we recommend as aestheticians is a laser treatment and photo facials that target specific areas of the skin and helps improve skin discolouration.

My nails have become dry and brittle after doing regular gel polish and extensions. Is there any treatment for the same?

The cuticle area of your nails is delicate and it gets damaged quite often with gel

or acrylic nails. The nail bed protects your nails by acting as a barrier against bacteria. It can get dry and crack easily due to repetitive gel extensions and exposure to dry indoor heat. Rub vitamin E oil or shea butter cream into your nails and cuticles once or twice a day and before bed, and make sure you drink enough water. Use a hyaluronic acid-based moisturiser and a broad-spectrum sunscreen regularly and apply on your cuticles. Wash your hands with a non-soap or a hydrating cleanser. Glycerin and AHAs

are great ingredients, too, for holding water in your nails. Consult your medical aesthetician for a customised treatment and skincare regime, especially if you are regularly getting acrylic nails done.

Over the past few days, my skin has become excessively dry, and itchy, and I am facing acne issues. Can you help me?

It is known that extreme weather changes affect one's skin and hair.



For more queries, write to askthefaceexpert@punemirror.com

Skin damage? K-beauty to the rescue!

To make your skincare regime easier, we take you through some Korean skincare ingredients and list their benefits and properties

To get glowing skin naturally and to liven up dull, uneven complexion what you need is natural ingredients as a part of your skincare products that take care of your skin and provide myriad nourishing, anti-ageing, and skin brightening benefits.

VITAMIN C: This 'brightening' vitamin aids treats uneven skin, and pigmentation and leaves skin glowing.

TEA TREE OIL: Suitable for all skin types except sensitive skin, tea tree oil is known for its versatility and can be used to treat hair and scalp problems like dandruff, flakes, and itching and also helps get rid of nail fungus.

BIRCH JUICE: Packed with the healing properties of vitamin B5 and vitamin B3, 17 amino acids, etc, birch juice is the answer to healthy, glowing skin, it contains natural forms of niacinamide and vitamin C that visibly brighten and stimulate cell turnover.

YUZU: Yuzu really helps with collagen production, which in turn blurs the fine lines, and wrinkles, and improves the skin's elasticity.

GINSENG: Popular in Korean skincare and long known for its usage as a medicine in China, ginseng firms and enhances skin texture, reduces the appearance of dark circles, and helps prevent signs of aging.

RICE WATER: Korean women since ages have been using rice water for skin whitening and brightening. Rice water has 'time-turning' properties that blur away premature signs of ageing like fine lines and wrinkles.

CENTELLA ASIATICA (CICA): It helps repair the skin barrier to resist visible signs of ageing, prevents sagging of skin, and is best suited for blemish and acne-prone skin.

POMEGRANATE: Pomegranates help reduce the signs of skin aging like age spots, fine lines, and wrinkles. Studies have shown that this superfood can stimulate keratinocyte skin cells which help with cellular regeneration, making it a fantastic anti-aging ingredient.

LICORICE ROOT EXTRACTS: A great skin-brightening ingredient, licorice prevents free radicals that can lead to aging, wrinkles, and hyperpigmentation. It is known for its superb skin soothing, oil-control properties and suits all skin types.

SEA BUCKTHORN: This thorny plant is extremely rich in carotenoids and fatty acids, which allow it to penetrate deep into the skin and nourish it from within. It is anti-fungal in nature and helps fight off acne breakouts while soothing the skin.

IAN S



Wrist Arthroscopy: A reliable tool for treatment of wrist injuries

THE HEALTH GURU



Dr Prashanth S, D. Orth., DNB- Orth., Fellowship in Hand Surgery, USA, Italy Austria, Hand and Microvascular Specialist, Pan Ortho Hospital

Wrist injuries are common and can range from mild sprains, which often resolve on their own, to severe ligament injuries and fractures that may require surgical intervention.

Sprains commonly occur in activities such as tennis, weightlifting, and yoga, which put significant strain on the wrist. On the other hand, more serious injuries such as complete ligament tears, dislocations, and fractures are usually the result of falls on outstretched hands.

Mild sprains typically respond well to pain medication, wrist splints, braces, taping, and physiotherapy, facilitating effective recovery. However, in cases of more severe injuries such as complete tears

of the triangular fibrocartilage complex (TFCC) wrist ligament or fractures around the wrist, surgical intervention may be necessary.

Wrist arthroscopy, which is considered one of the best alternatives to open surgery, is increasingly being recommended by certain medical centres. This minimally invasive keyhole surgery involves making a small incision of less than half an inch and inserting a pencil-sized arthroscope (2mm) equipped with a built-in camera and light system. This enables the surgeon to project a clear view of the entire wrist joint on a screen, allowing for precise treatment.

Arthroscopic surgery is a valuable diagnostic and treatment tool, as it offers several advantages over open surgery, including

faster recovery, fewer complications, and reduced postoperative pain. After the surgery, it is important to keep the wrist elevated, take prescribed medication, and wear splints for a few days. Early initiation of physiotherapy is crucial to regain strength and facilitate a quicker functional recovery of the hand and wrist.

It should be noted that wrist arthroscopy requires a steep learning curve and expertise. Therefore, it is recommended that the procedure be performed by hand surgeons with sufficient experience and expertise in this field.



The views/suggestions/opinions/data in the article are the sole responsibility of the expert/organisation.
 For more queries, write to asktheexpert@punemirror.com

Quick



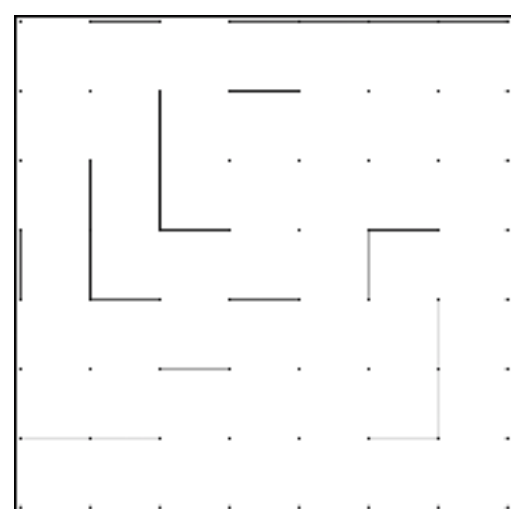
ACROSS

- 1 It has 366 days (4,4)
- 7 Forewarning (4)
- 8 Author (8)
- 9 Trouble; nuisance (6)
- 10 Snoozed (6)
- 11 Decay or decompose (3)
- 12 Unions or connections (5)
- 14 Execute illegally (5)
- 16 Project or protrude outwards (3)
- 18 Wall painting (6)
- 20 Mad (6)
- 22 Be jealous (8)
- 23 Swatantra _____ Sawarkar (4)
- 24 Partial or unfair? (3-5)

DOWN

- 1 Back pain (7)
- 2 Mom's sisters (5)
- 3 Over there (6)
- 4 Arrival or coming (6)
- 5 Sheriff's men (5)
- 6 Careless (6)
- 13 Relieve of weaponry (6)
- 15 Struggle or compete; argue with (7)
- 16 Amman is its capital (6)
- 17 Roof workers (6)
- 19 Staggers (5)
- 21 Rescued or safeguarded (5)

Around The Block



Bull's Eye

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

Cheese

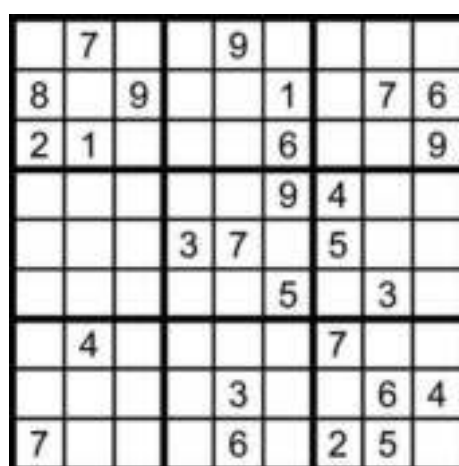
Which countries do the following cheeses originate from?

1. Feta
2. Parmesan
3. Cheddar
4. Edam
5. Colby
6. Haloumi
7. Brie
8. Emmental
9. Manchego
10. Cotija

Hocusfocus

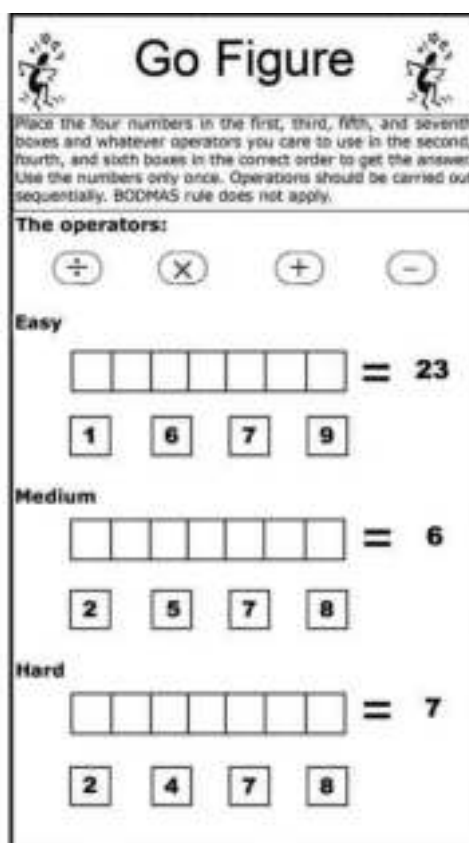


Find at least six differences in details between panels.



Sudoku

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



Quiz

1. In which of these sports is the term 'break point' used?
 - Cricket
 - Hockey
 - Tennis
2. A word opposite in meaning to another in the same language is called what?
 - Antonym
 - Synonym
 - Acronym
3. Which faction was Bulgaria a part of during World War I?
 - Allies
 - Central Powers
 - It was neutral
4. The McMahon Line serves as the de facto border between India and which country?
 - China
 - Nepal
 - Myanmar
5. What type of animal is a gelada?
 - Deer
 - Baboon
 - Fish
6. In printing, what are slugs?
 - Solid lines of type
 - Ink cartridges
 - Lazy staff
7. In the Christian world what is termed "the Good Book"?
 - Torah
 - Talmud
 - Bible
8. What was the name of the character played by Natalie Dormer in the TV series Game of Thrones?
 - Catelyn Stark
 - Cersei Lannister
 - Margaery Tyrell
9. In the Mahabharata who is Karna's father?
 - Vayu
 - Surya
 - Indra
10. Which of the following is associated with the 40th wedding anniversary?
 - Pearl
 - Silver
 - Ruby

Why What

Who was the recipient of the first ever Nobel Prize in Literature?

The honour of being the first Nobel Prize winner in Literature went to Sully Prudhomme. Sully Prudhomme, whose real name was René François Armand Prudhomme (1839-1907), was the French poet and Nobel laureate, of the Parnassian school. He was born in Paris and trained in engineering, law, and philosophy. His early poems, such as Stances et poèmes (1865), Les destins (1872; The Destinies), and Les vaines tendresses (1875; The Empty Endearments), are lyrical and sad. Later work was Parnassian in its antiromantic striving for aesthetic, objective expression of philosophical truth. "La Justice" (1878) and "Le bonheur" (1888; Happiness) are considered masterpieces of analytic subtlety. He was admitted to the French Academy in 1881 and received the first Nobel Prize in literature in 1901.

Sully Prudhomme studied science at school but was forced by an eye illness to renounce a scientific career. His first job was as a clerk in a factory office, which he left in 1860 to study law. In 1865 he began to publish fluent and melancholic verse inspired by an unhappy love affair. Stances et poèmes (1865) contains his best known poem, Le vase brisé ("The Broken Vase"). Les Épreuves (1866; "Trials"), and Les Solitudes (1869; "Solitude") are also written in this first, sentimental style. Sully Prudhomme later renounced personal lyricism for the more objective approach of the Parnassians, writing poems attempting to represent philosophical concepts in verse. Two of the best known works in this vein are La Justice (1878; "Justice") and Le Bonheur (1888; "Happiness"), the latter an exploration of the Faustian search for love and knowledge. Sully Prudhomme's later work is sometimes obscure and shows a naive approach to the problem of expressing philosophical themes in verse. He was elected to the French Academy in 1881.

Vocabulary Builder

TEST YOUR WORD POWER WITH VOCABULARY BUILDER

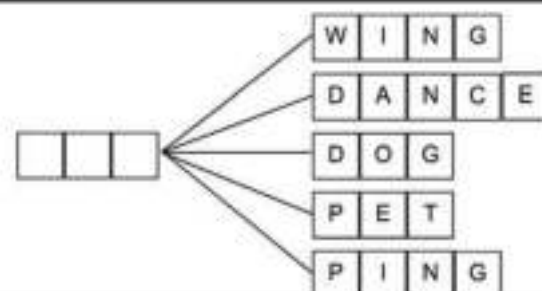
Grades: 5 correct = Excellent, 3 to 4 correct = Good Less than, 3 = Improvement needed

- 1) **Extemporaneous remarks are?**
 - verbose
 - impromptu
 - rehearsed
 - digressive
- 2) **Which word denotes the opposite of laconic**
 - concise
 - succinct
 - garrulous
 - reticent
- 3) **Circumspect, spectacular, and spectacle come from the Latin specere, which means**
 - to enjoy
 - to look at
 - to be amazed
 - to wonder
- 4) **By derivation, dilemma means**
 - a puzzle
 - a problem without a solution
 - a choice between two propositions
 - an unlucky turn of events
- 5) **Which word is an antonym of inscrutable?**
 - abstruse
 - incomprehensible
 - lucid
 - esoteric



DOUBLE - BARRELLED

What word can be placed in front of the five words shown to form, 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.



Yashraj Tupe,
8 years,
Bishop's School,
Camp



Aarav Patti,
7 years,
St Vincent's
High School

Since 1995

Lokmanya

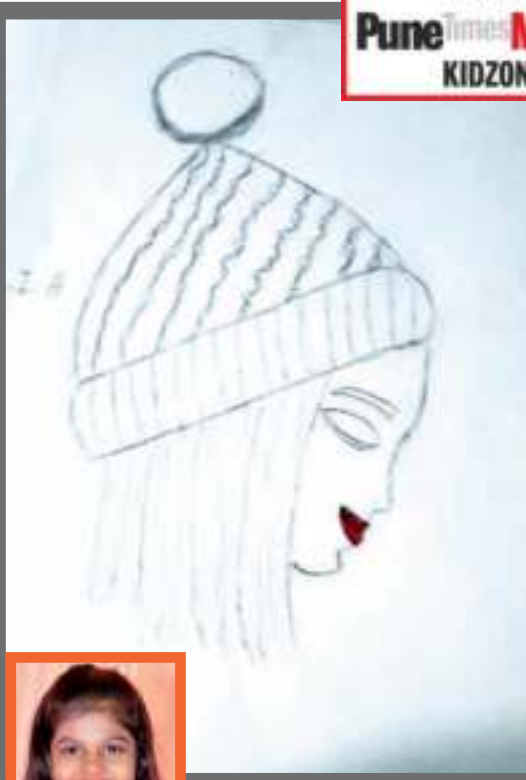
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KIDZONE



Iqra Attar, 9 years,
Bhartiya Vidya Bhavan, Gokhale Nagar



Nikita Gollapudi, 13 years,
Vidya Bhavan High School

WHAT YOUR STARS SAY TODAY

Aries

March 21 - April 20

You are very caring towards those around you and the warmth of your dealings with them will be a real pleasure. You should realise that a bad habit could have unfortunate consequences for you.



Taurus

April 21 - May 20

You'll have no problem concentrating on your inner thoughts. Take this opportunity to speak to those close to you. You won't suffer from fits of tiredness, as long as you don't suddenly try to speed up too fast.



Gemini

May 21 - June 21

Some intense discussions will open up some interesting doors to you; links you make today will prove beneficial. You're in good shape, but you're doing too much for other people and not enough for yourself. Be careful of overworking!



Cancer

June 22 - July 23

Today is an important day where your personal choices are concerned. Emotions will be running high! Sensual excess could easily lead to intense fatigue... Look after yourself more - you're pushing your luck.



Leo

July 24 - August 23

You will have no problems asserting yourself and will put an end to unhealthy relationships with no regrets! You are showing a more sense in your energy output today and are beginning to reestablish greater balance.



Virgo

August 24 - September 23

A worry over a legal matter that's been hanging in the air for far too long now will make its way back on the scene. You need to act quickly. You'll feel completely harassed by the end of the day; it would be good to take a real break from things and breathe.



Libra

September 24 - October 23

Your psychic energy is on the up, you're packing quite a punch, and you're going to share this energy with the people you see. There's too much stress around you, and you'll seriously reach your limit. Try to find somewhere peaceful and quiet to rest your head.



Scorpio

October 23 - November 22

You are in good shape psychologically. Take advantage of this by asking for what you deserve, assert your rights. You need to get moving and everything will fall into place. The sluggishness you've been feeling is due to lack of exercise.



Sagittarius

November 23 - December 22

You'll find it easy to express yourself clearly and now's the time to sort out a misunderstanding amongst those around you. You are beginning to feel an inner sense of harmony and a serenity which counterbalances the small ailments of last month.



Capricorn

December 23 - January 20

You won't have enough time to think about everything before you'd have to act - don't take any risks, decide later! Muscle cramps, aches and pains might put a damper on your plans; a lack of nutrients is to blame.



Aquarius

January 21 - February 19

If you manage to overcome your impetuosity and control your frenetic impulses, all will go well. You are innately stronger than you think, but doubts with no foundation hold you back.



Pisces

February 20 - March 20

You're going to be realistic in developing your plans for the future. Although you're in good shape for playing the game of life, you could still do with taking a break, and getting some fresh air.

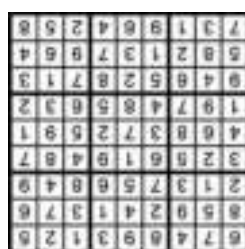


SOLUTIONS

Our Solution:
 7 - 5 + 6 + 1 = 23
 5 - 2 - 6 + 7 = 6
 4 x 2 = 8
 8 1 7 - 7



QUICK



SUDOKU

GO
FIGURE

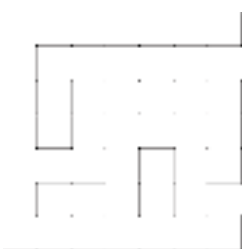
look at (4) a choice between two
 (1) Impromptu (2) garrulous (3) to
 propositions (5) lucid

VOCABULARY BUILDER

DOUBLE BARRELED

1. Tennis 2. Antony
 3. Central Powers 4. China 5. Baboon
 6. Solid lines of type 7. Bible 8. Margery
 Tyrell 9. Surya 10. Ruby

QUIZ



AROUND THE BLOCK

BULL'S EYE

1. Greece 2. Italy
 3. England 4. The
 Netherlands 5. USA
 6. Cyprus 7. France
 8. Switzerland 9. Spain
 10. Mexico

**PLAN
AHEAD**



Cultural extravaganza

Marathi Bana' is a 70-mm display of Marathi culture and tradition presented by 125 artists. This show is a blend of music, dance, drama, and narration along with colourful lighting, art direction, rich costumes, and smooth sound effects live on the stage. This show will give an experience of encapsulated Marathi culture with all its colours, moods, sentiments and above all enjoyment. This mega-musical has performed over 1,500 shows all over Maharashtra, rest of India and at Chicago.

WHERE: Ramkrishna More Auditorium, Chinchwad **WHEN:** June 13, 9.30pm

Connect with yourself

Attend the 'Art for Mindfulness' workshop and get to experience mindful art-making along with learning the new art form. The entire experience will help you to reconnect with yourselves. There will be sessions on introduction to mindful drawing, including a short sitting meditation, mindful drawing exercises to explore our experience of the body and the breath, mindful pause: drawing and colouring, learning the art of mindful seeing and drawing and sharing of experiences.

WHERE: Cafe Yofobo, Model Colony
WHEN: June 11, 10:30am **CALL:** 7709403575



NOT A CHILD'S PLAY

PHOTOS: GAURAV KADAM



At the recently held Swatantra Theatre's 'Bharat Ke Rang,' the performance of classic Indian stories by children aged five to 16 years of age, was an extraordinary dramatic treat. The two-day-long children's theatre festival featured 10 stories, each bringing out the regional flavours of different parts of India while exploring human behaviour, interpersonal relationships, and ways of life and celebrating writers.

The aim was also to introduce children to the gems of Indian literature. This exposure sparked their further interest in Indian culture and its diverse heritage spread across different states.

The plays were filled with the colour of India and the vivid regional culture of the states of India from Gadhwal to Kannad, and from Marwar of Rajasthan to Bengali households. There were 10 stories staged by eminent writers of our nation like Rabindranath Tagore, Premchand, Subhadra Kumari Chavan, Vijaydan Detha and some contemporary greats like Ruskin Bond, Sarveshwar Dayal Saxena, H Nagaveni among others.



Have an arty Sunday

Pune Drawing Room is conducting 'Sail Away Canvas Painting Workshop' a fun laid-back art gathering! Here, you can discover the artist in you as you paint your version of 'Sail Away'. With no prior painting experience required, this will be a guided session, shedding light on the basic strokes, sketches, and techniques, helping you paint, and getting in touch with the artist within. You will be painting using acrylic paint on a canvas of size 10' x 12". The session is for absolute beginners and all the art material will be covered by the organisers.



WHERE: Third Wave Coffee, Kalyani Nagar
WHEN: June 11, 11 am-1 pm
COST: Rs 1600
Tickets: www.bookmyshow

Time to laugh!

After 100 million views on YouTube and an Amazon Prime Comedy special, back with a new show. Happy, cheerful and lively, Jaspreet is a very innocent looking guy who derives most of his humour from the things happening in his house and around him in the city. He sometimes feels that the world is a really stupid place to live in and he contributes his bit by making fun of the stupidity he observes in real life. Very straightforward in the way he delivers, watch him share about his observation of life in a metro, things he hates doing and meet his family through his set.

WHERE: Nehru Memorial Hall, Camp
WHEN: July 15, 7pm

