

To Advertise
Call
98154 29998

CITY VIBES

DIGITAL FREE EDITION

Vol. 19 Issue 40 RNI No. 69862/98 WEEKLY 6 Pages MAY 6-12, 2018 Publisher: C. M. Sharma M: 98154-29998 Email: cityvibesldh@gmail.com

www.cityvibesindia.com

cityvibesindia

@icityvibesindia

Page 2
Improving Study
skills

Page 3
Help the dear
depressed

Page 4
Canada Study
Visa Easier

Page 5 - Classifieds
Punjabi Recipes
Horoscope

Page 6
IITians float
another party

ROAD ALONGSIDE BUDDHA NULLAH TO BE CONSTRUCTED

MLA SANJAY TALWAR, DC VISIT SITE

LUDHIANA, May 6 (CITY VIBES): To stop dumping of untreated water and facilitate the commuters crossing the alongside road of Buddha Nullah, Punjab Government would soon construct the road soon which would cost Rs 60 crore.

Member of Legislative Assembly (MLA) Ludhiana East, Sanjay Talwar and Deputy Commissioner

Pradeep Kumar Agrawal on Sunday visited Budha Nullah under the limit of Municipal Corporation



before the project gets starts.

Divulging the details, MLA Sanjay Talwar and Deputy Commissioner Pradeep Kumar Agrawal said that under the project, the 16-km road would be constructed around both sides of Budha Nullah in different parts. The construction from Jail road's STP to Baloke, 4.5 km road (right side) and 11.5 km road (left side), would be carried out. Further, retaining wall, Footpath and strengthening of the road are other works include in this project.

They added that forest department would also carry out the plantation drive in this area.

MLA informed that Punjab Government has appointed Deputy Commissioner as Nodal Officer of the project and tenders would be floated soon besides the project would be completed in a time-bound manner.

Deputy Commissioner ordered the officials to ensure disconnection of all illegal channels which are dumping untreated water. On the occasion, senior officials of Corporation were also present.

NCERT clears Home Work norms for students, Condemns student bifurcation on abilities

NCERT has ordered the 18,000-odd schools under the Central Board of Secondary Education to not give homework to children up to Class II.

It has also condemned the practice of bifurcating classes on the basis of student proficiency, like 'elegant' and 'amazing' as it only promotes discrimination.

Earlier, the CBSE had asked affiliated schools to limit the weight of a school bag to be no more than 10% of the child's body weight.

Additionally, the amount of homework given to students from classes III to V should not exceed two hours a week. Homework for middle school students will be limited to an hour per day and those in high and higher secondary classes can be given homework for two hours a day.

The NCERT filed a counter affidavit

addressing a writ petition seeking a direction to CBSE-affiliated schools to strictly adhere to the syllabus prescribed by NCERT, and not to overload students. This petition was moved by advocate M Purushothaman in the Madras High Court.

The National Curriculum Framework-2005 also limits books for students in classes I and II. These should only be language and mathematics now. Whereas, for students from class III to V, the NCERT prescribes language, environmental science and mathematics books.

It has also acknowledged that the manner in which subjects like General Knowledge are taught only perpetuates useless rote learning. It suggested that children should be taught to access information instead of memorising their textbooks.

The organisation has also condemned the practice of bifurcating classes on the basis of student proficiency, like 'elegant' and 'amazing' as it only promotes discrimination. The council said, "The demonising effect of such labelling is devastating on children.

Therefore, parents need to be vigilant about these practices, and rather than taking pride of the fact that their wards are studying in a school where these discriminating practices prevail, they need to stand against these to prevent discrimination in the society on the basis of abilities."

That said, such directions have been given before as well and have been clearly disregarded as kids were lugging 5-10kg bags, roughly 15% to 20% more than the weight they should have carried.

6 kg opium Seized



While addressing the press conference, Sh. Surjeet Singh, IPS, SSP Ludhiana (Rural) stated that regarding the directions of Sh. Suresh Arora, IPS, Hon'ble Director General of Police, Punjab to make the Punjab as drug free State, Ludhiana (Rural) Police, launched a special campaign against drug peddlers, anti social elements and also to crack the nexus of drug suppliers. During this campaign, under the supervision of Insp. Lakhbir Singh Incharge CIA Jagraon, ASI Chamkaur Singh, alongwith ASI Gursewak Singh, ASI

Sukhwinder Singh, HC Sukhdev Singh, and others personals from CIA Staff Jagraon arrested a Raj Kumar @ Raju son of Banwari Lal caste Monga resident Fatehiabad at Narrow Bridge, Kaonke Road Akhara and recovered 6 Kg. opium and arrested the accused On initial investigation, of the case, it was found that many cases of drug paddling have already been registered against the said accused at Haryana and Punjab. These accused will be produced before the concerned court and could lead to more disclosures.

Mahila Congress workers to be inducted in main stream soon

LUDHIANA, MAY 6 (CITY VIBES) In a special interview with CITY VIBES Simi Chopra Pashan co-chairperson Punjab congress grievances cell, told that during her meeting with Sushmita Dev, president All India Mahila Congress at Delhi recently a major decision has been taken to induct all the working congress mahila workers into different political, social and administrative activities of the party by shouldering them suitable responsibilities in different committees and cells. She emphasized that Congress is an institution where there is no difference between the spoken words and taken actions. In congress when we say women participation in politics, we wholeheartedly mean it and promote it.



Simi Chopra Pashan (Left) with Sushmita Dev

Our Mahila wing is not a collection of dummy housewives. We encourage the women workers in the party to take part in political main stream and provide them training where it is required.

Improving Student Study Skills

Studying can be a major hurdle for students. Making the most of study time can be particularly challenging as kids head back to school and try to adjust to new classes and sometimes even new surroundings.

With this in mind, Education experts offer the following five strategies that target some of the more difficult aspects of studying. Developed by Eileen Tracy, an Oxford-educated expert in study skills, they offer students a new twist on traditional techniques. During the first days of school, try devoting some class time to honing these important skills.

Time Management – This is often one of the more difficult issues for students to tackle. Between time spent in class, after-school activities and family time, there is very little left for anything else. Tracy suggests sitting down and creating a schedule that works for the individual.

"While there is (thankfully) no such thing as a perfect time-manager, there are various ways, some of them very structured, others much looser, to organize different types of workloads. You can adapt them to suit your preferences so that you have a timetable that works for you. The point of time management is to give you time off, too. Properly done, timetabling offers a balanced way of working, releasing you from the anxieties that go with disorganization. Many students find that this improves their motivation."

You can work with your students to help them develop a timetable that provides ample study time as well as appropriate down time to avoid burn-out.

#4 Essay Planning – A common theme explored at EducationWorld is the trepidation many students feel when required to write something. They often feel as though the

ability to produce a clear and concise thought on paper is beyond them, and Tracy believes that this is due to a lack of forethought. She suggests that thoroughly planning out the essay before sitting down to write it can be a big step toward improvement:

"Planning takes time and practice, which is why students often try to skip this crucial stage in their hurry to start writing (particularly in exams). ...This is counterproductive: a well-structured essay, rich in analysis, well-argued and relevant, scores many more marks than something that you try to work out as you go along. Examiners' top complaint is that students don't answer the question. That's because most students don't plan.

By learning to plan, you can develop your ability to read and interpret, to create logical links and to think laterally. You can stop agonizing over how to introduce and conclude your essay. All this will save you hours of redrafting. And in exams, you'll score points by the power of thought rather than by purely relying on memory. Knowing that you can do this even under exam pressure is a great confidence-booster."

Even if students have received some instruction on planning before writing, teachers may want to either reaffirm those previous lessons, or add to them. The more students plan, the better their writing will become.

#3 Memory Tricks – Mnemonics is a very old technique, but one that still works. On its face, it may seem a bit silly, but for many students this is far more effective than strict memorization. Tracy recommends making the process fun:

"Mnemonics are a huge variety of creative 'tricks' which stimulate your right brain, making it easier to retain all kinds of information than by rote

learning. Mnemonics involve making imaginative associations, so students with good imaginations love these techniques. (They can also help you to regain your imaginative powers if these have been lost.) They are particularly useful in subjects such as biology, chemistry and history where names, facts, figures, dates and sequences need to be learned by heart. However, they're also helpful in other subjects: for instance, I used them in my English Finals exams to remember lists of key points and dates.

Mnemonics bring another benefit: they help you to observe what you remember best. This makes you wiser as to how you should process your learning. Mnemonics take all the worry out of relying on your memory and can put some sparkle into your revision."

#2 Mindmapping – This is a visual form of studying that prompts students to literally draw thoughts and ideas on paper so they can be reviewed visually rather than verbally. Tracy suggests that this technique can be used with students of all age groups:

"Mindmapping offers a terrific shortcut to revision and essay planning. You can also use it for brainstorming. It works for most subjects, particularly arts and humanities, but also some sciences. It's effective even at the highest levels of university education. It involves sketching out information in a strikingly visual manner, using key words, colors and making use of shapes and space, stimulating your right brain. This encourages lateral thinking. Students who mindmap comment on how easily ideas come to mind with this technique. Mindmaps are also extremely easy to remember. Whether or not you're any good at drawing, if you've got a creative streak, you'll find mind mapping

After Gap Of 29 Years, Woman Sits For Class 10 Exams - With Her Son



Proving that there is no age limit in attaining knowledge, a 44-year-old woman sat for her Class 10 examination together with her son in Ludhiana, Punjab recently.

"My husband has been telling me for several years to complete my education. However, I had three children and had to educate them. Although I am working as a ward attendant in a civil hospital, I realised that it is important to pass Class 10 at least, in the present day. Therefore, I began preparing along with my son, who is also in Class 10. We go to school together and study also together," Rajni Bala told news agency ANI after sitting for the school examina-

tion after a gap of 29 years.

In 1989, Ms Bala dropped out of school after completing Class 9 due to an unfortunate family circumstance.

The mother of three admits that revisiting school after a gap of almost three decades wouldn't have been possible without the support from her family.

Rajni Bala, who works as a ward attendant in a Civil Hospital, had completed Class 9 in 1989.

"My mother-in-law, in spite of being uneducated herself, motivated me to take this decision. My husband has been very supportive; he wakes up early to teach me and my son. My daughters also

help me study. Eventually, I would like to pursue my graduation," she said.

Interestingly, her husband, Raj Kumar Sathi, also pursued studies after a gap of 17 years. "I myself pursued my graduation after a gap of 17 years. I felt that if I can do it, so can my wife. We wake up early to study and she goes to school with my son. They also go for tuitions together, which has been very helpful to her," he said.

Pawan Gaur, Principal of Lajwanti Senior Secondary School where the mother-son duo are studying, stated that when individuals come back to complete their education after several years, it sends a very positive message to the society at large.

a liberation in your studies."

#1 Note Taking – K-12 students typically fall into two categories when it comes to note taking; those who write down everything the teachers says verbatim, and those who write almost nothing down. Tracy suggests that the key to knowing how much to write down lies in the students' ability to pluck out keywords from a lecture:

"It's not always obvious how to take good notes from books and lectures: often they turn out to be unhelpful if they're too

wordy or too brief. Some students waste time writing everything out neatly or putting their notes into the computer. None of this is necessary. The art of taking good notes lies in identifying key points. This is a very active form of revision which enables you to summarize and absorb vast quantities of information quickly and easily. You'll save yourself hours of time, and a small fortune on highlighter pens." You can help your students with this skill by starting the year off making special note of key points during a lecture.

Saying, 'Write this down because it's important,' lets the students know the idea is a key one. By the end of the first semester, they should have a pretty good read on your lecture style and their note-taking will be better for it."

Ludhiana's Only
English Weekly
Newspaper
City VIBES
Requires
EDUCATION
REPORTERS

24 Habits Of People With Depression

It is essential for friends and family to be able to spot certain habits or signs of depression



Depression is a silent killer. Many people are ashamed or afraid to ask for help, so they go on with their lives and live with it in secret. However, there are still small habits that these individuals will do when they enter a depressive episode. It's important to remember that depression is a brain illness that can be fatal if it's not treated properly.

This is a major

your thoughts and in most cases want to feel sorry for yourself without anyone bothering you, according to the Huffington Post.

2. Some people will completely give up on life, says Healthline. They believe that they have sunk so low that there is no coming back from it. They may ignore calls, stop showing up to work, stop going to school, not paying bills, the

because they believe they can deal with it on their own. They become obsessed with trying to figure out why they're in agony, but in many cases, this just makes things worse, especially if they don't figure out why, says the Huffington Post.

5. That little voice in your head that people think isn't real actually is. It tricks you into believing that you're not loved, life

sion shows. Seems harmless right? But at the same time, they avoid eating, showering or even sleeping, according to the Huffington Post.

8. Some people with depression will not sleep at all, and others will constantly sleep, according to Healthline. They will get home from school/work, lay on the couch and sleep until someone either feeds them or tells them to go to their room and sleep.

9. To deal with depression, some people look to writing poetry and other creative stories that are based off happier times they have experienced. It helps keep the negative thoughts out of their head.

10. Some people with depression will experience sudden mood swings. They may go from not sleeping to sleeping all the time. They may go from constantly working out to sitting on the couch all day, says the Huffington Post.

11. Some people will also suffer from trichotillomania, which is the disorder where the person will keep pulling their hair. After they pull it out, they will get a sense of relief, according to Healthline.

12. Someone suffering from depression could end up sitting in the shower for hours, even after the water has stopped running, to try and numb the pain, according to WebMD. They want to get out, but they can't.

13.



People who suffer from depression will not enjoy the taste of food, says WebMD. They may also start eating less or lose their appetite.

14. Someone who suffers from depression will constantly cancel plans and appointments, explains WebMD. They don't have the energy or the desire to do anything. They just want to be left alone.

15. Depression can also cause people to develop habits like picking their skin until marks are left. Some people get satisfaction with hurting themselves, which needs to be dealt with immediately before it becomes life-threatening, according to the Huffington Post.

16. Running helps many people dealing with depression. It gives them a sense of accomplishment which is one of the

main symptoms of depression. They don't feel that they have accomplished anything in life.

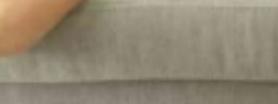
17. Those suffering from depression struggle every day to put on a smile, when in reality they're crying inside. People may notice, but they just play it off by saying "I'm just tired."

18. Depression can cause people to

ending on how severe the depressive episode is.

22. Some people suffering from depression will clean anything and everything, says WebMD. It's a good distraction and helps them focus on something more positive instead of something negative.

23. There is nothing tastier than a home cooked meal, but



become lazy, which translate into procrastination. They will avoid chores and stop taking care of their appearance, according to Healthline.

19. Someone suffering from depression may enjoy old rock and roll, but the second they develop a depressive episode, they may enjoy listening to something more soft and relatable to their situation, says the Huffington Post.

20. Some people may walk around with headphones in their ears not only to avoid talking to people, but to also portray that they are functioning when they really are not.

21. For some people suffering from depression, the sound of water relaxes them and eases their mind. So they may end up taking up to three showers a day depending on how severe the depressive episode is.

because depression is extremely draining, people suffering from it will often buy take-out because they lack the energy and motivation to cook, according to WebMD.

24. Pushing people away is nothing new for people suffering from depression. But the difference is that they do it in a harmful way.

Not all people want to avoid human contact when they are suffering from depression. Some would prefer the touch and warmth of their friends and family. It calms them down and reminds them that they have people around them who love them.

One last thing; if you are suffering from these habits and you think you might be suffering from depression, you should consult your doctor.



concern because it's extremely tough to deal with depression on your own.

Below are the top habits someone with depression will develop and go through.

1. If you are suffering from depression, you won't want to leave your house/room. You want to be alone with

list goes on.

3. Depressed people will pretend that they're sleeping so no one will bother them, but they end up staying up all night and struggle to fall asleep because their mind is constantly racing with negative thoughts.

4. Many people suffering from depression will not seek help

has no meaning and there is no reason to continue trying. No matter what the situation in your life is, this voice will always try to remind you that none of it is true, says Healthline.

6. Those suffering from depression will sit on the couch and binge watch televi-

of their head.

11. Some people will also suffer from trichotillomania, which is the disorder where the person will keep pulling their hair. After they pull it out, they will get a sense of relief, according to Healthline.

WEEKLY HOROSCOPE

ARIES: Everything in your chart is starting to click & fall into place... There is a lot of abundance & prosperity indicated... With all that being said, you have to make sure you can handle the higher levels without turning into an ass...

TAURUS: Your chart is trying to bring you into new uncharted territory... The opportunities for a much richer life experience (not just in wealth but overall satisfaction) ... But you need a clear head & heart to make the most of it. No free rides in this universe.

GEMINI: You'll find your emotions are being super-energized this week... It's when you can be dangerously psychic or intuitive at times and totally clueless a few moments later... This can be a great time for your career/professional life if you can find a way to remain focused on the current task without getting distracted or side-tracked.

CANCER: You can be a whining little cry-baby that is hopeless and pathetic... Or you can harness the incredible surge of emotion and power that can help raise you up to higher levels of life & love... This energy isn't for the weak and Cancer is "Cardinal" sign and definitely is not weak by nature... You're being asked to give in, release negativity & allow fate to happen.

LEO: The more serious you get, the more predictable and boring you appear to others... (sorry to be blunt)... Your sign rules the 5th House of Love & Romance... Of imagination and creativity... You cannot allow yourself to get shackled down by Modern Life... That doesn't mean living in a dream-land, but more to use your creativity & imagination to rise above any problems so you can get back to what you do best... (Play & Create)

VIRGO: The universe is trying to bring a natural state of inner peace & harmony to you. A big factor in this depends upon you being an active part in your personal relationships with others... It's about knowing when you need to take the lead, or when to allow others to "drive the bus". Just Focus!! Listen closely to what others are saying...

LIBRA: In a way, this current chart is trying to tell you that whatever negativity, anger or aggression you may be feeling inside, you need to get over it so you can move ahead... It's clear the universe is bringing your inner strength & determination together to allow you to reach levels you never thought possible. The key is to do one thing at a time... To make a plan and then follow it...

SCORPIO: The universe is trying to make you more aware of the "hidden truths" that others are trying so desperately to ignore or not accept... You need to re-evaluate many of your own personal beliefs to be sure. ... Don't simply rely on what others are telling you.

SAGITTARIUS: the universe is definitely trying to make you very aware of something... And with the Sun & the North Node aligned in your 1st House... It all has to do with being original and creative... It's very clear that the universe is trying to lift you to a higher position of leadership, honor & personal respect.

CAPRICORN: Communication is super important, but "taking action" is the key this week... It's knowing what needs to be done and doing it now and doing things right... The way they should be done. It's using your insights and looking ahead and making your plans to ensure your needs will be met in the future.

AQUARIUS: Everybody may have the right words, but the real question becomes can you rely upon them to follow through when you need them the most?... With Uranus on your 5th House cusp and going direct later this week, the universe is making sure you're not being naive... You must be prepared to take action.

PISCES: Curtail your negativity. Do not undermine your confidence and self esteem as this week will be a bit demanding than the previous one. Things are sure to improve with your hard efforts. Also curtail your habit of believing every one... Your chances of success in a court case are more depending upon the effort you put in to turn the tide.

Tryst with the Future : St. Soldier Group of Institutions sign MoU with University of Lethbridge Canada

Leading educational group St. Soldier Group of Institutions has signed a Memorandum of Understanding with University of Lethbridge which is Canada's Top Ranked Research oriented public funded university. The MoU has jointly been signed by Dr. Mike Mahon, President and Vice Chancellor of University of Lethbridge and Prince Chopra Pro-Chairman of St. Soldier Group of Institutions in the presence of Executive Director (International) from University of Lethbridge Paul Pan and Prof. Manhar Arora, Managing Director St. Soldier Group of Institutions.

This information was given by Prince Chopra in a Press Conference organized by St. Soldier Group of Institutions. Prince Chopra further added that new college has been opened as St. Soldier Institute of International Studies to run courses of University of Lethbridge. Currently two programs Bachelor of Management and BSc. In Computer Science are being offered for the 10+2 students.

While addressing the media person, Anil Chopra, Chairman of St. Soldier Group of Institutions said "India and Canada have strong bilateral relations for trade, culture, tourism and technology. In the same direction and vision we, as a pioneer educational group St. Soldier Group of Institutions have



join hands with Canada's one of the most prestigious university; University of Lethbridge, Lethbridge."

While briefing the media about the MoU, Paul Pan, executive director University of Lethbridge said "We have signed a Memorandum of Understanding with St. Soldier Group of Institutions for teaching Indian Students in St. Soldier Institute of International Studies in the same way as we teach in our university classes. Students who will study in St. Soldier Institute of International Studies (SSIIS) will be admitted directly into the second year of their programs (Bachelor of Management and Bachelor of Science (Computer Science)). The total duration of the undergraduate course in University of Lethbridge is four years. With our agreement student who will take admission in

SSIIS in any of the programs from Bachelor of Management and Bachelor of Science will study the same courses as any other student in University of Lethbridge (UoL) who have taken admission in the same program at UoL. Thus, student who studies at SSIIS will be at par with the UoL.

Sangeeta Chopra, Vice Chairperson of St. Soldier Group of Institutions mentioned that this bilateral relationship is based on Direct Transfer. Through this Direct Transfer Method, student will get assured admission into second year in UoL (after satisfying the eligibility requirement). Student need not to study the subject again for another one year at UoL; along with this student need not to undergo the process of Credit Transfer.

Arora, Managing Director of St. Soldier Group of Institutions said "Studying at St. Soldier Institute of International Studies will have a huge advantage in financial saving. Students will be given Counseling and Assistance for the preparation of the Visa File Documentation.

Students studying with us will be receiving benefit of free IELTS coaching and training which we have integrated in our international syllabus. We have recruited members of faculty who are having International teaching experience.

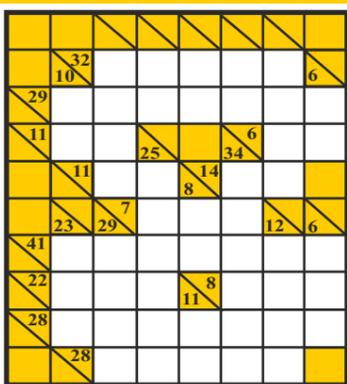
St. Soldier Institute of International Studies will offer another advantage as Canadian Experience Training whilst studying with us. In addition to academic courses, special attention will be given to improve the personality of a student.

Prof. Manhar

CV KAKURO -9

Kakuro puzzles resemble cross-words with numbers; you have 'across' and 'down' clues, but instead of filling in letters, you must use the numbers 1-9.

The aim of the game is to fill each blank square with a number from 1 to 9 to sum up to the clue associated with it. However, no number can be duplicated in an entry. For example a clue of 8 (over 2 squares) could be 1&7, 3&5, but not 4&4.



STUDY ABROAD OPPORTUNITIES

- * Honest Consultancy
- * No Consultancy fee charged from Students
- * Complete pre and post admission Support
- * Vast range of countries & Institutes

Contact: Bhardwaj Consultants - 94632 62033

SITUATION VACANT

City VIBES requires
**Reporters,
Marketing
professionals**
at Ward level in all parts of
**LUDHIANA
DISTRICT**
Interested candidates can contact
at: **98154 29998**

**Career in
CALL CENTERS**

We require CCE's for
Ludhiana & Chandigarh.
Young Graduates and
undergraduates with
Good Spoken English
can get job Directly &
others after training.
Salary: 8K-18K + Incentives.

CONFIRM YOUR JOB TODAY!

Square A

90-C, Shakti Enclave,
Near Toor Complex,
Durgri Road,
Ludhiana.
M: 92167-12411

Business

Earn from your home.
Matric pass male / female
eligible. Become
Associate
of CITY VIBES. Excellent
opportunity to earn name,
fame, money and a career
for generations to come.
Age, Sex, Language
knowledge no bar. Even
those not good at English
can also join. Call : 94632-
62033 (55 words)

A Hongkong based agent
of
many manufacturers in
China is willing to provide
Chinese products direct
from factories to Ludhiana
market, by eliminating
importers in Delhi &
Mumbai. Groceries,
Garments, toys, kitchen
items. Call Indain
Associate: 94632-62033

ATTENTION ENTREPRENEURS!!!

We Provide:
1. Plant Heads
2. Production/QC/Maintenance Manager
3. Manager Accounts/Accountants/
Assistant Accountants
4. Merchandisers/Asstt. Merchandisers
5. Manager Marketing
6. Manager HR/CSO
7. Time Office Assistant/Computer
Operators/Receptionist
Interested Candidates may send their Resumes.
Email: primeplacement70@yahoo.com
prime_placements007@rediffmail.com
PRIME CONSULTANCY
M: 98886-97363 Ph: 4638363

Sale/purchase



IELTS

50% off*
Offer Valid for Limited Period

**SPOKEN
ENGLISH**

10 Successful Years
in Business

**STUDY
ABROAD**



Kapri
INSTITUTE OF ENGLISH SPEAKING
(An ISO 9001:2008 Certified Company)

Head Office
Opp. Gurudwara
Chhevi Patshahi,
CMC Chowk,
Ludhiana.
98724 04711
5026711

FRANCHISE Inquiries Solicited
HELPLINE: 98724-04711

Matrimonials

**KANSAL
MATRIMONIALS**

India's Best Matrimonial
Service for all castes
(High Status)

Specialist:

Punjab, Haryana,
Delhi, Mumbai &
all major cities
all over India.
(Estd. 1990)

**Kansal
MATRIMONIALS**

#439/8, Gobind Nagar,
Near Vishal Nagar,
Pakhawal Road, Ludhiana
4615088, 98155-23188,
98156-23188
kansalldh@sify.com
kansalldh@gmail.com
kansalmb@yahoo.com

Register your matrimonial
requirements Free at
cityvibesldh@gmail.com.
Also available wedding
planning, management and
administration services from
local as well as professionals
of India repute. (27 words)

Suitable match for beautiful
Brahmin girl aged 27 years,
working with Standard
Chartered Bank in Delhi.
Family Ludhiana based.
Girl's height 4'8". Contact:
95010-15440 (24 words)

Suitable match for beautiful
brahmin Amritsar base girl,
doing Masters in Mass
Communication at Amritsar.
well settled family. Call:
95010-25441 (20 words)

Property

To buy/ sell any property in
areas surrounding
J a l a n d h a r
bye-pass, Noorwala Road,
Kakowal Road , Bahadur
k e ,
Rahon Road, Sunder Nagar,
Bhattian, Jassian Road and
other surrounding areas call
9 4 6 3 2 - 6 2 0 3 3 .
Contact for properties in
Chanigarh, Panchkula,
Mohali, H.P., & Zirakpur
and also Ludhiana. Best
direct deals ensured. Call:
9815429998 (19 words)

EDITORIAL BOARD

Publisher & Editor
C. M. Sharma
98154 29998
Administration
Aakash
94632 62033
Sub Editor
Varinder Sandhu
98155 03105
Legal Advisor
Adv. Yogesh Khanna
RNI NO. : 69862/98

Published by
C.M. Sharma
from P-11,
Basant Vihar,
Noorwala road,
Ludhiana
and Printed at
Swastik Printers
Ludhiana.

**Stubble burning: Punjab to study Nagpur's
initiative of using agri-waste briquettes for cremations**

While earlier it was only paddy stubble burning that had Punjab officials on its toes after harvesting in October-November, now the trend to burn wheat stubble is catching up among farmers.

In another attempt to control stubble burning menace in the state, Punjab will now be exploring and studying the initiative carried out by Nagpur Municipal Corporation of using 'agri-waste briquettes' for cremations.

In a pilot project, Nagpur Municipal Corporation with the help of an NGO Eco-Friendly Living Foundation, has been using briquettes (small cakes made of agricultural waste and residue) instead of firewood for cremations for past two years. They are using briquettes made from agriculture waste like cow dung, soyabean and cotton crop residue among others. Replacing wood, agri-waste briquettes have made cremations pollution free and also solved farmers' problem of disposing crop residue. Also, usage of briquettes is reducing the cost.

Speaking to The Indian Express, Manmohan Kalia, joint director (agricultural engineering) Punjab and nodal officer for crop residue management, said, "We had discussed this idea to use paddy and wheat stubble in cremations earlier as well with the Punjab Pollution Control Board (PPCB). But the main concern was pollution caused by direct burning of stubble. However, pollution problem can be solved if we make briquettes and add materials like cow dung and other crops residue along with stubble."

He added that there is immense scope to get briquettes manufactured from Ludhiana-based industry, but high investment cost is a concern. "We will contact Nagpur MC officials and study how they are working it out. We have received inputs from some people on

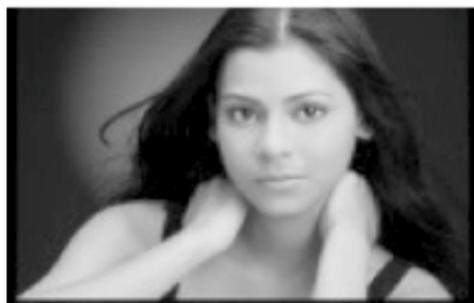
how Nagpur is using agri-waste for cremations," he said.

Wheat stubble burning starts; 212 fires captured

While earlier it was only paddy stubble burning that had Punjab officials on its toes after harvesting in October-November, now the trend to burn wheat stubble is catching up among farmers. Already 212 fires have been captured across Punjab as per the data provided to Punjab Pollution Control Board (PPCB) by Punjab Remote Sensing Centre, Ludhiana.

As per the data from April 10 to 28, a total of 212 field fires were captured by PRSC through satellite imaging. The maximum 33 were captured in Sangrur followed by 26 in Bathinda, 23 in Fazilka, 18 in Ferozepur and 13 each in Hoshiarpur, Jalandhar and Patiala.

MODEL WATCH



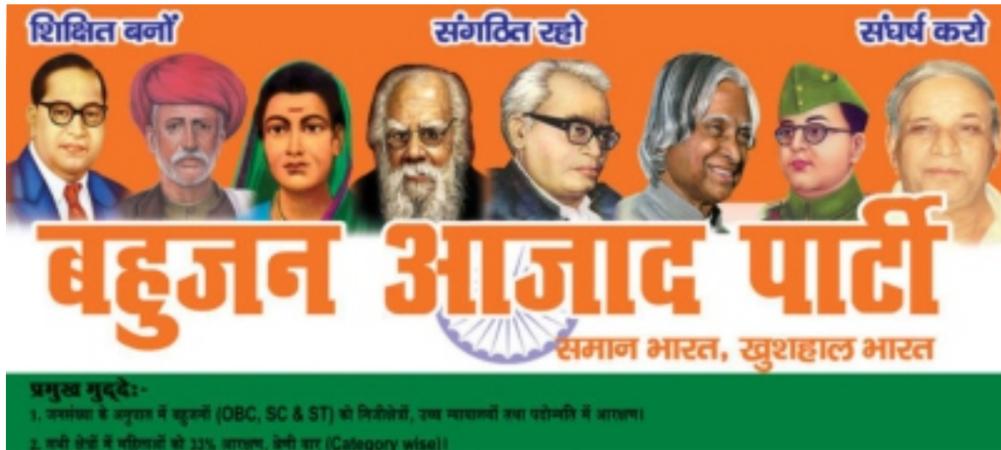
Nick Name	Punjabi Queen
City /State/ Country	New Delhi/ India
Age	24
Sex	Female
Height	5'-4"
Weight	45 Kg
Body Type	Slim
Hair Colour	Black
Eye Colour	Black
Complexion	Wheatish
Chest/Waist/Bust	32"/26"/34"
Language	Hindi/English/Punjabi
willing to Travel	Yes
Marital Status	Single
Experience	Video Album- 1 year
Contact Address	c/o Akarshan Media
Contact No.	98154-29998
Email ID	akarshanmedia@gmail.com

**Model Code
AM-002**

Available For	Fashion show / Runway	Yes
	Magazine / Publication	Yes
	Internet	Yes
	Glamour / TV	Yes
	Sport / Fitness	Yes
Represented By	Agency Name	AKARSHAN MEDIA

**Advertise in
CITY VIBES Classifieds
At never thought Prices!**

50 IIT Alumni Quit Jobs To Form A Minority Rights Party



The Twitter account of the Bahujan Azad Party went live with a celebratory tweet some days back. The party pointed out that the news of the party's launch was the sixth highest trending topic on the platform.

The Bahujan Azad Party is composed mainly of 50 IIT alumni, all of whom reportedly quit their jobs to join the party. It will be led by Naveen Kumar, who graduated from IIT Delhi in 2005. The party has already applied to the Election Commission of India for approval, and expects to hear back in a fortnight.

The group's Twitter bio reads, "A political party for the upliftment for SCs, STs, OBCs, women and Minorities". Most of the members of the party are from these minority groups, having benefited from the reservation policy for SCs (15%), STs (7.5%) and OBCs (27%) at IITs. The party's primary focus is on increasing education and employment opportunities for these groups, not only in terms of reservations but also by improving the infrastructure for education and skill development.

The title of the Bahujan Azad Party translates to "freedom for the majority of people". This is not ironic. Scheduled Castes, Scheduled Tribes and Other Backward Classes comprise more than 70% of India's population, with OBCs alone accounting for over 40%, according to estimates from a decade ago by the National Sample Survey Office (NSSO).

The announcement

of the Bahujan Azad Party's launch is timely for another reason. The last few weeks have seen a spate of protests in India by Dalit groups and activists over the Supreme Court's proposal to safeguard suspected perpetrators from immediate detainment under the SC/ST (Prevention of Atrocities) Act. The protesters feel that this could encourage crimes against minorities, going against the very purpose of the act itself.

The party is starting small. It is limiting itself to Bihar for the medium term, where it will contest the state's legislative assembly elections in 2020 before moving on to Lok Sabha polls in 2024. West Bengal and Rajasthan have also been mooted as possible states to expand into after the party solidifies its position in Bihar.

Why the party was formed?

Speaking to the Press Trust of India, Naveen Kumar explained that he and his associates took part in Anna Hazare's anti-corruption protests in 2011 and initially supported the Aam Aadmi Party (AAP). However, they decided to form their own party after being "disillusioned" by the lack of minority representation in educational institutions and the judiciary.

In what seemed a thinly-veiled reference to the AAP, Kumar tried to highlight how the party's strategy was different from other upstarts. "We do not wish to do a hurried job and end up being reduced to just one of those small political outfits with big ambitions". He also said

that the party did not plan on positioning itself as a rival of any other political party or ideology.

As a fledgling party promoting a single agenda, the Bahujan Azad Party would do well to learn from the experiences and mistakes of the AAP, promoted by former IIT Kharagpur alumnus Arvind Kejriwal and Bahujan Samaj Party (BSP), started by Kanshi Ram, a prominent Dalit rights activist, in 1984 and presently led by Mayawati,

The Bahujan Azad Party should keep its political ambitions in line with its founding goals and maintain its focus on its target base. In order to achieve its mandate effectively, it also needs to be more than a social movement agitating for reservations. Higher reservations don't guarantee long-term change. As data from the NSSO shows, while higher reservations in educational and government institutions have translated into higher employment rates for minority groups, these are mostly for low-skilled occupations. Reservations need to be supported by adequate vocational training programmes and structural improvements in the quality of educational institutions.

The party's members have their work cut out for themselves over the next few months. They will leverage their IIT credentials to drum up financial support. They are employing a grassroots approach by onboarding members and supporters from youth hostels in Bihar and striking partnerships with social activists. It will be interesting to see how they fare.

Ludhiana: Woman alleges ACP molested her, cops to probe

She also claimed that she was thrashed by ACP Pawanjit Singh. The woman had earlier had filed a complaint against her siblings and mother for allegedly encroaching her property.

A woman has alleged that she was "molested" by Assistant commissioner of police (ACP), Ludhiana (East) Saturday when she went to him to inquire about the progress in her case. She also claimed that she was thrashed by ACP Pawanjit Singh. The woman had earlier had filed a complaint against her siblings and mother for allegedly encroaching her property.

The woman after getting her medical examination done at Civil Hospital called up 181 helpline number and filed complaint against ACP Saturday late.

The complainant has claimed that ACP "touched her inappropriately" and "slapped" her when she asked him to take action on her complaint against her family.

However, Sandeep Singh Grewal, a local social worker who said that he had accompanied

the woman to the police station on her request to help resolve the dispute, claimed that nothing of the sort, as alleged by the complainant, happened on Saturday.

Grewal said that ACP had called both parties (woman and her family) to hear them. Woman's brother was also present when matter was being discussed. According to Grewal, as soon as woman's brother told the ACP that she has got divorced thrice, the woman started creating ruckus and threatened that she will commit suicide.

When contacted, Pawanjit Singh said that woman's family had already filed a complaint against her alleging that property encroachment but he called both sides to hear them out at division number 7 police station. "Her brother was presenting his side of story

when she got furious and said she will commit suicide. Then she started demanding that I should immediately get the home transferred to her name which is currently in her mother's name or else she will commit suicide. I immediately called on lady constables to control her as she kept threatening to end her life. There were several other people who were present to meet me and she wasn't the only one. When I got to know about these allegations today morning, I was also stunned. This is just to mount pressure on police as a complaint is already filed against her. Still we wanted to hear both sides before taking any action."

Ludhiana Police Commissioner Sukhchain Singh Gill said that he will look into the matter and soon order a probe.

PUCA Delegation greets VC IKG-PTU

Ludhiana 6th May (CITYVIBES)

A delegation of office bearers of Punjab Unaided Colleges Association (PUCA) met the newly appointed Vice Chancellor, IKG-PTU, Jalandhar, Dr Ajay Sharma & greeted him on his new joining as the head of 21 years Technical University.

The delegation under the leadership of President, PUCA, Dr. Anshu Kataria along with other office bearers including Sh. Amit Sharma (ACET, Amritsar), Senior Vice President; S. Gurpreet Singh (Universal Group, Lalru), General Secretary; Gurkirat Singh (Gulzar Group, Ludhiana), Joint



Secretary - I; Dr. Guninderjit Jwanda (Bhai Gurdas Group, Sangrur), Head Scholarship Dept; Mr. Vishal Garg (SVIET, Banur); etc were present on the occasion.

Dr Ajay Sharma assured the delegation that affiliate Colleges and PTU would work together to improve the quality of Education as well as to make the University more visible in the Country and other neighboring Countries also.

PUCA urged VC, IKG-PTU that PTU should take necessary steps to improve the poor financial state of the unaided colleges. PUCA also demanded that the University should start new courses as per the demand of the Industry.

VC gave patient hearing to all the problems of the Colleges and assured that all the genuine problems being faced by the Colleges would be taken up with the State & Centre Govt.