Nippon India Asset Allocator FoF
(An open ended fund of funds scheme investing in equity oriented schemes, debt oriented schemes and gold ETF of Nippon India Mutual Fund)

Be Where the Growth is

Nippon India Asset Allocator FoF invests across Equity oriented schemes, Debt oriented schemes and Gold ETF of Nippon India Mutual Fund with the help of an in-house proprietary model. This model decides allocation across Large Cap, Mid Cap, Small Cap, Short Term Debt, Long Term Debt and Gold ETF.

This dynamic framework uses a robust set of Macro, Micro & Market Indicators with an aim to deliver superior risk adjusted returns.

This ensures that you are always invested in the asset classes where the growth is most likely to be!

NFO Opens On: 18th January’21 | NFO Closes On: 1st February’21

Performance of various Asset Classes and Sub Asset Classes keep changing over time. Even the best of minds cannot always predict which asset class will do well.

But we have a solution for you!

Nippon India Asset Allocator FoF is suitable for investors who are seeking:
- Long term capital growth
- An open ended fund of funds scheme investing in equity oriented schemes, debt oriented schemes and Gold ETF of Nippon India Mutual Fund

*Investors should consult their financial advisors if in doubt about whether the product is suitable for them.
Stay invested in journalism you can trust. Subscribe to The Indian Express newspaper

Hope you are enjoying reading The Indian Express. With supply chains back to normal, our complimentary e-paper will end on 31st January, 2021. To continue reading the newspaper that explains and investigates the news beyond the noise,

follow the link [bit.ly/1Edeliver] or Call 9810640505 to get your copy delivered at your doorstep.
In bamboo clone crash barriers, an effective, low-cost road safety solution

Defence Minister Rajnath Singh at Rajghat on Saturday.

In bamboo clone crash barriers, an effective, low-cost road safety solution, Defence Minister Rajnath Singh said at Rajghat on Saturday.

“Those were some lessons learned, which I am sure that the experts will be working on,” he reportedly said. “These lessons are going to be helpful to us in future.”

PM in all-party meet: Offer to pause farms laws still on table, Agri Minister just phone call away

Pressing farmers and their supporters at the Ghazipur border on Saturday.

Chirag invited for NDA meet, skips citing ‘health’ after JD(U) protests

Bansdih Dalma, former Horticulture Minister Parthipan Chakraborty, former TMC MLA Baishali Dalmiya, former TMC MLA Praveen Khanna.

Roads blocked but Ghazipur numbers swell, man shows up with ration, water

WHY IS IT CHIRAG PV PATEL invited for NDA meet, skips citing ‘health’ after JD(U) protests?...

A day after they attended the扁担prick-end papoose...
**TEMPLE BUILT IN MEMORY OF EX-CMS JAYALATHA, MG RAMACHANDRAN UNVEILED IN MADURAI**

**After the test series was won Down Under, Team India is preparing to take on England at home. We discuss if the England vs India rivalry is a par with The Ashes.**

**Exiting the cabinet: New FM Govt appoints Shiv Sena chief as minister, wants to line up ministers to take on India.**

**Pak PM at par with activists to pause farming stand on table, Agri Minister just phone call away**

**What are Canada's new COVID-19 travel rules?**

The government announced new measures to help contain the spread of COVID-19.

**PM
discuss if the England vs India rivalry is a par with The Ashes.**

**Israel envoy
chooses to do it in India**

Israel envoy Nir Grossman, who made it clear that his country would continue to support India in its efforts to strengthen their military capabilities, has arrived in India to meet with Defense Minister Rajnath Singh and other top officials.

**Temple built in memory of ex-CMS Jayalatha, MG Ramachandran unveiled in Madurai**

A temple was built in memory of ex-CMS Jayalatha, MG Ramachandran, who died in a road accident on November 29.

**Israel envoy chooses to do it in India**

Israel envoy Nir Grossman, who made it clear that his country would continue to support India in its efforts to strengthen their military capabilities, has arrived in India to meet with Defense Minister Rajnath Singh and other top officials.

**Israel envoy chooses to do it in India**

Israel envoy Nir Grossman, who made it clear that his country would continue to support India in its efforts to strengthen their military capabilities, has arrived in India to meet with Defense Minister Rajnath Singh and other top officials.

---

**Road blocked**

Truth is, when the movement was on, there were roads blocked all over the place. Even in Madurai, there were roads blocked. The police were trying to control the situation, but it was impossible to control.

---

**How the movement started**

The movement started with the farmers protesting against the three farm laws introduced by the central government. The farmers believed that the laws would benefit big corporate farmers and hurt small and marginal farmers, who make up the majority of the farming community.

---

**The farmers' demands**

The farmers' primary demands were to withdraw the three farm laws and restore the minimum support price system. They also demanded a permanent commission to look into the issue of land rights and the rights of small and marginal farmers.

---

**The government's response**

The government initially refused to withdraw the laws but later agreed to hold talks with the farmers. A series of talks were held, but no agreement was reached.

---

**The movement's impact**

The movement had a significant impact on the Indian economy. It led to a decrease in the stock market and a decrease in the value of the rupee. It also had an impact on the elections, with the government losing support in some regions.

---

**The future of the movement**

It is unclear what the future of the movement will be. The government has said it will continue to negotiate with the farmers, but it is unclear whether a resolution will be reached.

---
Battling exodus of ministers, Mamata shifts focus to party

Spending more time on organisation, shaping election campaign: TMC leaders

Three arrested with 6 pistols. 12 magazines

Bengali actor Indrajit Deb dies at 73

Express

Indrajit Deb died of a cardiac arrest

Bengali actor Indrajit Deb died on January 30, 2021. He was 73.

Indrajit Deb

Saffron out from Bengal

The Congress and the TMC are vying for the seat of Jalpaiguri, according to the same

mystery环绕着“国是我的国”局面

2021 WEST BENGAL

GOSE FANS TRYING TO FOMENT URBAN CRISIS

Congress and Left leaders at a Kolkata rally on Saturday to mark the death anniversary of Mahatma Gandhi.

Congress and Left leaders at a Kolkata rally on Saturday to mark the death anniversary of Mahatma Gandhi.

Matusa upset with Amit Shah’s cancelled state visit; next date within 48 hours, promises BJP

Saffron party misleading community over CAA, claims TMC

Redesign EVMs, count more paper trails for fair polls: Civil society group

Express News Service

KOLKATA, JANUARY 30

ALSO: Off state elections in the offing, Mamata to have public meetings in the state poll body, says TMC’s committee on elections.

The Citizens’ Committee on Elections expressed concern over the state election body’s diabolical game plan in the state, the committee said.

Refusing to comment on the state election body’s diabolical game plan, the committee said.

"The state election body is indulging in all kinds of foul play, the committee said.

The committee's statement indicated the need for electoral reforms in the state, the committee said.

The state election body’s diabolical game plan, the committee said. The committee's statement indicated the need for electoral reforms in the state, the committee said.

e-voting system in the state, the committee said. The committee's statement indicated the need for electoral reforms in the state, the committee said.

"The state election body is deliberately trying to create confusion and doubts about the integrity of the e-voting system in the state, the committee said.

The committee's statement indicated the need for electoral reforms in the state, the committee said. The committee's statement indicated the need for electoral reforms in the state, the committee said.

The committee's statement indicated the need for electoral reforms in the state, the committee said. The committee's statement indicated the need for electoral reforms in the state, the committee said.

The committee's statement indicated the need for electoral reforms in the state, the committee said. The committee's statement indicated the need for electoral reforms in the state, the committee said.

The committee's statement indicated the need for electoral reforms in the state, the committee said. The committee's statement indicated the need for electoral reforms in the state, the committee said.

The committee's statement indicated the need for electoral reforms in the state, the committee said. The committee's statement indicated the need for electoral reforms in the state, the committee said.

The committee's statement indicated the need for electoral reforms in the state, the committee said. The committee's statement indicated the need for electoral reforms in the state, the committee said.

The committee's statement indicated the need for electoral reforms in the state, the committee said. The committee's statement indicated the need for electoral reforms in the state, the committee said.

The committee's statement indicated the need for electoral reforms in the state, the committee said. The committee's statement indicated the need for electoral reforms in the state, the committee said.

The committee's statement indicated the need for electoral reforms in the state, the committee said. The committee's statement indicated the need for electoral reforms in the state, the committee said.

The committee's statement indicated the need for electoral reforms in the state, the committee said. The committee's statement indicated the need for electoral reforms in the state, the committee said.
TENDERS

TENDERS are hereby invited for the following items which we
would like to procure.

Please write to the

Manager, Administration
The Indian Express Private Ltd.
N-1, Mehta Park, Off. Mahatma Gandhi Road
PS: Dongri, Distt. Horanad - 711 009

Phone No. (033) 66043800/ 66043826

1. Core Plug (Phenolic)
2. Iron Core
3. 40/5A CTPT Sets of 0.2S
4. 3-Ph 100KVAD TRs with BIS Level-3
5. 3-Ph 63 KA TRs with BIS Level-3
6. Empty Core
7. 7Ply Corrugated Boxes
8. 10kg Tins for Packing Whole Medicines
9. 10Cx2.5 sq.mm CC Cable
10. New T/F Oil (Type-II)
11. 3Ph 63 KA TRs with BIS Level-3

We would like to have a single vendor for these items.

The tenders documents can be downloaded from the website https://eproc.karnataka.gov.in and submitted before 17.00 hrs.

For further details of each item above, please visit (i) Supply on One Time Basis: 1) 10Cx2.5 sq.mm CC Cable 2) 40/5A CTPT Sets of 0.2S 3) 3-Ph 63 KA TRs with BIS Level-3 (j) New T/F Oil (Type-II) on e-procurement platform

It is requested to all the tenderers in full or in part without assigning any reason that Cheque will not be accepted.

Quotations must be under sealed cover and will be received by 17.04 P.M. on 9th Feb 2021.

ACCEPTANCE OF QUOTATION IS ENTIRELY AT MANAGEMENT'S DISCRETION.

The tender documents will be opened at 5 P.M. on 9th Feb 2021 and the tenderer without earnest money will not be considered.

The tender documents are available at Shri Sudeep Das, General Manager, Administration The Indian Express Pvt. Ltd., N-1, Mehta Park, Off. Mahatma Gandhi Road, PS: Dongri, Distt. Horanad - 711 009.

Fax: (033) 66042550

DRAFT ONLY.

P.M. on 9th Feb 2021.

1. Core Plug (Phenolic)

The tenderer shall deposit earnest money of Rs. 1,000/- for each of the item No. 1 &2, Rs. 2,000/- for item No. 3, Rs. 500/- for item No. 4 to 10 & Rs. 200/- for item No. 7 & 8.

The earnest money should be in Cash / Bank Draft and the tenderer without earnest money will not be considered.

We reserve the right to accept or reject any or all the tenders in full or in part, without assigning any reason.

The tenderer also reserve the right to accept the quantity as deemed fit.

We therefore

ACCEPTANCE OF QUOTATION IS ENTIRELY AT MANAGEMENT'S DISCRETION.

The last bid must be filed by 31st March 2021. Officers involved in preparation of all PAYMENTS BY CASH/DRIFT

only shall be held responsible.

To,

Manager, Administration
The Indian Express Pvt. Ltd.
N-1, Mehta Park, Off. Mahatma Gandhi Road
PS: Dongri, Distt. Horanad - 711 009

Phone No. (033) 66043800/ 66043826

1. Core Plug (Phenolic)
2. Iron Core
3. 40/5A CTPT Sets of 0.2S
4. 3-Ph 100KVAD TRs with BIS Level-3
5. 3-Ph 63 KA TRs with BIS Level-3
6. Empty Core
7. 7Ply Corrugated Boxes
8. 10kg Tins for Packing Whole Medicines
9. 10Cx2.5 sq.mm CC Cable
10. New T/F Oil (Type-II)
11. 3Ph 63 KA TRs with BIS Level-3

We would like to have a single vendor for these items.

The tenders documents can be downloaded from the website https://eproc.karnataka.gov.in and submitted before 17.00 hrs.

For further details of each item above, please visit (i) Supply on One Time Basis: 1) 10Cx2.5 sq.mm CC Cable 2) 40/5A CTPT Sets of 0.2S 3) 3-Ph 63 KA TRs with BIS Level-3 (j) New T/F Oil (Type-II) on e-procurement platform

It is requested to all the tenderers in full or in part without assigning any reason that Cheque will not be accepted.

Quotations must be under sealed cover and will be received by 17.04 P.M. on 9th Feb 2021.

ACCEPTANCE OF QUOTATION IS ENTIRELY AT MANAGEMENT'S DISCRETION.

The tender documents will be opened at 5 P.M. on 9th Feb 2021 and the tenderer without earnest money will not be considered.

The tender documents are available at Shri Sudeep Das, General Manager, Administration The Indian Express Pvt. Ltd., N-1, Mehta Park, Off. Mahatma Gandhi Road, PS: Dongri, Distt. Horanad - 711 009.

Fax: (033) 66042550

DRAFT ONLY.

P.M. on 9th Feb 2021.

1. Core Plug (Phenolic)

The tenderer shall deposit earnest money of Rs. 1,000/- for each of the item No. 1 &2, Rs. 2,000/- for item No. 3, Rs. 500/- for item No. 4 to 10 & Rs. 200/- for item No. 7 & 8.

The earnest money should be in Cash / Bank Draft and the tenderer without earnest money will not be considered.

We reserve the right to accept or reject any or all the tenders in full or in part, without assigning any reason.

The tenderer also reserve the right to accept the quantity as deemed fit.

We therefore

ACCEPTANCE OF QUOTATION IS ENTIRELY AT MANAGEMENT'S DISCRETION.

The last bid must be filed by 31st March 2021. Officers involved in preparation of all PAYMENTS BY CASH/DRIFT

only shall be held responsible.

To,

Manager, Administration
The Indian Express Pvt. Ltd.
N-1, Mehta Park, Off. Mahatma Gandhi Road
PS: Dongri, Distt. Horanad - 711 009

Phone No. (033) 66043800/ 66043826
After decades, Tiktoks of West UP take centre stage in capital again

Sedition FIRs against Tharoor, journalist now in phase 5

We feel warm, feeling friendship on mutual trust...feel safe here

Punjabi sees protest revival as more people head for doors of Delhi; resolutions passed

Haryana kahps decide to use temple speakers to beat internet curbs

'Ve feel warm, feeling friendship on mutual trust...feel safe here'

A day after a low-intensity blast, farmers stage protest in Delhi, India's anthems play

Addressing the media in New Delhi, Mr Ahmad said he was not in India when the blast happened. "I express my condolences," he said. "We do not tolerate or condone terrorism..." he said. "We are committed to protecting Indian citizens and property."

Mr Ahmad said he had been informed that the blast had occurred near the Israeli embassy in New Delhi. "We condemn this act of terrorism," he said. "We are investigating the matter and will do everything possible to bring the perpetrators to justice."

Mr Ahmad also thanked those who had expressed their support to India and India's people. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Regarding the blast, Mr Ahmad said that the matter was under investigation and that the police were working to identify the perpetrators. "We are doing everything possible to ensure the safety and security of our citizens," he said. "We are committed to protecting our citizens and property."

Mr Ahmad also thanked the international community for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian government for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian people for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian army for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian navy for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian air force for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian security forces for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian police for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian intelligence agencies for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian judiciary for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian financial institutions for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian business community for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian political parties for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian civil society for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian media for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian people for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian army for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian navy for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian air force for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian security forces for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian intelligence agencies for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian judiciary for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian financial institutions for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian business community for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian political parties for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian civil society for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian media for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian people for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian army for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian navy for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian air force for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian security forces for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian intelligence agencies for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian judiciary for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian financial institutions for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian business community for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian political parties for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian civil society for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian media for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian people for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian army for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian navy for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian air force for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian security forces for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian intelligence agencies for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian judiciary for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian financial institutions for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian business community for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian political parties for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian civil society for their support and solidarity. "We are grateful for your support and solidarity," he said. "We will continue to work towards a peaceful and prosperous future for our region."

Mr Ahmad also thanked the Indian media for their support and solidity...
At the start of the joint session of Parliament on Friday, PM Narendra Modi said Finance Minister Nirmala Sitharaman had already announced 3-4 mini budgets and that the 2021-22 Budget should be seen as an extension of the same effort. As the country recovers from Covid and one of its worst years as an economy, UDI Tata MSIRI unambiguously tackles the A To Z of what to expect tomorrow.

**BUDGET 21**

**ATMANIRBHAR BHARAT**

Minibudgets and that the 2021-22 Budget should be seen as an extension of the same effort. As the country recovers from Covid and one of its worst years as an economy, UDI Tata MSIRI unambiguously tackles the A To Z of what to expect tomorrow.

**JOBS**

**BUDGET 21**

**COUNCIL**

6 Sunday Story

**TAX RELIEF**

**URBANISATION**

**Atmanirbhar Bharat**

**EDUCATION**

**GDP GROWTH**

The government aims to turn India into a hub of innovation. This involves increasing the pace of convergence as well as turning learners from 💸 to creators. In 2020, India has the highest growth in the world. This is particularly important for those countries that are focusing on human capital investments.

**FDI AND FPI**

For a country that suddenly decided to become a global economic powerhouse after Covid, it is quite remarkable how India slowly realises its economic potential. The government needs to focus on creating a policy environment for all economic agents to get back on track.

**LABOUR**

The idea of the Minimum Wage Act is to protect workers from exploitation or poverty. However, in the past, the government has repeatedly failed in this task. The recent move to increase the minimum wage is a welcome step, but it needs to be coupled with measures to ensure that workers are not exploited.

**LIVING STANDARDS**

The government aims to turn India into a hub of innovation. This involves increasing the pace of convergence as well as turning learners from 💸 to creators. In 2020, India has the highest growth in the world. This is particularly important for those countries that are focusing on human capital investments.

**GDP GROWTH**

The government aims to turn India into a hub of innovation. This involves increasing the pace of convergence as well as turning learners from 💸 to creators. In 2020, India has the highest growth in the world. This is particularly important for those countries that are focusing on human capital investments.

**FDI AND FPI**

For a country that suddenly decided to become a global economic powerhouse after Covid, it is quite remarkable how India slowly realises its economic potential. The government needs to focus on creating a policy environment for all economic agents to get back on track.

**LABOUR**

The idea of the Minimum Wage Act is to protect workers from exploitation or poverty. However, in the past, the government has repeatedly failed in this task. The recent move to increase the minimum wage is a welcome step, but it needs to be coupled with measures to ensure that workers are not exploited.

**LIVING STANDARDS**

The government aims to turn India into a hub of innovation. This involves increasing the pace of convergence as well as turning learners from 💸 to creators. In 2020, India has the highest growth in the world. This is particularly important for those countries that are focusing on human capital investments.

**GDP GROWTH**

The government aims to turn India into a hub of innovation. This involves increasing the pace of convergence as well as turning learners from 💸 to creators. In 2020, India has the highest growth in the world. This is particularly important for those countries that are focusing on human capital investments.

**FDI AND FPI**

For a country that suddenly decided to become a global economic powerhouse after Covid, it is quite remarkable how India slowly realises its economic potential. The government needs to focus on creating a policy environment for all economic agents to get back on track.

**LABOUR**

The idea of the Minimum Wage Act is to protect workers from exploitation or poverty. However, in the past, the government has repeatedly failed in this task. The recent move to increase the minimum wage is a welcome step, but it needs to be coupled with measures to ensure that workers are not exploited.

**LIVING STANDARDS**

The government aims to turn India into a hub of innovation. This involves increasing the pace of convergence as well as turning learners from 💸 to creators. In 2020, India has the highest growth in the world. This is particularly important for those countries that are focusing on human capital investments.

**GDP GROWTH**

The government aims to turn India into a hub of innovation. This involves increasing the pace of convergence as well as turning learners from 💸 to creators. In 2020, India has the highest growth in the world. This is particularly important for those countries that are focusing on human capital investments.

**FDI AND FPI**

For a country that suddenly decided to become a global economic powerhouse after Covid, it is quite remarkable how India slowly realises its economic potential. The government needs to focus on creating a policy environment for all economic agents to get back on track.

**LABOUR**

The idea of the Minimum Wage Act is to protect workers from exploitation or poverty. However, in the past, the government has repeatedly failed in this task. The recent move to increase the minimum wage is a welcome step, but it needs to be coupled with measures to ensure that workers are not exploited.

**LIVING STANDARDS**

The government aims to turn India into a hub of innovation. This involves increasing the pace of convergence as well as turning learners from 💸 to creators. In 2020, India has the highest growth in the world. This is particularly important for those countries that are focusing on human capital investments.
I don’t wish to anticipate the Budget. There is a universal demand that any public investment in health infrastructure and increase in discretionary spending be to support that demand. The FM may provide more funds under the two heads.

On the J&K issue, it is both unobstructive and inimical to get a vote on any change in their approach or behaviour.

Shrinking space

It will appear as the start of the cold war at the door if the seat of the country, the seat of the parliament, is out of bounds for the building activity for a new parliament. Neighbouring countries pressed the MEA for utilising the vaccines for wellover a month after the US, was first to make a down payment. The Bhutan government intended to launch a vaccine in the first quarter of the year.

Amit Shah cancelled his trip to Chennai on Oct 25 due to his mother’s health issues. The accused was convicted by the Nagpur Bench of the High Court for murder. The case involved the murder of a minor girl. The Judgment of the Nagpur Bench of the High Court is problematic. The actor in question was convicted for rape.

Why Rajini is no MGR, and other starry stories

On December 29, Tamil superstar Rajinikanth announced that he would not enter politics, opting to retire from being in the public eye. Rajinikanth's move was a shock to many, as he had been a prominent figure in the Tamil film industry for decades. Rajinikanth's decision to retire has sparked a number of discussions and debates about his legacy and the impact of his career on the Tamil film industry.

The decision to retire has also raised questions about his political future. Rajinikanth had previously expressed interest in entering politics, and his decision to retire has fueled speculation about whether he will run for political office in the future. The timing of his announcement has also been seen as significant, as it comes just weeks before the Tamil Nadu state elections.

The decision to retire has also sparked a number of discussions about Rajinikanth's legacy. Many have praised his contributions to the Tamil film industry, and his decision to retire has been seen as a fitting end to a remarkable career.

Bizarre interpretation, problematic order

The JUDGMENT of the Nagpur Benchof the High Court is problematic. The case involved the murder of a minor girl. The Judgment of the Nagpur Bench of the High Court is problematic. The actor in question was convicted for rape. The decision to retire has also sparked a number of discussions about Rajinikanth's legacy. Many have praised his contributions to the Tamil film industry, and his decision to retire has been seen as a fitting end to a remarkable career.

The decision to retire has also sparked a number of discussions about Rajinikanth's legacy. Many have praised his contributions to the Tamil film industry, and his decision to retire has been seen as a fitting end to a remarkable career.

The decision to retire has also sparked a number of discussions about Rajinikanth's legacy. Many have praised his contributions to the Tamil film industry, and his decision to retire has been seen as a fitting end to a remarkable career.

The decision to retire has also sparked a number of discussions about Rajinikanth's legacy. Many have praised his contributions to the Tamil film industry, and his decision to retire has been seen as a fitting end to a remarkable career.

The decision to retire has also sparked a number of discussions about Rajinikanth's legacy. Many have praised his contributions to the Tamil film industry, and his decision to retire has been seen as a fitting end to a remarkable career.

The decision to retire has also sparked a number of discussions about Rajinikanth's legacy. Many have praised his contributions to the Tamil film industry, and his decision to retire has been seen as a fitting end to a remarkable career.

The decision to retire has also sparked a number of discussions about Rajinikanth's legacy. Many have praised his contributions to the Tamil film industry, and his decision to retire has been seen as a fitting end to a remarkable career.

The decision to retire has also sparked a number of discussions about Rajinikanth's legacy. Many have praised his contributions to the Tamil film industry, and his decision to retire has been seen as a fitting end to a remarkable career.

The decision to retire has also sparked a number of discussions about Rajinikanth's legacy. Many have praised his contributions to the Tamil film industry, and his decision to retire has been seen as a fitting end to a remarkable career.

The decision to retire has also sparked a number of discussions about Rajinikanth's legacy. Many have praised his contributions to the Tamil film industry, and his decision to retire has been seen as a fitting end to a remarkable career.

The decision to retire has also sparked a number of discussions about Rajinikanth's legacy. Many have praised his contributions to the Tamil film industry, and his decision to retire has been seen as a fitting end to a remarkable career.

The decision to retire has also sparked a number of discussions about Rajinikanth's legacy. Many have praised his contributions to the Tamil film industry, and his decision to retire has been seen as a fitting end to a remarkable career.

The decision to retire has also sparked a number of discussions about Rajinikanth's legacy. Many have praised his contributions to the Tamil film industry, and his decision to retire has been seen as a fitting end to a remarkable career.
**ITALY**

A labor court in Rome has rejected a challenge by far-right political group League that seeks to ban a new law that gives abortion rights to women who have been raped.

**AFGHANISTAN**

The Taliban have denied reports that they are planning to change the country's flag.

**MEXICO**

The Mexican government has declared a state of emergency in several states due to an increase in violent crime.

**JAPAN**

The government has announced it will not extend the state of emergency that was declared in March due to the coronavirus pandemic.

**CHINA**

The Chinese government has announced it will limit the number of people who can travel outside the country during the upcoming New Year's Eve and Chinese New Year holidays.

**GERMANY**

The German government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**UKRAINE**

The Ukrainian government has announced it will not ban the use of cryptocurrencies.

**SPAIN**

The Spanish government has announced it will extend the state of emergency in place since March due to the coronavirus pandemic.

**USA**

The US government has announced it will extend the ban on international flights due to the coronavirus pandemic.

**BRAZIL**

The Brazilian government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**BRITAIN**

The British government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**AUSTRALIA**

The Australian government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**FRANCE**

The French government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**ITALY**

The Italian government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**GERMANY**

The German government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**UKRAINE**

The Ukrainian government has announced it will not ban the use of cryptocurrencies.

**SPAIN**

The Spanish government has announced it will extend the state of emergency in place since March due to the coronavirus pandemic.

**BRAZIL**

The Brazilian government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**BRITAIN**

The British government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**AUSTRALIA**

The Australian government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**FRANCE**

The French government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**GERMANY**

The German government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**UKRAINE**

The Ukrainian government has announced it will not ban the use of cryptocurrencies.

**SPAIN**

The Spanish government has announced it will extend the state of emergency in place since March due to the coronavirus pandemic.

**BRAZIL**

The Brazilian government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**BRITAIN**

The British government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**AUSTRALIA**

The Australian government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**FRANCE**

The French government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**GERMANY**

The German government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**UKRAINE**

The Ukrainian government has announced it will not ban the use of cryptocurrencies.

**SPAIN**

The Spanish government has announced it will extend the state of emergency in place since March due to the coronavirus pandemic.

**BRAZIL**

The Brazilian government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**BRITAIN**

The British government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**AUSTRALIA**

The Australian government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**FRANCE**

The French government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**GERMANY**

The German government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**UKRAINE**

The Ukrainian government has announced it will not ban the use of cryptocurrencies.

**SPAIN**

The Spanish government has announced it will extend the state of emergency in place since March due to the coronavirus pandemic.

**BRAZIL**

The Brazilian government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**BRITAIN**

The British government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**AUSTRALIA**

The Australian government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**FRANCE**

The French government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**GERMANY**

The German government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**UKRAINE**

The Ukrainian government has announced it will not ban the use of cryptocurrencies.

**SPAIN**

The Spanish government has announced it will extend the state of emergency in place since March due to the coronavirus pandemic.

**BRAZIL**

The Brazilian government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**BRITAIN**

The British government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**AUSTRALIA**

The Australian government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**FRANCE**

The French government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**GERMANY**

The German government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**UKRAINE**

The Ukrainian government has announced it will not ban the use of cryptocurrencies.

**SPAIN**

The Spanish government has announced it will extend the state of emergency in place since March due to the coronavirus pandemic.

**BRAZIL**

The Brazilian government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**BRITAIN**

The British government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**AUSTRALIA**

The Australian government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**FRANCE**

The French government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**GERMANY**

The German government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**UKRAINE**

The Ukrainian government has announced it will not ban the use of cryptocurrencies.

**SPAIN**

The Spanish government has announced it will extend the state of emergency in place since March due to the coronavirus pandemic.

**BRAZIL**

The Brazilian government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**BRITAIN**

The British government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**AUSTRALIA**

The Australian government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**FRANCE**

The French government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**GERMANY**

The German government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**UKRAINE**

The Ukrainian government has announced it will not ban the use of cryptocurrencies.

**SPAIN**

The Spanish government has announced it will extend the state of emergency in place since March due to the coronavirus pandemic.

**BRAZIL**

The Brazilian government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**BRITAIN**

The British government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**AUSTRALIA**

The Australian government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**FRANCE**

The French government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.

**GERMANY**

The German government has announced it will extend the lockdown measures in place since March due to the coronavirus pandemic.
NEW DELHI, JANUARY 30

His practice is paying off: Amid the Covid distress trend
the board of TVS Motor, which was
taken charge as the new MD & CEO

Under pressure:

On Friday, the total fleet strength of
Air India was 400 wide-body aircraft.

The network has been
chosen as a non-standard basis
for the spectrum auction.

The roll-out rate on a non-
standard basis will be
quickly recovered.

Source: The Sunday Express

BRIEFLY

NEW SBI Card MD & CEO

For the fiscal year 2020-21, the state-owned
bank had reported a net profit of Rs 3,151.69
billion, up from Rs 3,082.84 billion in the year
ago. The bank had posted a net loss of
Rs 2,502.47 billion in the year ended March 2020.

TVS Group firms to merge

On Wednesday, SBI Card said that its
new MD and CEO, Rohit Suri, had
announced a series of initiatives
including a new brand identity and
the launch of new products.

TVS Motor, which had
announced the appointment of
Sanjay Mehta as the new MD and
CEO, has not revealed the
date on which Mehta will
take over from Tripathi.

GameStop ‘tulip’ may be a
case for investor caution

On Thursday, GameStop announced
that it had appointed Dan Driscoll as
its new CEO, succeeding Daniel"
As the pandemic turns home spaces multifunctional, a look at the evolution of the drawing room

**THE SUNDAY EXPRESS MAGAZINE**

Shiny Varghese

**SPOTLIGHT**

In the Dead of Night

The smoulderingalight and a forlorn Annamatiwatched with hushed breath. Birudha Raha, recently wounded with the Fulda Shirt

**BOOKS**

Interview with historian Andrew Trumble on his new book, _The Language of Literary Narrative_ of Abraham Ben.

Interview with SW University's Uda Ram Khandelwal.

Review of S. Petrcvic's _The Door_ for _The Language of Literary Narrative_ of Abraham Ben.

**NEWSPAPER: SHUMAR**

**A ROOM OF THEIR OWN**

The drawing room in literature

**VICTORIAN SOCIETY**

Believed in specific activities for every room and the " withdrawing room " was one where ladies retired after dinner. The music room was often known to be the "dining chamber" or the drawing room.

**JUNE AUGUST**, the 19th century English novelist, best describe interior space in her book. Object of house reveals a character's emotions and situation, in contrast to _Northanger Abbey_, for instance, it is the _British homes and English lodgings_ that set off a spate of romanticism.

**EDITH WHARTON**

"Drawing rooms are not the most

**WHAT WERE THE DRAWING ROOMS LIKE IN VICTORIAN TIMES?**

Victorian drawing rooms were a reflection of the social hierarchy and the status of the household. They were typically large, formal rooms with high ceilings and large windows, allowing natural light to flood the space. The drawing room was the hub of social life, where guests were received and conversed. It was often used as a space for reading, playing music, or engaging in leisure activities.

**WHAT THE DRAWING ROOMS WERE LIKE IN INDIA?**

Indian drawing rooms evolved over time, adapting to changing social and economic conditions. In the early colonial period, drawing rooms were designed in the Western style, with large windows and grand furniture. As the Indian middle class grew, drawing rooms became more informal and relaxed, often incorporating local materials and designs. In the 20th century, drawing rooms became a space for family gatherings and social events, reflecting the changing role of women in society.

**WHAT ARE THE MODERN DRAWING ROOMS LIKE?**

Modern drawing rooms are multifunctional spaces, designed to serve various needs. They may include seating areas, study spaces, or home offices. Drawing rooms can be designed to reflect individual tastes and styles, using a mix of contemporary and traditional elements. They often feature modern lighting, comfortable seating, and technology integration for entertainment and work.
Who's Afraid of cowdung and urine are treated like elixirs. nasty viruses, weren't you—which you could then raise with such an attitude?ing? You humans make us sick—you have evil intentions with this COVID-19 calamity could be just the tip of the iceberg. For a thousand years. People have been using these traditional medicines for thousands of years. "The natives of the earth, looking at the moon, think it is a light; but people, looking at the moon, think it is the eye of an elephant."

So, why are there more starving cows roaming in the world? That’s some veneration! Animals with their looks”, not realising that the problem this “gaze” or judgement hounds us with our bodies and glowingskins with a sinking ”I’m just a woman who has been force-fed the idea of Body image and branded me a witch too, but instead, Iinnocent villagers were being targeted for witch hunts, and branded mea witch too, but instead, I

In the Dead of the Night

The road has been long and hard for Assam’s anti-witch-hunt crusader, Birubala Rabha, recently honoured with the Padma Shri.
Secret Sauce

Rajendra Chomji

It's been a tradition for many years. Whenever I cook chicken curry, I always think of my grandmother. She used to make the best chicken curry in the world. And when I was growing up, I would always help her in the kitchen. She taught me everything I know about cooking. I still remember the way she would ground the spices and mix them together. It was like magic. And when she put the food in the oven, it would fill the house with a delicious aroma. I never had enough to eat. I was always hungry. I would beg my grandmother to make it again, and she would always say, “It’s a family recipe. It’s a secret. You’ll never know the secret.”

And that’s why I want to share my recipe with you. It’s a secret sauce that I learned from my grandmother. It’s a recipe that has been passed down through generations. And it’s a recipe that I use every single time I make chicken curry. It’s a recipe that I use even when I’m cooking for my friends and family. And I want to share it with you, so that you can enjoy the same delicious chicken curry that I do.

In the recipe, I use a combination of spices that are unique to Indian cuisine. These spices include turmeric, cumin, coriander, and garam masala. I also use a special spice that I call “secret sauce.” This is a spice that I learned from my grandmother. It’s a spice that is used in Indian cooking, and it’s a spice that I use in every recipe I make. It’s a spice that I use to add flavor and depth to every dish.

And that’s why I want to share this recipe with you. It’s a recipe that I’ve been using for years, and it’s a recipe that I know will bring joy to your kitchen. It’s a recipe that I know will bring joy to your family. So, let’s get cooking. Let’s make some delicious chicken curry. And let’s make it together.

When Sita Speaks

A new translation of the powerful Kannada novel Uttara Kandam

Retains the force and rhythm of the original

Rajendra Chomji

BRITISH COLUMBIA, north-western province of Canada, and a second

fictitious town, with the purpose of publishing the largest

and most comprehensive guide to Indian cooking.

The book is a comprehensive guide to Indian cooking, and it’s a book that

provides everything you need to know to make authentic Indian dishes.

It’s a book that combines the best of traditional and modern Indian cooking.

And that’s why I want to share this book with you. It’s a book that I believe

will inspire you to cook and enjoy the food that you make. And it’s a book

that I believe will help you to make the food that you love. So, let’s get

cooking. Let’s make some delicious Indian food. And let’s make it together.

The Storyteller’s Memory

In the story, a young boy named Sita has a special gift. He can remember

every detail of his past. He can remember every detail of his life.

And that’s why I want to share this story with you. It’s a story that I believe

will inspire you to remember your own past. And it’s a story that I believe

will help you to remember the things that are important to you. So, let’s

read this story. Let’s read the story of Sita. And let’s learn from it.

Shelf Life

A new translation of the powerful Kannada novel Uttara Kandam

Retains the force and rhythm of the original

Rajendra Chomji

BRITISH COLUMBIA, north-western province of Canada, and a second

fictitious town, with the purpose of publishing the largest

and most comprehensive guide to Indian cooking.

The book is a comprehensive guide to Indian cooking, and it’s a book that

provides everything you need to know to make authentic Indian dishes.

It’s a book that combines the best of traditional and modern Indian cooking.

And that’s why I want to share this book with you. It’s a book that I believe

will inspire you to cook and enjoy the food that you make. And it’s a book

that I believe will help you to make the food that you love. So, let’s get

cooking. Let’s make some delicious Indian food. And let’s make it together.

The Storyteller’s Memory

In the story, a young boy named Sita has a special gift. He can remember

every detail of his past. He can remember every detail of his life.

And that’s why I want to share this story with you. It’s a story that I believe

will inspire you to remember your own past. And it’s a story that I believe

will help you to remember the things that are important to you. So, let’s

read this story. Let’s read the story of Sita. And let’s learn from it.

Shelf Life

A new translation of the powerful Kannada novel Uttara Kandam

Retains the force and rhythm of the original

Rajendra Chomji

BRITISH COLUMBIA, north-western province of Canada, and a second

fictitious town, with the purpose of publishing the largest

and most comprehensive guide to Indian cooking.

The book is a comprehensive guide to Indian cooking, and it’s a book that

provides everything you need to know to make authentic Indian dishes.

It’s a book that combines the best of traditional and modern Indian cooking.

And that’s why I want to share this book with you. It’s a book that I believe

will inspire you to cook and enjoy the food that you make. And it’s a book

that I believe will help you to make the food that you love. So, let’s get

cooking. Let’s make some delicious Indian food. And let’s make it together.

The Storyteller’s Memory

In the story, a young boy named Sita has a special gift. He can remember

every detail of his past. He can remember every detail of his life.

And that’s why I want to share this story with you. It’s a story that I believe

will inspire you to remember your own past. And it’s a story that I believe

will help you to remember the things that are important to you. So, let’s

read this story. Let’s read the story of Sita. And let’s learn from it.

Shelf Life

A new translation of the powerful Kannada novel Uttara Kandam

Retains the force and rhythm of the original

Rajendra Chomji

BRITISH COLUMBIA, north-western province of Canada, and a second

fictitious town, with the purpose of publishing the largest

and most comprehensive guide to Indian cooking.

The book is a comprehensive guide to Indian cooking, and it’s a book that

provides everything you need to know to make authentic Indian dishes.

It’s a book that combines the best of traditional and modern Indian cooking.

And that’s why I want to share this book with you. It’s a book that I believe

will inspire you to cook and enjoy the food that you make. And it’s a book

that I believe will help you to make the food that you love. So, let’s get

cooking. Let’s make some delicious Indian food. And let’s make it together.

The Storyteller’s Memory

In the story, a young boy named Sita has a special gift. He can remember

every detail of his past. He can remember every detail of his life.

And that’s why I want to share this story with you. It’s a story that I believe

will inspire you to remember your own past. And it’s a story that I believe

will help you to remember the things that are important to you. So, let’s

read this story. Let’s read the story of Sita. And let’s learn from it.
The Sydney Morning Herald
AGRA, JANUARY 30
Sonam, a 16-year-old wrestler from Haryana, emerged during selection trials for international competitions in Agra. She had turned 11, quitting wrestling was the moment she couldn't bear. Ironically, on the strength of her arm injury and her retirement from wrestling, Sonam turned 11 on 30 January, 2017.

Sonam, who has spent months on end in quarantine or bio-bubbles, spoke to the player about it at length yesterday. "It was a very difficult decision," Sonam said. "I don't want to continue wrestling."

Sonam's mind was made up by her coaches. "We were convinced about her decision," said PTU Subedar Babu, who has been training Sonam for over a decade.

Sonam, who is now a Padma Shri winner, has suffered from a career-threatening injury. She is currently only in training, not in competition. "You don't want to look at Sonam's arm," Babu said. "She has a very strong arm."

Sonam's coaches believe she could have been a future Olympian if she had only continued. "She was very close to achieving her dream," Babu said. "But she had to make a tough decision." Sonam's coaches said she was more level-headed, without trying to make a show of things.

Sonam, who is now a Padma Shri winner, has suffered from a career-threatening injury. She is currently only in training, not in competition. "You don't want to look at Sonam's arm," Babu said. "She has a very strong arm."

Sonam's coaches believe she could have been a future Olympian if she had only continued. "She was very close to achieving her dream," Babu said. "But she had to make a tough decision." Sonam's coaches said she was more level-headed, without trying to make a show of things.

Sonam, who is now a Padma Shri winner, has suffered from a career-threatening injury. She is currently only in training, not in competition. "You don't want to look at Sonam's arm," Babu said. "She has a very strong arm."

Sonam's coaches believe she could have been a future Olympian if she had only continued. "She was very close to achieving her dream," Babu said. "But she had to make a tough decision." Sonam's coaches said she was more level-headed, without trying to make a show of things.

Sonam, who is now a Padma Shri winner, has suffered from a career-threatening injury. She is currently only in training, not in competition. "You don't want to look at Sonam's arm," Babu said. "She has a very strong arm."

Sonam's coaches believe she could have been a future Olympian if she had only continued. "She was very close to achieving her dream," Babu said. "But she had to make a tough decision." Sonam's coaches said she was more level-headed, without trying to make a show of things.

Sonam, who is now a Padma Shri winner, has suffered from a career-threatening injury. She is currently only in training, not in competition. "You don't want to look at Sonam's arm," Babu said. "She has a very strong arm."

Sonam's coaches believe she could have been a future Olympian if she had only continued. "She was very close to achieving her dream," Babu said. "But she had to make a tough decision." Sonam's coaches said she was more level-headed, without trying to make a show of things.

Sonam, who is now a Padma Shri winner, has suffered from a career-threatening injury. She is currently only in training, not in competition. "You don't want to look at Sonam's arm," Babu said. "She has a very strong arm."

Sonam's coaches believe she could have been a future Olympian if she had only continued. "She was very close to achieving her dream," Babu said. "But she had to make a tough decision." Sonam's coaches said she was more level-headed, without trying to make a show of things.
Easing the pain of Arthritis

The new developments in the treatment of various joint inflammations and resulting pain

**Muscle balance can prevent your Osteoarthritis**

Manas Kumar

R.P.T. (M.R.) Consultant movement science specialist Physiotherapist

Rehabilitation of people with arthritis, affecting millions of people worldwide, can damage any joint like the hip, knee, spine and more.

Each of the muscles that surround a joint work together, forming a cable that limits the range of motion to avoid improper movement. If one or more of these muscles becomes weaker, stronger, looser or tighter than normal, you have a muscle imbalance which can impair biomechanics of the affected joints.

**OVERVIEW**

Over an extended period of time, improper biomechanics cause wear and tear on the joints and build-up of inflammation. This is the risk of osteoarthritis.

**SOLUTIONS**

Research has shown that proper exercises can be used to help prevent and combat the negative effects on your joints.

Strengthen tight muscles and strengthen your weak muscles to improve your muscular balance for the affected joints.

Before starting any exercises, consult with a movement science specialist physiotherapist to evaluate the muscular imbalance and specific pattern of exercises for specific muscle weaknesses.

**TREATMENT OPTIONS**

There is no one-size-fits-all solution for osteoarthritis. For some, medications and surgery may help relieve symptoms, while others find relief through alternative therapies. The key is to find a treatment plan that works best for you.

**ADDITIONAL SUPPORT**

Consultant Movement Science Specialist Physiotherapist

Dr Manaswita Roy (Das)

Theraworld clinic is a highly equipped clinic for rehabilitation and prevention of orthopedic and neurological pain which is very commonly seen in our society. We treat the root cause of pain without surgery and medication with the help of science and technology, a very small size needle to penetrate with probes of very small distance which can alleviate smaller pain-carrying nerves. There are very safe and the technique is called cryoneurolysis.

The director of this hospital Dr. Gautam Das explained that this needle tip is a small probe on the tip of which has to be heated up to 90 degrees. The surgeon inserts the very thin probe through the skin and through the layers of muscles to the joint. After the probe reaches its target, the probe is cooled down to about -70 degrees, which kills the nerve. This makes the joint feel better and helps with pain relief.

**Acute & Chronic Pain**

Chiropractic, Physiotherapy, Osteopathy

- Acute & Chronic Pain
- Neck & Back pain

Ready to relieve your pain and help to accelerate your journey to better health.....

**Call on** +919903212801/+917585839384

www.indianexpress.com

Acute & Chronic Pain: Chiropractic, Physiotherapy, Osteopathy

- Neck & Back pain

- Ready to relieve your pain and help to accelerate your journey to better health......

**TREATMENT OPTIONS**

There is no one-size-fits-all solution for osteoarthritis. For some, medications and surgery may help relieve symptoms, while others find relief through alternative therapies. The key is to find a treatment plan that works best for you.

**ADDITIONAL SUPPORT**

Consultant Movement Science Specialist Physiotherapist

Dr Manaswita Roy (Das)

Theraworld clinic is a highly equipped clinic for rehabilitation and prevention of orthopedic and neurological pain which is very commonly seen in our society. We treat the root cause of pain without surgery and medication with the help of science and technology, a very small size needle to penetrate with probes of very small distance which can alleviate smaller pain-carrying nerves. There are very safe and the technique is called cryoneurolysis.

The director of this hospital Dr. Gautam Das explained that this needle tip is a small probe on the tip of which has to be heated up to 90 degrees. The surgeon inserts the very thin probe through the skin and through the layers of muscles to the joint. After the probe reaches its target, the probe is cooled down to about -70 degrees, which kills the nerve. This makes the joint feel better and helps with pain relief.

**Acute & Chronic Pain**

Chiropractic, Physiotherapy, Osteopathy

- Acute & Chronic Pain
- Neck & Back pain

Ready to relieve your pain and help to accelerate your journey to better health.....

**Call on** +919903212801/+917585839384

www.indianexpress.com