

## Showrooms Patna

- Bailey Road
- · Bailey Road.zip
- Patna City
- Raza Bazar
- Muradpur
- Kankarbagh
- Anisabad
- Anisabad.zip
- Boring Road
- Zero Mile
- Saguna More

### Gaya

- Swarajpuri Road
   Sour College Road
- Gaya College Road
   Muzaffarpur
- Club Road
- Brahmpura

## Bhagalpur

Tilkamanjhi

## **Darbhanga**

• IT Golambar Begusarai

## HH Mahadeo Chowk, NH-31

Purnia

### · Line Bazzır, Main Boad, Near SBI Siwan

Babunia More

### Biharsharif

- · Kazi Muhalla, Ranchi Road Biharsharif.zip
- Kazi Muhalla, Ranchi Road
- Aurangabad

   N.G. Road, Phoolheet Market
- Samastipur

Magardhi Ghat Road Motihari

Station Road, Motihari Nawada

Ramnagar, Nawada

Bettiah Karendra Complex, Supriya Road

Hajipur

Anwarpur, Hajipur

Lakhisarai Purani Bazar

Ara Katira More, Ara

Ara.zip

Sasaram Old G.T. Road

Sitamarhí Nahar Chowk, Dumra Road

Gopalganj Ghosh More, Chiral Ghar Road

Chapra
Daroga Rai Chowk

Munger Cardon Lagh, Hear Nas Congo Copatri HP Cas Agency





Plaza



# **Aditya Vision Limited**

CIN: L32109BR1999PLC008783
An ISO 9001:2015 Certified Company

a BSE Listed Company

Date- 18th November, 2020

**BSE Limited** 

Phiroze Jeejeebhoy Towers

**Dalal Street** 

Mumbai-400 001

**SCRIP Code: 540205** 

Sub :- Newspaper Advertisement- Disclosure under regulation 30 of SEBI (Listing Obligations and Disclosure Requirements) regulations, 2015 ("SEBI Listing Regulations")

Dear Sir(s)

Pursuant to Regulation 30 of SEBI (Listing Obligations and Disclosure Requirement) Regulations, 2015, we enclose the copies of newspaper advertisements published in Aj (Hindi) and The Times of India (English) on 18th November, 2020 in compliance with Ministry of Corporate Affairs Circular No. 33/2020 dated September 28, 2020, intimating that the Company is proposing Postal ballot to seek approval of shareholders of the Company for the following resolutions:-

Item	Description
No.	6 SME platform of BSE to the Main Board
1.	Approval of migration of the Company from SME platform of BSE to the Main Board
	of RSF Limited
2.	Approval for payment of remuneration to Mrs. Sunita Sinha
3.	Appreciate and Mr. Apart Upadhyay (DIN:08847156) as an independent Director
4.	Appointment of Mr. Atul Sinha (DIN:08948807) as an Independent Director

This is for your information and record.

Thanking you

Yours faithfully

For Aditya Vision Limited

AKANKS Digitally signed by AKANKSHA ARYA

HA ARYA Date: 2020.11.18
18:35:28 +05'30'

Akanksha Arya Company Secretary Encls-As above

Registered Office: 1st, 2nd & 3rd Floor, Aditya House, M-20, Road No. 26, S.K.Nagar, Patna-800 001 INDIA

T: +91 612 25206 74/854, E:headoffice@adityavision.in Helpline: 1800 1218 111, website:www.adityavision.in

GSTIN: 10AAECA0801E1ZS

# 11 मरीजों ने जीती जंग

फुलवारीशरीफ। पटना एम्स में मंगलवार को 8 लोगों की मौत कोरोना से हो गर्यो, जबकि नये मरीजों में 11 मरीजों की जांच रिपोर्ट कोरोना पॉजीटिव नेकली है। एम्स कोरोना नोडल आफिसर डॉ संजीव कुमार के मुताबिक पटना एम्स में सहरसा के 46 वर्षीय सुमन कुमार सदा, नालंदा के 62 वर्षीय अयोध्या चौधरी, वैशाली के 50 वर्षीय रामजी महतो, गर्दनीबाग के 80 वर्षीय कन्हैया लाल, सारण के 70 वर्षीय कविराज विश्वनाथ सिंह, जबकि दरभंगा कि 66 वर्षीय जीनत आरा की मौत हो गयी है। वहीं मंगलवार को एम्स के आइसोलेशन वार्ड में 11 नये मरीजों की जांच रिपोर्ट कोरोना पॉजीटिव आयी, जिसमें पटना, जमुई,

इसके अलावा एम्स में 11 लोगों ने कोरोना को मात दे दिया, जिन्हें अस्पताल से डिस्चार्ज कर दिया गया।



लोक आस्था का महापर्व छठ को लेकर रंग-बिरंगी रोशनी से जगमगाया काली घाट।

# महापर्व में बरसती है छठी मइया की कृपा

# नहाय-खाय आज, खरना कल

को नहाय-खाय से शुरू हो रहा है। छठ पर्व मुख्य रूप से प्रत्यक्ष देव भगवान भाष्कर की उपासना का पर्व है। पौराणिक मान्यताओं के अनुसार छठ सूर्यदेव की बहन हैं। मान्यता है कि छठ पर्व में सूर्योपासना करने से छठ माता प्रसन्न होती हैं तथा परिवार में सुख, शांति व धन-धान्य से परिपूर्ण करती शास्त्री ने कहा कि कल रवियोग में नहाय-खाय से चार दिवसीय छठ महापर्व शुरू हो रहा। इस महापर्व का में होगा। धार्मिक मान्यता है कि इस तिथि को गंगा स्नान मात्र से शरीर के सारे कष्ट विशेषकर त्वचा रोग का नाश

# ग्रह-गोचरों का शभ संयोग

पंडित झा के मुताबिक, कार्तिक को उदीयमान सूर्य को अर्घ्य पर सर्वार्थ शुक्ल चतुर्थी को रवियोग में नहाय सिद्धि योग के साथ द्विपुष्कर योग का खाय के साथ छठ महापर्व शुरू हो रहा है। इस बार छठ महापर्व पर ग्रह-पर्व पारिवारिक सुख-समृद्धि और वैदिक मान्यताओं के अनुसार नहाय- चावल, चने की दाल, आंवला की

के महापर्व छठ का चार दिवसीय पुरे विधि-विधान से छठ का व्रत उन भक्तों पर षष्टी माता की कृपा अनुष्ठान कार्तिक शुक्ल चतुर्थी बुधवार) करेंगी। इस पर्व को करने से रोग, बरसती है, जो श्रद्धापूर्वक व्रत-शोक, भय आदि से मुक्ति मिलती है।

छठ व्रत करने की परंपरा ऋग्वैदिक

काल से ही चला आ रहा है। वहीं

अर्घ्य पर सर्वार्थ सिद्धि योग का संयोग

छठ महापर्व खासकर शरीर, मन

तथा आत्मा की शुद्धि का पर्व है।

को पीतल या तांबे के पात्र से अर्घ्य देने

से आरोग्यता का वरदान मिलता है।

पंडित झा ने कहा कि सूर्य को आरोग्य

का देवता माना गया है। सूर्य की

किरणों में कई रोगों को नष्ट करने की

खाय में लौकी की सब्जी, अरवा

नहाय-खाय एवं खरना के प्रसाद

उपासना करते हैं। प्रत्यक्ष देवता सूर्य

# बारह रूपों से भगवान सूर्य करते हैं जगत पालन

पटना (आससे)। बिहार में सूर्योपासना का महापर्व इसलिए सर्वव्यापी है क्योंकि यहां अनादिकाल से मान्यता रही है कि भगवान सूर्य ही संसार के संचालक हैं। अपने बारह स्वरूपों से भगवान सुर्य संसार पर अपनी कुपा बरसाते हैं। सुर्य से ही जगत की उत्पत्ति है और प्रलयकाल में भी उसी तेजस्वी आदित्य में संयार लीन हो जाता है। भगवान सूर्य के बारह मूर्तियों में इन्द्र नामक मूर्ति शत्रुओं का नष्ट करनेवाला है। धाता नामकी मुर्ति प्रजापति के रूप में प्रजाओं की सृष्टि करती है। पर्यन्य नामक मूर्ति बादलों में स्थित होकर अपने किरणों से वर्षा करती है। त्वष्टा रूप से औषधियों, वनस्पतियों में निवास करते हैं।पूषा रूप में प्रजा को पुष्टि प्रदान करते हैं। अर्यमा रूप से देवताओं में आश्रित होकर वायु की संचालन गति को है। विवश्वान रूप में देहधारियों के शरीर में अन्न को पचाते हैं। विष्णु रूप में देवताओं के शत्रुओं का वध करने के लिए अवतार लेते हैं। अंशुमान के रूप में सूर्य की दशमी मूर्ति पूजा में आनन्द का संचार करती है। वरुण नाम की मूर्ति जल में अवस्थित होकर नित्य प्रजाओं का पोषण करते हैं और मित्र रूप में भेगवान सर्य लोक कल्याण के लिए चन्द्र सरोवर में स्थित रहते हैं । इस अट्रट आस्था और विश्वास की भूमि होने से विहार में सूर्योपासना की परंपरा अत्यंत प्रोचीन रही है।

प्राप्ति होती है। वहीं वैज्ञानिक मान्यता है कि गर्भाशय मजबूत होता है। खरना के प्रसाद में ईख के कच्चे रस, गुड़ के सेवन से त्वचा रोग, आंख की पीड़ा समाप्त हो जाते हैं। वहीं इसके प्रसाद से

खरना : संध्या 5.22 बजे 7.26

5.21 बजे तक

प्रातःकालीन सूर्य को अर्घ्य 6:39 बजे के बाद

दानापुर (आससे)। लोक आस्था **ा महापर्व छ**ठ पूजा मनाने को लेकर पूरे दानापुर नगर समेत आसपास के इलाकों में तैयारियां जोरों पर है। इस अवसर पर चहल पहल काफी बढ गई है। दानापुर नगर के प्रमुख सदर बाजार , पेठिया बाजार सहित अन्य बाजारों में छठ पूजन सामग्री की विशेष दुकानें सजी है। जहां खरीदने के लिए लोगों की भीड दिनभर देखी गई। यहां पर लोक आस्था का महापर्व छ्छ पूजा बुधवार से नहाय खाय के साथ चार दिवसीय अनुष्ठान प्रारंभ हो जाएगा। दानापुर शहर सहित आसपास के इलाकों में छठ पूजा महिमा की पारंपरिक लोकगीत संगीत परे वातावरण में गंजायमान हो रहा है।इसी बीच लोगों के द्वारा तैयारियां की जा रही है। वहीं दूसरी ओर जिलाधिकारी के निर्देशानुसार दानापुर अनुमंडल प्रशासन के तहत दानापुर नगर परिषद एवं दानापुर छावनी परिषद प्रशासन की ओर

# पटना में मिले कोरोना के 186 नये मरीज

धीमी हो गई है।लेकिन इसके बावजूद भी हर रोज हजारों की संख्या में पॉजिटिव मरीज मिल रहे हैं स्वास्थ्य विभाग की ओर से जारी अपडेट के मुताबिक बिहार में ५१३ लोग कोरोना पॉजिटव मिले हैं। इसके साथ ही राज्य में कोरोना संऋमितों की संख्या बढ़कर 22७९४६ हो गई है। जबकि बिहार में फिलहाल ६२९५कोरोना के एक्टिव मरीज है। पटना में कोरोना का कहर थमने का नाम नहीं ले रहा है पटना में एक बार फिर १८६ कोरोना के नए मामले सामने आये हैं। रविवार को स्वास्थ विभाग से मिली जानकारी के मुताबिक पटना में कोरोना के १८६ नए मरीज मिले है जबकि अररिया में ८,अररिया १ औरंगाबाद में ११,बाका १३,बेगुसराय ३,भागलपुर ११,भोजपुर ५,दरभंगा, बक्सर २, दरभंगा १०,ईस्ट चंपारण ८,गया १९,गोपालगंज ७,जमुई १०,जहानाबाद १०, कैमूर ४, कटिहार १६,खगडिया ४,किशनगंज १६,लखीसराय ५,मधेपुरा ७,मधुबनी ५, मुजफ्फरपुर २७, मुगेर १८, नालंदा १४, नवादा ११, पूर्णिया ११,रोहतास ९,सहरसा ४, सारण ९, समस्तीपुर ७,सीवान ४,सुपौल ८,वैशाली ९ और वेस्ट चंपारण में कोरोना के १२ नए

मुताबिक पिछले २४ घंटे के भीतर ५ व्यक्ति की मौत हुई इसके साथ ही राज्य में कोरोना से मरने वालों का आंकड़ा ११८९ हो गया है। बिहार के लोगों के लिए खुशी की बात तो ये है कि महज २४ घंटे के भीतर ५९७ कोरोना मरीज स्वस्थ हुए हैं। इसके साथ ठीक होने वाले मरीजों की संख्या दो लाख के करीब हो गई। राज्य में अब तक कुल २२०४६१ मृरीज स्वस्थ हो चुके हैं।

# एनएमसीएच में 16 मरीज भर्ती

पटना सिटी (आससे)। कोविड-19 अस्पताल नालंदा मेडिकल कॉलेज में मंगलवार को कोरोना वायरस अधीक्षक डॉ.विनोद कुमार सिंह, एपिडेमियोलॉजिस्ट डॉ मुकुल कुमार सिंह, नोडल पदाधािकरी डॉ. संजय कुमार ने संयुक्त रूप से बताया कि अस्पताल में 4608 मरीज भर्ती हुए जिसमें 3812 के जांच रिपोर्ट निगेटिव आने फ अस्पताल से डिस्चार्ज कर दिया गया, जबकि बेड पर कुल 84 मरीज भर्ती हैं, जबिक अबतक 1892 मरीज कोविड-19 को हराकर घर लौट गये हैं।

Registered Office: 1st, 2nd& 3rd Floor, Aditya House, M-20, Road No. 26, S. K. Nagar, Patna-800001, Bihar Tel No. +91-612-2520874/54, Email: cs@adityavision.in | Website: www.adityavision.in

## **NOTICE OF POSTAL BALLOT**

Notice is hereby given that "Aditya Vision Limited" (the Company) is proposing Postal ballot to seek approval of shareholders of the Compan for the following resolutions:-

Appointment of Mr. Anant Upadhyay (DIN:08847156)as an Independent Director Appointment of Mr. Atul Sinha (DIN:08948807) as an Independent Director

Pursuant to Section 110 of the Companies Act, 2013 ("Act") and other applicable provisions, if any, of the Act and Rule 22 of the Compa (Management and Administration) Rules, 2014 ("Rules"), as amended from time to time, read with the Circular No. 14/2020 dated April 2020, Circular No. 17/2020 dated April 13, 2020 and Circular No. 33/2020 dated September 28, 2020, issued by the Ministry of Corporat Affairs ("MCA") (hereinafter collectively referred to as "MCA Circulars"), that the Resolutions for consideration and approval, are proposed to

be passed as a Special and as well as ordinary Resolution by the Members of Aditya Vision Limited ("the Company") through Postal Balloonly by voting through electronic means ("remote e-voting"). The Company is providing remote e-voting facility ("Remote e-voting") to all its members to cast their votes on all resolutions set out in th

In compliance with the aforesaid MCA Circulars, the Postal Ballot Notice is being sent only through electronic mode to those Members who e-mail addresses are registered with the Company/Depositories. If your e-mail addresses are registered with the Company/Depositories please follow the process provided below to receive this Postal Ballot Notice and login ID and password for remote e-voting. The communication of the assent or dissent of the Members would only take place through the remote e-voting system end scanned copy of the following documents by email to Register and Share Transfer Agent/Compa

vestor@cameoindia.com or cs@adityavision.in. a. Signed request letter mentioning name of Shareholder, Folio No. and Complete address; b. Scanned copy share certificate (front and back) and c. Self-attested copy of PAN Card and Aadhar Card Please contact your Depository Participant (DP) and register your email address in your demat account, as per

For Aditya Vision Limited

Place : Patna Date: 17 November 2020

# कहू 20 रुपये पीस, अगस्त का फूल 300 रुपये किलो बिका



आतंक था। लेकिन, इस छठ में दाम नियंत्रित रहे।चना दाल सत्तर से चावल न्युनतम ४५ रुपये से लेकर एक रहे थे।शुद्ध घी का भी प्रयोग होता है। राजधानीवासी कोरोना के भय से मुक्त हैं। कल नहाय-खाय में

कदू का भाव उम्मीद से

आज बीस से तीस

रुपये किलो बिका। अंटा घाट सब्जी मंडी में

कदू बीस रुपये प्रति पीस में उपलब्ध था।

नया आलु दो सौ साठ से दो सौ अस्सी रुपये

आज पुराना आलू की पूछ कम हुई। क्योंकि

छेठ में सबकुछ नयी सामग्री का प्रयोग होता

है। बैंगन तीस से चालीस रुपये किलो बिका। छीमी एक सौ

अस्सी से दो सौ रुपये किलो में बिका।

इसलिए इसकी भी बिक्री खूब हुई। जायेगा। इसके लिए राजधानी के पालक सागदस से बीस रुपये किलो में बाजार सज चुके हैं।कोविड-१९ के ग्राहक खरीदते नजर आये। कुल

मात्रा में पडोसी देश पाकिस्तान में होता चैती छठ के समय कोरोना वायरस का होनेवाली सभी प्रकार की सब्जियों के कम है । बाजार में अरवा और बासमती तैयार करने में ही खरीदार बेहतरी समझ

अभियान लगातार जारी है।

से विभिन्न गंगा घाटों की साफ-सफाई

## ADITYA CONSUMER MARKETING LIMITED CIN-L52190BR2002PLC009872

Registered Office- Lower Ground & Ground Floor, Aditya House, M-20, Road No.26, S.K.Nagar, Patna-800001(Bihar) Tel No. 0612-2520854/674, E-mail id -cs@adityaconsumer.com | Website: www.adityaconsumer.com

NOTICE OF POSTAL BALLOT Notice is hereby given that "Aditya Consumer Marketing Limited" (the Company) is proposing Postal Ballot to seek approval of shareholders

Approval for payment of remuneration to Mrs. Sunita Sinha Appointment of Mr. Anant Upadhyay (DIN:08847156)as an Independent Directo

Appointment of Mr. Atul Sinha (DIN:08948807) as an Independent Director Pursuant to Section 110 of the Companies Act. 2013 ("Act") and other applicable provisions, if any, of the Act and Rule 22 of the Compa

Management and Administration) Rules, 2014 ("Rules"), as amended from time to time, read with the Circular No. 14/2020 dated April 8, 2020 Circular No. 17/2020 dated April 13, 2020 and Circular No. 33/2020 dated September 28, 2020, issued by the Ministry of Corporate Affair "MCA") (hereinafter collectively referred to as "MCA Circulars"), that the Resolutions for consideration and approval, are proposed to be passed as a Special and as well as ordinary Resolution by the Members of Aditya Consumer marketing Limited ("the Company") through electronic means ("remote e-voting").

In compliance with the aforesaid MCA Circulars, this Postal Ballot Notice is being sent only through electronic mode to those Members who

e-mail addresses are registered with the Company/Depositories. If your e-mail addresses are registered with the Company/Depositories of your e-mail addresses in not registered with the Company/Depositories of ease follow the process provided below to receive this Postal Ballot Notice and login ID and password for remote e-voting. The communication of the assent or dissent of the Members would only take place through the remote e-voting system. If your email id is already registered with the Company/Depository, login details for e-voting are being sent on your registered email address. Send scanned copy of the following documents by email to Register and Share Transfer Agent/Company investor@cameoindia.comorcs@adityaconsumer.com:-

**Physical Mode Holding** a. Signed request letter mentioning name of Shareholder, Folio No. and Complete address; b. Scanned copy o ne share certificate (front and back) and c. Self-attested copy of PAN Card and Aadhar Card Please contact your Depository Participant (DP) and register your email address in your demat account, as puthe process advised by your DP **Demat Holding** 

Place: Patna Date: 17 November 2020 For Aditya Consumer Marketing Limited

Hridaya Narayan Tiwari, Company Secretar

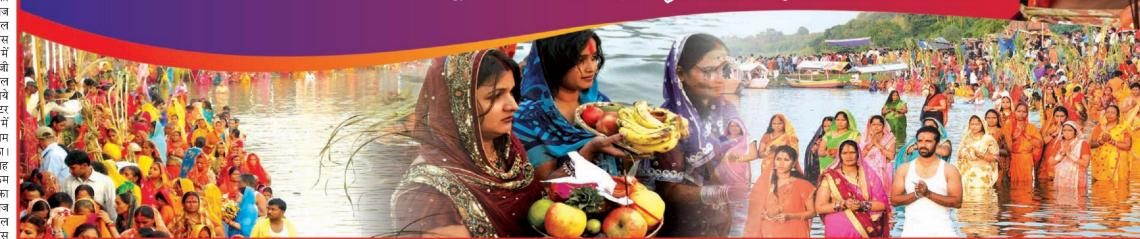


# छठ महापर्व 2020

# आवश्यक सूचना

- <mark>🗩 नदी घा</mark>टों पर अत्यधिक भीड़ की संभावना के मद्देनजर कोविड संक्रमण के खतरे को <mark>देखते हुए देव छठ घाट एवं कुटुम्बा प्रखंड अंतर्गत दोमुहान</mark> <mark>छढ घाट</mark> पर कार्तिक छढ मेला का आयोजन नहीं किया जाएगा तथा यह श्रेयस्कर हो<mark>गा कि सभी छढवती यथासंभव अपने घर पर ही पूजा करें।</mark>
- <mark>) तालाबों</mark> पर अवस्थित घाटों पर छट व्रत के दौरान प्रत्येक व्यक्ति द्वारा मास्क का प्रयोग<mark> किया जाना आवश्यक है एवं आपस में दो गज की दूरी का</mark> अनिवार्य रूप से पालन किया जाना है।
- छट पर्व के दौरान बुखार से ग्रस्त व्यक्ति, साट साल से ऊपर के व्यक्ति, दस साल से कम उम्र के बच्चें एवं अन्य गंभीर बीमारियों से ग्रस्त व्यक्तियों को सलाह दी जाती है कि वे छट घाट पर न जाएं।
- 🛡 छट पर्व के अवसर पर मेला, जागरण, सांस्कृतिक कार्यक्रम का आयोजन वर्जित रहेगा ताकि भीड़-भाड़ की स्थिति उत्पन्न नहीं हो।

सभी नागरिकों से अपील की जाती है कि उपरोक्त निर्देशों के अनुपालन हेतु जिला प्रशासन का आवश्यक सहयोग करें तथा यथासंभव अपने घर पर ही पूजा करें। 🗕 चिद्धा पृथासन्ह शिट्याबादि 🛭



🕨 तालाब में अर्घ्य देने के दौरान डुबकी नहीं लगाएं।

अंटा घाट सब्जी मंडी में अगस्त का फूल ढाई से तीन सौ रुपये किलो बिका। टमाटर नाकाम रहा । खुलेआम चालीस रुपये किलो बिका। पिछले सप्ताह

होने लगा था। इसका परिणाम हुआ कि आज इसका एक फूल (बड़ा) बीस से तीस रुपये प्रति पीस में मंडी में अगस्त का फूल ढाई से तीन सौ रुपये किलो बिका। टमाटर लाल आंख दिखाने में नाकाम रहा। खुलेआम

फूलगोभी का दाम कम होने लगा था। इसका परिणाम हुआ कि आज इसका एक फूल (बड़ा) बीस से तीस

# 4-day Chhath festivities begin with 'nahay-khay' today

Putna: As the four-day Chhath festi-val begins with 'nahayakhay' oo Wed-nesdey, three commen food items -'chawaff Irice', 'chand did Ispit Hein-af gram) and 'laukf' (bottle gourd) -will be essentially available on the me-nuof most devotees on the first slay. Devotees consume those thoms be-fore undertaking the fast for Chhota at the variesally available his sersen.

as they are easily available this season and can be afforded even by the poorest of poor Is there any special significance of eating these items before undertaking the fast for Chinth? Yes the scientific community finds suffi the scientific community finds entiti-cient reasons for the consumption of these "ordinary" items on the occa-sion of Chhath.

Most devotees are not quite aware

Most devotees are not quite aware of the fact that these items are high nutritious and prepare them well for undertaking the fast. "All these edib-les are easily digostible and nutritio-

ies are easily dipestible and nutritional and essential for pre-conditioning of the human bodies undertaking the fast, "mini Paran See now College's former principal Radha Kant Prasad. Chana dal is an extremely bealthy food chee to its high protosin contentrative to their vegetables. Its other nutritional henefits include prodding a source of complex our orderly dainy a state of complex our orderly such as faste as fastes and non-and authorities. such as folate and from and antioxi-dants. It contains as much as 95% pro-tein, no cholesterol and virtually no fat, Prasad added.

"Pulses are most nutritional when consumed along with a grain or cereal

IN MEMORIUM

Col. (Retd.) K. A. Uthaiah [18-11-1946 - 30-9-2020]

Born into a family of coffee growers in Score, hard work and simplicity came naturally to "Dilp". After graduating from OTA Chemna in 1971, he was selected into the offee Scodal Forces of Rendwisches Regiment.

Fendly called "Utily", he was popular among fellow efficers and soldiers alike for his humility, stark honesty, and kindness – qualities he exciberated until his final moments. He served the Nation for 35 years – a life of destruite, longstanding thierothics and challenges that he took in his strice with utmost charm.



Gandhi Ghat in Patna spruced up for Chhath celebrations from Wednesday

to provide a good source of methioni-ne, the level of which is low in pulses. Hence,dal is consumed with rice," sa-id TPS College retired chemistry tea-cher Mahesh Chandra.

Bottle gourd, which is consumed

Bottle gourd, which is consumed as a vecetable bymand devotes on 'na-hay-khey' day, helps maintain the so-dium-petassium balance in the bodies of the devotes during their fasting. A single bottle courd contains vitamin A, B and C, calcium, pheephorus, iron, sedium, polassium, niacim, mag-nesium and little traces of other mi-

nestina and little traces of other mi-nerals.

Bottle gourd is loaded with Vita-min A which helps in bone grooth, in-erease antibody and maintain and en-lance skin's health. Vitamin C pro-tects the devites from call and ough as they have to remain in water focko-urs for wershipping the setting and ri-

TIMES TRIBUTE SALVING HOMAGI TO THE DIPARTED COLL. MOVEMBROWNING STRIBLES

elebrations from Wednesday

sing Sun. "Bottle goard has get very
high content of water which protects
the downess from

REMEMBRANCE SHARING MEMORIES

aise, Deeply remembered by Asha, Sonu, ashmi, Renu, Deepak, Radhika, Harsh, amak, Archit, Sanskriti, Ananya, Vanya,

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the developer from the developer from the developer from the developer from the deliverance of the developer from the deliverance of the developer from the developer earing rathets are numerous. It food body hydrated and hope treaturinary and kidney disorders, regulate blood sugar levels in diabetics, prevent car-diovascular disoases, and also improve body's immunity. It is also useful in preventing becoder ma and or al car-cra, and in treating various respira-tory disorders." In addied.

> ATE NARAYAN PD. BANK 18.11.2020

26th Death anniversary On this day in 1994 you left for heavenly abode. Your memory is in our hearts. We pray to God ou! You will be an idea!

traffic plan in Gaya

Patna: The district admini-stration may have urged Chhath devotees to avoid visi-ting Ganga ghats due to the Co-vid III pandemic, but govern-ment bestifully an essential.

ment hospitals are graring up for the four-day festival. The for the four-day festival. The Patna Medical College and Ho-spital (PMCH), Nalanda Medi-cal College and Hospital (NMCH) as well as the 23 prima-

traffic plan in Gaya

The Gaya district administration
has challed out a traffic plan to
be followed during the four-day
Chath Puja in order to avoid traffic
congestion in the town area.
According to a press release
issued by district public relations
officer ORPAO Shambu North Ilha,
the entry of goods carriers and other
heavy yeful class will be banned in
Gaya town from Japmon Thursday
til 2 pm on Saturday.
While the movement of heavy
while the movement of heavy
while the prohibited on
Gastam Buddha Radi charled
Thursday to Saturday, only
ton-wheelers will be almived to ply
only be stretch between Bata Mar
and Tekari Road. Vehicles will also
behanned out between Bata Mar
and Tekari Road. Vehicles will also
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Constitution of the stretch from
Constitution of the stretch from
Constitution and Saturday, only
the stretch services will be
constituted as Services only the
vehicles of Chihatt devotes will also
like with the work of the constitution of from Patnaside, willenter the town rore via Chhoki Nawndo. Bageshwari Railway Crossing and Station Road and halt at Kandi Newode on Goya-Patna Road. On the other-band, whiches from Nawada side will haltnear Mehta petrol purpol Mangur. Meanwhile, Gaya DM Abhishek Singhia wanget the peculiar

Meanwhile, Gaya DM Abhishas Singhas urged the people to celebrate Chhath at home and avoid visiting the ghats due to the Covid-19 pandemic. SSP Rajiv Mishra has directed the SDPOs and the SHOS to check the sale and use of prackers during the festival. The



"Covid-19 poses a high visite for peacle who take part througe gatherings at ghost during Chhath Hence, we ure devotee, respecially kids below through to Celebrate the festival at home, "the Dattol this reporter—According to Patra civil surreon De Vibha Rumari Singh, medical officers of the 29 PHCs have been directed to hold meetings with panchoyal bevol perposes and said them not to as-

We urge devotees, especially kids below the age of 10 years and elderly people, to celebrate the festival at home

semble at grats for celebrating Cheath, "As a precontionary Chhoth. "As a precontionary measure, medical teams will be deputed at all the ghats and is ambulances kept ready at different places in the district. Bestendes, five special medical teams will right to the spot from where an emergency is reported." De Vibha said.

Wibba said.

PMCH superintendent Dr

Bimal Karak also asked people
to avoid large gatherings at
ghats. "Our doctors and purpmedical staff will be on duty in
time shifts for three days from

Hosps gear up to tackle emergencies November 19. Four ambulances will also be ready for providing round-the-clock emergency services," he said, adding that the hospital was under "red alert mode" for Chhath and all emergency medicines were available.

ailable.

FMCH principal Dr V PChoudhary pointed out that altogether 23 doctors would be onduty for tacking emergencies.

The NMCH and the Indian

Gandhi Institute of Medical Sciences(G-1918) are also ready to handle any type of emergen-cy situation that occurs during

Chathcelebrations,
While NMCH superintendent Dr Binod Kumar Single
claimed that the hospital had "sufficient number of beds" his IGIMS counterpart Dr Ma nish Mandal said, "We have planned to keep six beds ready

# 'Puja offers health benefits'

Patina: The rituals performed by devotees during Chahaft Paja have several health benefits as they represent a rigorous scientific process for detectification, claim health experts. According to yoga expert Dr Prabhakar Devray in the four for feet of the process for detection of the four feet of the feet



Clockwise from top: Workers make arrangements for Chhath near Kalii Ghat and a woman buys a 'soop' from a market in Patna on Tuesday

sorption of calcium and vi-min D into the body. "Vitamin D deficiency is a

can be obtained by remaining in the aum for few hours, "says former state president of the indian Medical Association, br Rajiv Ranjan Prasad. He also points out that fasting is a great immunity booser as it detoxifies the body." Fasting is a way to give one's

metabolism also keased in the adde.

Retiredeivilsurgeon, Kumhkun Prasad, says, "Taking a dip in water and exposing one has sun during the four the sun during the four the sun during the four says of the sun during the says of the sun during the

TIMES inter 🏗 🕨

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PRINCIPALS

# and claimings that he work in his series wan demost chair in Uthy left this world as a dubful husband and an extraordinar father; he is survived and celebrated by his tenacious with Ranjana, and his deling children, Karan and Kovert. You can contact the family on <u>Uthy194600 gmail.com</u> To pay tributes, log on to http://tributes.timesofindia.com TENDERS / PUBLIC NOTICE TIMES interio

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# ADITYA CONSUMER MARKETING LIMITED

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## Permission sought to run more local trains

Patna: Even though railways is running a few pairs of MEMU trains on different routes, it has sought permission from the Railway Board to run more local passenger trains on various other routes failing under the jurisdiction of Danapur division

other routes falling uncer the jurisdiction of Danapur division of the Bast Control Rallway (EGN). The Bhart Pally Passengers' Association, Bhar Chamber of Commerce and other location of the Bast Control of the Passengers' Association, Bhart Control of the Passenger of the Passenger trains on the Patha Bear, Mohamme Patha, Gayar-Patha and Kill-Gaya sections to chop with liceal passengers' rush, Services of these trains were withcrawn following the Covid to kidney.

Relivans here withcrawn following the Covid to kidney.

tollowing the Courtel leckfown. Rollways has started running several pairs of MPAMI passenger trains on a few sections of the division. "Rollways will run more local passenger trains as soon as it gets approval from the Board! Sural soci, acting that reinvary allows local passenger trains while achering to the Covid-19 quidelines is sued by the ministry of home affairs. Two



points accepted and common in all or state control co

# Covid-19 death toll in citv crosses 300-mark

Covad-19 cases were reported in Bihar on Triesday, taking the state taily to 2.57.9%. Morificially, five more deadts were reported, taking the tall to 1,194. With three more deadts, the toll in Patta district mounted up to 302. However, the state has 97.04% recovery rate

state has 97.04% recovery rate and only 55-00 active rases. As per the health depart-ment data, three deaths were reported from Paths and one each from Banka and Gaya. Paths again had the hig-hest number of 188 Could ca-ses, taking its fally to 38-547 so the Horses with 27 375 acts.

hist number of 188 COVIC issess, chizing its alight of 35,577 cof fat However, with 37.78 recoveries and 32 deaths, there are 1878 rective cases in hedieutic Covid 19 cases reported from some other districts included Muzeffrappir [27], Gava City, Munger City, Kishangaqi (18), Kati Are (18), Nalanda (19), West Champaran (12), Aurangabed City, Kati Albangaran (12), Aurangabed City, Barthager (19), Nasada (19) and Purmia (19).

The health department stand that 1,23,831 samples were tested in the past 24 hours and 749 people recovered during the same time period.

The government data spart, AE MS Patan te ported eight deaths; including two from Patina district. One was analy par-old man of Bilkha Chak and another a 28 years oldmale of Saharras, a 50 year oldmale of Saharras, a 50 year oldmale of Mahuu, a 38 years did male of Saharras, a 50 years oldmale of Mahuu, a 38 years old male of Saharras, a 50 years oldmale of Mahuu, a 38 years old male of Saharras, a 50 years oldmale of Mahuu, a 38 years old male of Saharras and Saharras of Saharras

schurze, a Syvear-climble of Mahus, a Styvear-climble of Mahus, a Ma

harif.
No deaths were reported from Nalanda Medical Colle-ge and Hospital. While two







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