



Department of Commerce
Ministry of Commerce and Industry
Government of India



75
Azadi Ka
Amrit Mahotsav



अर्थव्यवस्था विभाग

41st

INDIA INTERNATIONAL Trade Fair

NOVEMBER 14-27, 2022 | Pragati Maidan, New Delhi

Inauguration
by

Shri Piyush Goyal

Union Minister of Commerce & Industry, Consumer Affairs & Food & Public Distribution and Textiles

In the presence of

Shri Som Parkash

Minister of State, Commerce and Industry, Government of India

Smt. Anupriya Patel

Minister of State, Commerce & Industry, Government of India

Date: 14 November, 2022 | Time: 04:00 pm | Venue: Pragati Maidan, New Delhi

Partner States: Bihar, Jharkhand & Maharashtra | Focus States: Kerala & Uttar Pradesh

Business & Trade Visitors	General Public	Timings
14-18 November, 2022	19-27 November, 2022	10:00 am to 7:30 pm

Online Entry
Tickets available

Entry tickets also available from
67 Delhi Metro Stations
(except Supreme Court Metro Station)

Entry from Gate No. 4 on
Bhairon Road and Gate No. 10
on Mathura Road (Metro Station Gate)



Organised By: India Trade Promotion Organisation, Pragati Maidan, New Delhi

Round Robin bus service available

for easy commuting from Gate No. 4 (Bhairon Road) IP Depot (Parking) ITO (Bus Stop)
Mandi House (Bus Stop) Gate No. 10 (Metro Station) National Stadium Parking

For further details, please visit ITPO's website: www.indiatradefair.com



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Air pollution caused by vehicles can be reduced by **15%-20%**, if everyone takes responsibility for turning off their engines at **Red Lights**. So let's join the drive initiated by the Delhi Police to become responsible citizens.

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OPP. RAITHU BAZAR, PATAMATA, VIJAYAWADA, ANDHRA PRADESH

TENDER NOTICE

e-procurement notice No. SS-16/34/2022-CMO SEC-SSA, dt. 11.11.2022

Samagra Shiksha, Andhra Pradesh is inviting tenders through e-procurement for supply of Note Books and bags under the scheme of "Jagananna Vidya Kanuka" to all the students (approximately 43.10 lakhs in number) studying classes I to X in Government (MPP/ZPP) /Municipal/KGBVs/Model Schools/ Ashram Schools/ Residential/ Aided Schools of Education and welfare department in the State of Andhra Pradesh during the year 2023-24. For details please visit <https://tender.approcurement.gov.in> from 14.11.2022. Tender/RFP form can be downloaded from website. Eligible firms are requested to upload the prescribed format as per the schedules given in the above website. Contact No. 0866-2428599.

Sd/- for State Project Director,
Samagra Shiksha, Andhra Pradesh

R.O.No. 1358PP dt. 11.11.2022

संचालनालय खेल और युवा कल्याण
दो.टी. नगर स्टेडियम, मोपाल (म.प्र.)

ई-निविदा सूचना

संचालनालय खेल और युवा कल्याण, मध्यप्रदेश, द्वारा 'टी.आर.सी. छात्रावास मोपाल के लिए एच.एस. मॉड्यूलर किचन उपकरणों आदि की स्थापना हेतु' निविदा अथवा उक्त अतिरिक्त प्रतिलिपि में ई-निविदा आमंत्रित की जाती है। निविदा प्रथम व निविदा की विस्तृत शर्तों पर उपलब्ध है। ई-निविदा प्रक्रियामें उपरोक्त निविदा में कोई संशोधन व परिवर्तन किया जाता है तो वह नाम उपरोक्त उल्लेखित ई-टेंडर पोर्टल पर ही उपलब्ध रहेगा।

म.प्र. माहान: 107223/2022

Classifieds

PERSONAL

I, Himani Waldia, W/O Sunil Singh Rawat R/O H No-176, H.B. Colony, Sector-22, Faridabad, Haryana-121005, have changed my name and shall hereafter be known as Himani Rawat

0070812440-1

I, Dharm Jit, S/O Santram, R/O-37A, Vinoba Enclave, Jharoda Kalan, New Delhi-110072, declare that Dharam Jit Singh, Dharam Jit and Dharamjeet all names are one and same person.

0040640402-1

I, Chhavi Jain, W/O Sunil Jain R/O 5, Near Leela Hotel, Shyam Enclave, Anand Vihar, East Delhi-110092, have changed my name and shall hereafter be known as Chhavi Jain

0070812441-1

I Sandeep Kaur W/O, Harmeet Singh Chopra R/O 20b/52-a, Tilak Nagar have changed my name to Sandeep Kaur Chopra for all purposes.

0040640455-1

I Kulvinder Singh S/O, Amrik Singh Nagi R/O Db-102d, Dda Flats, Hari Nagar, New Delhi-110064 have changed my name to Kulvinder Singh Nagi for all purposes.

0040640457-1

I, Udaivir Singh, Udaiveer Singh, Udaivir Singh, Udayveer Singh, S/O Lt. Albel Singh, R/O E-11/314, east gokulpur delhi-94 all names are same person and want to changed my name as udayvir singh for future official purposes.

0040640463-1

I, Prosanta Kumar Biswas Alias Prasanta Kr Biswas S/O Sunil Biswas Employed as Operator (E & M) as Central Public Works Department R/o 16/D, R.N, Banerjee Road, Khardah, North 24 Parganas, West Bengal-700117, have changed my name and shall hereafter be known as Prasanta Kumar Biswas.

0070812444-1

I, Parag Gupta S/O N D Gupta, R/O B F 93 Janak Puri, Janakpuri B-1, Rajouri Garden, West Delhi-110058 I have changed the name of my minor daughter Pushti Gupta aged about 12 years and She shall hereafter be known as Prackhar Gupta

0070812439-1

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Container Corporation of India Ltd.

(A Govt. of India Navratna Undertaking)

Regd. Office & Investors Relation Centre: CONCOR Bhawan, C-3, Mathura Road, Opp. Apollo Hospital, New Delhi-110076
CIN: L63011DL1989G01030915 Tel. Nos.: 41673093-96, 4122500/600/700
E-mail: investorrelations@concorindia.com Website: www.concorindia.co.in

NOTICE OF RECORD DATE FOR 2nd INTERIM DIVIDEND FOR FY 2022-23

Notice is hereby given that CONCOR's Board of Directors in its meeting held on 10th November, 2022 has fixed 23rd November 2022 (Wednesday) as Record date for the purpose of determining the entitlement of members to 2nd Interim Dividend @60% (Rs.3.00 per share on equity share of Rs.5/- each), declared by the Board in its aforesaid meeting for the financial year 2022-23. Further, Interim dividend will be paid:

(i) to those Members whose names will appear in the Register of Members of the Company, after giving effect to all valid Share Transfers in physical form lodged with the Company or its Registrar on or before 23rd November 2022; or

(ii) in respect of Shares held in electronic form to those "deemed members" whose names appear on the Statements of beneficial ownership furnished by National Securities Depository Limited (NSDL) and Central Depository Services (India) Limited (CDSL), at the end of business hours on 23rd November 2022.

In order to avail the facility of payment of dividend through Electronic Clearing Service (ECS), members of the Company, holding their shares in Demat mode are requested to submit the duly filled in ECS mandate Form to their Depository Participant and those holding physical shares to Company's Share Transfer Agents and Registrar: M/s Beetal Financial & Computer Services (P) Ltd., BEETAL HOUSE, 3rd Floor, 99, Madangir, Behind Local Shopping Centre, Near Dada Harsukhdas Mandir, New Delhi-110062. ECS instructions once furnished by the member will supersede all his/her previous bank mandates/details. ECS mandate form is available on Company's website: www.concorindia.co.in.

For Container Corporation of India Ltd.
sdl.
(Harish Chandra)

Place: New Delhi Date: 10.11.2022
ED (Finance) & Company Secretary

APPEAL FOR IDENTIFICATION

General public is hereby informed that an unidentified person whose name, residence and family is unknown, about 45 years of age, was found dead, on 09.11.2022, at Union Bank, DBG Road, near Kalka Das Chowk, Karol Bagh, Delhi. The dead body is preserved in RML Hospital mortuary for identification. In this regard **DD NO. 31A, dated 09.11.2022** has been registered at P.S. Karol Bagh, Delhi.

The description of the UIDB is as under:
Sex: Male, **Age:** About 45 years, **Height:** 170 cm., **Complexion:** Dark, **Face:** Round, **Built:** Medium, **Wearing:** White colour kurta, white colour pant.

If anyone has any information about this UIDB, kindly inform the SHO/Karol Bagh, Delhi.

SHO
P.S. Karol Bagh, Delhi
Ph. No.: 011-28726870

DP/2791/CD/2022

कार्यालय निदेशक

राज्य कृषि प्रबन्ध संस्थान, रहमानखेड़ा, लखनऊ।

विज्ञापन

राज्य कृषि प्रबन्ध संस्थान के माध्यम से जनपदों में राष्ट्रीय कृषि विस्तार प्रबन्ध संस्थान (मैनेज) हैदराबाद के निर्देशन में संचालित "डिप्लोमा इन एग्रीकल्चरल एक्सटेंशन सर्विसेज फॉर इनपुट डीलर्स (देशी)" एवं सीओसीआईएनएमओ कार्यक्रम के गुणवत्तायुक्त संचालन हेतु फेरिलिटेटर के चयन हेतु अनिवार्य योग्यताधारी युवा कृषि/उद्यान में स्नातक एवं कृषि/उद्यान के क्षेत्र में 05 वर्षीय अनुभवी तथा 65 वर्ष की आयु से कम के कम्प्यूटर संचालन की पर्याप्त जानकारी रखने वाले व्यक्तियों से निम्न जनपद हेतु आवेदन पत्र आमंत्रित किए जा रहे हैं:-
आगरा, मथुरा, अलीगढ़, एटा, हाथरस, अम्बेडकरनगर, बदायूं, बरेली, शाहजहानपुर, पीलीभीत, बस्ती, सिद्धार्थनगर, चित्रकूट, बांदा, हमीरपुर, महोबा, बहराइच, बलरामपुर, श्रावस्ती, गोरखपुर, महाराजगंज, कुशीनगर, ललितपुर, जालौन, फर्रुखाबाद, कन्नौज, औरैया, मेरठ, गाजियाबाद, बुलन्दशहर, हापुड, गौतमबुद्धनगर, मुरादाबाद, बिजनौर, सम्भल, प्रतापगढ़, फतेहपुर, मुजफ्फर नगर एवं सोनभद्र। इच्छुक योग्य व्यक्ति आवेदन प्रपत्र संस्थान की वेबसाइट (www.simaup.upsdc.gov.in) से दिनांक 17.11.2022 से डाउनलोड किये जा सकते हैं।
भरे हुए आवेदन पत्र आवेदन फीस रु 500.00 मात्र (रु पांच सौ मात्र) सहित दिनांक 06.12.2022 तक संस्थान की ई-मेल (daesi.up@gmail.com) पर जमा किये जा सकते हैं। निर्धारित तिथि के पश्चात प्राप्त आवेदन पत्रों पर विचार किया जाना सम्भव नहीं होगा। साक्षात्कार दिनांक 19.12.2022 को राज्य कृषि प्रबन्ध संस्थान, रहमानखेड़ा पर आयोजित किया जाएगा।
उक्त मापदण्डों के इच्छुक अभ्यर्थी वेबसाइट से आवेदन प्राप्त कर आवेदन कर सकते हैं।

निदेशक
राज्य कृषि प्रबन्ध संस्थान
रहमानखेड़ा, लखनऊ

U.P. State Industrial Development Authority

UPSIC Complex, A-1/4, Lakhnapur, Kanpur-208024

Notice regarding invitation of Public Objection / Suggestion on Amendment in Layout Plan of Industrial Area Babrala, Sambhal in which Industrial Plot No. E-25, E-26 (Area 3601.00) is being carved out of Industrial Plots & Roads. Industrial Plot No. E-25, E-26 (Area 3601.00) is being created by amalgamation of existing Industrial Plots No. E-25 to E-26 of existing Industrial Area.

1 (a) The Amendment Part Layout Plan of Industrial Area Babrala Sambhal of the Uttar Pradesh State Industrial Development Authority (UPSIDA) situated in District Sambhal has been prepared.

(b) A copy thereof will be available for inspection at the Regional Manager of the Uttar Pradesh State Industrial Development Authority, at Bareilly between 10:00 am to 5:00 pm on all working days till the date mentioned in Para 3 hereafter as well as Website: www.onlineupsidc.com

2. Objections and Suggestions are hereby invited with respect of the Draft Amended Layout Plan.

3. Objections and suggestions shall be sent in writing to the office of Regional Manager UPSIDA at 1116, Janakpuri, Opp. Ram Janki, Near Shivaji Park, Bareilly within 15 days from the date of publication of this notice mentioning subject as "Regarding Public Objection / Suggestion on Draft Amended Layout Plan for Industrial Area Babrala District Sambhal. Any person making the Objections or Suggestions should also give his / her full name & address, Email id and contact number.

(Regional Manager)
U.P. State Industrial Development Authority

The Indian EXPRESS

JOURNALISM OF COURAGE
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MONDAY, NOVEMBER 14, 2022, NEW DELHI, LATE CITY, 24 PAGES

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War a catalyst for expansion of nuke energy: IAEA chief



AMITABH SINHA
SHARM EL-SHEIKH (EGYPT),
NOVEMBER 13

DESPITE THE continued risk of damage to Ukraine's largest power plant due to the fighting between Russian and Ukrainian troops, the war is acting as a "catalyst" for deployment of nuclear power in many countries, especially those in eastern Europe, the head of International Atomic Energy Agency Rafael Mariano Grossi has said.

"I know it is paradoxical... it CONTINUED ON PAGE 4



Atomic energy agency head Rafael Mariano Grossi

INDIA TO UNVEIL ITS LOW-CARBON STRATEGIES TODAY
BRAHMOS MISFIRE NOT CAUSE FOR CONCERN: IAEA
PAGE 9

One-number hope for FY23: GDP, inflation, deficit and repo, all at 6.5%

Officials say '6.5% is magic number', better performance will be a bonus

PVAIDYANATHAN IYER
NEW DELHI, NOVEMBER 13

WITH THE global economy looking more uncertain amid war, expectations have turned modest in New Delhi. Ending the financial year 2022-23 with the economy growing at 6.5 per cent, retail inflation at 6.5 per cent, repo rate at 6.5 per cent, and a fiscal deficit as a percentage of GDP at 6.5 per cent will be a reasonable expectation, said

top government sources. "The magical number is 6.5 per cent," a source in the government, who tracks and analyses the macro-economy, and guides policy-making, told *The Indian Express*. But top officials are wary of moderating expectations right now since the political establishment is rooting for a 7 per cent plus growth rate and a retail inflation of under 6 per cent (within the 2-6 per cent range as per the monetary policy framework

CONTINUED ON PAGE 4

EXPLAINED
In crises, 6.5% seen as modest

WITH IMF forecasting the world economy to slow to 3.2% in 2022 (6% in 2021), officials say a growth rate of even 6.5% for India in FY23 will be seen as 'remarkable' given global uncertainties. Once the tide passes, India will be well placed to bounce back with government pushing through reforms.

THE MACRO PICTURE

Fiscal Deficit*	6.4% of GDP
GDP growth rate**	7%
Repo rate***	5.9%
Retail inflation****	7.2%

*Budget Estimate 2022-23
**RBI MPC estimate Sept 30
***Repo rate as on date after the 50 bp hike on Sept 30
****Apr-Sept CPI inflation

NEXT PRESIDENCY FOR INDIA PM heads to Bali for G-20 meet in Ukraine shadow

Ongoing conflict, knock-on effect are key challenges: Foreign Secy

SHUBHAJIT ROY
NEW DELHI, NOVEMBER 13

A DAY before Prime Minister Narendra Modi heads for the G-20 summit in Bali, where India will be handed the group's presidency for the year ahead, Foreign Secretary Vinay Kwatra underlined Sunday the key challenges that confront world leaders, including the "ongoing conflict" in Ukraine and "its knock-on effect, such as food security challenges, energy crisis and inflation".

The G-20 leaders "will discuss these challenges and underscore the importance of closer multilateral cooperation to help overcome" them, Kwatra said.

In the context of India's G-20



Modi to hold bilateral meetings with some G-20 leaders

presidency, he said the "evolving priorities" will include "green development", "lifestyle for environment", "digital transformation", "inclusive and resilient growth", "women-led development" — and most importantly, "greater voice for the global south" in economic cooperation and the need to "reform 21st century institutions".

Kwatra said the Prime Minister will participate in three

CONTINUED ON PAGE 4

World T20 title No.2 for England Beat Pakistan by 5 wickets, Stokes stars with unbeaten 52



DEVENDRA PANDEY
MELBOURNE, NOVEMBER 13

NO MOMENT of glory passes in England cricket these days without the stamp or stroke of Ben Stokes. Three years after engineering England's maiden ODI World Cup triumph before producing the Miracle of Headingley in the Ashes, here he was at the MCG, coolly guiding his team to their second T20 World Cup title.

This time, the win against Pakistan also completed a remarkable personal redemption. Six years ago, at the World T20 final in the Eden Gardens, Stokes delivered that fateful last over



England players after their win over Pakistan in the final of the T20 World Cup, in Melbourne on Sunday. AP

where Carlos Brathwaite struck four sixes in a row to orchestrate a Caribbean heist. Here, he ensured that the match did not see the last over, wrapping it up with a single off the last ball of the 19th over.

Just as in the 50-over World

Cup final against New Zealand, Stokes was scratchy for most part of his 49-ball 52 but hung on and fought to land another trophy for England. If England are white-ball kings, Stokes is the emperor of big moments.

CONTINUED ON PAGE 4

BUSINESS AS USUAL

By UNNY



Former CJI Lalit defends Collegium system: 'Perfect the way it stands today'

EXPRESS NEWS SERVICE
NEW DELHI, NOVEMBER 13

FORMER Chief Justice of India U U Lalit Sunday defended the Collegium system of appointing judges saying it was brought into existence by the opinion of a five-judge Constitution bench in the Second Judges case and works as per established norms.

"It was the conclusion of the five judges that the collegium



Former CJI Justice U U Lalit

system is the ideal one and that is the system we must follow," Lalit, who retired on November 8, told reporters at his residence. "According to me, it's perfect the way it stands today," he said.

CONTINUED ON PAGE 4

Punjab govt bans public display of firearms, songs glorifying weapons

NAVJEEVAN GOPAL
CHANDIGARH, NOVEMBER 13

AMID SHARP Opposition criticism over an allegedly deteriorating law and order situation, Punjab's Aam Aadmi Party (AAP) government Sunday ordered a complete

banned on public display of weapons and songs glorifying violence. In a communication to the Director General of Police, Commissioners of Police, District Magistrates and Senior Superintendents of Police, the Punjab Home Department also directed a review of all firearm

licences issued in the state so far within three months. According to the order, "public display and exhibition of weapons including on social media" as well as songs glorifying weapons or violence are to be banned.

CONTINUED ON PAGE 4

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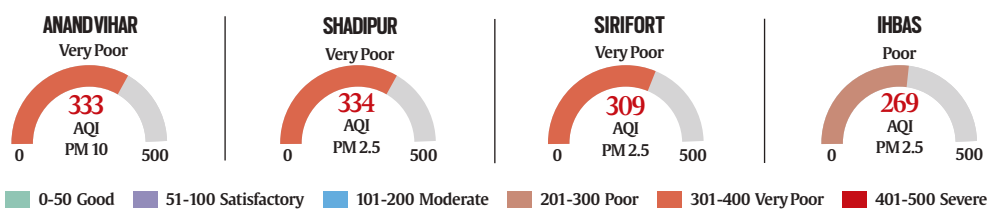
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SKYWATCH
FORECAST: November 14
 Partly cloudy sky,
 Mist in the morning

MAX: 28 | **MIN: 13**
 0.5°C below normal | 0.6°C below normal

DATA SHOWS

Peak impact of stubble burning on city's PM 2.5 levels lower than previous years

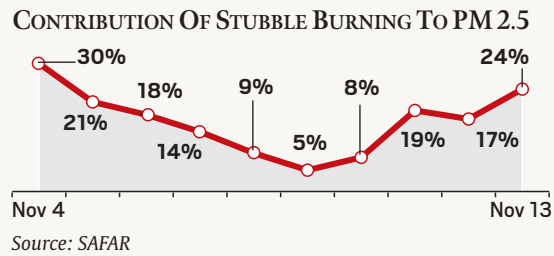
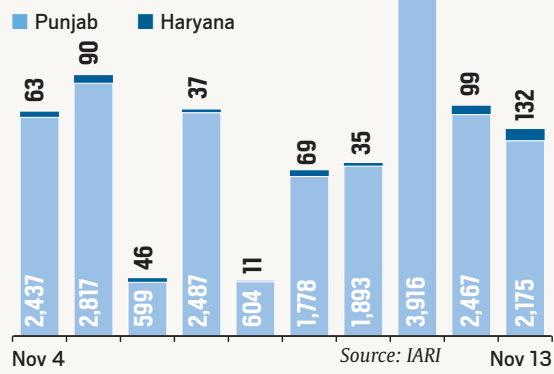
ABHINAYA HARIGOVIND
 NEW DELHI, NOVEMBER 13

THE PEAK daily contribution of stubble burning to PM 2.5 levels in Delhi so far this year has been lower compared to previous years, data from the System of Air Quality Forecasting and Research (SAFAR) shows.

The highest contribution from stubble burning to PM 2.5 levels in Delhi on a single day this season was 34% on November 3. The peak single-day contribution last year was higher at 48% on November 7. In the past five years, the highest contribution on a single day was recorded on November 5, 2018 — 58%. This contribution peaked at 44% on October 31, 2019, and 42% on November 5, 2020, according to data provided by Gufran Beig, founder project director, SAFAR. In previous years, the contribution of stubble burning had peaked by the first week of November.

On Sunday, the contribution of stubble burning was 24%, higher than the 17% recorded on Saturday and 19% recorded on Friday. The AQI on Sunday was 303 in the 'very poor' category, and same as the AQI recorded on Saturday, according to the CPCB's

PADDY RESIDUE BURNING EVENTS



EXPLAINED Fewer fire counts this year

SO FAR this season, both Punjab and Haryana have recorded smaller fire counts compared to the same period last year. Punjab has recorded a fire count of 45,319, below the count of 62,863 recorded till November 13 last year. Haryana has recorded 3,111 fire events, less than 5,400 recorded till November 13 last year.

Winds have had much to do with lowering the impact of stubble burning on PM 2.5 levels in Delhi. Despite upper-level winds blowing from the north-west being favourable for the transport of pollutants from stubble burning to Delhi, the local wind speed has helped ensure dispersion of pollutants, according to an update issued by SAFAR on Saturday.

On November 14, the upper-level winds are likely to become weaker, reducing the likelihood of transportation of pollutants

from stubble burning and bringing about an improvement in the AQI, the SAFAR forecast indicates.

"Last year's peak stubble burning contribution coincided with Diwali. The fires were delayed by about 10-15 days this year. If harvesting is yet to be completed now, then the counts will increase or the burning period will extend into the first week of December. So far, although the contribution and fire count have been high, what is coming to Delhi's rescue is local winds, which are not calm. This means that the pollutants have been getting dispersed quickly. If stagnant conditions persisted, the contribution would have been higher. Local winds are not allowing these pollutants to accumulate," Beig said.

SAFAR has recorded the contribution of stubble burning to PM 2.5 levels in Delhi from around October 12 onwards this year, but the share remained below 6% till around October 25, and rose to over 20% by October 29. "When you compare this to previous years, the counts were not significant till around October 15 this year. Earlier, it would start increasing from around October 5 onwards," Beig added.

MCD polls: Denied ticket, AAP ex-councillor climbs tower, alleges documents confiscated

EXPRESS NEWS SERVICE
 NEW DELHI, NOVEMBER 13

THE AAM Aadmi Party's move to collect documents of those who wanted tickets for the upcoming MCD polls backfired on Sunday as its former councillor Haseeb-ul-Hasan climbed atop an electricity transmission tower near Shastri Park on Sunday, alleging that party leaders had confiscated his documents and were not returning them. He has not found a place in AAP's list of candidates.

Hasan, who was a councillor from the erstwhile East Delhi Municipal Corporation, said that he would not be able to file his nomination on Monday, which is the last day, without his documents.

Hasan, who had earlier this year entered an overflowing drain in Northeast Delhi to clean it and had later been bathed in milk by his supporters, climbed atop the tower around 10.30 am. Police, Delhi Fire Service, BSES as well as local administration officers reached the spot along with several of Hasan's supporters, requesting him to come down.

Hasan, however, said, "The Aam Aadmi Party's Durgesh Pathak and Atishi will be responsible if something happens to me, or if I die. They have my original documents, including my bank passbook. Tomorrow is the last day for filing nominations but they are not giving my documents to me."

It was after Hasan's documents were located and returned to him by the local administration that he climbed down around 3 pm.

He claimed AAP leaders had



Haseeb-ul-Hasan, a former AAP councillor, climbed atop an electricity tower in Shastri Park on Sunday. PTI

returned his documents under pressure from the media. He also alleged he was asked for money in lieu of a ticket and that people were paying crores of rupees to get a berth. "I will file my nomination tomorrow," he added. When asked if he would contest as an Independent, Hasan said he would take a call soon.

AAP, meanwhile, tried to calm tempers and said in an official statement: "Haseeb-ul-Hasan is a dedicated and hard-working party worker. His being troubled after not getting a ticket is natural. Out of the lakhs of workers in Delhi, only 250 could get tickets. Every political party has several criteria in mind while giving tickets to people in every election. The party is sympathetic towards all those who could not get a ticket. In politics,

elections are not the ultimate destination."

Sources, meanwhile, said that the party had tasked one person in all 70 assembly constituencies to gather original documents from all probables ahead of the polls. "This has left a sour taste in the mouths of some workers, especially those who were not given tickets, as it seems like a clear attempt to stop them from contesting independently," a source claimed.

A party official, however, said that documents were collected for scrutiny and to help those selected in the nomination process.

AAP did not officially respond to questions regarding the collection of documents. Pathak and Atishi could not be reached for comment.

CIVIC SENSE
 MCD POLLS 2022

BRIEFLY

Vehicle thief arrested after exchange of fire in Noida

Noida: A man, who is allegedly a history sheeter, was arrested after a shootout with the Gautam Buddh Nagar police in Noida's Sector 126 Sunday. Police said the man, Mohit Digga, had an extensive criminal history across Delhi-NCR and UP. He sustained a leg injury during the shootout and was hospitalised, said police. Police said the accused's modus operandi was to steal four-wheelers at gunpoint and fire at anyone who tried to stop him.

LGBTQ+ activist beaten up

New Delhi: A 31-year-old LGBTQ+ activist was allegedly assaulted by a group of 6-7 persons in Karol Bagh. Police said they have registered a case but no arrest has been made yet. The activist, Gopi Shankar Madhurai, was walking after dinner when the incident took place. Shweta Chauhan, DCP (Central), said, "On Saturday, we received information from Ganga Ram hospital. The person suffered injuries to his face, hands, eye... According to the complainant, he was walking when 6-7 persons came and asked him for money. When he refused, the accused persons verbally abused him and physically assaulted him." **ENS**

Police issue traffic advisory ahead of India International Trade Fair

New Delhi: Police Sunday issued a traffic advisory ahead of the India International Trade Fair and mentioned roads where congestion is expected. It said traffic congestion is expected at Mathura Road, Bhairon Marg, Ring Road, Sher Shah Road and Purana Qila Road. Entry to the fair will be restricted to business visitors from November 14-8. It will be opened for general public from November 19-27. **PTI**



RUSH HOUR

Visitors spotted at India Gate on Sunday. Abhinav Saha

Delhi to see strong winds, misty mornings this week

EXPRESS NEWS SERVICE
 NEW DELHI, NOVEMBER 13

STRONG WINDS and misty mornings are on the cards for Delhi during the week, with the day temperatures expected to stay below the 30-degree mark.

On Sunday, the maximum temperature was recorded as 28.3 degrees Celsius, normal for this time of the year. The minimum settled at 12.6, a degree below normal.

November so far has been warmer than usual, with the warmest day of the month in 14 years being recorded last Monday with a temperature of 33 degrees Celsius. The minimum temperature also remained above normal for most part.

According to officials at the

India Meteorological Department (IMD), warm winds coming from the east are responsible for the warmer than usual month so far.

This, however, is set to change with this week expected to get winds mostly from the colder North and Northwest directions.

Monday is expected to see a misty morning with the maximum temperature expected to settle at 28 degrees Celsius and the minimum at around 13 degrees Celsius.

Strong winds are expected on Tuesday and Monday from the Northwest direction and are expected to poorly impact the city's AQI, owing to stubble burning in Punjab and Haryana.

The capital is not expected to get rain over the next seven days.

Families of two girls declared brain dead donate organs at AIIMS

EXPRESS NEWS SERVICE
 NEW DELHI, NOVEMBER 13

THE PARENTS of an 18-month-old and an 8-year-old girl, who were declared brain dead, donated their vital organs at AIIMS in a span of 48 hours.

The 18-month-old baby, Mahira, had fallen down from the balcony of her home in Haryana's Mewat on November 6, post which she was brought to Jai Prakash Narayan Apex Trauma Centre (JPNATC) on the same day with a severe head injury. She was declared brainstem dead on November 11. With the consent of her family, her kidneys were transplanted through an en-bloc kidney transplant to a

17-year-old and her liver was transplanted to a 7-year-old at ILBS. Her corneas have been stored in the National Eye Bank and her heart valve in AIIMS.

Meanwhile, Mansi (8), who lived in Mathura, had fallen down from a height at her home on November 2. She suffered severe brain damage and was declared brain dead on November 11. With the consent of her parents, her liver and a kidney were transplanted to a five-year-old who was undergoing treatment at ILBS. The other kidney was given to a 12-year-old child, who was on peritoneal dialysis for over five years and undergoing treatment at AIIMS. Mansi's corneas and heart valves have also been preserved.

Noida Authority Makes Registration Of Pet Dogs, Cats Mandatory

From March 1, attack by a pet to attract Rs 10,000 fine in Noida

EXPRESS NEWS SERVICE
 NOIDA, NOVEMBER 13

FROM MARCH 1 next year, pet owners in Noida will have to pay a Rs 10,000 fine if their pets attack people/other animals and will also be responsible for treatment of the injured party. The decision was taken by the Noida Authority in its latest meeting.

The Authority has also made it mandatory for owners to register their pet dogs and cats on its pet registration app by paying a

fee by January 31, 2023. It has further made sterilisation and anti-rabies vaccines for pets mandatory, with a Rs 2,000 per month fine for non-compliance to be applied from March 1 next year. The Authority will also provide shelters at its own expense, with the consent of Resident Welfare Associations, where sick and aggressive dogs will be kept and maintained by the RWAs. Feeding spots will also be set up and marked with a board. It will also be the responsibility of dog owners to clean up after their

pets, it has said. Noida Authority officials had earlier announced the framework for the proposed policies in the wake of the death of an infant who was attacked by a stray dog as his parents worked on a road in Noida's Lotus Boulevard Society. ACEO Prabhash Kumar had also said while a registration app had already existed, its use had to be properly implemented. Other developments include a policy for structural audits of buildings, completion of proposals before issuing a tender for the



Noida heliport, and additional vehicles for police.

According to the Authority, a structural audit report has to be submitted by IIT, NIT, or other expert institutes before the issuance of partial or full occupancy certificates of buildings. After this, if 25% or above allottees of the Apartment Owner

Associations (AOA) complain about defects, a committee of the Authority will decide if it is a major or minor issue, with the former being examined by experts. According to the relevant legislation, from the date of issuance of the occupancy certificate, it is the builder's initial responsibility to remove defects, while after five years it would be that of the AOA.

The Authority also noted that in the allotment of assets through e-auctions, disruption was being caused by excessive bids. In the future, those not tak-

ing the plots will forfeit their registration amount. As per the meeting, the heliport tender is also moving apace. According to Noida Authority CEO Ritu Maheshwari, "The amended 'request for proposal' for the heliport has been approved. A tender will be floated soon."

Meanwhile, as many as 55 new vehicles will also be provided to the Gautam Buddh Nagar police. In October, 14 vehicles had been provided. Police had previously highlighted a shortage of available vehicles.

Mevani, Rathva retain seats as Cong announces 39 more names

Anyone casting evil eye on India now given befitting reply: Rajnath

EXPRESS NEWS SERVICE
GANDHINAGAR, NOVEMBER 13

SUKHBIR SIWACH
CHANDIGARH, NOVEMBER 13

GUJARAT CONGRESS working president Jignesh Mevani and Leader of Opposition in the Assembly, Sukhram Rathva, are among the 39 names announced by the Congress Sunday for the Assembly elections in the state. Both Mevani and Rathva have been repeated from Vadgam and (Pavi) Jetpur seats respectively.

With the latest list, the Congress has now named its candidates on 142 of 182 seats. It has also entered into a pre-poll alliance with the Nationalist Congress Party (NCP) on three seats.

Tushar Chaudhary, a former union minister and son of former Chief Minister Amarsinh Chaudhary, has been fielded from the Khedbrahma constituency. Jayanti Patel has been nominated in Morbi.

The Congress, which Saturday announced Ramesh Mer as its pick in Botad, replaced him with party spokesperson Manhar Patel. The move came a day after Manhar took to Twitter to register his displeasure. "I am the real candidate for Botad. The Congress should rethink about me. This decision of the party is unacceptable to a leader as loyal as me...it is not in the larger interest of the party," he had tweeted.

Gandhinagar (North) Congress MLA CJ Chavda has been fielded from Vijapur of Mehsana district, while the party has chosen Sangramsinh Rathva for Chhota Udepur.

In Dhrangadhra, Rajkot (West), Jamnagar Rural and Gariadhar constituencies, the party has nominated Chhattarsinh Gunjariya, Mansukh Kalariya, Jivan Kumbharvadiya and Divyesh Chavda respectively.

IN THE PAST few months, the BJP government in Haryana has held several events to remember heroes of different communities to woo the voters. In the series of such events, Defence Minister Rajnath Singh Sunday unveiled the statue of 12th century king Prithviraj Chauhan in Kulana village of Jhajjar district.

At the event, Singh said that safeguarding national interests is the main focus of the BJP-led government and anyone casting an evil eye on India is now given a befitting reply. "India is no longer weak. We believe in peace," Singh said, adding that "a befitting reply is now given if anyone tries to harm us." "Our soldiers have proved this time and again," Singh said, referring to the 2016 surgical strikes and 2019 Balakot airstrikes.

He added that to get rid of the colonial mindset, the Narendra



Defence Minister Rajnath Singh and Haryana CM Manohar Lal Khattar at the unveiling of Prithviraj Chauhan's statue. Express

Modi government has taken a number of initiatives, including a new Indian Navy ensign inspired from Maratha warrior Chhatrapati Shivaji, abolition of around 1,500 obsolete British-era laws, renaming of Rajpath as Kartavya Path and installation of a grand statue of Netaji Subhas Chandra Bose at India Gate. More than 1,500 archaic laws dating back to the British rule, whose rel-

evance was completely over, have been abolished. "There are many such laws for which we are preparing a scheme. We will scrap these too," the minister said. Terming Haryana and the Jhajjar region as the land of the brave with a glorious history, Singh said many have laid down their lives for safeguarding the country's borders. He added that he salutes such a brave land,

which is an inspiration of sacrifice and bravery. "In the Galwan Valley, when there was standoff, our forces showed their valour and courage. The statues of great brave sons such as Prithviraj Chauhan and Rao Tula Ram teach us to move forward in life," he said, adding that the feasibility of Sainik School in Matanhail of Jhajjar district will be examined and necessary action will be taken in this regard.

Singh said Khattar has done commendable work for the development of Haryana. "Such a CM with 'sant pravriti', who strenuously works for the people and society, is rare. CM Manohar Lal Khattar announced plans to build a research institute and memorial in the name of Prithviraj Chauhan in Taraori, Karnal. He said the Haryana government has taken the initiative to remember great men by implementing the 'sant mahapurush vichar prasara yojana'. Sunday's function is seen as an attempt to woo the Rajput community in Haryana.

BUNTY TYAGI
PHNOM PENH, NOVEMBER 13

VICE PRESIDENT Jagdeep Dhankhar on Sunday addressed the 17th East Asia Summit (EAS) here, during which he highlighted global concerns on food and energy security, and emphasised the role of the EAS mechanism in promoting free, open and inclusive Indo-Pacific with freedom of navigation and overflight.

The US, India and several other world powers have been discussing the need to ensure a free, open and thriving Indo-Pacific in the backdrop of China's rising military manoeuvring in the region.

China claims nearly all of the disputed South China Sea, though Taiwan, the Philippines, Brunei, Malaysia and Vietnam all claim parts of it. Beijing has built artificial islands and military installations in the South China Sea. China also has territorial disputes with Japan in the East China Sea.

The Quad grouping of India, Australia, Japan and the United States has strongly opposed any unilateral actions that seek to change the status quo or increase tensions in the Indo-Pacific.

Dhankhar, who is in Cambodia on a three-day visit, also briefly interacted with US President Joe Biden on the sidelines of the summit.

After addressing the EAS summit, the Vice President inaugurated the completed conservation work of 'Hall of Dancers' in Ta Prohm Temple in the Angkor archaeological complex in the Cambodian city of Siem Reap. He was accompanied by External Affairs Minister S Jaishankar on his visit to the temple. "We are not in the country of our extended neighbourhood, we are in our extended family," Dhankhar said during the inauguration.

The Hall of Dancers is part of a \$4-million collaborative project between India and Cambodia for the preservation and restoration of cultural heritage in Cambodia. PTI



Vice President Jagdeep Dhankhar with US President Joe Biden on the sidelines of the 17th East Asia Summit in Phnom Penh, Cambodia. PTI



Khedbrahma constituency. Jayanti Patel has been nominated in Morbi.

UP BYPOLL

RLD fields three-time former MLA Madan Bhaiya from Khatauli

EXPRESS NEWS SERVICE
LUCKNOW, NOVEMBER 13

THE RASHTRIYA Lok Dal (RLD) has fielded former MLA Madan Bhaiya from Khatauli Assembly seat in Muzaffarnagar district where by-elections will be held on December 5. The RLD is contesting the election in alliance with the Samajwadi Party.

The party announced Bhaiya's candidature through a tweet on Sunday.

The bypoll in the Khatauli Assembly seat was necessitated following sitting BJP MLA Vikram Singh Saini's conviction in a 2013 Muzaffarnagar riots case. Saini was sentenced to two



Madan Bhaiya

years of imprisonment, thereby leading to his disqualification from the Assembly.

RLD leaders said that Bhaiya was chosen for his "political experience". A three-time MLA from Khekra constituency in Baghpat district, the 62-year-old Gurjar leader is seen by the RLD as someone who can win the bypoll for the party. In the Assembly elections held earlier this year, RLD had lost to the BJP in Khatauli by 16,345 votes.

Bhaiya hails from Ghaziabad and has won Khekra seat thrice - on an SP ticket in 1993, as an Independent in 2002, and as an RLD nominee in 2007.

In the Assembly elections in March this year, he had contested from Loni and lost to BJP's Nand Kishor Gurjar by 8,676 votes. He had lost the seat to Nand Kishor Gurjar in 2017 and to BSP's Zakir Ali in 2012.

Bhaiya has an image of a strongman in the area and has at least two cases lodged against him in Ghaziabad for rioting, and criminal intimidation among others.

The BJP, BSP and Congress have not yet announced their candidate for the bypoll. ENS

Mainpuri bypoll: Dimple to file nomination today

Lucknow: Samajwadi Party president Akhilesh Yadav's wife and former MP Dimple Yadav will file her nomination for the Mainpuri Lok Sabha bypoll on Monday. She will be accompanied by Akhilesh, a party release said.

The Mainpuri seat fell vacant after the death of SP patriarch Mulayam Singh Yadav last month.

With 44-year-old Dimple Yadav's candidature, SP is trying to carry forward the legacy of Mulayam Singh Yadav on the seat, considered a family pocket borough. Akhilesh's Karhal Assembly seat is part of the Mainpuri Lok Sabha constituency. ENS

Jaishankar talks Ukraine, bilateral ties with Blinken

PRESS TRUST OF INDIA
PHNOM PENH, NOVEMBER 13

EXTERNAL AFFAIRS Minister S Jaishankar met US Secretary of State Antony Blinken here on Sunday and discussed bilateral ties, the raging Ukraine conflict, energy issues, G20 and the situation in the Indo-Pacific, days ahead of a possible meeting between Prime Minister Narendra Modi and President Joe Biden on the margins of the G-20 Summit in Bali.

Jaishankar and Blinken met on the sidelines of the ASEAN-India Summit here in the Cambodian capital.


"A good meeting with US Secretary of State @SecBlinken. Discussed Ukraine, Indo-Pacific, energy, G20 and bilateral relations," Jaishankar said in a tweet.

"I met Indian External Affairs Minister @DrSJaisankar on the margins of the @ASEAN summit today in Phnom Penh to discuss ongoing efforts to expand our


partnership & mitigate the effects of Russia's war on Ukraine. The U.S. supports India's #G20 Presidency," Blinken tweeted.

Jaishankar is accompanying Vice President Jagdeep Dhankhar, who is leading the Indian delegation to the ASEAN-India Commemorative Summit and the 17th East Asia Summit here. His meeting with Blinken took place after his meeting with Russian Foreign Minister Sergey Lavrov in Moscow on Tuesday and talks with Ukraine Foreign Minister Dmytro Kuleba on Saturday here.

Jaishankar also held talks with his counterpart from Thailand Don Pramudwinai. "Discussed our shared regional concerns," he tweeted. "Met Canadian colleagues Trade Minister @mary_ng and FM @melaniejoly at the ASEAN gala dinner. All for greater trade and strategic convergence, while countering terrorism and opposing radicalization," he said in another tweet.



सत्यमेव जयते
राजस्थान सरकार




भारत रत्न

पं. जवाहरलाल नेहरू

(14 नवम्बर, 1889 - 27 मई, 1964)

की जयंती पर

शत-शत नमन



“पंडित जवाहरलाल नेहरू न सिर्फ एक कुशल राजनेता थे, बल्कि एक महान विचारक, दूरदृष्ट और आधुनिक भारत के निर्माता भी थे। उन्होंने ही आईआईटी, आईआईएम, आईसीएआर, इन्कोस्पार (इसरो) जैसे आधुनिक शिक्षा के मन्दिरों की नींव रखी, चिकित्सा सुविधाओं का विस्तार किया, ऊर्जा में आत्मनिर्भरता के लिए बिजलीघरों, भाखाड़ा नांगल जैसे बांधों का निर्माण किया। आज का आधुनिक भारत उन्हीं के सपनों और प्रयासों का मूर्त रूप है। ऐसी महान आत्मा को विनम्र श्रद्धांजलि।”

अशोक गहलोत, मुख्यमंत्री, राजस्थान

कार्यक्रम

मेगा जॉब फेयर

दिनांक: 14-15 नवम्बर, 2022
बिड़ला ऑडिटोरियम, जयपुर

पुष्पांजलि कार्यक्रम

सुबह 10.00 बजे
रामनिवास बाग, जयपुर

सूचना एवं जनसम्पर्क विभाग, राजस्थान



STATE ELECTION COMMISSION NATIONAL CAPITAL TERRITORY OF DELHI NIGAM BHAWAN, KASHMERE GATE DELHI-110006

No F. 10(21)/SEC/MCD/Gen. Election/2022/ PUBLIC NOTICE

Dated:

The following Election General Observers and Election Expenditure Observers have been appointed by the State Election Commission, Delhi to oversee the election process...

Table with 5 columns: S. No., No. and Name of the Ward of MCD, Name, Designation and Office address of the Returning Officer, Name, Designation, Office address and contact No. of the Officer appointed as Election General Observer, Name, Designation, Office address and contact No. of the Officer appointed as Election Expenditure Observer.

Table with 4 columns: S. No., No. and Name of the Ward of MCD, Name, Designation and Office address of the Returning Officer, Name, Designation, Office address and contact No. of the Officer appointed as Election General Observer, Name, Designation, Office address and contact No. of the Officer appointed as Election Expenditure Observer.

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Now hiring in Maharashtra, personnel for unit stretched by lawmaker protection

MOHAMED THAYER MUMBAI, NOVEMBER 13

PLAGUED BY vacancies and stretched by additional duties since a change in government, a special Maharashtra police unit that guards VIPs is launching a recruitment drive for nearly 450 new personnel later this month.

Sources said around 65 politicians in the state from the ruling dispensation enjoy 'Y+' security. Maharashtra Police has also been relying on former SPU personnel attached to local police units or Force One to provide security to these politicians...

Maharashtra Police is more than 2.20 lakh, against which it currently has 180 lakh personnel. Due to Covid-19, annual hirings have not been carried out in the past three years, due to which the number of vacant posts is higher.

Soon after the split in the undivided Shiv Sena, around 41 MLAs and 10 MPs initially went with the Shinde camp. They were provided Y+ security of the Central Reserve Police Force by the Union government.

security of Shinde camp members was increased, the cover for several Maha Vikas Aghadi leaders were scaled down or withdrawn.

Shah to IB: Don't just flag problems, resolve them

DEEPTIMAN TIWARY NEW DELHI, NOVEMBER 13

THE INTELLIGENCE Bureau, which is the country's domestic intelligence-gathering agency, should not limit itself to preparing reports but get actively involved in resolving internal security issues...



Shah is said to have conveyed that IB officers should engage with "troublesome groups"

the opportunity to directly convey the Government's vision on internal security with officers working at the ground level, a security official said.

BRIEFLY MAHARASHTRA Navy sailor found dead on warship

Mumbai: A 25-year-old Indian Navy sailor died allegedly by suicide on a frontline warship at the harbour here on Saturday.



Police investigate after an explosion on Udaipur-Ahmedabad railway track on Sunday. PTI

Explosion on rly track in Udaipur; NIA, other agencies investigate

EXPRESS NEWS SERVICE JAIPUR, NOVEMBER 13

THE RAJASTHAN Police on Sunday said they were informed by local residents about an explosion on railway tracks in Udaipur district, following which explosives were recovered from the area.

"We are gathering evidence and are investigating all angles. A case is being registered in the matter," said Udaipur SP Vikas Sharma.

Chief Minister Ashok Gehlot on Sunday took to Twitter to express his concern over the incident, which he called worrying.

MADHYA PRADESH Minor raped; critical: Police

Indore: A nine-year-old girl was allegedly kidnapped from a construction site and raped by a man in Madhya Pradesh's Indore, police said on Sunday.

JHARKHAND: THREE OF FAMILY DIED IN BOKARO IN 2020

Define hunger death, actual number of such cases: HC to govt

ABHISHEK ANGAD RANCHI, NOVEMBER 13

THE JHARKHAND High Court has asked the state government the "definition of hunger death" and the "actual number of hunger deaths", if any, following a suo motu cognizance of three deaths in one family within six months in Bokaro in 2020.

food security called these "hunger deaths", the state denied it by saying all died due to diseases.

ing the target and the second is whether hunger death has been defined by the state under any statute or any circular or whatever, and if not, then how the statements are coming that there is no hunger death or what is the number of actual hunger deaths.

not notify the hunger panel's report, so it is not binding in the court of law. Secondly, there is massive scope for improvement considering the recent National Family Health Survey-V Jharkhand report that said 67.4% children (between 6 and 59 months) and 65.3% women are anaemic.

ambiguity," Tiwary said. The Jharkhand HC's order asking the govt for a definition of "hunger death" assumes significance as current CM Hemant Soren, while in Opposition, had made these deaths an election plank and targeted BJP.

in September 2017, allegedly of "starvation". Her death triggered a controversy as her family could not get benefits due to mandatory Aadhaar-based authentication.

Initially, police thought it was an accidental death but when they checked CCTV footage from a camera 20 metres away, they realised she died during a robbery attempt.

NEW DELHI Army chief leaves for France

New Delhi: Army Chief Gen Manoj Pande Sunday left for France on a four-day visit with an aim to further strengthen the "bonds of trust" between Indian and French armies amid fast-evolving security matrix.

Table with 4 columns and 6 rows containing election commission details, including names of commissioners and their contact information.

* N.B: The details of Election General Observer in respect of ward number 49 to 51 have been revised in partial modification of the Public Notice on this matter dated 12.11.2022.



The Indian EXPRESS

FOUNDED BY

RAMNATH GOENKA

BECAUSE THE TRUTH INVOLVES US ALL

A defeat for Trumpism

Question now is whether Republican Party continues to back former president after midterm setback



ASHUTOSH VARSHNEY

IN THE RECENTLY concluded US midterm elections, Donald Trump was not formally on the ballot, but he lost. Stated another way, democracy was on the ballot, and it won. America averted a looming disaster.

Why are the midterm elections so important? The entire House of Representatives, consisting of 435 seats, was up for election. America elects its lower house for only two years. Also at stake were 35 seats of the US Senate (out of 100), 36 state governor's races (out of 50), 85 per cent of state legislative seats (nearly 6,300 in all), key state-level executive positions, and mayoral contests in many cities. Presidential candidates are obviously not on the ballot in midterms. Otherwise, midterm elections are a huge political exercise, having significant implications for policy and politics.

The US has also developed a highly unusual midterm tradition. It reveals something not possible in parliamentary systems, as in the UK, Canada or India. There, the party running the executive is also in control of the legislature, at least the lower house. In presidential systems, a split between the executive and legislature is possible. Indeed, the US President's party generally loses seats in the US Congress in the midterms, which can lead to a loss of majority in the House of Representatives and/or the Senate. Since 1934, only two presidents, Franklin D Roosevelt (1934) and George W Bush (2002), saw their parties gain seats in both houses.

Some of the recent reverses are also noteworthy. Bill Clinton won the presidency in 1992, but Democrats lost the majority in both houses in 1994, as did George Bush in 2006. Barack Obama won handsomely in 2008, but Democrats lost control of the House in 2010. After Donald Trump's 2016 Presidential win, Republicans lost 41 seats in 2018 and also their majority in the House.

This year was expected to be no different. But results have significantly broken from the tradition. With counting still unfinished, Democrats are expected to keep control of the Senate. Republicans might get a majority in the House of Representatives, but only barely. Winning 218 seats is required for a majority in the House; the current prediction is that Republicans will get around 220. In governors'

races, too, Republicans have fallen short of expectations. Unlike India, the US has no independent nationwide Election Commission that organises elections and certifies results. States do that here, giving governors and secretaries of state enormous powers.

As we have always known, elections have two sides. One side is purely statistical: How many seats, where, and at what level? The other is about meanings. What does it all add up to, and why?

It is at the level of meanings that the 2022 midterms have produced a most unexpected outcome. The polls were predicting a massive "red wave". Unlike China and the former Soviet Union, "red" in America means "Republican". Bill Clinton witnessed a red wave in 1994. Democrats lost 54 seats in the House and 10 in the Senate, losing the majority in both.

This year's red wave, if it had taken place, would have been qualitatively different. It would have put Trump-supported Republicans in control of the legislature. An astronomically large proportion of these candidates are "election deniers", meaning they have accepted Trump's falsehood that Joseph Biden stole the 2020 presidential elections. Many supported the January 6 attack on the Capitol. A red wave would have also meant having governors, who might not certify elections in the future if the elections did not go their way.

That is why democracy was on the ballot. Trump and many of his Republican candidates were basically saying that they would accept election results only if they won, not if they lost. So long as this is a niche view, democracy is not threatened. But if this view comes to power in a hegemonic way, democracy cannot survive. America has averted a fateful clash at the summit of the polity, the kind of clash that Latin American presidential systems have often witnessed, leading to the collapse of democracies.

Why has Trump been able to maintain such a hold over the Republican party, even though he lost in 2020? This is an institutional consequence of America's primary elections system. As a Democrat or Republican, you must first win an in-party primary before you can be a candidate in the general election. If

the party base becomes radicalised, the so-called fringe becomes the mainstream. This is what has happened to the Republican party. An estimated 30 per cent of Americans, overwhelmingly Republican, believe Trump's lie that the 2020 election was stolen, and Biden is not a legitimate president.

But to win a general election, those who win primaries must go beyond their party base and win the vote of independents, estimated to be 30-35 per cent of the voting population. That is why Trump lost in 2020 and that is where Trump-endorsed candidates faltered in the midterms. They attracted the committed party base, but not enough independents to produce a massive victory.

Though exit poll data are not entirely reliable, the two issues that apparently killed a potential red wave were abortions and democracy. In the summer, the US Supreme Court ended abortion as a nationwide right of women, leaving it for the states to decide whether women could have an abortion and until which week of the pregnancy. Women's votes appear to have gone hugely against Republicans because Republicans supported the court's decision.

The vote of the younger generation — in the 18-29 age group — also seems to have gone against Republicans by a 2-1 proportion. We will know more about this later, but a reasonable guess is that Trump's truculent inability to accept his defeat and his obsession with vote restrictions does not attract younger Americans. Their view appears to be that elections should decide who would rule, and voting should be made easier, not harder, especially for groups whose voices normally tend to get ignored. That is exactly the opposite of what Trump and his base want.

Other than winning 2016, Trump has lost all elections since then: The 2018 midterms, the 2020 presidential, a 2021 senate reversal, and now the 2022 midterms. Would he decline now, or will Republicans double down on his plans and strategy? If the answer is the latter, democracy has survived for now, but trouble lies ahead.

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PRICE OF FREEDOM

SC decision to free Rajiv assassination convicts is fraught. Court needs to insulate due process from political considerations

THE SUPREME COURT'S decision to release six persons, including four Sri Lankan nationals, serving life sentences in the Rajiv Gandhi assassination case on the advice of the Tamil Nadu government raises disturbing questions about due process. These persons — Nalini, Ravichandran, Santhan, Robert Payas, Jayakumar and Murugan — had been convicted after an investigation by a CBI SIT (Special Investigation Team) and a judicial process that began in a TADA court and concluded at the Supreme Court. The former prime minister and 15 others were killed when an LTTE suicide bomber targeted a political rally in Sriperumbudur, near Chennai, on May 21, 1991. A TADA court in January 1998 sentenced 26 of the 41 accused in the case to death; a year later, the SC freed 19 of them, upheld capital punishment to four persons and commuted death sentence of three others to life imprisonment. In 2000, the Tamil Nadu governor commuted the death sentence of Nalini to life on the state government's recommendation; in 2014, the SC commuted the sentence of the other three on death row to life on the ground that there was inordinate delay on the part of the Centre in responding to their mercy pleas. In May 2022, the SC allowed remission of A G Perarivalan's life sentence.

Indeed, the two-judge SC bench has cited the Perarivalan case as a precedent to free the six convicts last week. The Court, regrettably, preferred a procedural approach and allowed itself to be guided by the Tamil Nadu government's push for remissions in a case that pertained to an act of terrorism by an overseas organisation. The Tamil Nadu Cabinet resolution of 2018 reflected the consensus among major parties in favour of remissions. However, the Court ought to have insulated the law and due process from being overly influenced by the political executive. Its approach is stark when the plight of hundreds of persons incarcerated for extended periods because of state overreach in curtailing individual liberties is considered. In the Rajiv assassination case, Tamil subnationalism seems to have carried the day for the convicts — it is evident in the silence of the political class, including those who ride on hyper-nationalism. This arbitrariness is even more fraught given how politics clouds due process. Consider how the Ministry of Home Affairs recently cleared the way for life convicts in the Bilkis Bano case, involving gang rape and murder during the 2002 Gujarat riots, to walk free ostensibly on the recommendation of the Gujarat state administration. Ironically, in the Bilkis Bano case, the Supreme Court had taken exception to the investigation by state agencies to ensure that justice was served to the victims of gruesome communal violence.

It is baffling that the courts have allowed individual liberties to be determined by local political sentiments rather than by the letter and spirit of law. If the law or the process needs reforms or codification to avoid the charge of exceptionalism, so be it. But abdicating its role to the political executive when it comes to crime and punishment reflects poorly on the judiciary.

WHEN XI MEETS BIDEN

Thaw in US-China relations would calm economic and political nerves in world capitals. Delhi too would be relieved

ASIA HAS REASONS to welcome the first face-to-face summit between the US President Joe Biden and the Chinese leader Xi Jinping on the margins of the G-20 summit in Bali, Indonesia this week. Any tempering of the current conflict between the world's leading powers — the US and China — should calm economic and political nerves all around the world that is struggling to recover from the twin blows delivered by the Covid-19 pandemic and the war in Ukraine. The prospect of an imminent conflict between the US and China over Taiwan had indeed put the world on the edge of a precipice. President Biden hopes to "put a floor" below which the relationship between Washington and Beijing will not slide. For Washington, this policy of reducing the dangers of a war is a necessary complement to its determination to compete with China to retain its global leadership and Asian primacy. For Xi Jinping, the ambition is different. He would like Biden to walk back from the current policy of an all-round confrontation with Beijing. Xi would like to negotiate a bilateral accommodation that would consolidate the Chinese quest for Asian dominance.

One summit is certainly not enough to bridge the divide between the US and China that has rapidly deepened in recent years. As Beijing began to assert itself under Xi Jinping, who took charge in 2012, the broad consensus within the US in favour of a positive engagement with China turned into a strong bipartisan commitment to push back. When Biden's predecessor Donald Trump unveiled a policy of challenging Xi's trade and security policies, it was widely viewed as an aberration that would not survive the maverick leader's tenure. But Biden has simply doubled down on Trump's China policies; he also brought greater coherence and expanded the confrontation to include the full range of high technologies. At the same time, the Biden Administration has underlined the importance of keeping communication channels open with China and leaving the door open for cooperation, especially on trans-national issues like climate change.

Any engagement between US and China generates concern in the Indian foreign policy community at the potential for a rapprochement between the two great powers. But three factors today make Delhi less nervous. It is convinced that the current conflict between the US and China is deeply structural and is not amenable to quick solutions. Delhi is more confident than ever before about the depth and stability in its partnership with Washington. Finally, like the rest of Asia, India has a stake in the "responsible management" of the US-China conflict for the costs of such a conflict could be devastating for the entire region.

FREEZE FRAME

E P UNNY



DHIRAJ NAYYAR

THE START of COP27 in Egypt has renewed the world's focus on climate change. Electric vehicles (EVs) are key in the global quest to decarbonise. In India, which also faces serious air pollution issues, the transition to EVs is critical. However, there is a China-size risk in the supply chain for electric vehicles. The recent sabre-rattling across the Taiwan Straits ought to be a warning for the world. Given India's troubled relationship with China, the risk may be even more acute.

According to a recent report by the International Energy Association, every part of the EV supply chain is highly concentrated, mostly in China. The first stage of the supply chain is the key minerals required for batteries, namely lithium, nickel, cobalt and graphite. In graphite, China has an 80 per cent share of global mining output. In cobalt, the politically highly unstable Democratic Republic of Congo mines two-thirds of the global supply and Chinese companies control a big share of that country's mining. Lithium and nickel are not concentrated in China but are concentrated elsewhere: Australia mines over 50 per cent of the world's lithium and Indonesia mines 35 per cent of global nickel. Overall, this is a far greater concentration than in oil and gas. The next stage of the supply chain is the processing of ore/mineral concentrate into metal. China dominates across the board. Globally, over 60 per cent of lithium processing, over 70 per cent of cobalt processing, 80 per cent

SECURING GREEN TRANSITION

Why China's dominance of electric vehicle supply chain must be countered

of graphite processing and about 40 per cent of nickel processing takes place in China.

The next stage is cell components. China produces two-thirds of global anodes and three-fourths of cathodes. The only other producing countries of note are South Korea and Japan. After that come battery cells, where China has a 70 per cent share. Finally, in EVs themselves, China has a share of around 50 per cent in global production. Europe is a distant second with 25 per cent. Surprisingly, the US is a small player in the EV supply chain, producing only 10 per cent of vehicles and containing just 7 per cent of battery production capacity. India does not feature as a player of note.

The fact is that China is now the biggest spender on climate/energy transition. According to a report by Bloomberg's New Energy Fund (NEF), in 2021, out of a total global spend of \$750 billion in climate-related investments (90 per cent of which went into renewable energy and electric transport), China alone spent \$266 billion. The US was a distant second with \$114 billion. The major countries of Europe combined would equal the US. India was in 7th place — not a bad rank to occupy — with \$14 billion invested. However, while almost 40 per cent of Chinese and US spending was on EVs, more than 95 per cent of India's spending is on renewable energy. Interestingly, in Europe, about 75-80 per cent of the spending is on EVs, which is why it leads the US in this sector. In India, despite intent, EVs have not

received sufficient investment.

As India makes good strides in its energy transition it cannot afford to depend on China and select countries. A two-pronged strategy is needed. First, on the minerals and materials. India has been slow at acquiring overseas mines of these critical minerals. A recently formed government venture, KABL, which is a JV between three minerals and metals PSUs, is tasked with the job of identifying and acquiring overseas mines. However, given the serious constraints in which PSUs operate, especially when compared with their Chinese counterparts, the chances of success are small. An alternate option is to liberalise exploration policies domestically, benchmark them with global best practices and invite global investors to find and mine in India. Simultaneously, it is important to stitch up supply alliances with countries ex-China, as has been done with Australia. At higher ends of the value chain, from battery cells onwards, there is a need to invest much more, not just in PLI, but given the nascent stage of the industry, in R&D. Here, a public-private partnership is vital. The vibrant startup ecosystem must be leveraged because it is more likely to be innovative than legacy firms. At any rate, it is too risky and expensive for India to be dependent on imports across the energy transition board, particularly EVs. We know that from our experience in oil.

The writer is chief economist, Vedanta

NOVEMBER 14, 1982, FORTY YEARS AGO

390 AKALIS ARRESTED

A SERIES OF explosions rocked Punjab during the last 36 hours while the state government swung into action to round up middle rung Akali leaders as a step to foil their plan to protest in New Delhi during the Asian Games. According to an official spokesman, about 390 Akalis have been arrested so far. None of the important leaders, however, have been arrested. Prohibitory orders have been promulgated in Delhi.

NAGALAND UNCERTAIN

IT APPEARS THAT the people unable to give

a clear verdict in their fifth general election. As a result, Nagaland seems by all accounts to be heading for a period of political instability and horse-trading. Both the ruling Naga National Democratic Party (NNDP) and the Congress-I, locked in a stalemate, have already begun intense wooing of the 12 independents who now hold the key to power in the state. The first four independents who arrived at Kohima from their respective constituencies had reportedly taken refuge in a safehouse in the city. They are reported to have formed a joint front. Their spokesman, M Zinyu, has told reporters that they have been given "protection" against intimidation.

BREZHNEV'S FUNERAL

MORE THAN 60 heads of state and government, including Prime Minister Indira Gandhi, will attend the funeral of Leonid Brezhnev. Heads of foreign missions paid homage to the Soviet Leader at the Hall of Columns where his body is lying in state.

SANCTIONS REMOVED

US PRESIDENT RONALD Reagan announced the lifting of the sanctions imposed in December last year against the Soviet Union. The sanctions had been imposed because of the martial law declared in Poland.



17 IDEA EXCHANGE

NEWSMAKERS IN THE NEWSROOM

Caste is not a criterion for social or educational backwardness. A group has to fulfill 15 or 20 criteria, not one of them says you have to belong to a caste. Now, caste can be a class, it's a group, but a class is not a caste



Manoj CG: How does the EWS (economically weaker sections) judgment alter the basic architecture of reservation in India? Were you surprised by the judgment, the three-two format it came in?

I was not surprised that the majority upheld the amendment. We were hoping to get at least one dissent. We got two dissents and that speaks volumes for the independence, openness, professional integrity and professional quality of the two judges who dissented because they certainly did not start out having a position on it. I think it has given us rich material for understanding what this judgment really is. In the very first hearing that we had, I told the court that I believe that this is not an ordinary case. It is what I would call the ADM Jabalpur of social justice. Now after the result, and reading the three majority judgments, I would say it is the Jallianwala Bagh of social justice. ADM Jabalpur in the sense that it is a judgment that this Court will regret for a long time to come and will bring it to disgrace for a long time to come. And Jallianwala Bagh in the sense that it slaughtered many principles and fundamental visions of the Constitution.

The most important victim of this judgment is the idea of reservation, which had a lot of integrity in the Constitution. The idea of representative democracy as being a fundamental pillar of democracy has been codified into the Constitution. Reservation is only a tool for representation. If we find a better tool, we'll throw reservation into the Arabian Sea.

Apurva Vishwanath: On the last day of the arguments, you proposed something of a compromise — if we could allow the inter-migration between these vertical reservations we have. That's basically the inclusion of SC, ST and OBC in the EWS quota. How would you think that works? Even in the SC and ST reservations, if you get more than the qualifying marks under this category, you are moved to the general category.

A person is a member of the Backward Class only when that person applies to that category. So this is just a set of eligibility criteria for different kinds of weaknesses. All of this ultimately goes back to Article 46, which says the state shall take care with special interests of the educationally and economically weaker sections of the population, especially Scheduled Castes and Scheduled Tribes. And EWS, according to the government, is made in pursuance of Article 46. So you're looking at weaknesses, you're identifying different kinds of weaknesses and then you're identifying a weakness that is associated with the criteria set out in the SC, ST and SC criteria, which is the essence that you are suffering from lack of representation.

Ananthkrishnan G: I agree that reservation is to ensure representation. But what has happened to it now? Ten per cent for EWS is not from the 50 per cent set apart for backward classes. That stays. So if anybody has a reason to complain, it is the rest of the 50 per cent general category who have their space shrunk by 10 per cent.

Why did they need to refer to 15 (4) pr 16 (4) at all? If your intention was to give it to socially and educationally forward classes, your first responsibility is to say that explicitly and directly. Why? Parliament says that they're making this law under Article 46, which says you shall take special care of educationally and economically weaker sections, especially SCs and STs. And you're saying that you're making a law on Article 46 and excluding SCs and STs? Forget the OBCs. You're again arguing that 50 per cent is of those who are not getting reservations. But why have you allowed those who are not getting reservations to get women's reservations, sports persons reservations or PwD reservations? Is that not a disqualification to the EWS? Is that not a double reservation? It's only OBC, SC and ST reservation that becomes a double reservation. This is not for people who don't get reservations, it is very much for people who are entitled to plenty of other reservations — domiciliary reservation, children of officials reservation, and so on. It simply says you cannot be from the lower caste. What about those who are excluded from the creamy layer of OBC? They are also affected by this 50 per cent reduction. The creamy layer, excluded from OBC, can only be in the 50 per cent open quota.

Ananthkrishnan G: But the 50 per cent from which 10 per cent EWS quota is carved out is not upper-caste category. It is the general unreserved category. It is not even religion-based.

It is not. SEBC (socially and economically backward classes) is not religion-

WHY G MOHAN GOPAL

A scholar in constitutional law and an alumnus of Harvard Law School, Prof G Mohan Gopal is former Vice-Chancellor of the National Law School in Bengaluru. Former Director of the National Judicial Academy, he has had stints with the World Bank, ADB, and was a member of SEBI. Gopal, also former Director of the Rajiv

Gandhi Institute of Contemporary Studies, was in news recently when he argued against the EWS quota amendment in the Supreme Court. He was also handpicked by then Chief Justice of India to head the Centre for Research and Planning (CRP) in 2019, the Supreme Court's in-house think tank, now disbanded



The fact that judiciaries must be representative is an idea well-established globally... So when the judiciary makes decisions, everyone's experience should be at the table and everyone's concern addressed

'Reservation is a tool for representation. If we find a better tool, throw it into the Arabian Sea'

Constitutional law expert and scholar Prof G Mohan Gopal on the Supreme Court verdict upholding 10 percent reservation for the economically weaker sections, and the need for a more diverse Bench. This session was moderated by Associate Editor Manoj CG



Professor G Mohan Gopal in conversation with Manoj CG, Associate Editor, *The Indian Express*, at the Idea Exchange. Praveen Khanna

based. You've got every religion. It's a category that unites people across *varnas*, *jatis*, religions and regions. But communities don't have representation. It is one of the most successful and powerful uniting concepts in India since Independence. Across the country, people say we are Backward Class. We are unrepresented classes. They're fighting for representation. Yes, the open category is anyone, everyone. Then why do you not express concern about the creamy layer of the Backward Classes? They're also losing their 10 per cent but their own communities are not benefiting. So this is just full of anomalies. And that's because you're struggling to do what you really want to do. What you really want to do is to create a carved-out space for the upper caste. You cannot do what you really want to do. So you're struggling with it. If you simply say that this is a different set of criteria, you open up to anyone who fits in that criteria. You accept that those who are deprived and the multi-dimensional poverty indicators take into account social deprivation also in a different way. So, any group that is a group BPL, not individuals BPL, in my view, deserves representation. We can treat them as a working class from a Marxist point of view, and give representation to the working class. I've been asking my own state (Kerala) government. You are supposed to be a Left party and you're supposed to be a working-class party. I've gone to the High Court of Kerala and filed a case for this. Why don't you give EWS in Kerala to the working class?

Why are you implementing EWS in Kerala the same way Gujarat is implementing EWS? In fact, worse. The Government of Kerala issued an order giving the list of eligible categories of EWS and on top, it is written *jati* or caste. I said you should have said so as a Left government that we only give it only to the working class. If you want to challenge it in the Supreme Court, go ahead and do it. For us, the economically weaker section means the working class.

Manoj CG: Were you surprised when the Congress supported the Constitutional Amendment Bill in Parliament, and after the verdict, they claimed credit for it, saying the process was initiated during the Manmohan Singh time, with the appointment of the Sinho Commission?

No, I'm not surprised. I think it reflects the people who are speaking rather than the movement. The movement itself is very diverse now.

P Vaidyanathan Iyer: You seem to more or less agree that an income-based criteria qualifies for reservation.

And it is not in violation of the basic structure doctrine which the three judges have talked about?

I don't agree. It all depends on what we mean by 'economic'. So you said, economically weaker section and you've issued financial criteria... income assets and so on, that's not economic weakness. Now, when you look at the criteria for social and educational backwardness or Scheduled Caste's eligibility to be a Scheduled Caste, not a Tribe — even a tribe to some extent — you find the same ideas which come within the broad concept of economic, multi-dimensional criteria. And that very much includes social exclusion, lack of representation, a lack of voice, all that comes into the idea of economic representation.

Amrith Lal: Ram Manohar Lohia has talked about gender as an indicator of backwardness; he says women irrespective of the caste need to be treated as OBCs. So, is there a need to talk about a wider multi-dimensional deprivation index in the context of reservation?

Caste is not a criterion for social and educational backwardness. A group has to fulfill 15 or 20 criteria, not one of them says you have to belong to a caste. Now, caste can be a class, it's a group, it can be a class for the purpose of 16-4, but a class is not a caste. Any group or community... caste or community, any group that has these weaknesses, these qualities, can be a socially and educationally backward class. So we've got transgender made into a socially and educationally backward class where the Supreme Court itself, the National Commission for Backward Classes has asked that orphans should be made a backward class, because transgenders, orphans, street children don't have representation and they need it.

So, any group that does not have a voice or is not represented, should be

brought into the Backward Classes and given representation through reservation, but not those who are socially and educationally forward and may, by ill luck, have less money in the bank or less income or assets. But it must be structural, it must be systemic, it must affect the group as a whole. And we do not have caste-based reservation. Castes are eligible for reservation. But the first really caste-based reservation is EWS in this country.

Ananthkrishnan G: Wouldn't religion-based reservation be a problem? Would you support it?

We are not giving reservation to a religion. We are looking at a group, applying a set of secular criteria on various measurable indicators based on data. So, the same National Commission of Backward Classes, when the Congress was in power, recommended that Jats should not be made Backward Class. That was politically overridden. Because there was no data to support their exclusion. So, we have no reservation for Muslims. We have reservations for groups, castes and communities. That's a technical word they use in the Backward Class commission... caste and communities, which meet certain criteria of deprivation, resulting in lack of representation.

Deeptiman Tiwary: Following the judgment, two Bihar parties RJD, which had always been opposed to the EWS quota and JDU, which supported the legislation, have come out and said that this opens the door for interpretation and increasing the quota over 50 per cent as it is understood today. Now, following this judgment, if the Bihar assembly brings such a resolution, will it stand the scrutiny of the court?

It's speculative, we'll have to see exactly what it says but one thing is impor-

tant as a matter of principle, which BR Ambedkar also expressed himself in the Constituent Assembly. He said that we have to protect equality of opportunity. Why did he say that? Because equality of opportunity is in the Constitution because these same oppressed people struggle for it. There has never been a right to equality before 1950 in this country... On August 27, 1947, two Dalits got up in Parliament, in the Constituent Assembly, S Nagappa and Munuswamy Pillai, and said, "We may be dumb, we may be illiterate, but we want our due share". Before that Nagappa said that though everyone is happy that the British are going but we, the Scheduled Castes, fear that the Hindus have come to power, and they will take us back to Hindu Raj. And they will bring back *chaturvarna* to oppress the harijans. He said we want our due share.

Now, we are not saying upper-caste Hindus should not have representation. Everyone must have representation.

Aakash Joshi: There has, over the years, been a lot of debate about representation in the executive, legislature and other institutions. Do you think it's time to have a wider, serious discussion about a more diverse Bench?

I strongly agree with you. And the fact that judiciaries must be representative is an idea well-established globally. Justice Sonia Sotomayor of the US Supreme Court, before she became a judge, made a speech. I believe it was four times she repeated that she said, as a poor Latina woman, will make a better judge than a white man. Some of the white men objected. She said, No, I'm not going to take it back. Because, as a woman, I've had a life experience that no man has had. As a Latina, I've had the life experience that no white man has had. So when the judiciary makes decisions, we want everyone's experience to be at the table and make sure that everyone's concern is addressed. So some people say, what about merit? But where are we serious about merit? What are the criteria for merit for a Supreme Court judge? Other than the qualifications — age, office and so on... So, yes, we definitely need a more representative judiciary at all levels.

Sourav Roy Barman: Many have argued that this amendment also enjoys considerable political legitimacy. To what extent do you think this has influenced the decision making of the court?

You're right. Whether the fact that this was nearly unanimously approved by Parliament, whether it weighed in the minds... no... I don't think that ever came

up in these long arguments. So that didn't make much of a difference... but certainly, there's a perception to that effect.

Manas Srivastava: In coaching institutes, students have started asking their teachers that should the debate shift to number of seats, jobs and employment rather than on increasing and decreasing reservation? Do you think this argument of reservation increasing/decreasing is also a way a political party takes to cover up its inability in providing jobs?

You make a very important point. There is a lot of confusion about reservation as simply access to jobs and education seats, as an end in itself, without realising that there is a higher constitutional aim of adequate representation. And so, the two are getting confused. And we need to separate that. So we have to shift the debate from being about reservation to being about representation.

...And now we have realised there are two kinds of reservations in this country. One is reservation for representation. And we cannot talk of them in the same breath, we have to realise that there are two opposing ideas of reservation. So we must recognise that reservation has become a weaker tool for fighting for representation, which means we have to intensify the struggle for representation.

Apurva Vishwanath: The hypothesis that when it comes to the Supreme Court testing big pieces of legislation, including constitutional amendment... except when it involves judicial independence or the judiciary's functioning, the Supreme Court always sides with Parliament or the state and gives it a pass. Do you agree with this?

We are talking of judicial review of the highest order, of a constitutional amendment, and you can only test it on the criterion of violation of basic structure. So in that narrow band, there have been only seven or eight instances where a constitutional amendment has been struck down by the court. And except in one case, where the procedure was violated, the state assembly did not approve. In all other cases, in one form or the other, there was the question of judicial power involved. So, yes, one could argue that they generally have not struck down an amendment where there was no questioning of judicial independence or judicial power, their own institutional role. I'm fully aware of that. That's why I thought it would go 5-0.

There is confusion about reservation as simply access to jobs and education seats, as an end in itself, without realising that there is a higher constitutional aim of adequate representation





WORLD DIABETES DAY

2022

ADVERTORIAL

WHY DIABETES AWARENESS, CARE AND TREATMENT IS SO IMPORTANT

NOVEMBER is Diabetes Awareness Month and World Diabetes Day falls on November 14. This is a good time to understand more about this disease that affects millions of people in India and around the world. Diabetes is a chronic disease that can have serious consequences if left untreated. That's why diabetes awareness, care, and treatment is so important. Diabetes is a condition in which the body's ability to produce or use insulin is impaired. Insulin is a hormone that helps the body to regulate blood sugar level. When there is not enough insulin, or the body can't use it properly, blood sugar levels can become too high. This can lead to a range of serious health problems, including heart disease, stroke, kidney disease, and blindness.

Diabetes In India

In December 2021, while speaking in the Lok Sabha, Union Minister of Health and Family Welfare Mansukh Mandaviya gave details about the spread of diabetes in India. He said that the estimated number of diabetes patients in India in the 20-79 age group was 74.2 million in 2021. This was likely to increase to 124.8 million by 2045. One in 12 adults or more than 74 million people living in India are diabetes patients, according to a new report from the International Diabetes Federation (IDF). This figure is the second-highest in the world after China, which has about 141 million people who are living with diabetes.

Diabetes Awareness

Diabetes is a preventable disease,

and awareness is the first step to prevention. There are many things you can do to lower your risk of developing diabetes, including maintaining a healthy weight, eating a healthy diet, and getting regular exercise.

Diabetes In India and Western Countries

Diabetes in India starts at a relatively young age. It manifests itself a decade earlier in Indians compared to people in Western countries. Such early onset of diabetes increases the risk of complications. Presence of central obesity amongst many Indians increases liver related diseases due to accumulation of fat. Important thing to note is that there are not much visible primary indicators as diabetes silently affects us and many of us wake up only after complications. That is why diabetes awareness is important.

Diabetes Care

Taking care of diabetes care is a lifelong responsibility. It is important to implement certain diabetes care strategies so that health complications can be managed. Careful diabetes care can reduce any risk of serious complications. Here are some things to do in terms of diabetes care.

1. Commit to managing diabetes

If you are under a diabetes care team, they can help you learn the basics of diabetes care and offer support also. However, you have to make the effort to take care of your condition. Learn about diabetes, eat healthy, exercise and



maintain a healthy weight and monitor blood sugar.

2. Don't smoke

Avoid smoking or even quit smoking. Smoking does increase your risk of type 2 diabetes. Talk to your doctor on different ways that can help you to stop smoking. Smoking increases your risk of type 2 diabetes and the risk of various diabetes complications like

Reduced blood flow in the legs and feet, which can lead to infections, non healing ulcers and possible amputation

Worse blood sugar control

Heart disease

Stroke

3. Keep your blood pressure and cholesterol under control

Like diabetes, high blood pressure can also damage your blood vessels. High cholesterol is a concern, too, since the resulting damage is often worse and more rapid when you have diabetes. Eat a healthy, reduced-fat and low salt diet.

4. Schedule regular health check-ups and eye exams

Schedule two to four diabetes checkups a year, in addition to your annual health check-up and routine eye exams. Your doctor can then assess signs of any diabetes-related complications—including signs of kidney damage, nerve damage and heart disease.

5. Take care of your teeth & feet

Diabetes may lead to gum infections. Brush your teeth at least twice a day with

a fluoride toothpaste and schedule dental exams at least twice a year. Diabetes can also lead to pain, tingling or loss of sensation in your feet. Check your feet for calluses, blisters, sores, redness or swelling.

6. Take stress seriously

If you're stressed, you may start ignoring your usual diabetes care routine. To manage your stress, set limits and prioritize your tasks. Learn relaxation techniques. Get plenty of sleep. And above all, stay positive. Diabetes care is within your control.

Diabetes Treatment

If you have diabetes, it's important to manage your condition with regular check-ups, a healthy diet, and exercise. There are many different types of diabetes, but all of them require treatment and management in order to keep the disease under control. With proper treatment, people with diabetes can live long and healthy lives. There is no one-size-fits-all when it comes to treating diabetes. The best approach for you will depend on a number of factors, including the type of diabetes you have, your overall health, and your lifestyle. There are some general treatments that are effective for most people with diabetes. These include lifestyle changes (such as diet and exercise), medication, and insulin therapy. Making healthy lifestyle choices is one of the most important things you can do to manage your diabetes.

Do you have prediabetes?

Prediabetes can be a health wake-up call. It is real and it is common.

Prediabetes is a serious health condition not to be ignored. People with prediabetes have higher blood sugar levels than normal but not high enough yet to be considered for a diabetes diagnosis. It increases the risk of developing diabetes, heart disease, and stroke.

The risk of serious health conditions increases if prediabetes goes unnoticed. Having prediabetes can go unnoticed without any symptoms; it shows up with a serious health condition. The risk factors for prediabetes, includes:

- Being overweight or obese
- Being 45 years or older
- Having a parent, brother, or sister with diabetes
- Sedentary lifestyle
- Ever having gestational diabetes (diabetes during pregnancy)
- Race and ethnicity are also a factor.
- Co-morbid condition like high BP and



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abnormal cholesterol levels

- Ignoring prediabetes increases the risk of developing diabetes. And long term diabetes may leads to damage especially to your heart, blood vessels and kidneys may already be starting.

The devastating outcomes of diabetes are well-known. However, there is good news. Progression from prediabetes to diabetes is reversible. Making lifestyle changes and sticking to it can help you achieve the same.

People who have prediabetes or at risk of developing prediabetes should make important lifestyle changes which include:

- Get a prediabetes risk test
- Modest weight loss (around 4-7 kg)
- Regular physical activity of 150 minutes per week
- Eat healthy, design a diet chart to help achieve your goal
- Manage stress
- Stay motivated

Talk to your doctor about getting your blood sugar tested if you have any of classic diabetes symptoms. Do not ignore it and start making the necessary changes to prevent diabetes.

Diabetes Meal Planning: What you need to know?



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- Whole foods instead of highly processed foods as much as possible.

For diabetic patients, the Diabetes Plate Method is the easiest way to plan healthy meals with just a plate that can help manage blood sugar. The plate method is a simple, visual way to make sure you get enough non-starchy vegetables and lean protein while limiting the amount of higher-carbohydrate foods you eat that have the highest impact on your blood sugar.

How to make diabetes plate method

- Start with a 9-inch dinner plate
- Fill half with non-starchy vegetables (such as salad, green beans, broccoli, cauliflower, cabbage and

carrots). Non-starchy vegetables are lower in carbohydrate, so they do not raise blood sugar very much. They are also high in vitamins, minerals, and fibre, making them an important part of a healthy diet.

- Fill one quarter with lean protein, such as chicken, beans, tofu, or eggs.
- Fill one quarter with carbohydrate foods such as grains, starchy vegetables (such as potatoes and peas), rice, pasta, beans, fruit, and yogurt. A cup of milk also counts as a carbohydrate food.
- Then choose water or a low-calorie drink such as unsweetened tea/coffee.

A meal plan is your guide for when, what, and how much to eat to get the nutrition you need while keeping your blood sugar levels in your target range.

A good meal plan include:

- More non-starchy vegetables, such as broccoli, spinach, and green beans.
- Fewer added sugars and refined grains, such as white bread, rice, and pasta with less than 2 grams of fibre per serving.



High television time increases the risk of diabetes



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For most of us, watching television (TV) is the most common daily activity

apart from work and sleep. On an average, 40% to 50% of daily free time is occupied by watching TV viewing and this corresponds to a daily TV viewing time of about 3.5 to 4 hours.

Some researchers have observed that three to four hours of watching TV in a day could be linked with premature death and it has also been reported that watching TV can increase the risk for diabetes. It is not surprising to mention but its human tendency that most of us eat junk foods (such as fried foods, processed meat, and sugar-sweetened beverages) and love to drink alcohol and/or smoke while watching TV, all these further adds up the risk for diabetes.

According to the reports from a new research study, every one hour spent in front of the TV can make high-risk people more susceptible to develop diabetes by 3.4%. And let us say if you happen to spend a whole day watching TV that could translate into as much as a 30 percent higher risk for diabetes. Watching TV continuously for long time also makes you lazy and leads to increased body weight, which in turn can cause heart problems apart from diabetes mellitus.

It's the time for a change, the message is very simple, cut back time spent on TV watching!!!

Get active!!! Eat healthy!!! Prevent diabetes and its complications.

Diabetic foot infection: What is it and how to prevent?

Foot problem is a common complication in people with diabetes. It usually occurs when your blood sugar levels remain high for very long time. Further, longstanding high blood sugar levels can cause damage to the blood vessels, thereby decreases blood flow to the feet. Poor circulation can weaken the skin, contribute to the formation of foot ulcers (foot infection), and impair wound healing. The risk of developing foot problem is high if you have had a foot ulcer in the past, have nerve damage, have any foot deformities or if you have poor blood circulation.

In general, you can lower your risk of diabetic foot infection by keeping your blood sugar with in the normal levels and by visiting your doctor for regular check-ups. You can also lower your risk of developing foot problems by examining your feet regularly.

Taking care of your feet



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- Wash and check your feet daily.
- Use lukewarm water and mild soap to

clean your feet.

- Thoroughly dry your feet, paying special attention to the spaces between the toes, by gently patting them with a clean, absorbent towel.
- Apply a moisturizing cream or lotion.
- Trim your toenails straight across, and avoid cutting them down the sides or too short
- If there is corn or callus, do not try to remove on your own; instead consult a foot care provider (such as a podiatrist).
- Apply moisturizing cream or lotion when feet are dry.
- Avoid walking barefoot
- Wear cotton socks that fit loosely and always wear shoes to cover your feet.
- Make sure your shoes fit right.



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Diabetic neuropathy (DN) is a serious and common complication of diabetes, with a lifetime prevalence of more than 50% among people with diabetes. DN can encompass several patterns of neuropathy, owing to the numerous possible sites of nerve damage.

DN is an insidious and often disabling disease. Sensory symptoms are diverse, ranging from numbness to dysesthesia [an abnormal unpleasant sensation felt when touched, caused by damage to peripheral nerves], pain and allodynia [pain due to a stimulus that does not normally provoke pain], and typically begin in the feet and spread proximally. Motor function can also be affected, resulting in weakness, atrophy, gait disorder and loss of coordination, preventing patients from engaging in activities of daily living. DN can impact psychosocial behaviour and quality of life (QoL). DN is a major risk factor for diabetic foot ulceration and lower limb amputation. All patients should be assessed for diabetic peripheral neuropathy starting at diagnosis of type 2 diabetes and 5 years after the diagnosis of type 1 diabetes and at least annually thereafter.

Assessment for polyneuropathy should include a careful history and assessment of either temperature or pinprick sensation and vibration sensation. All patients should have annual 10-g monofilament testing to



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identify feet at risk for ulceration and amputation.

Up to 50% of diabetic peripheral neuropathy may be asymptomatic. If not recognized and if preventive foot care is not implemented, patients are at risk for injuries to their insensate feet.

Prevention strategies for DN focus on glycemic control, lifestyle modifications [such as such as regular exercise and a balanced diet] and footcare [all people with diabetes should have a foot assessment at the time of diagnosis and annually]

In Diabetes: Prevent the Nerve Damages



Food for diabetes:- A complete guide to managing diabetes.



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that they must quit their favorite foods. Remember, when you have diabetes, it does not mean that you must give up all the foods you love, you can still enjoy a wide range of foods but in limited quantities. You can keep diabetes at bay by picking the right foods.

There is not a single optimal diet or meal plan for people with diabetes. A diet that includes carbohydrates from fruits, vegetables, whole grains, legumes, and low-fat milk is encouraged. Vegetables such as spinach, kale, broccoli, cauliflower, cucumber, peppers and beets are recommended. As a thumb rule, you should aim to fill one-half your plate with veggies. Likewise, corn, white potatoes, sweet potatoes and peas should be avoided. You can eat fruits such as blueberries, strawberries, and raspberries,

apple, peaches, Oranges, Kiwi, Bananas, Grapes and Melon Fruits with high amount sugar like mangoes and banana should be avoided. Vanaspati, butter, ghee, margarine, coconut oil, red meats like sausages, ham, bacon, egg yolk, whole milk and its products should be restricted. You can replace sugary sweets that are high in fat and sugar with natural desserts such as yogurt, frozen fruit sorbets, dates, etc. These foods will satisfy your sweet cravings while also providing good nutrition. Artificial sweeteners do not affect blood glucose levels and may be consumed in moderation. Nutritive Sweeteners such as fructose, honey, corn syrup, molasses, fruit juice or fruit juice concentrates dextrose, maltose, mannitol, sorbitol and xylitol. All these should be best avoided.

Most of the patients when diagnosed with diabetes for the first time get the fear



Diabetes and its complications



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for diabetes in the last decade. And we Indians are at a higher risk of this disease than the western population.

What are the most likely reasons for the increased prevalence of diabetes in India?

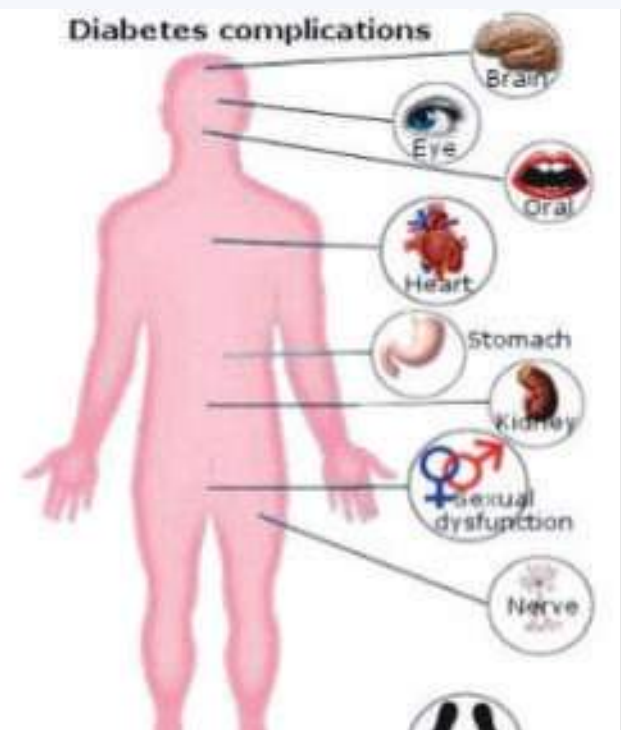
Has the diagnosis and detection of the disease improved, have the risk factors for the disease increased, is it the lifestyle changes, unhealthy diet or sedentary lifestyle? In all probability, it is a contribution of all these factors which has increased the prevalence of diabetes in India.

High sugar levels can seriously affect other organ systems of the body. These are called as the complications of diabetes or as comorbid conditions. When a person has two or more chronic

conditions, a doctor may refer to these conditions as comorbid. A person with diabetes is more likely to develop complications such as heart disease, sleep disorders, gum disease, sexual problems, nerve damage, kidney problems, cancer, obesity, dyslipidemia, and hypertension. One complication can lead to another.

These complications can happen at any time and gradually develop over a period of time and can lead to serious damage if left untreated. However, they are not inevitable; managing your diabetes well as advised by your doctor can help reduce these risks of developing complications. But you need to take action before it is too late.

- Brain
- Eye damage
- Oral Health
- Heart disease
- Stomach
- Kidney damage
- Sexual Dysfunction
- Nerve damage
- Foot damage



Diabetes and heart disease often go hand in hand



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vessels and the nerves that control your heart. Further, if your blood pressure levels and cholesterol levels are also high, then its 'possible' that your chances of getting heart problems is very high.

By bringing the following changes in your life, you can lower your risk for heart disease or keep it from getting worse

1. Follow a healthy diet:
 - Eat more fresh fruits and vegetables, lean protein, and whole grains.
 - Eat fewer processed foods (such as chips, sweets, and junk food) and especially avoid food comprising of trans fat.
 - Drink more water, fewer sugary drinks, and less alcohol.
2. Maintain healthy body weight: This will have beneficial effects not only on heart but also reduced blood

pressure and cholesterol levels

3. Be physically active: Helps control blood sugar levels and lowers your risk of heart disease. Try to get at least 150 minutes per week of moderate-intensity physical activity, such as brisk walking.
4. Manage your ABCs:
 - A: Get a regular HbA1C test done
 - B: Try to keep your blood pressure below 140/90 mm Hg
 - C: Manage your cholesterol levels.
5. Reduce stress. Try meditation or deep breathing exercises
6. Quit smoking.

If you have diabetes, then the risk for you getting heart disease is doubled when compared to individuals who do not have diabetes. The longer you have diabetes, the more likely you are to have heart disease. High blood sugar levels cause damage to the blood





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Diabetes distress or burnout is the feeling of frustration, sadness, guilt and worry with regards to managing diabetes. You have been religiously following all the routines of taking your medication on time, eating the right diet, taking time out for your daily walk and physical activity, checking your blood sugar levels regularly. And all of a sudden you feel vindicated for not getting the desired results or you develop a health problem related to diabetes despite your best efforts. These feelings may result in frustration &

Diabetes distress and burnout

discouragement, and you may stop monitoring the blood sugar levels, even stop practicing your routine stuff. You're experiencing a diabetes distress or burnout.

Anyone can feel diabetes distress and a lot of people experience it more than once. The most common reason for feeling diabetes distress is worrying about getting complications in the future or feeling anxious about your diabetes management. It is slightly more common for people who take insulin.

Having diabetes distress for a long stretch of time can lead to burnout. It is completely normal to go through a burnout and there is nothing right or wrong way to feel. Knowing the signs of these feelings can help you overcome or manage these feelings better. However, it is important to be aware about some signs that things are getting too much and those are:

- Feeling angry and frustrated about the demands of managing diabetes.
- Lack of motivation to change the

unhealthy habits in managing diabetes.

- Avoiding doctor appointments or regular checking blood sugar levels.
- Being lenient with your diet.
- Feeling lonely.

Be kind to yourself, recognize the signs and symptoms and get the right support from your healthcare team and people around you to overcome these feelings.



"Diabesity" – Diabetes and Obesity

India is facing the challenge of "Diabesity"; combined burden of diabetes and obesity, especially in young adults and children. But it has become a norm these days; blame it on the unhealthy lifestyle, diet or decreased physical activity. All of these factors contribute to this double-trouble of Diabesity.

As we are enjoying the festive season in India, traditionally any occasion in India is celebrated with intake of sweets and other delicacies. We have heard of "Muh meetha karo" for any joyous occasion numerous times in our lives. It is just one of the many instances where we let go on what we eat and there is no limit to the calorie intake.

There is a strong relationship between calorie intake and obesity. In India, the



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to easy availability of high fat, energy-dense foods, along with less burning of the calories as a result of urbanization and sedentary lifestyle. Parallel to the rise in overweight and obesity, the prevalence of diabetes has also increased in India.

There are recommendations or guidelines on the sugar intake, total calorie intake and physical activity in place to combat obesity and diabetes. But, are we adhering to it? Don't wait for the year to end to start a resolution with regards to your health.

Lead a healthy and active lifestyle.

prevalence of obesity is on the rise especially in young adults and children due to an increase in energy intake owing

Can diabetes leads to nerve damage?



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ulcers and infection. It is not necessary that all diabetics should experience these symptoms because few people experience these symptoms and few do not.

Nerve damage can also lead to problems with the bones, muscles, and joints in the feet. Over time, this can cause a person's foot to have an abnormal shape. These symptoms can be managed or reduced if your blood sugar levels are within the normal values. However, it is always believed that prevention is better than cure. Having said this, there are several ways by which the risk of getting nerve damage can be reduced such as-

- Maintaining blood sugar levels as close to normal as possible.
- Quit smoking.
- Eating a healthy diet and getting plenty of physical activity.
- Maintain healthy body weight
- Making sure that high blood pressure and heart disease are treated if these conditions are present and cholesterol is under control.

Uncontrolled high blood glucose levels for a long time can lead to various complications, many of which can be serious if they are not identified and treated immediately. One such complication caused by high blood glucose level is damage to the nerves (the medical term for this is diabetic neuropathy).

Nerve damage usually is felt in the legs and feet first followed by the hands and arms. When your nerves are damaged, there is reduced ability to feel pain or temperature changes (numbness), tingling / burning and painful sensation, which often worsens at rest or at night. Also leads to serious foot problem such as

If needed NCV (Nerve conduction velocity) test can be done. Consult your doctor immediately when you have numbness, tingling or loss of sensation in any limbs.

Low Blood Sugar Levels (Hypoglycemia): Learn the symptoms and its management



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Low blood glucose is common among people with type 1 diabetes and among people with type 2 diabetes who take insulin or some other diabetes medicines.

Symptoms of low blood glucose tend to come on quickly and vary from person to person. However, if hypoglycemia is mild-to-moderate, you may have headache, feel shaky or jittery, hungry, tired, dizzy, confused, your heart beat increases and you can't see or speak clearly. If its too low, you may lose consciousness/have a seizure. It can also lead to coma/ death. Generally, 50% of diabetic patients report low blood sugar event at least once in a month. It is common when you skip meals and in diabetics who take insulin or who are

above 65 years of age or those with kidney or heart disease or if you have alcoholic drinks on an empty stomach.

When you experience low blood glucose levels, then below methods can be followed, which can increase the glucose levels in your body

- Chew 3 or 4 glucose tablets
- Drink any fruit juice (120 ml)/ milk (240 ml)
- Eat 5-6 hard candy / consume 1 tablespoon of sugar/honey

After 15 minutes, check your blood glucose again. If it is still too low, have another serving until your blood glucose level is above 70 mg/dL. If it will be an hour or more before your next meal, have a snack as well.

Contact your doctor if blood sugar remains low.





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Diabetes and skin complications, How to avoid it?



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Diabetes affects all parts of the body and skin is no exception. Skin complications can be the early indicators of having diabetes. The skin complications in

diabetics can range from a superficial, harmless damage to the skin to a serious infection.

Regardless of the severity of the problem, people with diabetes need to take utmost precautions as they are easily prone to these infections. These include bacterial infections, fungal infections, and itching. Other skin problems happen mostly, or only, to people with diabetes. These include diabetic dermopathy, necrobiosis lipoidica diabetorum, diabetic blisters, and eruptive xanthomatosis.

Bright side of it is most of these skin complications can be easily prevented and treated. Taking the below precautions will help prevent these skin problems:

- Manage your diabetes well. People with high glucose levels tend to have dry

skin and less ability to fight harmful bacteria. Both conditions increase the risk of infection.

- Keep skin clean.
- Avoid very hot baths and showers.
- Moisturizing your skin regularly.
- Do not scratch dry or itchy skin.
- Treat cuts right away. See a doctor right away if you get a major cut, burn, or infection.
- During cold, dry months, keep your home more humid. Bathe less during this weather, if possible.
- Use mild shampoos.
- See a skin doctor about skin problems.
- Take good care of your feet.

Hypoglycemia (Low Blood Glucose) Indication & Management

Low blood Glucose, also called low blood sugar or hypoglycemia, occurs when blood glucose drop below 70mg/dl .

Low blood glucose can occur in any diabetic patient whether he/she is on oral medication or Insulin.

It occurs more often in Type-1 diabetes, in patient who have very wide fluctuation in blood glucose ,in patients with erratic meal timings & patients who skip their meals, in alcoholics & patients having kidney disease.

Symptoms of low blood glucose can come on quickly & vary from person to person.

If hypoglycemia is mild to moderate, one may have headache, feel shaky or jittery, hungry, tired, dizzy, confused, may have profuse sweating, have palpitation (high heart rate), slurring of speech or blurring of vision.

If blood glucose to low (severe hypoglycemia) one may lose



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consciousness or have seizure. When blood glucose becomes low, then one can do any of following to increase blood glucose

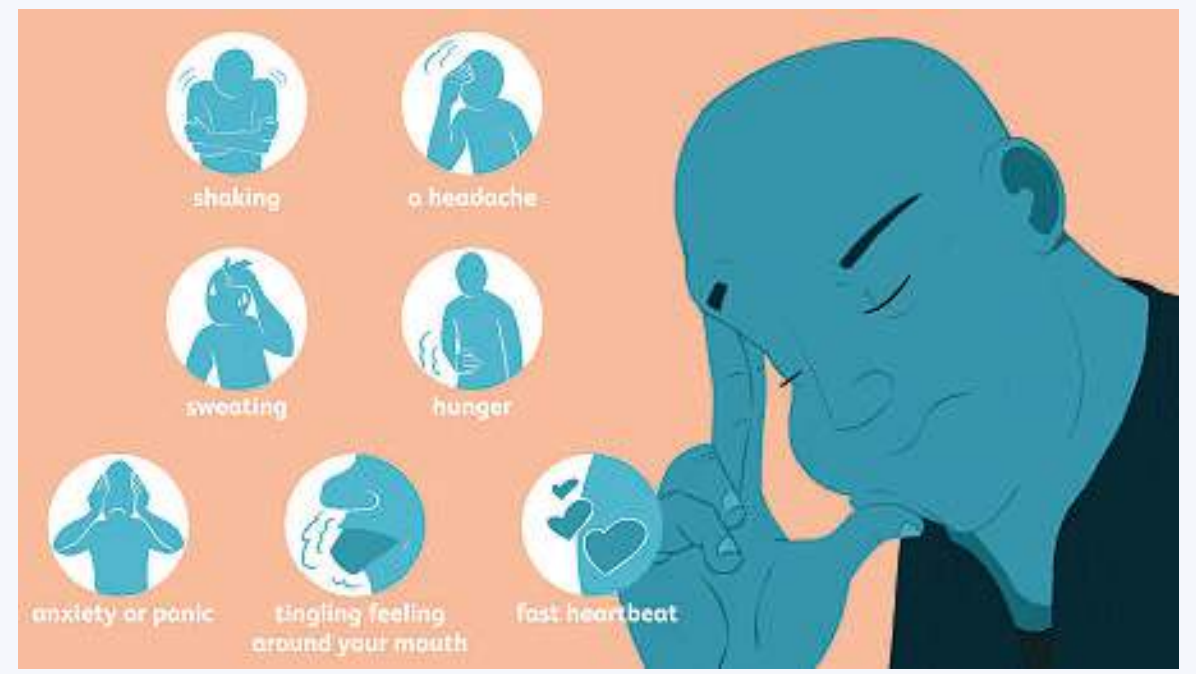
- Chew 3-4 glucose tablets
- Drink about 120 ml of any fruit juice or 200 ml of milk (with sugar 2 Tsp)
- Eat 5-6 glucose biscuits
- Consume 3 tsp of of honey or glucose powder in water

After 15 minutes check blood glucose again.

If it is still low take another serving until blood glucose is 100 mg/dl or more

If it will be an hour or more before your meal, take a snack as well.

Don't inject insulin, take oral anti diabetic medication at the time or near the time of low blood glucose.



Eating junk food increases the risk of developing Diabetes

Poor diet and being less active (doing no exercise) are one of the major cause for the development of diabetes mellitus. Poor diet refers to eating junk food which has high-calories but of no nutrition values. According to the experts in diabetology, individuals with diabetes should focus on the quality of the food they eat than the quantity of food what they eat, because it's the quality of the food that really matters. Eating junk food, processed foods (such as French fries) and consumption of soft drinks have been reported to increase the risk of diabetes, this is because junk food contains trans fatty acids, saturated fats and refined carbohydrates which not only increases your blood sugar levels but also



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increase your body weight. Though, diabetes is not curable, it can be managed by avoiding junk food and eating healthy nutritious and balanced diet along with medications that have

been prescribed by your doctor. Now the question is what type of food are healthy for diabetics. Healthy food includes whole grains, polyunsaturated fats, fiber-rich foods, omega-3 fatty acids and other minimally processed foods, which can cut down the risk of developing diabetes.

Similarly, snacking between meals has also been found to increase the risk of diabetes. Thus, it is important for all diabetics to be physically active and prefer healthy food rather than eating junk and processed foods. So, make it a routine to eat a healthy diet which keeps your blood sugar levels in check and helps you lead an active lifestyle.



Diabetes: Symptoms and diagnostic tests



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Diabetes is a severe disease that slowly progresses and its warning signs can be so mild that you do not notice them. Few people do not find out they have it until

they get problems from long-term damage caused by the diabetes. Some people do not notice any symptoms at all and in fact it has been reported that 1 out of 5 diabetics do not know that they have diabetes.

The common and most important symptoms of diabetes include increased hunger, thirst, and urination. Apart from this, an individual may also experience fatigue, blurred vision, and unexplained weight loss. However, approximately 57% of diabetic patients remain undiagnosed. Do keep remembered, early diagnosis can provide appropriate and timely care and which eventually help in preventing the complications.

There are several tests that are available which can be used to diagnose diabetes. However, your doctor may advise you few blood tests which can help in diagnosing

diabetes. These tests are-

- Fasting blood sugar (FBS): This test is done on empty stomach, before you have had anything to eat or drink.)
- Hemoglobin A1c (HbA1c): Also commonly known as Glycated hemoglobin test, which measures your average blood sugar level over the past 2 to 3 months.
- Random blood sugar test (RBS) –This test can be done at any time throughout the day, regardless of when you last ate.

In addition to the above tests, you may also be advised to get your cholesterol, blood creatinine and urine tests done, to check if there any complications developed due to high blood sugar levels.

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सबसे बड़े सियासी चेहरे, गुजरात चुनाव के सबसे बड़े मंच पर



अमित शाह



भूपेंद्र पटेल



सी. आर. पाटिल



हर्ष संघवी



मनसुख मांडविया



अनुराग ठाकुर

NEWS 18
इंडिया

सबसे बड़ा दरगा गुजरात आधिवेशन

आज दोपहर 2 बजे से

देखिए देश के नं.1 हिंदी न्यूज चैनल पर

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