NEWS

LUDHIANA Tribune LUDHIANA | SUNDAY | 1 MAY 2022

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dass VISHIVKARMA BIKES URGENTLY REQUIRED (M) 03 Quality Inspector

Production Planning (M) 02 & Control Incharge Maintenance Incharge (M) 01 Diploma/ Degree Holder / Graduate

CL22011942 Academic Leader Required (Science, English), Post Graduate (English, Business Studies) and Counselor for Satya Bharti Adarsh Senior Secondary School (CBSE Affiliated), Sherpur Kalan (near Jagraon) in District Ludhiana. Eligibility: Grad./ P.G. with B.Ed. Counselors: P.G. in Psychology, CTC per month. Academic Leader: Rs. 30,000 - 35,000, PGTs Rs. 21,000. Counselor: Rs. 20,000. Interested and eligible candidates may call or send their updated resumes at WhatsApp 84277-53720. Email at No.: ajay.kumar@bhartifoundation.org (CL22013079)



Nursing, Psychiatric Nursing & OBG Nursin Warden for Girls hostel. Salary - Negotiable Contact: 98159-19955, 98156-68600 by email:- ncnarangwal@gmail.com equired experienced 98551-16856. (CL22013095) 30695. (CL22012955)

CLASSIFIEDS Alcohol, tobacco consumption among males above 15 on rise

According to survey, 21% consume liqour, 14% intake tobacco in dist

NITIN JAIN TRIBUNE NEWS SERVICE

LUDHIANA, APRIL 30

In what appears to be a matter

of concern, the consumption

of alcohol and tobacco among

males aged above 15 years is

on the rise in the district, a

national survey has revealed.

However, the average of

women above 15 years of age

consuming alcohol and using

tobacco is comparatively

much lower than their male

counterparts in Ludhiana, but

more than the state average.

The National Family Health

Survey (NFHS-5), conducted

by the Union Ministry of

Health and Family Welfare,

and largest district, in terms of

area and population, was bit

less than the state average of

22.8 per cent, the tobacco con-

sumers were more in Ludhi-

users found in Punjab.

Experience In Bicycle Industry Preferred INTERVIEW MORNING 10:00 TO 12:00 TIMING EVENING 04:00 TO 05:00 email @ dassvkarma@gmail.com M: 8288978318, 9877364944



B.Sc. (Nursing): Fresh / Experience NOTE: Applicant kindly send their resume CL22013198 Operator (Male), experienced Mechanic for Generators at Dholewal Chowk, Ludhiana. Salary as per experience. Required Vice Principal MA English, B.Ed., Teachers in Maths, Science, Physical, Primary Teachers, CBSC Academy, near Haibowal 94633-77364, 95924-83104, 85449-



KEY INDICATORS

| Ludhiana | Punjab |
|----------|------------------------|
| 20.8% | 22.8% |
| 0.3% | 0.3% |
| 13.5% | 12.9% |
| 0.5% | 0.4% |
| | 20.8% 0.3% 13.5% |

tobacco in the district.

In this case, the average alcohol consumers in Ludhiana were at par with 0.3 per cent such consumers in Punjab while the tobacco consuming women in the district were slightly more than the state's average of 0.4 per cent. Surprisingly, more girl students than boys, in the age group of 13 to 15 years, use and smoke tobacco in Punjab, the Global Youth Tobacco Survey (GYTS-4), a compo-

According to the survey report, 5.7 per cent students, including six per cent girls and 5.4 per cent boys, currently used any tobacco products while 5.3 per cent students, comprising 5.8 per cent girls and 4.8 per cent boys, currently smoked tobacco in the state. Of the total tobacco user students, 6.8 per cent were from rural areas and three per cent were urbanites. Similarly, the tobacco smokers comprised 6.6

per cent ruralites and 2.2 per

cent were from the urban areas.

cent from urban areas.

But when it came to currently using smokeless tobacco, the girl students again outnumbered the boys. Of the total 1.4 per cent such smokers, 1.4 per cent were girls and 1.3 per cent boys. These comprised 1.5 per cent from rural areas and 0.9 per cent urbanites.

The students, who ever used tobacco, were 12.3 per cent, of which 12.9 per cent were boys, 11.7 per cent girls, 13.9 per cent ruralites and 8.5 per cent from urban areas.

Similarly, of the 8.2 per cent ever tobacco smoker students, 8.4 per cent were boys and 7.9 per cent girls, of which 9.2 per cent were from rural areas and 5.6 per cent urbanites.

The number of ever cigarette user students was 4.8 per cent, of which 5.1 per cent were boys, 4.4 per cent girls, 6.2 per cent ruralites and 1.3 per cent were from urban areas. Of the total 3.7 per cent ever 'bidi' user students, 4.5 per cent were boys, 2,8 per cent girls, 4.8 per cent were from rural areas and 1 per cent were urbanites. The smokeless tobacco user students were 7.2 per cent, of

which eight per cent were

boys, 6.2 per cent girls, 8.7 per

cent were ruralites and 3.6 per

Another category in which the

girls outnumbered boy stu-

dents was those, who ever used

'paan masala' together with

tobacco. Of the total 1.6 per cent

such users, 2.5 per cent were

girls, 0.9 per cent boys, two per

cent were from the rural areas

and 0.9 per cent were urbanites.

cent were from urban areas.





A student applies tilak on a staff member during the Labour Day celebrations at Atam Public Senior Secondary School.

ATAM PUBLIC SENIOR SECONDARY SCHOOL

Ludhiana: Atam Public Senior Secondary School celebrated the International Labour Day on Saturday. A special assembly was held for students on the occasion. To express their regard towards labour, a 'tilak' ceremony was organised. Flowers and thank you cards were made by students to express gratitude for selfless services. A puppet show was also presented by students to forge a better understanding of the labour community among pupils. TNS



Teachers and staff celebrate Labour Day during morning assembly at Bhartiya Vidya Mandir in Ludhiana.

BHARTIYA VIDYA MANDIR

Ludhiana: Bhartiya Vidya Mandir, Udham Singh Nagar, celebrated the Labour Day with enthusiasm in the morning assembly. Celebrations commenced by greeting school helpers and acknowledging their hard work. Expressing their gratitude students dedicated a mesmerising song to all workers. Principal Ranju Mangal congratulated workers and thanked them for their selfless services and contribution for smooth functioning of the institution. TNS



Secondary School (Ludhiana) requires experienced teachers for the following post: Teacher: NTT Primary ETT. Send resume by 7th May 2022. krpsss1983@gmail.com E-mail: (CL22010606)

Required Computer Operator, Accountant having knowledge of Excel in Dugri, Ludhiana. Good salary. Experienced preferred. 98781-70086. (CL22013212)

SHRI RAMA CHARITABLE HOSPITAL DHOLEWAL, LUDHIANA. REQUIRES Ultrasonologist MD EMO's MBBS/BAMS GNM/B.Sc Nursing with 2/3 years exp. Manager Salary best in the field <u>СОNTACT:</u> 98722-22617, 78890-18218. CL22011861

Wanted Architectural Draftsman for Autocad, earn upto Rs. 6000/-Work from home/office. 94170-84242, 84278-94555 (CL22012377)

Clerk required in Bicycle Parts Manufacturing Company for maintaining inventory data. MS Office/ Computer knowledge mandatory. Min. experience: 5 years. Contact: The Bharat Industrial Corporation. D-152, Phase 4A, Focal Point, Ludhiana. Interview visit timing 4 pm to 6 pm. 98140-13888. (CL22012881)



DOCTORS/ENGINEERS

Required experienced BDS Doctors for Dental Clinic at Ludhiana. Handsome salary. Contact: 97803-27850. (CL22012560)

DETECTIVE SERVICE

Secret Investigations + Solutions. matrimonial, Court cases/ proofs, crimes, intelligence, fraud, surveillance, disputes, missing, deaths 98777-22386. (CL22004881)

TUITION Ashish College of Commerce. Expert coaching, home group, +1, +2, B.Com., CA/CS, BBA. 98152-92159 (CL22004601)

PROPERTY FOR SALE

A 61 square yards kothi at Jassiar Road, Haibowal Kalan, Ludhiana available for sale. 94632-02599. (CL22009795) 150 sqyard plot for sale in Mandeep Nagar (near Raman Enclave/ Rishi Nagar). Two parks in Colony. Under Municipal Corporation. # 81462-55211. (CL22012738)

PROPERTY WANTED

Any preleased property leased to bank or MNC, upto 15 crores. Call immediately. 99676-66177 (CL22013211)

PLOT FOR SALE

205 visbe plot on Peace Public School-Bhanot Road, before railway crossing, with 5 ft boundary walls, Ferozepur Road, Mullanpur. Salam number, price 2 lac/visba. Mobile: 98153-59981 (between 3 pm to 5 pm). (CL22011328)



LUDHIANA Ground floor kothi, drawing, lobby.

2 bedrooms with attached washrooms, kitchen, store, dressing, parking, Shakti Vihar, Haibowal. Small family preferred. Contact: 8847071512 (CL22009553) First floor two rooms, store, kitchen, bath, momty, varanda Aggar Nagar, parking. Small family preferred. 88724-19399, 98140-36332. (CL22012803)

PAYING GUEST Well furnished PG for girls with ana than 12.9 per cent such nent of the Global Tobacco Surveillance System (GTSS), has earlier revealed.

The current survey, fifth in the NFHS series, which provides Also, majority of students information on population, using and smoking tobacco in health and nutrition for India the state were from the rural and each state and Union Terriareas, the GYTS-4, a global tory, with district-level estimates standard for systematically for many important indicators, a monitoring youth tobacco use copy of which is with The Tri-(smoking and smokeless) and bune, indicated that only 0.3 per tracking key tobacco control cent females aged 15 years and indicators, conducted by the above consume alcohol while Union Ministry of Health and 0.5 per cent use any kind of Family Welfare, has found.

However, when it came to smoking cigarettes, 3.6 per cent students were among smokers, of which 3.9 per cent were boys and 3.2 per cent were girls. These comprised 4.7 per cent from the rural areas and 0.8 per cent urbanites. The students, who currently smoked 'bidi'. were 2.9 per cent, of which 3.5 per cent were boys and 2.3 per centwere girls. These included 3.9 per cent ruralites and 0.7 per

Pensioners cautioned against financial frauds committed by organised gangs

Told not to answer telephone calls, requests via social media

MANDI AHMEDGARH, APRIL 30 Continuing with their drive to connect with senior citizens, the local police under the supervision of Deputy Superintendent of Police Harwinder Singh Cheema is organising meetings, workshops and seminars with elderly persons

of their respective beats. Besides updating senior citizens about their rights and privileges in the Police Department, cops also offered to provide assistance on SOS calls to senior citizens and pensioners, who were staying

alone for varied reasons. Cheema informed an initia-

tive had already been taken under the community policing so that cops could connect with elderly persons living in their respective beats and know their requirements from time to time. "The SHO, City, Arshpreet Kaur Grewal, the SHO Sadar, Sanjiv Kapoor, and the Jaurepul Chowki in-charge, Sukhwinder



A policewoman interacts with senior citizens during a meeting at Mandi Ahmedgarh on Saturday. TRIBUNE PHOTO

Singh, have been advised to organise interactive sessions, workshops and seminars for elderly persons of their respec-

SHO, Arshpreet Kaur Grewal, cautioned pensioners against financial frauds being committed by organised groups of cybercrime gangs and advised them to abstain from responding to telephonic calls

and requests made through the social media platforms.

Responding to appeals made by some pensioners, Grewal said officials had been directed to treat elderly people as their own family members to create a strong bond. She also appealed to pensioners to contact the police without any hesitation. Appreciating concern shown by the police, the forum president, KK Bansal, said pensioners were enthused that their problems were heard and cops had assured to redress

MC launches cleanliness drive in Zone D **LUDHIANA, APRIL 30** The Municipal Corporation on Saturday launched a cleanliness drive on Keys

Hotel Road, that connects Phullwanwal Chowk with Lodhi Club underpass, in the civic body's Zone D area.

Zonal Commissioner at MC Zone D, Jasdev Singh Sekhon, took the initiative to start the cleanliness drive on the stretch. MLA from the Ludhiana West constituency, Gurpreet Gogi, also visited the site. Notably, resident of the area had also been complaining about uncleanliness and waste dumped at different sites.

Zonal Commissioner Jasdev Singh Sekhon said 50 employees had been deployed to carry out the cleanliness drive on the stretch. He said that they had also planned to plant saplings in the area. After carrying out the drive on this road, the MC would launch such cleanliness drives in various others parts of the MC Zone D, he added. — TNS



Nursery students during the Labour Day celebrations at Police DAV Public School in Ludhiana on Saturday.

POLICE DAV PUBLIC SCHOOL

Ludhiana: To celebrate the contribution of workers and spread awareness about efforts of the labour force, the International Labour Day was celebrated at Police DAV public School here on Saturday. Tiny tots of nursery class celebrated the day through fun-filled craft activity. Students made thank you cards on the occasion. Teachers briefed students about the Labour Day and its importance. During an interactive session, Principal Dr Anu Verma provided students a deep insight about the purpose of such celebrations. TNS

KUNDAN VIDYA MANDIR SCHOOL

Ludhiana: Kundan Vidya Mandir Senior Secondary School celebrated International Labour Day on the theme "Without labour, nothing prospers". Participants saluted the efforts of the labour force for their tireless efforts to keep the surroundings clean and provide them with a clean environment. Tiny tots dressed up as milkmen, teachers, doctors, policemen and green grocers competed in the fancy dress contest organised on the school campus. TNS

INTERNATIONAL PUBLIC SR SEC SCHOOL

Ludhiana: An investiture ceremony was organised at International Public Senior Secondary School to inculcate a sense of responsibility and commitments among students. The day commenced with Saraswati Vandana followed by a march past of all the four houses of the school, including Bhagat, Gobind, Raman and Tagore and cades of the NCC. TNS

MALWA CENTRAL COLLEGE OF EDUCATION

Ludhiana: A campus placement drive was held at Malwa Central College of Education for Women here on Saturday. Dr Neeraj Kumar, in-charge placement cell, was organiser of the event. More than 100 students from 2019-21 session and BEd and MEd 2020-22 semester IV participated in the drive. Pre-placement talk was delivered by Ajay Kumar and Vineet Kumar from Satva Bharti School. TNS



LECTURE ON CAREER

tive areas," Cheema added. Addressing a meeting of activists of the All Bank Retirees Forum at MGMN Senior Secondary School, Mandi Ahmedgarh, the City

Email : info.ldh@grdedu.com Gurshminder Singh Jagpal Director CL22013205

Pakhowal Road Ludhiana. Contact: 0161-2562739, (CL22013057)

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OPPORTUNITIES Hygenic food and proper security in 98155-94888.

> Ludhiana: The Department of Extension Education, PAU, organised a guest lecture on "Career opportunities for agricultural students". Postgraduate students attended the lecture. The resource person, Dr K Ponnusamy, Principal Scientist, ICAR-NDRI, Karnal, highlighted career opportunities in the field of agriculture and allied occupations. The objective of the lecture was to create awareness and enhance entrepreneurial skills. TNS



Exam stress can give toothache: Experts

their issues on priority. — OC

LUDHIANA, APRIL 30 Are you appearing for your exams? Are you having a toothache? Well, there are chances that this is stress related toothache and not necessarily due to any oral health issues. With CBSE Class X and XII term two board exams going on these days, students are facing a lot of stress. Some are even unaware that they are going through stress and it has started affecting their oral health.

toothache. "Continuous stress can develop few habits as grinding or clenching of teeth. These habits create extra pressure on the muscle holding the jaw in place that eventually Many youngsters are experiresults in muscle spasm. The encing stress related toothache. Stress usually manifests pain radiates to the teeth and itself in the oral cavity due to the affected person is not aware of these habits," said Dr Bali nerves. Stress and toothache often go hand in hand and "All such patients are given minimal treatment required increase over the time if the problem is not solved. and then referred to a psychi-Dr Vikram Bali, secretary of atrist or asked to meet their the Ludhiana unit of the Indian school counsellor as the prob-Dental Association, said he had lem lies with them being anxious and not mainly the been receiving patients, who complained of stress related toothache," Dr Bali added.

| HOW TO REDUCE ANXIETY | | |
|---|--|--|
| Take short breaks in between time for studying Practise relaxation techniques Get plenty of sleep Eat healthy food and avoid fried | and heavy eatables Talk to teacher, parents and friends Seek professional help, if necessary | |

"On an average I see 10 to12 such students in a week during exam days, who are experiencing stress related toothache," said another dental surgeon Dr Deepinder. City-based clinical psychologist Shweta Shiva said, "The number of such patients has increased due to the ongoing exams. We treat anxiety of the patient. The tooth problem cannot be controlled unless stress and anxiety are reduced." "Exercising regularly, eating healthy diet and relaxing can reduce stress levels," she added. — TNS

| Sr. No. | Location | City | Sq. ft Area |
|--------------------------|---|---|---|
| 1. | Dhandari Kalan | Ludhiana | 1200-1500 |
| The details Bank, Zor | s may be collected from Ba nal Office, First Floor, SC | ank's B/o Dhandari Kal O 55-57, Sector 17-B, | an, Ludhiana or UC Chandigarh Branch |

The last date of application in sealed cover on prescribed format is 21.05.2022. (MANMEET S VYAS)

DGM & ZONAL HEAD



Chandigarh Zonal Office - SCO 120-122, 1st Floor, Sector 17-C, Chandigarh - 160017, Contact No.: 7056522009

PREMISES REQUIRED FOR ZONAL OFFICE

The Bank of Maharashtra invites offers from the owners / power of attorney holders of premises on ground floor with an area of 2500-2700 sq. ft. For its proposed Zonal Office at :-

| Location | District | State / U.T. | Area Required |
|----------|----------|--------------|-------------------|
| Ludhiana | Ludhiana | Punjab | 2500-2700 sq. ft. |

In the respective Location specified above with all the facilities including adequate power supply. The premises shall be ready for occupation or likely to be ready for occupation within a period of 10-15 Days. The interesting People having clear title to the premises shall submit their offers in two separate sealed covers for Technical Bid and Price Bid to The Zonal Office, Bank of Maharashtra, SCO 120-122, 1st Floor, Sector 17-C, Chandigarh - 160017 on or before 14.05.2022 at 5:00 P.M. Priority would be given to the premises belonging to Public Sector Units / Govt. Departments. For details visit Tender section of our website www.bankofmaharashtra.in. The bank reserves the rights to accept or reject any offer without assigning any reasons thereof. ZONAL MANAGER

Place: Chandigarh Date: 01.05.2022



Chandigarh Zone