August 17, 2023

To,
The Manager
Listing Department
BSE Limited,
Phiroze JeeJeeBhoy Towers,
Dalal Street, Mumbai – 400001 (E)
Maharashtra, India
Scrip code: 543426

To,
The Manager
Listing Department
National Stock Exchange of India Ltd,
Exchange Plaza, 5th Floor, Plot No. C/1, G Block, Bandra Kurla Complex,
Bandra (East),
Mumbai – 400051
Symbol: **METROBRAND**

Subject: **Newspaper Advertisement regarding the 46th Annual General Meeting of the Company to be held on Wednesday, 13th September, 2023 through Video Conference (VC) / Other Audio-Visual Means (OAVM)**

Dear Sir/Madam,

In terms of the Securities and Exchange Board of India (Listing Obligations and Disclosure Requirements) Regulations, 2015, please find enclosed copies of the advertisement relating to the 46th Annual General Meeting of the Company to be held on Wednesday, September 13, 2023 through Video Conference ('VC') / Other Audio-Visual Means ((OAVM') in the following newspapers:

1. Financial Express
2. Loksatta

The said documents are also being made available on the website of the Company at www.metrobrands.com.

We request you to take the above information on record.

For and on behalf of Metro Brands Limited,

DEEPA SOOD
Digitally signed by DEEPA SOOD
Date: 2023.08.17 12:23:00 +05'30'

____

Deepa Sood
(Company Secretary & Compliance Officer)
Membership No.: 16019
Encl: As above

The Shipping Corporation Of India Ltd.

(A Government of India Enterprise)

Registered Office: Shipping House, 245, Madame Cama Road, Mumbai 400 021 • Website: www.shipindia.com • Twitter: @shippingcorp • CIN: L63030MH1950GOI008033

SCI Navratna Company (ISO 9001:2015, ISO 14001 :2015 & ISO 45001:2018 Certified)

INFORMATION REGARDING 73rd ANNUAL GENERAL MEETING (AGM)

1. Shareholders are hereby informed that 73rd AGM of Company will be held on **Wednesday, September 13, 2023 at 1400 hours IST** through Video Conferencing (VC)/Other Audio-Visual Means (OAVM) in compliance with applicable provisions of Companies Act, 2013, relevant MCA Circulars and SEBI circulars and all other applicable laws and circulars, to transact the businesses to be set forth in the Notice of 73rd AGM. Members can attend/participate in AGM through VC/OAVM facility only. Members attending AGM through VC/OAVM facility shall be counted for the purpose of reckoning quorum as per Section 103 of Companies Act, 2013.
2. In compliance with aforesaid MCA and SEBI Circulars, the Notice of 73rd AGM along with Annual Report 2022-23 will be sent only through electronic mode to those Members whose email addresses are registered with Company/Depositories/RTA as on 04.08.2023. Members may note that the Notice of 73rd AGM along with Annual Report 2022-23 will also be available on Company's website **www.shipindia.com**, websites of BSE Limited and National Stock Exchange of India Limited at **www.bseindia.com** and **www.nseindia.com** respectively and also on website of NSDL **www.evoting.nsdl.com**. Any person acquiring shares after dispatch of e-Notice of 73rd AGM may visit SCI's website **www.shipindia.com** under 'Financial Results→Annual Reports' section. Physical copy of 73rd Annual Report 2022-23 may be sent on request of any such Member made at **sci.cs@sci.co.in.**
3. Shareholders may note below important dates, website path and other information with respect to 73rd AGM of Company:

Sr. No.	PARTICULARS	IMPORTANT DATES/ WEBSITE/ EMAIL-ID/ INFORMATION
1	Book Closure Dates	02.09.2023 to 13.09.2023 (both the days inclusive)
2	Record date for Dividend	Friday, 01.09.2023
3	Cut-off date for reckoning eligibility for remote e-Voting	Friday, 08.09.2023
4	Remote e-Voting Period	10.09.2023 at 09:00 AM to 12.09.2023 at 05:00 PM
5	For downloading form 15H/ 15G/ 10F	**https://www.bigshareonline.com/Resources.aspx** Path: "For Investors→Investors Resources/15G/15H/10F"
6	Submission of form 15H/ 15G/ 10F to email ID	**tds@bigshareonline.com**
7	For updating Email id, Mobile Numbers and Bank Account Details-For Members holding shares in physical form	**https://www.bigshareonline.com/InvestorRegistration.aspx** under "For Investors→Email / Bank Detail Registration In compliance with SEBI Circular dated March 16, 2023 all investor service request forms are available on the website of the Company at the following link: **https://www.shipindia.com/investors/norms_for_processing_investor_service_request/12**
8	For updating Email id, Mobile Numbers, KYC and Bank Account Details-For Members holding shares in DEMAT	Please update these details with your respective Depository Participants (DPs) / Depositories
9	Detail Information regarding applicability of TDS on Dividend/how to update Email id, Mobile Numbers, KYC and Bank Account Details and instructions for attending the AGM through VC/OAVM	**www.shipindia.com under "Investors→Information for Shareholders→Notices" section.**
10	The Manner in which Shareholders holding shares in DEMAT, physical mode or those Shareholders who have not registered their email addresses, can cast their vote through remote e-Voting or through e-Voting system during the meeting	

4. The remote e-Voting period commences on 10.09.2023 at 09:00 AM and ends on 12.09.2023 at 05:00 PM both days inclusive. During this period, Members holding shares either in physical/dematerialized form as on Friday, 08.09.2023 may cast their vote electronically. The e-Voting module shall be disabled by NSDL for voting thereafter. Those Members, who will be present in AGM through VC/OAVM facility and have not cast their vote on the Resolutions through remote e-Voting and are otherwise not barred from doing so, shall be eligible to vote through e-Voting system during the AGM. Members are requested to read carefully all instructions given in the Notice of AGM for joining the AGM and for manner of casting vote through e-Voting facility.
5. Dividend, if approved by Shareholder in the ensuing AGM will be paid within 30 days from date of AGM electronically through various online transfer modes to those Shareholders who have updated bank account details. For Shareholders who have not updated their bank details, dividend warrants/demand drafts will be sent to their registered address. For timely receipt of dividend, Shareholders are requested to update their bank details and KYC with Registrar and Transfer Agent (RTA)/Depositories. Dividends paid or distributed by a Company shall be taxable in the hands of the Shareholders. The TDS rate may vary depending on the residential status of the Shareholder. Members may contact RTA at **investor@bigshareonline.com** or Tel:**022-62638200**

For THE SHIPPING CORPORATION OF INDIA LIMITED
Sd/-
Smt Swapnita Vikas Yadav
Company Secretary & Compliance Officer

Place: Mumbai
Date: 17.08.2023

TRANSPORTING GOODS. TRANSFORMING LIVES.

Ekansh Concepts Limited

(formerly known as Paramone Concepts Limited)

CIN: L74110MH1992PLC070070

Reg Office : 12A, Narayan Plaza, Near Boomerang Building, Chandvali Mumbai - 400072
e-mail: info@ekanshconcepts.com, **website:** www.ekanshconcepts.com, **Tel:** +91-22-40149792

EXTRACT OF UN-AUDITED CONSOLIDATED FINANCIAL RESULTS FOR THE QUARTER ENDED ON JUNE 30, 2023

(Rs. in Lakhs except EPS)

Sr. No.	Particulars	Quarter Ended			Year Ended
		Un-Audited 30.06.2023	Audited 31.03.2023	Un-Audited 30.06.2022	Audited 31.03.2023
1	Total Income from Operations	663.51	4187.24	1327.75	7587.11
	(a) Revenue from Operation	519.29	4046.38	1165.50	6732.45
	(b) Other Income	144.22	140.86	162.25	854.67
2	Net profit for the period before tax (before exceptional items)	32.29	656.89	64.85	1006.27
3	Net profit for the period before tax (after exceptional items)	32.29	656.89	64.85	1006.27
4	Net profit for the period after tax (after exceptional items)	23.21	464.95	28.56	749.09
5	Total Comprehensive Income for the period (Comprising profit for the period after tax and other Comprehensive Income after tax)	253.26	156.19	(162.33)	322.14
6	Reserves as shown in Audited Balance Sheet	-	-	-	2106.88
7	Paid up Equity Share Capital (face value of Rs. 10 each)	1512.76	1512.76	1512.76	1512.76
8	Earning per share (quarter numbers are not annualised)				
	(a) Basic (Rs.)	0.15	3.07	0.19	4.95
	(a) Diluted (Rs.)	0.15	3.07	0.19	4.95

Notes:

1. The above un-audited consolidated financial results for the Quarter Ended on June 30, 2023, have been reviewed by the Audit Committee of the Board and recommended for approval and approved by the Board of Directors of the Company at its meeting held on August 11, 2023 and the Statutory Auditors of the Company have issued an unmodified review report.
2. Key data relating to standalone financial results of Ekansh Concepts Limited are as follows:

(Rs. in Lakhs)

Sr. No.	Particulars	Quarter Ended			Year Ended
		Un-Audited 30.06.2023	Audited 31.03.2023	Un-Audited 30.06.2022	Audited 31.03.2023
1	Revenue	663.51	4187.24	1327.75	7587.12
2	Profit Before Tax	33.66	659.18	67.5	1014.35
3	Profit after Tax	24.56	467.57	30.96	757.2
4	Total Comprehensive Income	254.61	165.81	(159.93)	328.56

3. The above is an extract of the detailed format of the Standalone financial results for the Quarter Ended on June 30, 2023 filed with the Stock Exchange under regulation 33 of SEBI (Listing and Other Disclosure Requirements) Regulation 2015 . The full format of the standalone financial results and the Consolidated Financial Results for the Quarter Ended on June 30, 2023 are available on the Stock Exchange websites i.e. **www.bseindia.com** and Company's **Website :www.ekanshconcepts.com**

For Ekansh Concepts Limited
Sd/-
Deepak Ranjan Nayak
Director
DIN- 08406471

Place : Mumbai
Date : August 11,2023

Rajasthan State Mines & Minerals Limited

(A Government of Rajasthan Enterprise) 4, Meera Marg, Udaipur – 313001, Phone: (0294)2427177, 2428763&67, Fax (0294)2428768,2428739, Email :- contractsco.rsmml@rajasthan.gov.in

e-Notice Inviting Tender

Date :- 11/08/2023

NIT No. & Date	Description of Work
e-Tender No. Cont-09/2023-24 dated 10.08.2023 UBN No. MML2324WSOB00064	"Widening & strengthening of existing BT road from Sonari School to Bishala Village in Sonari Lignite Mines, Distt. Barmer". Contract value Rs. 213.75 Lacs, EMD in Rs. 4,27,500/-, Tender Fees Rs. 4720/-

Other terms & conditions have been given in detailed tender for which please visit us at our website **www.rsmm.com** or **www.sppp.rajasthan.gov.in** or **eproc.rajasthan.gov.in** or contact Manager (Contract) on above address.

Raj.Samwad/C/23/7555
DGM (Admin)

NATURAL CAPSULES LIMITED

Registered Office: Trident Tower, 3rd Floor, No. 23, 100 Ft Road, Jaynagar II Block, Bangalore, Karnataka 560011
Tel: 080-2667 1571; **E-mail:** company.sec@naturalcapsules.com; **Website:** www.naturalcapsules.com
Contact Person: Mrs. Shilpa Burman, Company Secretary and Compliance Officer
Corporate Identification Number: L85110KA1993PLC014742

CALL MONEY REMINDER CUM FORFEITURE NOTICES

Notice is hereby given that the Company has dispatched Reminder Cum Forfeiture Notice – First Call and Reminder Cum Forfeiture Notice - Second and Final Call ("Forfeiture Notice") dated August 14, 2023 to the holders of partly paid-up Equity shares of Natural Capsules Limited ("Company") who had not paid the Call mony(ies), advising them to remit outstanding call money(ies) along with interest thereon on or before August 31, 2023, in respect of Equity Shares issued on Rights Basis at Issue Price Rs. 100/- each (including Premium of Rs. 90/- per share) in pursuance of Letter of Offer dated October 30, 2021. As per the said Notice dated August 14, 2023, Company has given a period of 15 days to the Shareholders for making payment of outstanding call money alongwith interest thereon on or before August 31, 2023. In accordance with the Articles of Association of the Company, payment of the First and/or Second and Final Call money along with interest on respective calls is to be sent through Demand Draft only in the name of "NCL — COLLECTION ACCOUNT — FIRST CALL" and " NCL — COLLECTION ACCOUNT — SECOND & FINAL CALL" respectively payable at Par.

The Right equity shares in respect of whom outstanding Call Money along with interest thereon is received on or before August 31, 2023 will be credited to the fully paid-up ISIN INE936B01015 of the Equity Shares of the Company and appropriate process seeking listing and trading thereof will be initiated by the Company. The Company and/or its Registrar will not be liable for any delayed receipt and reserves the right to reject such delayed receipts.

The Right Equity Shares in respect of whom outstanding Call Money along with interest thereon is not received on or before August 31, 2023, will be liable for forfeiture (including the amount already paid thereon) without any further notice as per applicable provisions of the Companies Act, 2013 read with Articles of Association of the Company and terms of Issue as stated in the Letter of Offer dated October 30, 2021.

For Natural Capsules Limited
Sd/-
Sunil L Mundra
Managing Director

METRO BRANDS LIMITED

CIN: L19200MH1977PLC019449

Registered Office: 401, Zillion, 4th Floor, LBS Marg & CST Road Junction, Kurla (West), Mumbai-400070
Tel: 022 26547700 ; Website: www.metrobrands.com
E-mail: investor.relations@metrobrands.com

Notice is hereby given that the **46th Annual General Meeting ('AGM')** of **Metro Brands Limited ('the Company')** is scheduled to held on **Wednesday, September 13, 2023 at 3:00 p.m.** (IST) through Video-Conferencing / Other Audio-Visual Means ('VC/OAVM') pursuant to the applicable provisions of the Companies Act, 2013 ('Act') read with various circulars issued by the Ministry of Corporate Affairs, the Securities and Exchange Board of India (Listing Obligations and Disclosure Requirements) Regulations, 2015, to transact the businesses set out in the Notice convening the AGM. Members attending the Meeting through VC / OAVM shall be counted for the purpose of reckoning the quorum under Section 103 of the Act.

Notice convening the AGM along with the Annual Report for the Financial Year ('FY') 2022-23 will be sent to those Members whose email address is registered with the Company/ Registrar and Share Transfer Agent (RTA) i.e. Link Intime India Private Limited ('Link Intime') / Depository Participants ('DP').

Members who have not registered their e-mail address, are requested to register the same:
- **In respect of shares held in demat form** – with their DP; and
- **In respect of shares held in physical form** – by writing to the Link Intime, with details of folio number and self-attested copy of PAN card at the address: Link Intime India Private Limited (Unit : Metro Brands Limited), 247 Park, C-101 L.B.S. Marg Vikhroli (West), Mumbai 400083 or by sending the scanned copy on email at rnt.helpdesk@linkintime.co.in or by clicking on https://linkintime.co.in/emailreg/email_register.html

Members holding shares in demat form can also use the aforesaid link to register their e-mail address for the purpose of receiving the Notice of AGM and Annual Report for FY 2022-23.

The Company will provide facility to Members to exercise their right to vote by electronic means. The instructions for joining the AGM through VC/OAVM and the process of e-voting (including the manner in which Members holding shares in physical form or who have not registered their e-mail address, can cast their vote through e-voting), forms part of the Notice of AGM.

The Board of Directors of the Company at their Meeting held on May 23, 2023 have recommended a Final Dividend of Rs. 1.50/- per share on the face value of Rs. 5/- per equity share subject to approval of the Shareholders at the AGM. The date for the purpose of determining the Members eligible to receive Dividend for FY 2022-23 is **Friday, September 1, 2023.**

Pursuant to Section 91 of the Act, the Register of Members and Share Transfer Books of the Company will remain closed from **September 7, 2023 to September 13, 2023** (both days inclusive) for the purpose of AGM and for payment of Final Dividend for FY 2022-23, if declared at the AGM. The Final Dividend, if declared, will be paid within thirty (30) days from the date of AGM through various online transfer modes to the Members who have updated their bank account details with the DP in case of shares held in demat mode and with the RTA of the Company, in case shares are held in physical mode. For Members, who have not updated the bank account details, dividend warrants/demand drafts /cheques will be sent to the registered addresses by permitted mode.

Payment of Dividend will be subject to deduction of Tax at Source at applicable rate. For more details, please refer to the 'Notes' forming part of the Notice of 46th AGM.

For receiving Dividend directly into the bank account, Members are requested to register/update their bank details by submitting the requisite documents as set out in the Notice of AGM to the concerned DP (for shares held in demat form) and to the Company/ RTA (for shares held in physical form).

Notice convening the AGM and Annual Report for FY 2022-23 will also be available on the website of the Company at www.metrobrands.com, and the Stock Exchanges viz. BSE Limited at www.bseindia.com and National Stock Exchange of India Limited at www.nseindia.com in due course.

By Order of the Board
For Metro Brands Limited

Sd/-
Deepa Sood
VP Legal, Company Secretary and Compliance Officer

Date: August 17, 2023
Place: Mumbai

U.P. STOCK AND CAPITAL LIMITED

CIN : U67120UP1979PLC004876
'PADAM TOWERS', 14/113,
CIVIL LINES, KANPUR - 208 001
Mob. No.: 8004939128
Email: upstockcl@gmail.com
Website: www.upstockcl.in

NOTICE

NOTICE is hereby given that the 43rd Annual General Meeting of the Members of U.P. Stock and Capital Limited will be held on **Friday, the 22nd September, 2023, at 11.00 A.M.** at the Registered Office of the Company at 'Padam Towers' 14/113, Civil Lines, Kanpur- 208001, U.P. to transact the business as set out in the Notice which along with the Annual Report **(available at : www.upstockcl.in)** is being sent to Members of the Company individually who have registered their e-Mail ID with the Depository Participants/Company through e-Mail & to other members in physical mode.

NOTICE is also hereby given pursuant to Section 91 of the Companies Act, 2013 and the Rules made thereunder that the Register of Members and the Share Transfer Books of the Company will remain closed from **Friday, the 15th September, 2023 to Friday, the 22nd September, 2023** (both days inclusive) and that the dividend, if declared by the Members for the Financial year **2022-23** at the aforesaid Annual General Meeting will be paid to those Members whose names appear in the Register of Members of the Company or as a beneficial owner in the records of the Depositories (Central Depository Services (India) Limited and National Securities Depository Limited) as on **14th September, 2023.**

For **U.P. Stock and Capital Limited**
Date: 11.08.2023 **Prem Bahadur Singh**
Place: Kanpur (Chief Executive Officer)

Note: A MEMBER ENTITLED TO ATTEND AND VOTE AT THE MEETING IS ENTITLED TO APPOINT A PROXY TO ATTEND & ON A POLL TO VOTE INSTEAD OF HIM/HER SELF & THE PROXY NEED NOT BE A MEMBER OF THE COMPANY. The instrument appointing the proxy should, however, be deposited at the Registered Office of the Company not less than 48 hours before the commencement of the Meeting.
A person can act as a proxy on behalf of Members not exceeding fifty (50) and holding in the aggregate not more than ten percent (10%) of the total share capital of the Company carrying voting rights. A member holding more than ten percent of the total share capital of the Company carrying voting rights may appoint a single person as proxy and such person shall not act as a proxy for any other person or member.

UNIVERSAL CABLES LIMITED

MP BIRLA GROUP

CIN: L31300MP1945PLC001114

Registered Office:
P.O. Birla Vikas, Satna - 485 005 (M.P.), India
Phone: (07672) 414000, 257121-27 • Fax: (07672) 257129, 257131
E-mail: headoffice@unistar.co.in • Website: www.unistar.co.in

NOTICE OF ANNUAL GENERAL MEETING AND REMOTE E-VOTING INFORMATION

Notice is hereby given that the Seventy-Eighth Annual General Meeting (AGM) of the Company will be held on Monday, the 11th September, 2023 at 9.30 A.M. at the Registered Office of the Company at P.O. Birla Vikas, Satna-485 005 (M.P.)

Notice of the AGM setting out the business to be transacted there at together with the Annual Report 2022-23, inter-alia, including Directors' Report, Auditors' Report and Audited Financial Statements of the Company have been sent to the members of the Company individually at their registered address. The aforesaid documents have been sent electronically to those members who have registered their e-mail addresses. The Company has sent e-mails and completed the despatch of physical copies of Annual Reports to the members on 16th August, 2023. Members are hereby informed that the Notice of the AGM and the aforesaid documents are available on the Company's website www.unistar.co.in and also available for inspection at the Registered Office of the Company during normal business hours on all working days except Saturdays up to and including the date of the AGM.

Pursuant to Section 91 of the Companies Act, 2013 read with the Companies (Management and Administration) Rules, 2014 and Regulation 42 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, the Register of Beneficial Owners, Register of Members and Share Transfer Books of the Company shall remain closed from Tuesday the 5th September, 2023 to Monday, the 11th September, 2023 (both days inclusive) for the purpose of the AGM and payment of Dividend. If the dividend on Equity Shares, as recommended by the Board of Directors, is declared at the AGM, such dividend will be paid, subject to deduction of tax at source (TDS) on applicable tax rates, on or before Tuesday, the 10th October, 2023. In order to enable the Company to determine the appropriate tax rate at which tax has to be deducted at source under the respective provisions of the Income-Tax Act, 1961 and rules made thereunder, eligible shareholders are requested to provide the requisite details and documents as applicable on or before 4th September, 2023 at ucldivtax@linkintime.co.in. For more details, please refer to the Notes of the Notice of the AGM. The shareholders are requested to update their PAN and Bank Account details with Registrar and Share Transfer Agents (RTA) - Link Intime India Pvt. Ltd. at rnt.helpdesk@linkintime.co.in (in case of shares held in physical mode) and depository participant (in case of shares held in Demat mode).

Pursuant to the provisions of Section 108 of the Companies Act, 2013 and Rule 20 of the Companies (Management and Administration) Rules, 2014 and Regulation 44 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, the Company is pleased to provide to its members facility to exercise their right to vote by electronic means. The facility of casting the votes by the members using an electronic voting system from a place other than venue of the AGM ("Remote e-Voting") will be provided by Central Depository Services (India) Limited (CDSL).

The communication relating to Remote e-Voting, inter-alia, containing User ID and password alongwith a copy of the Notice convening the AGM has been despatched/e-mailed to the Members. Annual Report and the Notice of the AGM are available on the website of the Company at www.unistar.co.in and websites of the Stock Exchanges i.e. BSE Limited and National Stock Exchange of India Limited at www.bseindia.com and www.nseindia.com respectively. The same is also available on the website of CDSL at www.evotingindia.com.

The Remote e-Voting facility shall start on Thursday, the 7th September, 2023 at 9.00 A.M. and ends on Sunday, the 10th September, 2023 at 5.00 P.M. The Remote e-Voting shall not be allowed beyond the said date and time. A person, whose name appears in the Register of Members/Beneficial Owners as on the cut-off date i.e. Monday, the 4th September, 2023 only shall be entitled to avail the facility of Remote e-Voting as well as voting at the AGM. Any person who becomes member of the Company after despatch of the Notice of the AGM and holding shares as on the cut-off date i.e. Monday, the 4th September, 2023 may obtain the User ID and password by sending a request at helpdesk.evoting@cdslindia.com.

The members who have cast their vote by Remote e-Voting may attend the AGM but shall not be entitled to cast their vote again. The facility for voting through Ballot/Polling paper shall be made available at the AGM and the members attending the AGM who did not cast their vote by Remote e-Voting shall be able to vote at the AGM through Ballot/Polling paper.

In case of any queries/grievances relating to e-Voting, the member may refer the Frequently Asked Questions ("FAQs") and e-Voting manual available at www.evotingindia.com under Help Section or may contact to Mr. Rakesh Dalvi, Senior Manager, Central Depository Services (India) Limited, A Wing, 25th Floor, Marathon Futurex, Mafatlal Mill Compounds, N.M. Joshi Marg, Lower Parel (E), Mumbai - 400013 or send an email to helpdesk.evoting@cdslindia.com or call 1800 22 55 33.

For **Universal Cables Limited**

Date : 16th August, 2023
Place : Satna (M.P.)

(Sudeep Jain)
Company Secretary

AMA-UC-194

'हाय इंटेन्सिटी इंटरव्हल ट्रेनिंग' गर्भवतींसाठी उपयुक्त

आरोग्य वार्ता

ओटावा : सध्या 'हाय इंटेन्सिटी इंटरव्हल ट्रेनिंग' (एचआयआयटी) ही व्यायामाची नवी शैली मोठ्या प्रमाणावर लोकप्रिय होत आहे. या व्यायाम प्रकारात कोणत्याही उपकरणांची गरज लागत नसल्यामुळे तरुणांचा या व्यायाम पद्धतीकडे कल वाढत आहे. या साध्या आणि सोप्या वाटणाऱ्या व्यायाम प्रकाराचे परिणामही दर्जेदार आहेत. कॅनडातील अल्बर्टा विद्यापीठाच्या संशोधनानुसार एचआयआयटी व्यायाम गर्भवती महिलांसाठी उपयुक्त असून त्याचा फायदा गर्भवतींसह तिच्या बाळालाही होतो.

अल्बर्टा विद्यापीठातील गर्भधारणा व प्रसूतीनंतरचे आरोग्य यासंबंधीचे तज्ज्ञ असलेल्या जेन वोडझिया यांनी एचआयआयटी व्यायामाचा गर्भवतींना फायदा यांविषयी माहिती दिली. या प्रकारच्या व्यायामामुळे हृदय व रक्तवाहिन्यांचे कार्य सुधारते, असे त्या सांगतात. या प्रकारच्या व्यायामाला गर्भातील बाळ कसे प्रतिसाद देते यावर आम्ही संशोधन करत आहोत, असे या विद्यापीठातील गर्भधारणा संशोधन मार्गी डेव्हनपोर्ट यांनी सांगितले. ''आम्ही गर्भाच्या हृदयाची गती आणि गर्भाकडे जाणारा रक्तप्रवाह याच्या दृष्टीने प्रतिसाद पाहिला, त्यामुळे त्यांना पुरेसा रक्तप्रवाह, ऑक्सिजन आणि पोषक तत्त्वे मिळत आहेत का ते आम्ही पाहू शकतो,'' असे डेव्हनपोर्ट यांनी सांगितले.

चांगला माणूस बनण्यातच खरे यश असेल!

(छाया : प्रदीप दास)

(पान १ वरून) 'लोकसत्ता'चे संपादक गिरीश कुबेर यांनी प्रास्ताविक केले. उत्तरोत्तर रंगत गेलेल्या या संवादात अजिंक्यच्या अनेक ज्ञात-अज्ञात पैलूंचा उलगडा झाला. शब्दांपेक्षा आपल्या कामगिरीने बोलणाऱ्या अजिंक्यने 'लोकसत्ता गप्पा'च्या कार्यक्रमात मात्र, आपल्या कारकिर्दीतील रंजक किस्से, तसेच अनुभव मोकळेपणाने मांडत उपस्थितांची मने जिंकली. ऑस्ट्रेलियातील दिग्विजयी दौरा, त्यासाठी टप्प्याटप्प्याने केलेल्या आव्हानांचा सामना, शालेय जीवनापासून सुरू झालेली कारकीर्द, रणजी क्रिकेटचे दिवस, आयपीएलमधील अनुभव, कारकीर्दीच्या प्रत्येक टप्प्यावर कुटुंबियांची मिळणारी साथ अशा अनेक विषयांवर त्याने भाष्य केले. यश आणि अपयश हे कोणत्याही खेळाडूच्या जीवनातील अविभाज्य घटक असल्याचे सांगताना 'कामगिरीबाबत निकालकेंद्री विचार करण्यापेक्षा संपूर्ण प्रक्रियेचा आनंद लुटण्यावर माझा भर असतो' असे तो म्हणाला. क्रीडाक्षेत्रात शिकत असलेल्या मुलांवर कामगिरीसाठी पालकच अधिक दडपण आणतात, असे स्पष्ट मत त्याने व्यक्त केले. ''कारकिर्दीतील अनेक टप्प्यांवर जाहिरातीसाठी अनेक कंपन्यांकडून प्रलोभने आली. मात्र, माझ्या मूल्यसंकल्पनेशी सुसंगत अशा जाहिरातींचाच संधी स्वीकारल्या'' असे तो म्हणाला. शंभर कोटी किंवा दहा कोटी या रकमांपेक्षा पुढील पिढीला काय विचार देतो, देऊ शकतो, हे अधिक महत्त्वाचे आहे, असेही त्याने सांगितले. गप्पांच्या या कार्यक्रमाचा आस्वाद घेण्यासाठी उपस्थित श्रोत्यांच्या प्रश्नांनाही अजिंक्यने दिलखुलास उत्तरे दिली. प्रश्नांचे 'बाऊन्सर' झेलताना त्याने विनोदी टिप्पणीचे 'कट' लगावत आपल्या हजरजबाबीपणाची चुणूक दाखवली.

या कार्यक्रमाला माजी बुद्धीबळपटू व प्रशिक्षक रघुनंदन गोखले, ग्रँडमास्टर बुद्धीबळपटू प्रवीण ठिपसे, अभिनेता-दिग्दर्शक भरत दाभोळकर, लेखक-दिग्दर्शक अजित भुरे, अभिनेता संजय मोने, अभिनेता अतुल परचुरे, निर्माती वैजयंती आपटे, लेखक -दिग्दर्शक - अभिनेता संदेश कुलकर्णी, ज्येष्ठ रंगकर्मी मीना नाईक, नाट्य निर्माता प्रसाद कांबळी, प्रकाश योजनाकार शीतल तळपदे, अभिनेता प्रसाद फणसे, कवी अरुण शेवते, प्रकाशक अशोक कोठावळे, लेखिका मोनिका गजेंद्रगडकर, कालनिर्णयचे जयराज साळगावकर आदी मान्यवर उपस्थित होते.

'इंडियन एक्स्प्रेस समूहा'चे कार्यकारी संचालक अनंत गोएंका, क्रिकेटपटू अजिंक्य रहाणे, 'ठाणे भारत सहकारी बँके'चे शेखर देसाई, 'केसरी टूर्स'च्या सुनीता पाटील, हिमांशू पाटील, अभिनेते विनय येडेकर, 'लागू बंधू'चे कुणाल लागू.

लोकसत्ता गप्पा

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कार्यक्रमाला उपस्थित मान्यवर.

अभिनेता विनय येडेकर.

कोकण, पुणे, औरंगाबादमधील १० हजार घरांसाठी ऑक्टोबरमध्ये सोडत

लोकसत्ता प्रतिनिधी

मुंबई : म्हाडाच्या सुमारे १० हजार घरांची ऑक्टोबरमध्ये सोडत काढण्यात येणार आहे. यात पुण्यातील पाच हजार, कोकण मंडळाच्या अंदाजे साडेचार हजार आणि औरंगाबाद मंडळाच्या अंदाजे ६०० घरांचा समावेश आहे. या तिन्ही मंडळांतील घरांच्या सोडतीसाठी ऑगस्टच्या शेवटच्या आठवड्यात जाहिरात प्रसिद्ध करण्यात येणार आहे.

म्हाडाच्या मुंबई मंडळाच्या ४,०८२ घरांच्या सोडतीचा निकाल नुकताच जाहीर करण्यात आला. मुख्यमंत्री एकनाथ शिंदे यांनी लवकरच कोकण, पुणे आणि औरंगाबाद मंडळांतील घरांसाठी सोडत काढण्यात येईल असे जाहीर केले. त्यानुसार पुणे मंडळातील पाच हजार घरांसाठी ऑक्टोबरमध्ये सोडत काढण्याचा निर्णय घेण्यात आल्याची माहिती मंडळाचे मुख्य अधिकारी अशोक पाटील यांनी दिली. या सोडतीच्या जाहिरातीची तयारी पूर्ण झाली असून २५ ऑगस्ट रोजी जाहिरात प्रसिद्ध करण्यात येणार आहे, असेही त्यांनी सांगितले. जाहिरात प्रसिद्ध होताच २५ ऑगस्टपासूनच अर्ज विक्री - स्वीकृतीला सुरुवात करण्यात येणार आहे. या सोडतीत अत्यल्प, अल्प, माध्यम आणि उच्च अशा सर्व उत्पन्न गटातील घरांचा समावेश आहे. त्याचबरोबर पुणे, सांगली, सोलापूर आणि कोल्हापूर येथील घरांसाठीही सोडत काढण्यात येणार आहे. तर दुसरीकडे कोकण मंडळानेही चार हजार घरांच्या सोडतीच्या जाहिरातीच्या कामाला वेग दिला आहे.

ठाणे, विरार - बोळिंज, डोंबिवली आणि अन्य ठिकाणच्या अंदाजे साडेचार हजार घरांसाठी ऑगस्टअखेरीस जाहिरात प्रसिद्ध करण्यात येणार आहे. औरंगाबाद मंडळानेही अंदाजे ६०० घरांसाठीच्या सोडतीच्या जाहिरातीसाठीची तयारी सुरू केल्याची माहिती औरंगाबाद मंडळाचे मुख्य अधिकारी मंदार वैद्य यांनी दिली. औरंगाबाद, आंबेजोगाई आणि लातूरमधील घरांचा यात समावेश असल्याचेही त्यांनी सांगितले. एकूणच दसऱ्याच्या मुहूर्तावर इच्छुकांना हक्काच्या घराचे स्वप्न पूर्ण करण्याची संधी आहे.

कल्याणमध्ये अल्पवयीन मुलीची हत्या

(पान १ वरून) उपचारादरम्यान तिचा मृत्यू झाला. सूत्रांनी दिलेल्या माहितीनुसार, आदित्यने यापूर्वी दोन वेळा या मुलीला प्रेमासाठी गळ घातली होती. मुलीने नकार दिल्याच्या रागातून त्याने हा हल्ला केला असण्याची शक्यता आहे. याबाबत निश्चित माहिती तपासातून समोर येईल, असे पोलिसांनी सांगितले. कल्याण पूर्व भागात दिवसेंदिवस वाढत असलेल्या गुन्हेगारीमुळे नागरिकांमध्ये चिंतेचे वातावरण असून पोलिसांनी गुन्हेगारांवर वचक बसवावा, अशी मागणी होत आहे.

उत्तर कॅलिफोर्नियात वणवा, स्थलांतराचे आदेश

शिकागो : अमेरिकेतील कॅलिफोर्निया राज्याच्या उत्तर भागात गेल्या वर्षी लागलेल्या भीषण वणव्याच्या ठिकाणापासून जवळच मंगळवारी वणवा लागला. त्यानंतर तेथील लोकांच्या स्थलांतराचे आदेश देण्यात आले. वादळी वाऱ्यांमुळे वणवा आणखी भडकला आहे. या भागामध्ये १५ लहानमोठे वणवे भडकले आहेत.