

Preetnama

ਪ੍ਰੀਤਨਾਮਾ

Khara Sach

ਖਰਾ ਸੱਚ

On our English language New Website
WWW.PREET NEWS.COM

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Vol 4, Issue 242

Website: www.preetnama.com Email preetnamausa@gmail.com 01 MARCH TO 07 MARCH, 2024

ਨਿਊਯਾਰਕ ਦੇ ਪ੍ਰਸਿੱਧ ਬੀ.ਜੇ. ਸਟੂਡੀਓ ਦੇ ਮਾਲਕ ਬਲਦੇਵ ਸਿੰਘ ਤੇ ਉਨ੍ਹਾਂ ਦੇ ਪਰਿਵਾਰ ਵੱਲੋਂ ਆਪਣੇ ਗ੍ਰਹਿ ਵਿਖੇ ਕਰਵਾਇਆ ਗਿਆ ਗੁਰਮਤਿ ਸਮਾਗਮ

ਪੰਜ ਪ੍ਰਸਿੱਧ ਸ਼ਖਸੀਅਤਾਂ ਸਮੇਤ ਨਿਊਯਾਰਕ ਦੇ ਨਾਮਵਰ ਸਮਾਜ ਸੇਵੀਆਂ ਨੇ ਵੀ ਭਰੀ ਵਿਸ਼ੇਸ਼ ਤੌਰ 'ਤੇ ਹਾਜ਼ਰੀ

ਨਿਊਯਾਰਕ ਦੇ ਪ੍ਰਸਿੱਧ ਬੀ.ਜੇ. ਸਟੂਡੀਓ ਦੇ ਮਾਲਕ ਤੋਂ ਉਥੋਂ ਸਮਾਜ ਸੇਵੀ ਹਾਫ਼ੀਤ ਸਿੰਘ ਤੂਰ, ਚਰਨ ਸਿੰਘ ਭੁਪਿੰਦਰ ਸਿੰਘ ਭਰਾ ਸੁਖਦੇਵ ਸਿੰਘ ਤੇ ਜੀਜਾ ਜਸਵੀਰ ਹੋਏ। ਇਸ ਮੌਕੇ 'ਤੇ ਭਾਈ ਸਾਹਿਬ ਸੁਖਵਿੰਦਰ ਸਿੰਘ ਬੇਮੁਗਾ, ਗੁਰਦੁਆਰਾ ਸਿੱਖ ਕਲਚਰਲ ਸੁਸਾਇਟੀ ਦੇ ਸਿੰਘ ਵੱਲੋਂ ਆਈਆਂ ਹੋਈਆਂ ਸੰਗਤਾਂ ਦਾ ਤਹਿ ਦਿਲੋਂ ਤੇ ਉਨ੍ਹਾਂ ਦੇ ਜਥੇ ਵੱਲੋਂ ਕੀਰਤਨ ਕਰਕੇ ਸੰਗਤਾਂ ਨੂੰ ਗ੍ਰਹਿ (ਅੰਬਾਲਾ ਕੈਂਟ ਹਰਿਆਣਾ) ਵਿਖੇ ਆਪਣੇ ਮਾਤਾ ਚੇਅਰਮੈਨ ਬੂਟਾ ਸਿੰਘ ਚੀਮਾ, ਬਾਬਾ ਮੱਖਣ ਸ਼ਾਹ ਸਵਾਗਤ ਕੀਤਾ। ਬਲਦੇਵ ਸਿੰਘ ਜੀ ਦੇ ਗ੍ਰਹਿ ਵਿਖੇ ਨਿਹਾਲ ਕੀਤਾ। ਇਸ ਤੋਂ ਇਲਾਵਾ ਹਰਪਾਲ ਸਿੰਘ ਪਿਤਾ ਦੀ ਮਿੱਠੀ ਯਾਦ ਵਿਚ ਗੁਰਮਤਿ ਸਮਾਗਮ ਲੁਬਾਣਾ ਗੁਰੂ ਘਰ ਤੋਂ ਪ੍ਰਧਾਨ ਦਲੇਰ ਸਿੰਘ, ਸਾਬਕਾ 26 ਜਨਵਰੀ ਨੂੰ ਸ੍ਰੀ ਅਖੰਡ ਪਾਠ ਸਾਹਿਬ ਜੀ ਦੀ ਕਰਵਾਇਆ ਗਿਆ। ਇਸ ਮੌਕੇ 'ਤੇ ਗਿਆਨੀ ਜਗਤਾਰ ਪ੍ਰਧਾਨ ਗੁਰਮੈਜ ਸਿੰਘ, ਨਰਿੰਦਰ ਸਿੰਘ ਅਤੇ ਦੇਸ਼ਾਂ ਅੰਨੰਭਤਾ ਕੀਤੀ ਗਈ ਤੇ 28 ਜਨਵਰੀ ਨੂੰ ਸਵੇਰੇ 10 ਸਿੰਘ ਸਾਬਕਾ ਹੈਡ ਗ੍ਰੰਥੀ ਸ੍ਰੀ ਰਹਿਣ ਸਾਹਿਬ, ਐਸ. ਵਿਦੇਸ਼ਾਂ ਤੋਂ ਕਈ ਹੋਰ ਮਹਾਨ ਹਸਤੀਆਂ ਨੇ ਸ਼ਮੂਲੀਅਤ ਵਜੋਂ ਭੋਗ ਪਾਏ ਗਏ। ਉਪਰੰਤ ਗੁਰਮਤਿ ਸਮਾਗਮ ਦੀ ਜੀ, ਪੀ. ਸੀ. ਦੇ ਸਕੱਤਰ ਪਰਮਜੀਤ ਸਿੰਘ ਸਰੋਆ, ਕੀਤੀ। ਇਥੇ ਜਿਕਰਯੋਗ ਹੈ ਕਿ ਬਲਦੇਵ ਸਿੰਘ ਬੀ. ਆਰੰਭਤਾ ਹੋਈ, ਜਿਸ ਵਿਚ ਕੌਮ ਦੇ ਮਹਾਨ ਸਿੰਘ ਬੱਬੀ ਗੁਰਦੁਆਰਾ ਮੱਖਣ ਸ਼ਾਹ ਲੁਬਾਣਾ ਮੋਹਨ ਸਿੰਘ ਬਡਾਨਾ ਢਾਡੀ ਜਥਾ ਸਮੇਤ ਨਿਊਯਾਰਕ ਜੇ. ਦੇ ਪਰਿਵਾਰ ਕ ਮੈਂਬਰਾਂ ਭਰਾ ਜਸਵੰਤ ਸਿੰਘ, ਪਰਾ ਕੀਰਤਨੀਏ, ਕਬਾਵਾਚਕ ਅਤੇ ਢਾਡੀ ਜਥੇ ਸ਼ਾਮਲ ਨਿਊਯਾਰਕ ਤੋਂ ਪੁਹੰਚੇ ਹੋਏ ਸਨ।



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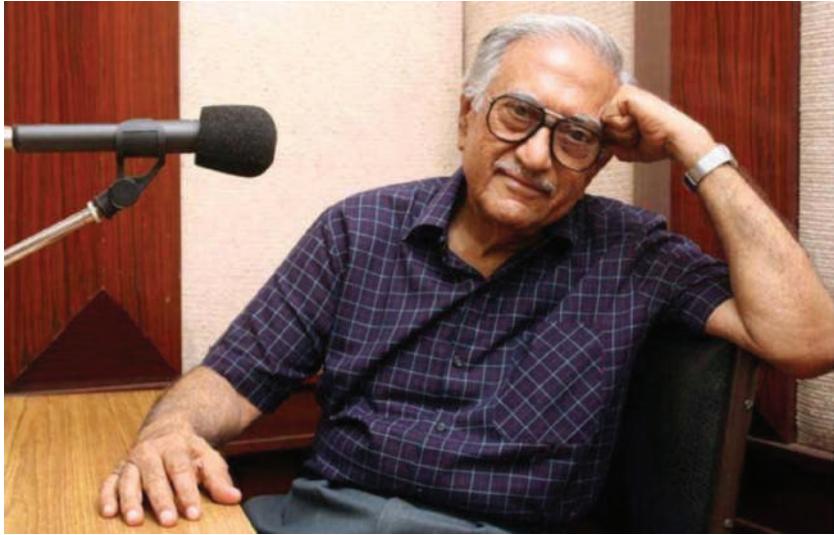
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Ameen Sayani: an ever lasting brand name in the field of radio jockies



Born on December 21, 1932 in the nation, Mohandas Karamchand Mumbai (the then Bombay), in the Gandhi. Father Janmohammed family closely concerned with Sayani was a medial doctor by literature and books, Ameen Sayani profession. Ameen's parents were is the ever lasting brand name in the freedom strugglers who had seen so fied of radio jokies. Mother Kulsum many ups and downs in their lives, Sayani, a Gandhian, was an editor to gain the experiences, further of the fortnightly journal 'Rahbar', travelled to him and can easily be which was initiated by the father of observed through his words uttered

during presentations on radio. So was his elder brother Hamid Sayani, who was an English broadcaster. Ameen contributed his fantastic comparaing in over 54,000 radio programs. His name had found place in Limka Book of Records for his contribution as a voice over artist in about 19,000 jingles. In 1950s, there was a time when government of free India decided not to play the

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Bollywood songs on All India Radio as the same were considered as the British rule's western coloured entertainment material, not suited to the Indian people and their culture. That was the time the voice of Ameen got popularity as he worked for 'Binaka Geet Mala', a 30 minute

program on Radio Ceylon, Professionally, begining as an English presenter and later on turned to Hindi, from 1951, in his 42 years career Ameen boldly interviewed several renowned personalities including Lata Mangeshkar, Kishore Kumar, and Raj Kapoor. He never hesitated to ask bold questions while interviewing. Obtaining the graduation degree in history, from Mumbai University, he became one of the first voices heared on the airways in Asian continent. At the age of 91, Ameen Sayani breathe last in the night of February 21, 2024 when he was admittted to Sir H.N. Reliance Foundation Hospital, Mumbai, for the treatment of sudden heart attack and, later on, under treatment, he was declared dead. "Behno Aur Bhaiyo!", though, Amin Sayani has departed physically, yet he will remain alive in the hearts, through his unparalleled and stylish voce recordings.

Parents can be helpful in preventing the development of ADHD



Raising a child with ADHD can be a mix of fulfilling and demanding experiences. Being patient and providing encouragement are essential, along with ensuring they receive appropriate support in school or other settings and seeking medical intervention if necessary. A child or teenager with ADHD may experience challenges with self-confidence and may find it difficult to keep up with others, leading to slower completion of tasks such as chores and schoolwork. It's important to offer praise for positive actions and gently guide them when they exhibit behaviors related to their mental disorder, such as distractions, lack

of focus, forgetfulness, or impulsivity. As a child/teen with ADHD, parents need to be more patient and gentler with their children while they are growing up.

A University of Waterloo study revealed that parents can be helpful in preventing the development of ADHD in children.

Nowadays, ADHD is emerging as a big problem in young children. Due to this, they are more active. If it is not corrected in time, they face trouble concentrating on anything, which increases the worries of parents as well. However, a study has revealed that parents can prevent

attention deficit/hyperactivity disorder (ADHD) by taking a few precautions if they want to. This can be possible if they pay more attention to children and change their parenting style. According to psychologists, children's hyperactive behavior, parenting and brain function play a role in the development of ADHD symptoms. Professor involved in the amendment. Heather Henderson said that parents can actually prevent

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ADHD from developing by spending more time with children and providing proper instruction in between. These include guiding children through verbal and physical cues as they encounter new situations. 291 children aged four months to 15 years were followed up during the study. The researchers evaluated children's temperament and parents' interactions over three years. Child functioning was assessed at four years and parent-reported ADHD symptoms were analyzed six times between the ages of five and 15.

The study found that children's temperament and parenting style have an impact on it. Proper guidance with verbal and physical cues during parenting can keep children on the right track of development and prevent ADHD symptoms from escalating. Also, portraying parents with ADHD as chaotic whirlwinds was not my intention. There are numerous outstanding parents out there with ADHD. Parents who have ADHD can relax and enjoy being spontaneous and adventurous. They possess a wide range of positive qualities, including generosity, creativity, empathy, humor, problem-solving skills, and fearlessness. I have observed that parents with ADHD create loving homes because they prioritize what truly matters and are understanding rather than judgmental of their imperfections.

If you are finding it challenging to parent a child while also dealing with ADHD, I completely understand. Take action for your children and yourself by seeking assistance. It could involve medication, therapy, or just reading books on parenting with ADHD. It will have a significant impact on your life and the lives of your children, too. In the end let me share few tips: It's essential to learn about ADHD and its impact on your child. Inform yourself about the symptoms, challenges, and treatment options. Understanding this information will enable you to offer appropriate assistance and champion for your child's requirements. Consult with healthcare professionals, such as pediatricians, psychologists, or psychiatrists, who specialize in ADHD for professional guidance. They are skilled at providing precise diagnoses, recommending various treatment options (such as therapy and medication), and assisting in creating a comprehensive management strategy.

Establish a Structured Routine: Children diagnosed with ADHD typically find structure and routines to be beneficial. Creating a structured schedule for meals, homework, playtime, and bedtime is essential. Consider incorporating visual aids or timers to assist your child in comprehending and adhering to the routine.

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“ In Perfect Imperfection: Love’s Untold Story”

“Love doesn’t just sit there, like a stone; it has to be made, like bread; remade all the time, made new.” Ursula K. Le Guin

In the grand symphony of human existence, love emerges as the most enchanting melody, weaving its way through the intricate tapestry of our lives. It is not merely a static entity but a dynamic force, requiring constant nurturing and renewal to flourish. Inspired by the timeless wisdom of renowned poets and thinkers, let us embark on a journey to explore the profound nature of love in all its imperfections, complexities, and depths. Let us delve into its mysterious depths, unravelling its secrets and embracing its transformative power. Let us celebrate the myriad shades of love, from the passionate flames of romantic ardor to the tender warmth of familial bonds, from the selfless devotion of friendship to the boundless compassion that transcends all boundaries. Let us cherish the moments of connection and understanding, the laughter shared and tears shed, the joys and sorrows that shape our human experience. And in the symphony of our lives, may love be the melody that guides us, the harmony that unites us, and the rhythm that sustains us through every twist and turn of our journey. For in love, we find the true essence of our humanity, the source of our strength, and the meaning that gives purpose to our existence. So let us embrace love in all its forms, and let its melody echo through the ages, reminding us of the beauty and wonder of being alive.

A Dance of Investments and Bills:

“To love and be loved is to feel the sun from both sides.” David Viscott

Picture, if you will, the ledger of life, where each person we encounter plays a role. Some are akin to investments, enriching our journey with their presence, wisdom, and support. They contribute to our growth, inspiring us to reach greater heights and illuminating our path with their love. Their presence is akin to a gentle breeze, guiding us through life’s tumultuous seas.

Yet, amidst the dance of investments, there are bills to be paid. Some individuals resemble burdens, draining our energy and spirit with their demands, negativity, and toxicity. Their presence feels like a heavy weight upon our shoulders, hindering our progress and casting shadows upon our days. And yet, even in these challenging relationships, there are lessons to be learned and growth to be gained.

Embracing Imperfections:

“I have found the paradox, that if you love until it hurts, there can be no more hurt, only more love.” Mother Teresa

In the tapestry of love, imperfection is the golden thread that binds us together. It is the recognition that no one is flawless, and true connection transcends surface-level attributes. Imperfect love acknowledges each other's quirks, flaws, and vulnerabilities, yet chooses to love fiercely despite them.

In imperfect love, there are disagreements, misunderstandings, and moments of frustration. But instead of viewing these as signs of failure, they are seen as opportunities for growth and deeper understanding. Imperfect love thrives on communication, compromise, and forgiveness, building a foundation of trust and resilience that withstands the test of time.

Nurturing Growth:

“Love is not only something you feel, it is something you do.” David Wilkerson

One of the defining characteristics of true love is its ability to nurture growth. It encourages self-discovery, personal development, and mutual evolution. In a loving relationship, individuals supported in pursuing their passions, overcoming challenges, and realizing their full potential. Moreover, love fosters emotional growth, enabling individuals to navigate life's ups and downs with grace and resilience. It provides a safe space for vulnerability and authenticity, where individuals can express their true thoughts and feelings without fear of judgment, and where growth is not only encouraged but celebrated.

Strength in Absence and Presence:

“I carry your heart with me (I carry it in my heart)” E.E. Cummings

Absence sharpens love, as the saying goes. When two individuals are apart, whether physically or emotionally, their love is tested

and strengthened. Distance fosters appreciation, longing, and a deeper connection. It reminds us of the value of the relationship and encourages us to cherish every moment together.

Conversely, presence strengthens love, as shared experiences, laughter, and intimacy deepen the bond between two individuals. In moments of joy and sorrow, love serves as a source of comfort, support, and companionship. It reminds us that we are not alone and that together, we can overcome any obstacle.

Bottom line:

“Love is an endless mystery, for it has nothing else to explain it.” Rabindranath Tagore

In the grand tapestry of life, love emerges as the most enchanting thread, weaving its way through the fabric of our existence. It transcends material wealth, status, and superficial appearances. True love is not about finding someone perfect but about finding someone who is willing to invest in growth together, embrace imperfections, and navigate life's challenges with grace and resilience.

So, let us embrace imperfect love wholeheartedly, recognizing its power to nurture growth, provide strength in times of need, and enrich our lives in ways we never thought possible. For in the end, it is love that truly matters, illuminating our path and guiding us towards a life filled with joy, fulfillment, and deep connection.

The impact of the UPI system on the digital banking landscape in India

The financial environment in India has changed dramatically in recent years, with the introduction of the Unified Payments Interface (UPI) technology playing a critical role in defining the digital banking industry. In light of the present economic situation, the UPI system has emerged as a game changer, revolutionizing transaction processes and helping to the country's push towards a cashless economy.

The National Payments Corporation of India (NPCI) developed the UPI system in 2016, which allows for smooth and instantaneous financial transfers between banks via mobile devices using a single identification known as the Virtual

Payment Address. This invention has not only streamlined transactions, but it has also promoted financial inclusion by making a user-friendly platform available to both urban and rural residents. One of the most impressive features of the UPI system is its interoperability, which enables users to link different bank accounts to a single UPI ID. This functionality eliminates the need for numerous applications or platforms, speeding the payment process and creating a cohesive digital experience.

As a result, the UPI system has expanded exponentially, processing

billions of transactions every month. The pandemic-induced constraints highlighted the value of contactless transactions, and the UPI system rose to the occasion. Consumers and companies alike quickly adapted to the new normal, minimizing economic disruptions, thanks to the ease of QR code scanning and the simplicity of VPA-based transactions. The UPI system's influence on small and medium-sized businesses (SMEs) cannot be emphasized. The capacity to accept payments

particularly small enterprises, to handle their financial flows more effectively. This has not only increased their resilience in difficult economic times, but has also fueled entrepreneurial development and innovation.

While the UPI system has clearly resulted in many beneficial advances, issues remain. Cyber security concerns and the necessity for continuing technical developments to remain ahead of fraudsters are two issues that require regular attention. As the UPI system evolves, stakeholders must work to strengthen the security infrastructure and ensure the stability of digital financial ecosystems.

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How to Choose the Right Career After the XII class?

Understanding Yourself: Self-Assessment for a Solid Start

In the intricate journey of choosing the right career after 12th, self-assessment emerges as a compass, guiding us towards a fulfilling professional voyage. Embarking on this path requires a blend of introspection and strategy. Let's navigate through the key checkpoints: Exploring Interests, Passions, and Hobbies: Delve into your inner landscape to unearth your fervours. Passions, often hidden beneath the surface, can evolve into profound vocations. Your hobbies could hold the seeds of your future endeavours.

Assessing Strengths, Skills, and Weaknesses: Auditing your capabilities is pivotal. Identifying your strengths provides a foundation for growth. Acknowledging weaknesses isn't a setback but a chance to enhance skills or opt for a career that mitigates them.

Reflecting on Personality Traits and Values: A cohesive career aligns with your identity. Reflect upon personality traits that shine in your interactions. Personal and professional values are the pillars on which a rewarding career stands.

Exploring the Landscape: Researching Career Options

In the ever-evolving professional sphere, researching career options is paramount to charting a trajectory of success. Whether you're a recent graduate or contemplating a shift, the significance of this pursuit cannot be overstated.

Broadened Horizons: Delving into diverse career fields and industries exposes you to various possibilities beyond the conventional. It aids in uncovering latent interests that might align with your aspirations.

Resourceful Avenues: The digital age has given us an abundance of online resources, career guides, and industry reports. These treasures equip you with insights, statistics, and trends crucial for informed decision-making.

Informed Decisions: Research allows you to peel back layers of job roles, responsibilities, growth prospects, and required qualifications. This meticulous scrutiny aids in identifying positions that resonate with your skill set and ambitions.

Guidance Matters: Seeking Expert Advice

In the intricate career path journey, the sage counsel of career counsellors, mentors, teachers, and seasoned professionals plays an invaluable role. Their insights offer a compass in the labyrinth of choices. "How to Choose the Right Career After 12th?" – a question often daunting for young minds finds its answer in these wise guides.



Approaching Conversations with Experts: Initiating dialogues with experts necessitates finesse. Crafting thoughtful questions about the nuances of various professions is pivotal. Delve into specifics, inquire about industry trends, and seek personal anecdotes to comprehend the intricacies.

Leveraging Networks for Real-World Advice:

Connections are a goldmine of practical wisdom. Harvest insights from diverse sources – your uncle's engineering expertise, your friend's artistic journey, or your neighbour's financial acumen. These anecdotes, peppered with real experiences, provide unparalleled insights into the prospective fields.

Mapping the Path: Educational Requirements and Pathways

In the labyrinth of career choices, How to Choose the Right Career After 12th? Emerges as a pivotal question. Navigating this intricate terrain demands a discerning grasp of diverse educational trajectories. Similar to interwoven threads, these pathways intertwine college degrees, vocational courses, and certifications.

College Degrees: The quintessential academic route, college degrees offer comprehensive knowledge and critical thinking skills. Bachelor's programs like Engineering or Humanities often span four years, cultivating expertise through rigorous coursework. Masters and Doctoral degrees delve deeper, demanding intense research acumen and domain mastery.

Vocational Courses: An avenue less traversed, vocational courses furnish hands-on proficiency in specific fields. Programs like culinary arts or automotive mechanics equip individuals with focused skills, usually within a shorter time frame.

Vijay Garg

In the ever-evolving employment landscape, understanding how to choose the right career after 12th is paramount. Navigating this pivotal decision requires a blend of foresight and strategic thinking, encompassing an analysis of market dynamics and individual inclinations.

Significance of Assessing Current and Future Job Market Trends

Delving into prevailing market trends enables informed decision-making, aligning career choices with lucrative prospects. A forward-looking approach ensures long-term professional viability.

Market dynamics shape the employability of various professions. Identifying growth trajectories and potential saturation points aids in avoiding professional obsolescence.

Researching Industries with Sustainable Growth and Demand

Scrutinizing industries experiencing sustained growth is instrumental. Fields like renewable energy, data analytics, and biotechnology exemplify sectors with burgeoning demand. Fusing this data with one's interests can lead to a harmonious convergence of passion and practicality.

Balancing Personal Interests and Market Demand for Informed Decisions

Harmonizing individual proclivities with market demand is the crux of a successful career choice. A judicious equilibrium ensures job satisfaction alongside financial rewards.

Introspection and comprehensive research empower individuals to make astute

decisions, fostering professional fulfilment.

Building Connections: Networking for Opportunities

In the dynamic realm of professional growth, networking emerges as a quintessential catalyst. Recognizing the importance of networking for career development is akin to realizing the pivotal role of bridges in connecting distant shores. Crafting a web of alliances can proffer insights that are as profound as they are multifaceted.

Tips for building a professional network within your chosen industry:

Strategic Synchronicity: Initiate conversations with purpose. Identify individuals whose insights align with your aspirations, creating a resonance beyond casual exchanges.

Curated Conversations: Engage in dialogues that blend curiosity with genuine interest. Delve into their experiences, uncovering hidden gems of wisdom that textbooks seldom offer.

Social Media Symphony: Leverage the symphony of digital platforms. From LinkedIn's professional cadence to Twitter's concise symposiums, each note uniquely harmonises your network's melody.

Events Embellishment: Attend industry events akin to pilgrimages of knowledge. The symposiums, seminars, and summits are not mere gatherings but veritable treasure troves of networking opportunities.

Significance of setting achievable short-term and ambitious long-term career goals:

Short-term objectives act as stepping stones, nurturing skills and building a solid foundation for broader goals.

Long-term goals, audacious in nature, fuel ambition and stimulate sustained growth. They paint a vivid portrait of the ultimate destination.

Breaking down goals into actionable steps for a clear career trajectory:

Deconstructing ambitions into smaller, actionable fragments empowers individuals to comprehend the path ahead.

Setting measurable milestones paves the way for tracking progress and enhancing motivation.

Balancing personal aspirations with the realities of the job market:

Conclusion

Pursuing the right career after the 12th, the blend of self-awareness, thorough exploration, market insight, and goal setting illuminates a path to confident decisions. This blog has offered a strategic blueprint to navigate the multifaceted landscape of career selection.

Vijay Garg Retired Principal Educational columnist malout Punjab

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ਬਿਨੁ ਭਾਗਾ ਸਭਸੰਗੁ ਨ ਲੜੋ, ਬਿਨੁ ਸੰਗਾਤਿ ਮੇਲੁ ਭਰੋਜੇ ਜੀਉ ॥
ਅਲਖੁ ਲਖਾਇਆ, ਗੁਰ ਤੇ ਪਾਇਆ, ਨਾਨਕ ਏਹੁ ਹਰਿ ਕਾ ਚੇਲੂ ॥



ਜੋੜ ਮੇਲਾ ਚੇਲੂ ਸਾਹਿਬ

ਇਤਿਹਾਸਕ ਨਗਰ ਖਡਿਆਲਾ ਸੈਣੀਆਂ
ਜ਼ਿਲਾ ਹੁਸ਼ਿਆਰਪੁਰ ਤੋਂ ਹਰ ਸਾਲ ਦੀ ਤਰ੍ਹਾਂ ਇਸ ਸਾਲ ਵੀ
ਮਿਤੀ 1 ਮਾਰਚ, 2024 ਦਿਨ ਸ਼ੁੱਕਰਵਾਰ
ਜੱਥੇਦਾਰ ਰਣਧੀਰ ਸਿੰਘ ਜੀ ਦੀ ਅਗਵਾਈ ਹੋਣ

ਪੈਦਲ ਯਾਤਰਾ

ਗੁਰੂ ਰੂਪ ਸਾਧ ਸੰਗਤ ਜੀਓ,

ਵਾਹਿਗੁਰੂ ਜੀ ਕਾ ਖਾਲਸਾ, ਵਾਹਿਗੁਰੂ ਜੀ ਕੀ ਫਤਿਹ

ਆਪ ਜੀ ਦੇ ਚਰਨਾਂ ਵਿੱਚ ਜੱਥੇਦਾਰ ਅਤੇ ਸਾਧ ਸੰਗਤ ਦੁਆਬਾ ਵਲੋਂ ਕੁਝ ਇੱਕ ਬੇਨਤੀਆਂ ਕੀਤੀਆਂ ਜਾਂਦੀਆਂ ਹਨ। ਬੇਨਤੀਆਂ ਪ੍ਰਵਾਨ ਕਰਨੀਆਂ ਜੀ। ਜਿਵੇਂ ਕਿ ਆਪ ਸਾਧ ਸੰਗਤ ਨੂੰ ਭਲੀ ਭਾਂਤ ਪਤਾ ਹੈ ਕਿ ਸ੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੇ ਪਵਿੱਤਰ ਚੇਲੂ ਸਾਹਿਬ ਦੇ ਦਰਸ਼ਨਾਂ ਲਈ ਦੁਆਬੇ ਦੀ ਸਾਧ ਸੰਗਤ ਇਤਿਹਾਸਕ ਨਗਰ ਖਡਿਆਲਾ ਸੈਣੀਆਂ, ਜ਼ਿਲਾ ਹੁਸ਼ਿਆਰਪੁਰ ਤੋਂ ਹਰ ਸਾਲ 1 ਮਾਰਚ ਨੂੰ ਜੱਥੇਦਾਰ ਸਾਹਿਬ ਜੀ ਦੀ ਅਗਵਾਈ ਹੋਣ ਪੈਦਲ ਯਾਤਰਾ ਅਰੰਭ ਕਰਦੀ ਹੈ ਅਤੇ ਵੱਖ-ਵੱਖ ਪਤਾਵਾਂ ਨੂੰ ਤਹਿ ਕਰਕੇ 4 ਮਾਰਚ ਨੂੰ ਡੱਡਰਾ ਬਾਬਾ ਨਾਨਕ (ਗੁਰਦਾਸਪੁਰ) ਵਿਖੇ ਪਹੁੰਚ ਕੇ ਗੁਰੂ ਨਾਨਕ ਸਾਹਿਬ ਜੀ ਦੇ ਪਵਿੱਤਰ ਚੇਲੂ ਸਾਹਿਬ ਜੀ ਦੇ ਦਰਸ਼ਨ ਕਰਦੀ ਹੈ। ਇਸ ਯਾਤਰਾ ਦੌਰਾਨ ਆਪ ਜੀ ਨੂੰ ਕੁਝ ਇੱਕ ਬੇਨਤੀਆਂ ਕੀਤੀਆਂ ਜਾਂਦੀਆਂ ਹਨ।

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2. ਯਾਤਰਾ ਦੌਰਾਨ ਹਰ ਤਰ੍ਹਾਂ ਦੇ ਨਸ਼ਿਆਂ ਤੋਂ ਗੁਰੇਜ ਕਰਨਾ।
3. ਗੁਰੂ ਕੇ ਲੇਗਾਰ ਜੱਥੇਦਾਰ ਸਾਹਿਬ ਅਤੇ ਗੁਰੂ ਸਾਹਿਬ ਦੇ ਨਿਸ਼ਾਨ ਪਹੁੰਚਣ ਤੋਂ ਹੀ ਖੱਲੇ ਜਾਣਗੇ ਇਸ ਨੂੰ ਅਤਿ ਜ਼ਰੂਰੀ ਸਮਝਿਆ ਜਾਵੇ।
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5. ਜੱਥੇਦਾਰ ਸਾਹਿਬ ਅਤੇ ਉਹਨਾਂ ਦੇ ਸੇਵਾਦਾਰਾਂ ਨੂੰ ਪੁਰਾ-ਪੁਰਾ ਸਹਿਯੋਗ ਦਿੱਤਾ ਜਾਵੇ।
6. ਗੁਰਦਾਸਪੁਰ, ਸੈਲਾ ਜ਼ਸਵਾਲ, ਡਗਾਣਾ ਖੁਰਦ ਤੋਂ ਸੰਗਤਾਂ ਪੈਦਲ ਚਲ ਕੇ ਖਡਿਆਲਾ ਸੈਣੀਆਂ ਵਿਖੇ ਜੱਥੇਦਾਰ ਸਾਹਿਬ ਦੀ ਅਗਵਾਈ ਵਿੱਚ ਚਾਲ ਪਾਉਂਦੀਆਂ ਹਨ।
7. 01-03-2024 ਨੂੰ ਮੁੱਖ ਸਮਾਰਾਮ ਗੁ. ਸਿੰਘ ਸਭਾ ਖਡਿਆਲਾ ਸੈਣੀਆਂ ਵਿਖੇ ਹੋਵੇਗਾ।

8. ਸੰਗਤਾਂ ਅੱਗੇ ਨਿਮਰਤਾ ਸਹਿਤ ਬੇਨਤੀ ਹੈ ਕਿ ਕੋਈ ਵੀ ਵੀਰ, ਭੈਣ ਸੇਨੇ ਦੇ ਰਾਹਿਣੇ ਪਾ ਕੇ ਨਾ ਆਵੇ ਤੇ ਜੇਬਕਤਰਿਆਂ ਤੋਂ ਸਾਵਧਾਨੀ ਰੱਖੀ ਜਾਵੇ। ਕੋਈ ਵੀ ਵੀਰ ਟ੍ਰੈਕਟਰਾਂ ਟਰਾਲੀਆਂ ਲੈਕੇ ਯਾਤਰਾ ਵਿੱਚ ਨਾ ਆਵੇ। ਰਾਤਰੀ ਵਿਸ਼ਰਾਮ 1-3-24 ਕੱਟਲੀ ਜੰਡ ਨਜਦੀਕ ਟਾਂਡਾ, 2-3-24 ਨਗਰ ਹਰਚੋਵਾਲ, 3-3-24 ਨਗਰ ਘੁਮਣ-ਕਲਾਂ, 4-3-24 ਡੇਰਾ ਬਾਬਾ ਨਾਨਕ।

10. ਪਹੁੰਚ ਰਿਹਾ ਇਨਰਨੈਸ਼ਨਲ ਢਾਡੀ ਜੱਥਾ, ਭਾਈ ਸੁਖਪ੍ਰੀਤ ਸਿੰਘ ਜੀ ਪਲਾਸੋਰ ਵਾਲੇ।

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Biden and Trump win Michigan primaries

By Eric Bradner

President Joe Biden and former President Donald Trump won their respective parties' primaries in Michigan on Tuesday.

Biden overcame an activist-led push to lodge protest votes over his response to Israel's war with Hamas, although the effort was at roughly 13% of the vote shortly after midnight.

Biden is barreling toward the Democratic nomination for a second term, while the former president is heading toward securing the GOP nod for the third straight election.

Trump's win further shuts the door on former South Carolina Gov. Nikki Haley's hopes of building momentum ahead of next week's Super Tuesday contests, when more than one-third of the party's delegates are at stake. While Biden easily won the Democratic race, the results carried some warning signs for the president. He faced organized resistance led by Arab and Muslim Americans, as anger over the administration's handling of Israel's war in Gaza sparked a campaign to convince Democratic voters to cast protest ballots for "uncommitted."

The effort, called "Listen to Michigan," was endorsed by Michigan Rep. Rashida Tlaib and former Rep. Andy Levin, and backed by progressive groups such as Our Revolution, the organization spun out of Vermont Sen. Bernie Sanders' 2016 presidential bid. (Sanders had no part in that decision, according to a spokesperson, and is supporting Biden.)

Even as the votes were still being counted Tuesday night, organizers of the Michigan group deemed their campaign a success.

"We demand President Biden to take action now – bring a permanent ceasefire," said Layla Elabed, the campaign manager for the group. "A vote uncommitted was a humanitarian vote."

She said the effort was just beginning, with plans to keep pressure on the president alive in the eight months until the November election.

"I want to thank every Michigander who made their voice heard today. Exercising the right to vote and participating in our democracy is what makes America great," Biden said in a statement on the primary results that took aim at Trump and did not acknowledge the uncommitted movement.

The Michigan primary was moved up near the front of the Democratic presidential nominating calendar this year. With Biden's encouragement, party officials demoted Iowa and New



Hampshire from their traditional spots on the calendar in hopes of building a more diverse lineup of early voting states, which typically command attention and winnow the party's field of contenders.

Michigan is also among the most important presidential swing states — and one that helped deliver Trump the White House in 2016 after a nearly 11,000-vote win there. Biden defeated Trump in Michigan by about 150,000 votes four years later. Activists sought to send Biden a message about the political costs of his support for Israel in a must-win state. Dearborn, in particular, is home to one of the largest Arab American communities in the United States.

In 2020, nearly 146,000 Muslim Americans voted in the general election in Michigan, according to an analysis by Emgage, a group working to grow Muslim Americans' political power.

"This is not an anti-Biden campaign," Elabed, Palestinian American, recently told CNN. "It's a humanitarian vote. It's a protest vote. It is a vote that tells Biden and his administration that we believe in saving lives."

Biden, meanwhile, has put political muscle into Michigan — where the Democratic governor, Gretchen Whitmer, was on his 2020 vice presidential short list and won reelection easily in a 2022 race in which her support for abortion rights played a central role.

The president walked the picket line with the United Auto Workers union in Michigan in September during a strike against major auto manufacturers. "You deserve what you've earned, and you've earned a hell of a lot more than you're getting paid," he said then. The UAW endorsed Biden in January.

Trump inches closer to third straight nomination

Trump celebrated his primary win

with a call to the Michigan GOP watch party in which he looked forward to a likely rematch against Biden.

"We win Michigan, we win the whole thing," the former president said, according to a transcript provided by the Trump campaign. The Michigan GOP primary was the first of two contests this week that will award the state's 2024 presidential delegates. Trump is favored to rack up more delegates Saturday, when the Michigan GOP gathers for a convention. The split contests to award delegates are the result of

February 27 despite the Republican

opposition, the RNC and Michigan GOP came up with the hybrid model. As a result, 16 of Michigan's 55 delegates were at stake in Tuesday's primary and will be awarded proportionally based on the result. The other 39 will be awarded at Saturday's convention — three to the preferred candidate of the delegation from each of the state's 13 congressional districts.

Further complicating matters: The Michigan GOP is in the middle of a battle over who leads the party, with two people who claim the mantle of party chair holding dueling conventions Saturday. The RNC and Trump have recognized Pete Hoekstra, a former congressman and US ambassador to the Netherlands, as chair. However, Kristina Karamo, the election conspiracy theorist whom the state party voted to oust in January, has refused to relinquish control — arguing that she was unlawfully removed. A Michigan court on Tuesday affirmed her removal as state party chair. Hoekstra has scheduled a Saturday convention in Grand Rapids. But Karamo is also holding a convention in Detroit. The RNC's decision to recognize Hoekstra signaled that the party would accept delegates from the convention he will oversee.

Myanmar declares martial law in 2 townships of eastern state



Yangon- State Administration Council imposed martial law in Momeik and Mabein townships in Shan state of eastern Myanmar, media reported.

According to the media report, the council said on Wednesday in its order statement that the martial law was imposed to ensure security, uphold the rule of law, and maintain peace and stability in the region, news agency reported. Subsequently, in its separate order, the council

granted administrative and judicial power for the townships to the commander of the northern command to effectively carry out the works on security, law enforcement, and peace and stability of the region, the report added. Myanmar has remained under a state of emergency, which was initially declared in February 2021 for one year and subsequently extended five times, each for six months, until end of July this year.

Joe Biden undergoes medical exam, says doctors 'think I look too young'

President Joe Biden has been declared fit by his medical team after conducting an annual physical examination. In a six-page memo, Dr Kevin O'Connor wrote that the president is healthy and fit to perform his official tasks.



President Joe Biden continues to be fit for duty," his doctor wrote Wednesday after conducting an annual physical that was closely watched as the 81-year-old seeks reelection. "President Biden is a healthy, active, robust, 81-year-old male who remains fit to successfully execute the duties of the presidency," Dr. Kevin O'Connor wrote in a six-page memo on the president's health, following a physical that took Biden to Walter Reed National Military Medical Center for more than 2 1/2 hours. The memo added that Biden, "feels well and this year's physical identifies no new concerns." The memo added that Biden, "feels well and this year's physical identifies no

new concerns." The oldest president in U.S. history, Biden would be 86 by the end of a second term, should he win one. After his last exam, performed in February 2023, doctors declared Biden "healthy, vigorous" and "fit" to handle his White House duties. But voters are approaching this year's election with misgivings about Biden's age, having scrutinized his gaffes, his coughing, his slow walking and even a tumble off his bicycle.

After he returned to the White House, Biden attended an event on combating crime and suggested that when it came to his health, "there is nothing different than last year."

He also joked about his age, gesturing toward the assembled press corps and telling police leaders at the gathering, "They think I look too young." Former President Donald Trump, 77, is the favorite to lock up

the Republican nomination later this month, which would bring him closer to a November rematch against Biden. Trump was 70 when he took office in 2017, which made him the oldest American president to be inaugurated, until Biden broke his record by being inaugurated at 78 in 2021.

A recent special counsel's report on the investigation into Biden's handling of classified documents repeatedly derided Biden's memory, calling it "hazy," "fuzzy," "faulty," "poor" and having "significant limitations." It also noted that Biden could not recall defining milestones in his own life such as when his son Beau died or when he served as vice president. Still, addressing reporters the evening of the report's release, Biden said "my memory is fine" and grew visibly angry as he denied forgetting

when his son died of brain cancer in 2015 at the age of 46.

White House press secretary Karine Jean-Pierre said Wednesday that O'Connor was one of a team of 20 different medical specialists who helped complete the physical and told her he "was happy with how everything went." Asked why he wasn't undergoing a cognitive test as part of the physical, Jean-Pierre said that O'Connor and Biden's neurologist "don't believe he needs one." He passes a cognitive test every day, every day as he moves from one topic to another topic, understanding the granular level of these topics," Jean-Pierre said, noting that Biden tackled such diverse issues as Wednesday's crime prevention event before his planned trip to the U.S.-Mexico border on Thursday and next week's State of the Union address.

'Audio leaks' support rigging claims by Imran Khan's party in Pakistan election



Purported audio recordings involving key leaders from the Muttahida Qaumi Movement-Pakistan (MQM-P) have lent support to allegations by Imran Khan's Pakistan Tehreek-e-Insaf (PTI) that the February 8 elections were manipulated and their electoral mandate was usurped.

In these recordings, Kamran Tessori, the Governor of Sindh, is purportedly heard expressing concerns over the authenticity of their mandate, stating it was "100 per cent fake". Tessori detailed the MQM-P's shift in allegiance from PTI to the Pakistan Democratic Alliance in April 2022, a move that was unfavourably received by their electorate. He reminisced about the 2018 elections when MQM-P secured seven National Assembly seats in Karachi, attributing it to a genuine support base. (February 8

Despite this, a coalition was formed between PML-N, PPP, and other parties, sidelining PTI and its affiliates. In the purported audio, Tessori also voiced his grievances regarding the distribution of power, highlighting that MQM-P was being offered minimal representation in the government. "What we are getting now is one ministerial position. They even want to take away the governorship and worst of all we have lost the confidence and trust of our voters now," a report in the newspaper Jang said, quoting Tessori. Another leaked audio with MQM-P's Senior Deputy Convener Mustafa Kamal revealed discussions with the PML-N delegation, indicating pressure from PPP to marginalise MQM-P due to the alleged illegitimacy of their mandate.

Colombo- Indian Coast Guard ships Samarth, an Offshore Patrol Vessel and Abhinav, Fast Patrol Vessel, arrived at Southern port city of Galle for training and professional interaction, the Indian High Commission in Colombo said. "The ships will visit Colombo from March 2 to 5 before departing the Island nation.

The Commanding Officers of the Indian Coast Guard Ships, Deputy Inspector General P Pradeep Kumar and Commandant (JG) Prabhat Kumar will be calling on Director General Sri Lanka Coast Guard and other senior officers," the

Indian High Commission said.

During the stay, the ships will undertake training for Sri Lanka



Coast Guard on VBSS, Fire Fighting and Damage Control, Maritime Pollution Response and hold few other professional interactions. Other activities such as yoga, beach cleaning and walkathon will also be held during the visit.

US Supreme Court agrees to hear Trump immunity claim in election subversion case

The US Supreme Court on Wednesday agreed to decide Donald Trump's claim of immunity from prosecution for trying to overturn his 2020 election loss, giving him a boost as he tries to delay criminal prosecutions while running to regain the presidency. The justices put on hold the criminal case being pursued by Special Counsel Jack Smith and will review a lower court's rejection of Trump's claim of immunity from prosecution because he was president when he took actions aimed at reversing President Joe Biden's election victory over him. The Supreme Court set the case for oral argument during the week of April 22 on a single question: "Whether and if so to what extent does

a former president enjoy presidential immunity from criminal prosecution for conduct alleged to involve official acts during his tenure in office."Trump, the first former president to be criminally prosecuted, is the frontrunner for the Republican nomination to challenge Biden, a Democrat, in the November 5 US election. The case once again thrusts the nation's top judicial body, whose 6-3 conservative majority includes three justices appointed by Trump, into the election fray. The Supreme Court also is due to issue a ruling on whether to overturn a judicial decision that barred Trump from Colorado's Republican primary ballot based on a constitutional provision regarding insurrection.



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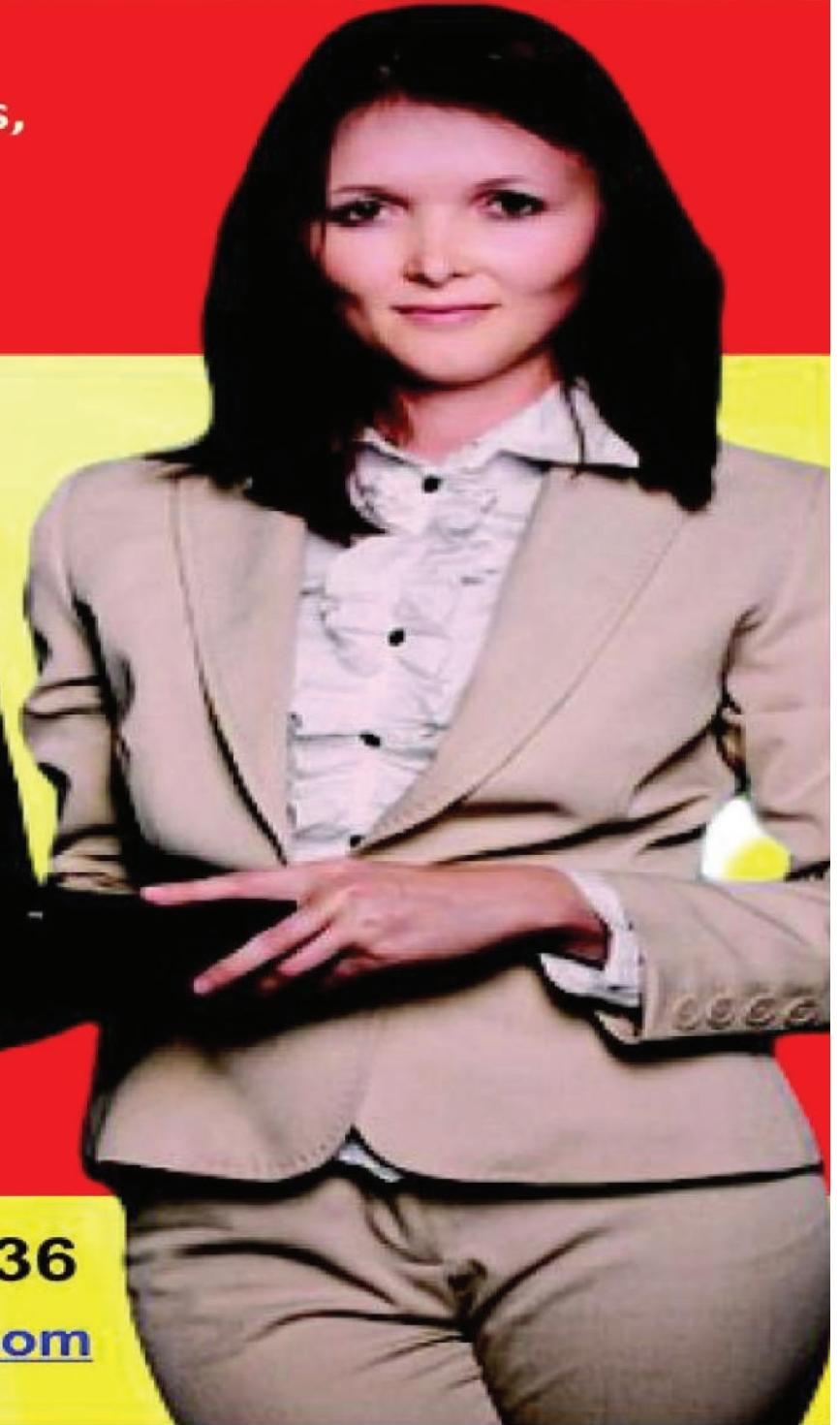
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