unlooked at but it is important

to learn the basics well that is knowing the Symptoms and

practices of common diseases

like nausea, how to control

pain, and more. One of the ways

to remember these practices is

to refer to intern guides on the

internet which gives you a lot of

**BE OBSERVANT** 

CHANDIGARH | WEDNESDAY | OCTOBER 27, 2021

**⊣**here are around 600 medical schools in the country as of 2020 with more than 50,000 medical students passing out every year after they qualify for these medical colleges through NEET. The internship year is a very important part of a medical student's life before becoming a fully discovered medical professional. It is during internship that medical students learn the real manner in which doctors

## How to prep for medical internship

Internships give an opportunity to learn and to put our studies into workplace, says DR VISHAL M BALARAMNAVAR

After studying for four-and-a-half opportunity to learn so much more and

work. It is here that they learn in the years it is finally the time to put oneself to work. Internships give us the

enable a platform to put our studies into Being in a new place where you

won't have your friends or teachers any more but patients and hospital staff, it is a huge shift. Here are some tips that

44,87,091/

29,38,295/

29,05,804/



one should follow to have a suc-

Being an intern, you would have a lot on your mind and since it is new, it is difficult to focus on many things at a time. For this, try to be systematic. Make a to-do list and try keeping a track of most of your work one by one. When in doubt or need assistance always be confident enough to ask for help from your seniors and observe how they have tabs on their devices to keep them systemat-

As an intern, if you do not know about diseases that are not

It is important, as an intern, to listen and observe all the senior workers and doctors carefully. Being an intern gives you the leverage as you don't have to know everything about a particular topic since you're there to learn. In an internship, one should always be open to learning. The best and ideal way

is to listen more than speaking.

STUDY YOUR PATIENT Reading through your patient's files allows you to have a better knowledge about your patient and their symptoms, medication, reactions, allergies and much more. Patients expect that their care providers know their medical conditions thoroughly and offer the best possible treatments. Reading through your patient's files not only aids you offer better help but also

and your knowledge to expand on other cases.

### SPEAK TO THE PATIENT'S FAMILY

As an intern, it is highly possible that you may not know much about the patient and its treatment but most of the time the family just wants to have health updates. It is important to be good and responsive to the patient's family and build trust. Most of the time the family responds by saying thank you which makes one feel good and

## **CALM YOURSELF DOWN**

As an intern, the people around you don't expect you to know a lot of things. So putting a lot of pressure on yourself from the initial stage of your internship will make you less confident even if it is your forte which will result in a bad impression. Remember to keep yourself calm and try to keep a smiling face on; have a good attitude and follow up on things that are important.

## **BE A TEAM PLAYER**

While being an Intern you are new to everything around you. During this time, it is important to be a team player. Being with your team will not only help you improve your patient's health but will also build the trust and bond that is needed for a team to be efficient enough. Nothing would work properly in the hospital if your team consisting of fellow interns, senior residents, phlebotomists, medical assistants, nurses, hospital transporters etc does not work in sync, patience and respect for one another.

The 5.5 years of your life of being a student physician are very crucial and of utmost importance of which that one whole year where you have different residential rotations and meet a lot of different people helps you gain experience and knowledge which is essential for your development. Though being an intern, you would have limited time and much more work to do, but practicing these tips will help you widen your skills

and contribute to you in the future. The writer is HOD Pharmacy Department, School of Pharmacy, Sanskriti University

## **ENERGY-EFFICIENT TECHNOLOGY**

he Indian Institute of Technology Guwahati has transferred to an industry partner an energyefficient and environment-friendly technology developed for cook-stoves by its researchers for commercialisation. This will ensure that the benefits of the research reach the society at large and benefit the common man.

The research team headed by Professor P Muthukumar, Department of Mechanical Engineering, IIT Guwahati, had developed porous radiant burners for cook-stoves equipped, which can provide the fuel saving in the range of 25 to 50 per cent. It can be operated with LPG, biogas and kerosene.

This effort will be a major contribution of IIT Guwahati towards the Government's efforts to enhance the access to clean cooking energy by promoting LPG, biogas and improved cook-stoves

(ICS) through various policies and programmes. Professor Muthukumar said: "These indigenously developed cook-stoves equipped with specially-designed double layered PRBs provide fuel saving in range of 25-50% and reduce CO and NOx emissions by 80 per cent. The newly developed PRB is ideally suited both gaseous fuels.

## **WORKSHOP ON LEADING SELF TO EXCELLENCE**

 $\mathsf{T}^{\mathsf{he}}$  Indraprastha Institute of Information Technology Delhi (IIIT-Delhi) organised a free workshop on Leading Self to Excellence under

the aegis of the AICTE Training and Learning (ATAL) programme. ATAL is a unique initiative by AICTE to enhance the quality of technical education in the country by training the faculty on a wide range of topics of relevance.

"Each one of us is a leader. We first lead ourselves, and then as we lead our lives well, others start to follow us. So, the primary focus of this workshop was on leading oneself, and then only in the second part of the workshop, we discussed about leading others. This is an inside-out kind of approach,' said Dr Anuj Grover, Associate Dean, IRD at IIIT-Delhi.

The workshop was based on the timeless principles of effectiveness as elucidated by leadership coaches like Stephen R Covey, Ram Charan, Bob Burg and John Mann. The sessions were interspersed with activities and spiced up with stories from Indian lore to drive home ideas. The AICTE mandates there should be a few sessions that help the participants to manage their physical and mental well-



Celebration of Vigilance Awareness Week in SJVN SHIMLA: SJVN is observing Vigilance Awareness Week from 26th October to 1st November 2021. This year, the theme of Vigilance Awareness Week is 'Independent India @ 75 Self Reliance with Integrity' Keeping up with commitment of being a responsible organization in fight against Corruption & encouraging transparency in functioning, Smt. Geeta Kapur, Director (Personnel), adminis tered the Integrity Pledge to the employees at Corporate Head Quarters. On this occasion Sh. Suresh Kumar Thakur, Executive Director, Sh. Ashwani Bhardwaj, Dy. CVO along with other senior officers of SJVN were also present. On this occasion, Smt. Geeta Kapur said that everyone in SJVN is committed to uphold highest standards of honesty & integrity and to follow probity and rule of law in all walks of life. Keeping in view the guidelines of social distancing due to COVID-19, the pledge was administered through Public Address System in Corporate Headquarters, Shimla Similarly, at the various offices and project locations of SJVN Integrity Pledge was administered to the employees



Celebration Of Vigilance Awareness Week-2021in National Fertilizers Limited, Zonal Office, Chandigarh

As per guidelines of CVC and NFL CVO, Vigilance Awareness Week 2021 at National Fertilizers Limited, Zonal Marketing Office, Chandigarh is being organized from 26.10.2021 to 01.11.2021 with the theme message of CVC. Independent India @ 75: Self Reliance with Integrity". On 26.10.2021 Integrity Pledge to the employees of Zonal Office Chandigarh was administered by Zonal Manager Chandigarh. Integrity Pledge to the employees of Area Offices, state Offices and D&C Cells under Zonal Office Chandigarhwas administered by respective in-charges of Area offices, State Offices and D&C cells. Various competitions as Essay writing, Slogan writing. Poster Making, walkathon will be organized for the employees of Zonal Office, Chandigarh, School and College students. A Gram Sabha will be organized during this week. A lecture on Preventive Vigilance will be delivered by NFL Chief Vigilance Officer Sh. Lalit Mohan Pandeyji, during Vigilance Awareness Week 2021.



Canara Bank Md & Ceo Inaugurates Atm Cum Cash Deposit Machine At Chandigarh International Airport

Sh. L.V. Prabhakar, MD & CEO, Canara Bank has inaugurated a ATM (Cash Recycler) at Chandigarh International Airport to felici tate public to withdraw and deposit cash at single point. The event was graced by Sh. Debashish Mukherjee, Executive Director, Ms. A Manimekhalai, Executive Director, Sh. K. Satyanarayana Raju Executive Director, Sh. B.M. Sharma, Executive Director, Sh. Ajay Kumar, Chief Executive Officer, Chandigarh International Airport and Sh. B.P. Jatav, General Manager and Circle Head, Chandigarh Dignitaries from Canara Bank Head Office, Bengaluru and Circle Office, Chandigarh were also present on the occasion



Union Bank of India organizes Vigilance Awareness Week Union Bank of India organized VIGITHON on 26.10.2021 on the occasion of Vigilance Awareness Week. This was organized under the aegis of General Manager Shri Suresh Chand Teli and Regional Head Shri Hare Krishna Das. VIGITHON commenced at 6:30 a.m. from Sukhna Lake and ended at Union Bank of India Regiona Office Sector-17B Chandigarh. One hundred Bank staff participated in the VIGITHON and the general public was made aware of Vigilance as well as PIDPI.



Punjab National Bank of India organizes Vigilance Awareness

Dated: 26.10.2021 Place: Bahadurgarh

> For M/s HL Residency **Proprietorship Firm**

## HIMACHAL PRADESH PUBLIC WORKS DEPARTMENT INVITATION FOR BIDS (IFB)

Name of Work

M/T on Tirmali Kando Fagar Road Km 0/0 to 2/435 under MNP (SH:-P/L WBM Grading-II and III,C/o Essential Parapets, Road Side

Km 28/0 to 48/0 (SH:- C/o Retaining Wall at

Dungi Kandyon Km 0/0 to 10/0 under SCSP (SH:- 5/7 meter Wide Formation Cutting at RD

epartment website www.hptenders.gov.in.

Starting Date for Downloading Bid: 01.11.2021

Deadline for Submission of Bid :- 11.11.2021 up to 10:00 AM

The bidders are advised to note other details of tenders from the

Drain and M/T in Km 0/0 to 2/435)

INVITATION FOR BIDS (IFB)

The Executive Engineer, Mandi Division No. I, HPPWD Mandi, Distt Mandi(H.P.) on behalf of Governor of H.P. invites the item rate bids, in electronic tendering system, from the eligible class of contractor registered with HPPWD for the works as detailed in the table.

HIMACHAL PRADESH PUBLIC WORKS DEPARTMENT

| Sr.<br>No. | Name of Work                                                                                                                                                                                                                                                              | Estimated<br>Cost (in<br>Rs.) | Starting Date<br>of downloading<br>Bid | Earnest<br>Money<br>(in Rs.) | Deadline for<br>submission<br>of Bid |  |
|------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|----------------------------------------|------------------------------|--------------------------------------|--|
| 1          | Construction of PadharBalh road<br>Km 0/0 to 18/500 (Sh1-<br>improvement of blind curves and<br>narrow reaches in Km 10/210 to<br>10/315, 10/570 to 10/650, 10/705<br>to 10/870, 12/525 to 12/600 and<br>14/060 to 14/180)                                                | 12,11,599/-                   | 11.11.2021 at<br>11:00 A.M.            | 24,200/-                     | 18.11.2021<br>11:00 A.M.             |  |
| 2          | Construction of PadharBalh road<br>Km 0/0 to 18/500 (SH:<br>Improvement of blind curves and<br>narrow reaches in Km 14/180 to<br>14/270 and 15/150 to 15/250)                                                                                                             | 10,51,945/-                   | 11.11.2021 at<br>11:00 A.M.            | 21,000/-                     | 18.11.2021<br>11:00 A.M.             |  |
| 3          | Construction of Navlay to Gad<br>road. (SH:- Providing and laying<br>WBM Grade-I in Km 0/0 to 1/500<br>and construction of R/wall at R.D.<br>0/555 to 0/570, 0/825 to 0/640 and<br>Breast wall at R.D. 0/230 to 0/250)                                                    | 38,07,060/-                   | 11.11.2021 at<br>11:00 A.M.            | 76,141/-                     | 18.11.2021<br>11:00 A.M.             |  |
| 4          | Construction of BazirKa Bag from Mandi Kataula road to Nichla Chhipnu road Km 0/0 to 1/500. (SH:- Providing and laying soling WBM Grade-I in Km 0/0 to 0/220 and construction of Rivall at R.D. 0/0 to 0/015 and Breast wall at R.D. 0/0508 to 0/055)                     | 16,41,336/-                   | 11.11.2021 at<br>11:00 A.M.            | 32,800/-                     | 18.11.2021<br>11:00 A.M.             |  |
| 5          | Construction of Dharmehar<br>Tarswan DragarGarhgawn road<br>Km 0/0 to 5/250. (SH:- Providing<br>and laying soling WBM Grade-I in<br>Km 0/0 to 0/165, 0/360 to 2/500)                                                                                                      | 28,13,765/-                   | 11.11.2021 at<br>11:00 A.M.            | 56,300/-                     | 18.11.2021<br>11:00 A.M.             |  |
| 6          | Construction of Shilh badhani<br>Kungri Kortang road Km 0/0 to<br>8/255. (Shilihbudhani Forest Rest<br>House to Kungri Kortang upto Inlet<br>Portal of Bhubu Jot Tunnel Total<br>length 8.255 Km) (SH:- Providing<br>and laying soling WBM Grade-I in<br>Km 0/0 to 3/500) | 44,35,392/-                   | 11.11.2021 at<br>11:00 A.M.            | 88,700/-                     | 18.11.2021<br>11:00 A.M.             |  |
| 7          | Construction of TikkanSarni road.<br>(SH:- Providing and laying soling<br>WBM Grade-I in Km 0/0 to 1/500)                                                                                                                                                                 | 17,93,044/-                   | 11.11.2021 at<br>11:00 A.M.            | 35,900/-                     | 18.11.2021<br>11:00 A.M.             |  |

The bidders are advised to note other details of tenders from the department website www.hptenders.gov.in.

Executive Engineer, Mandi Division No. I, H.P.P.W.D., Mandi Distt. Mandi (H.P.) On behalf of Governor of Himachal Pradesh.

## **PUBLIC NOTICE**

Notice inviting objection/suggestion forapproval of additional/revised building plans of Affordable Group Housing Colony measuring 11.36388 acres [Licence No. 75 of 2019 dated 23.07.2019 (7.70486 acres) and Licence No. 31 of 2021 dated 30.06.2021 (3.65902 acres)], Sector-37. Bahadurgarh, District Jhajjar being developed HLby Residency (Proprietorship firm) through Prop. Shailaia having its address at Shop No. 8, Commercial Complex, Sector-37, Bahadurgarh.

And whereas, in pursuance of the Memo No. ZP-1341/JD(RD)/2021/27457 Dated 26-10-2021 by the office of Town & Country Planning Department, Haryana, Developer is required to invite objections from existing allottee regarding the said amendments in the building plan through an advertisement to be issued at least in 3 National newspapers widely circulated in District. Accordingly, vide this public notice objections are hereby invited from any of the existing allottees in the said colony on the proposed revision of the building plans of the said colony. Proposedbuilding are available for perusal at website link www.hlcity.in. The said building plans can also be perused at the office of Developer at Shop No. 8, Commercial Complex, Sector-37, Bahadurgarhas well as in the office of and District Town Planner, Jhajjar and Senior Town Planner, Rohtak.

Any allottee having any objection suggestion on additional/ revised building plans, may submit in the office of District Town Planner, Jhajjar or Senior Town Planner, Rohtakor in office of developer within a period of 30days from date of publication of this notice, failing which it shall be assumed that there are no objections/ suggestions to the proposed revision in the building plans.

the mortgaged properties will be sold on the expiry of 30 days from the date of publication of this Notice, as pe

# cessful and calm internship. The Executive Engineer, B&R Division, HPPWD Nahan, District

Sirmaur, H.P. on behalf of Governor of Himachal Pradesh invites the **BE SYSTEMATIC** item rates bids, in electronic tendering system from the eligible class of Contractors registered with HPPWD for the works detailed in the table Money (Rs.) 51,600/- only

## **KNOW THE BASICS**

common it is okay and is often

Executive Engineer , HPPWD (B&R) Division Nahan Tel/Fax: 01702-222260 E-mail: ee-nah-hp@nic.in RO 4528/21-22 Dated 26.10.2021 On behalf of Governor of Himachal Pradesh expands your ability to identify the weak points हिमाचल प्रदेश जल शक्ति विभाग

अधिशाषी अभियंता,जल शक्ति मंडल थानाकलां (न० ॥ ऊना) विभिन्न पेयजल योजनाओं तथा सिंचाई योजनाओं के सुचारू रूप से संचालन हेतु अंशकालीन आधार पर पैरा पम्प चालक, पैरा फिटर तथा बहुउद्देशीय कार्यकर्ता (Multipurpose worker) की नियुक्ति हेतु पात्र उम्मीदवारों के आवेदन आमंत्रित करते हैं। पात्र व इच्छुक उम्मीदवार के आवेदन सलंग्न प्रपत्र पर दिनांक 15.11.2021 शाम 5:00 बजे तक जल शक्ति मंडल थानाकलां (न० 2 ऊना) के कार्यालय में पहुंच जाने चाहिए। आवेदन स्वयं आकर याडाक द्वारा किय किये जा सकते हैं। परवार पार्जन मागरंड निमम व शर्जेनिजाकार से हैं।

| नमांक | पद का नाम                                          | पदाँ की<br>संख्या | पात्रता मापदंड                                                                                                                                                                                                                                                                                                              | आयु<br>सीमा           | प्रतिमाह<br>मानदेव |
|-------|----------------------------------------------------|-------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|--------------------|
| •     | पैरा पम्प चालक                                     | 6                 | 10वीं पास और किसी मान्यता प्राप्त औधोगिक परिक्षण<br>संस्थान (I.T.I.) से Electrician/ wiremen/Diesel<br>Mechanic/Pump Mechanic/Motor Mechanic/Pump<br>Operator-cum-mechanic का प्रमाण पत्र होना आवश्यक है<br>या 10वीं पास तथा उपरोक्त दिए गये ट्रेडों में सरकार की<br>कौशल विकास योजना से प्राप्त प्रमाण पत्र होना आवश्यक है | 18 वर्ष से<br>45 वर्ष | 4600-              |
| 2     | पैरा फिटर                                          | 2                 | 10वीं पास और किसी मान्यता प्राप्त औधोगिक परिक्षण<br>संस्थान (I.T.I.) से Fitter का प्रमाण पत्र होना आवश्यक है या<br>10वीं पास तथा उपरोक्त दिए गये ट्रेड में सरकार की कौशल<br>विकास योजना से प्राप्त प्रमाण पत्र होना आवश्यक है                                                                                               | 18 वर्ष से<br>45 वर्ष | 4600/-             |
| 3     | बहुउद्देशीय कार्यकर्ता<br>:Multipurpose<br>worker) | 5                 | मान्यता प्राप्त संस्थान से 8 वीं पास प्रमाण पत्र आवश्यक है।                                                                                                                                                                                                                                                                 | 18 वर्ष से<br>45 वर्ष | 3000/-             |

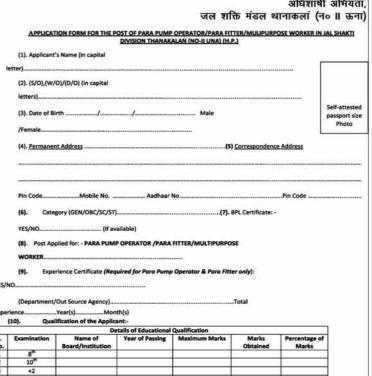
पत्र सम्बंधित उपमंडलाधिकारी नागरिक / तहसीलदार द्वारा जारी किया गया की छायाप्रति (d) सम्बंधित संस्थान द्वारा जारी किया गया नवीनतम BPL प्रमाण पत्र जोकि समय-समय पर वार्षिक आय के साथ. यदि

अनुभव प्रमाण पत्र:-

(I) पैरा पम्प चालक के पद के लिए IPH(अबजल शक्ति विभाग)/HPPWD/CPWD/PSUs विभाग का अनुभव प्रमाण पत्र या जल शक्ति विभाग में सेवाएं दे रही ओउट्सोर्स एजेंसी द्वारा दिया गया अनुभव प्रमाण पत्र जोंकि सम्बंधित अधिशाषी अभियंता, जल शक्ति विभाग द्वारा प्रतिहस्ताक्षरित किया गया हो, ही मान्य होगा। (॥) पैरा फिटर पद के लिए पेयजल योजनाओं / सिचाई योजनाओं की वितरण प्रणाली/पाईप लाईन को मरम्मत तथा रख रखाव आदि का अनुभव होना आवश्यक है।

पदवार आवेदनों की छंटनी सलंग्न शैक्षणिक योग्यता एवं अनुभव प्रमाण पत्र के आधार पर होगी। छंटनी किये गये पैरा पम्प चालक व पैरा फिटर के कौशल परीक्षण (Skill Test) व शारीरिक परीक्षण (Physical Test) तथा बहुउद्देशीय कार्यकर्ता (Multipurpose worker) को शारीरिक परीक्षण (Physical Test) हेतु अलग से बुलाया जायेगा । निर्धारित तिथि के बाद प्राप्त आवेदन मान्य नही होगा ।

अधिशाषी अभियंता,



RO 4547/21-22 Dated 26.10.2021 SYMBOLIC POSSESSION NOTICE

The undersigned being the Authorized Officer of ICICI Bank Limited under the Securitisation, Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 and in exercise of the powers conferred under section 13 (12) read with Rule 3 of the Security Interest (Enforcement) rules 2002, issued demand notices upon the borrowers mentioned below, to repay the amount mentioned in the notice within 60 days from the date of receipt of the said notice. As the borrower failed to repay the amount, notice is hereby given to the borrower and the public in general

that the undersigned has taken Symbolic possession of the property described herein below in exercise of powers conferred on him/ her under Section 13(4) of the said Act read with Rule 8 of the said rules on the below- mentioned dates. The borrower in particular and the public in general is hereby cautioned not to deal with the property and any dealings with the property will be subject to the charge of ICICI Bank Limited.

| No. | Borrower/ Loan<br>Account Number                        | of Property/ Date of<br>Symbolic Possession                                                                                                                                                                                                          | Notice/ Amount<br>in Demand<br>Notice (Rs.) | of<br>Branch    |
|-----|---------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|-----------------|
| 1.  | Gurvinder Singh/<br>Harvinder Kaur/<br>LBYGR00004927670 | House Bearing Municipal Permanent ID No.<br>RD014U0022AA, Comprising in Khewat/ Khatoni<br>No.178/213, Khasra No.1384 (6-18), Mouja Radaur,<br>Now Known as Geeta Colony Village Radaur<br>Yamunanagar, Haryana/ October 22, 2021                    | July 06, 2021<br>Rs.<br>20,57,180/-         | Yamuna<br>nagar |
|     | Kuber Trading Co/<br>LBYGR00004306737/                  | House No. 241, Municipal Permanent Property ID No. RD011U0047AA, Khewat No. 567, Khatoni No. 569/673, Khasra No.815/2 (6-13), Mauja Radaur, Hadbast No.45, Now Known as Hafed Colony Near Deepak Colony Radaur Yamunanagar, Haryana/October 22, 2021 | July 06, 2021<br>Rs.<br>45,66,032/-         | Yamuna<br>nagar |

the provisions under the Rules 8 and 9 of Security Interest (Enforcement) Rules 2002. Authorized Officer ICICI Bank Limited