MP Police to launch weekly meditation programme

Bhopal: Marking World Meditation Day, the Madhya Pradesh Police has announced a landmark initiative aimed at strengthening the mental health, stress management and overall well-being of police personnel across the state. Under the guidance and directions of Director General of Police Kailash Makwana, a weekly meditation programme will be launched in all police stations from December 21, 2025.

The initiative is being implemented under a Memorandum of Understanding signed between the Madhya Pradesh Police and the Heartfulness Institute on February 2, 2025, under which free meditation training will be provided to police personnel. As part of the pro-



gramme, regular meditation sessions will be organised every Sunday in more than 1,000 police units, including police stations, traffic units, women's police stations, SC/ST units and crime branches.

On the inaugural day, a collective online meditation session will be held in the presence of Heartfulness trainers and coordinators, with police officers and staff from all stations participating. Additional Su-

trict have been appointed as nodal officers, while coordinators have been designated at the police sta-

According to the schedule, sessions will be held from 10 am to 11.15 am and will include relaxation, guided meditation and selfreflection. The programme will also be broadcast live from the Heartfulness headquarters at Kanha Shantivanam, Hyderabad.

The initiative, described as a 'Happy Living Experiment" by the Madhya Pradesh Police, aims to encourage meditation as a regular lifestyle practice for police personnel and their families, enhancing inner peace, emotional balance and professional efficiency.

Man dies of suicide by slitting throat

Was mentally unstable, experienced frequent delusions

Bhopal: A 45-year-old man, Ayush Mehta, tragically ended his life in Nehru Nagar, after a long battle with mental illness. On Thursday night, Mehta slit his own throat with a vegetable knife. Despite being rushed to Hamidia Hospital by his family, he succumbed to his in-

juries on Friday morning.

Mehta, an MBA graduate who had been struggling with his mental health since 2002, reportedly experienced frequent delusions. In his final moments, he told his mother that his "NASA girlfriend' was calling him and that he intended to join her in space. His

caretaker, Manish Chauhan, said that Mehta often spoke incoherently about traveling to America and had a history of aggressive behavior toward his mother and

medical professionals.

This was not Mehta's first attempt; he had survived a similar self-inflicted injury in October Following his father's passing Mehta lived with his mother, who had sought treatment for him from several psychiatrists. The local police have registered a case and initiated a formal investigation into the circumstances surrounding

NABARD pensioners launch protest over "Discriminatory" revision delays



Bhopal: Senior and super-senior retirees of NABARD took to the streets on Friday, launching a phased protest against the prolonged delay in pension revisions. Operating and a street of the st sions. Operating under the All India NABARD Retired Employees Welfare Association, over 3,500 members nationwide are demanding an end to what they call "gross financial injustice."

The pensioners highlighted a widening disparity caused by a July 2023 government order,

which effectively split retirees into two unequal classes. Despite Board approval, key demands remain stalled, includ-

ing: Pension Parity: Aligning NABARD's policies with the RBI model, which grants full pension after 20 years of service.

Family Pension Reform: Removing the cap on family pensions and implementing long-

Fair Determination: Calculat-

ing pension based on the last drawn salary or the average of the last 10 months, whichever is

Association President Prakash Hatvalne warned that many family pensioners over the age of 80 are currently surviving on sub-minimal amounts. Following today's gate demonstration, the association has threatened a major sit-in protest on January 5, 2026, if the government fails to resolve the deadlock.

Nursing Council begins PG counselling after HC order

By Special Correspondent

Bhopal: Following the intervention of the High Court, the Madhya Pradesh Nursing Council has initiated the counselling process for postgraduate nursing courses, including Post BSc Nursing and MSc Nursing, bringing major relief to thousands of students across the state. The counselling will be conducted from December 19 to December 30.

The move comes after a petition filed by NSUI state vice-president Ravi Parmar, who highlighted prolonged irregularities and administrative lapses in nursing education. Parmar said the standard of nursing education in Madhya Pradesh has deteriorated since the nursing scam, with nearly 75 per cent seats remaining vacant for the

past three years. He warned that the situation poses a serious threat to the future of healthcare services in the state.

According to the announced schedule, registration will be held from December 19 to 22, followed by publication of vacant seats and the merit list on December 23. Choice filling will take place on December 24 and 25, provisional

allotment will be issued on December 27, and document verification and reporting to colleges will be completed between December 28 and 30.

District NSUI president Akshay Tomar termed the decision a victory for nursing students and urged the Medical Education Department to ensure timely admissions

CHANGE OF NAME

I, ALHAT RAJASHRI ASHOK I, ALHAT RAJASHRI ASHOK, SPOUSE OF ARMY NO-4590672M, RANK-NK, NAME- AMOLIK NILESH SUDHAKAR SERVING IN IN INDIAN ARMY HOME ADDRESS – RAJWADA.VILL.-BELAPUR, TAL-SHRIRAMPUR, DIST.-AHMED NAGAR STATF-

NAGAR, STATE-MAHARASHTRA, PIN CODE-413715, HAVE CHANGED MY NAME FROM ALHAT RAJASHRI ASHOK TO RAJASHRI NILESH AMOLIK VIDE AFFIDAVIT DATED 19/12/2025 EXECUTED BEFORE DISTRICT COURT SAGAR M.P.

CHANGE OF NAME

I, HIRA BAI, IS MOTHER OF ÁRMY NO- 4590672M, RANK NK, NAME- AMOLIK NILESH SUDHAKAR SERVING IN INDI AN ARMY, HOME ADDRESS RAJWADA. VILL. -BELAPUR TALSHRI RAMPUR, AHMED NAGAR, STATE- MAHARASH TRA PIN CODE- 413715, HAVE CHANGED MY NAME FROM SUDHAKAR AMOLIK VIDE AFFIDAVIT DATED 19/12/ 2025 EXECUTED BEFORE DISTRIC

1, Vidya Prashant Kale, resident of Village Kanher, Post Islampur, District Solapur, Maharashtra-413107, state that my husband Shri Kale Prashant Arun, in whose Army Service Record (Service No. JC-777497P) my name is mentioned as Vidya Kale, whereas my actual name in whereas my actual name in Aadhar Card is Vidya Prashant Kale, both the above mentioned names Vidya Kale and Vidya Prashant Kale belong to the same person, who is myself. Vide affidavit date 19-12-2025.

NAME CHANGE NOTICE 1. Kale Prashant Arun, residen of Village Kanher, Pos Islampur, District Solapur Maharashtra-413107, state that in my Army Service Record (Service No. JC-777497P) my daughter's name is Priyadarshan whereas ir Aadhar Card my daughter's actual name is Priyadarshani Kale. Both the above mentioned name: Priyadarshan and Priyadarshani Kale belong to the same person who is my daughter. Vide affidavit date 19-12-2025.

IDFC FIRST Bank Limited (erstwhile Capital First Limited, amalgamated with IDFC Bank Limited and presently known as IDFC FIRST Bank Limited)

CIN · I 65110TN2014PI C097792 Registered Office: - KRM Towers, 8th Floor, Harrington Road, Chetpet, Chennai- 600031

Notice under Section 13 (2) of the Securitization and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002

The following borrowers and co-borrowers availed the below mentioned secured loans from IDFC FIRST Bank Limited (erstwhile Capital First Limited, amalgamated with IDFC Bank Limited and presently known as IDFC FIRST Bank Limited) The loans of the below-mentioned borrowers and co-borrowers have been secured by the mortgage of their respective properties. As they have failed to adhere to the terms and conditions of the respective loan agreements and had become irregular, their loan were classified as NPA as per the RBI guidelines. Amounts due by them to IDFC FIRST Bank Limited (erstwhile Capital First Limited, amalgamated with IDFC Bank Limited and presently known as IDFC FIRST Bank Limited) are mentioned as per respective notices issued more particularly described in the following table and further interest on the said amounts shall also be applicable and the same will be charged as per contractual rate with effect from their respective dates

Sr No.	Loan Account No.	Type of Loan	000	Dutstanding amount as per Section 13 (2) Notice			
1	145858570	LOAN AGAINST PROPERTY	04.12.2025	21,19,902.55/-			
NAME OF BORROWERS AND CO-BORROWERS : 1. HARKISHAN AHIRWAR 2. SUMAN BAI							

PROPERTY ADDRESS: ALL THE PIECE AND PARCELS OF THE LAND MEASURING AN EXTENT OF 0.081 HECT (8715 SQ, FT.) (819 SQ, MTRS.) PART OF KHASRA NO. 455/16, SITUATED AT MOUZA: BANKHED (WARD NO. 05 BHAGAT SINGH WARD), PATWARI HALKA NO. 37, R.I.C.-BANKHEDI, TEHSIL: BANKHEDI DISTRICT: NARMADAPURAM (M.P.). SITUATED AT MOUZA BANKHEDI (WARD NO. 05 BHAGAT SINGH WARD) PATWARI HALKA NO. 37, AND BOUNDED AS: - EAST: PROPERTY OF JAYPRAKASH, WEST: SARSWATI VIDHA MANDIR SCHOOL, NORTH: ROAD, SOUTH:SARSWATI VIDHA MANDIR SCHOOL

You are hereby called upon to pay the amounts to IDFC FIRST Bank Limited (erstwhile Capital First Limited, amalgamated with IDFC Bank Limited and presently known as IDFC FIRST Bank Limited) as per the details shown in the above table with contracted rate of interest thereupon from their respective dates and other costs, charges etc. within 60 days from the date of this publication, failing which the undersigned shall be constrained to initiate proceedings, under Section 13 (4) and section 14 of the SARFAESI Act, against the mortgaged properties mentioned hereinabove to realize the amount due to IDFC FIRST Bank Limited (erstwhile Capital First Limited, amalgamated with IDFC Bank Limited and presently known as IDFC FIRST Bank Limited). Further you are prohibited under Section 13 (13) of the said Act from transferring the said secured assets either by way of sale/lease o

Sd/- Authorized Officer IDFC FIRST Bank Limited (erstwhile Capital First Limited, amalgamated with Date: 20.12.2025 Place: MADHYA PRADESH IDFC Bank Limited and presently known as IDFC FIRST Bank Limited)

CHANGE OF NAME & DOB

Army 15804754A Rank- L/NK Name-PAPPU KUMAR YADAV Residin at Village- Asaon, PO- Asaon, PS Asaon, Tehsil- Siwan Sadar District-Siwan, State-Bihar, Pin 841287 have changed Mother's Name from HIRAJHAR **DEVI to HEERA JHARI DEVI 8** Date of Birth from 02/03/1970 to 01/01/1947 due to mismatch in my Army Service Record.

Vide Affidavit No. BX 771625 Dated 19/12/2025 before High

नाम परिवर्तन

मैं मैयद इबने अली नकवी आ

सैयद अली रजा नक़वी निवासी

मकान नं. 10 साजिदा नगर

करबला मार्ग जी.पी.ओ. भोपाल

म.प्र. सूचित करता हूं कि मेरे

पासपोर्ट में त्रुटिवश मेरा नाम

(ABDUL IBNE ALI NAQVI) दर्ज

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NAQVI है जो सभी दस्तावेजों में

दर्ज है, इसी नाम को पासपोर्ट में

दर्ज किया जाए. अब मुझे इसी नाम

CHANGE OF NAME

I, Army Service No. 15798101A Rank- L/Hav (OPR)

NAME- PATIL HEMRAJ RAJGOUNDA, Residing at Plot No. 15, Parshwanath Nagar,

behind Sai Tradies Kupwad Road Sanghi-416416 have changed

my Mother's name from PATIL

HOUSHAKKA RAJGOUNDA to

HOUSHAKKA RAJGOUNDA PATIL due to mismatch in my

Vide Affidavit No BX 853286

Dated 18/12/2025 before High Court, Gwalior M.P.

Army Service documents

R.N.- 58471

से जाना-पहचाना जाए.

CHANGE OF NAME

Army Service No. 23004714H Rank-L/NK (DS) NAME- UTKAL PRADHAN, Residing at Village-Hatipadapalli Post- Kanachhai Tehsil- Polasara, PS-Polasara Via Buguda, District-Ganjam, State- Odisha, Pin 761118 have Changed my Father's name from HARIHAR PRADHAN to HARIHARA PRADHAN due to mismatch in my Army Service documents.

Vide Affidavit No BX 853285 Dated 18/12/2025 before High Court, Gwalior M.P.

CHANGE OF NAME

I. Army Service No. 23004714H Rank- L / NK (DS) NAME- UTKAI PRADHAN, Residing at Village Hatipadapalli, Post- Kanachhai Tehsil- Polasara, PS- Polasara Via Buguda, District- Ganjam, State Odisha Pin- 761118 have changed my Mother's name from GOUDUN PRADHAN to GAUDUNI PRADHAN due to mismatch in my Army ir Service documents

Vide Affidavit No BX 853149

में बृजिकशोर विश्वकर्मा आत्मज श्री बाबू लाल विश्वकर्मा निवासी-वार्ड नं-10 बीडा, जिला रीवा (म.प्र.) मेरी पुत्री चादनी विश्वकर्मा पुत्री श्री बृजिकशोर विश्वकर्मा निवासी–वार्ड नं–10, बीडा, जिला रीवा (म.प्र.) का नाम आधार कार्ड क्रमांक-6966-8238-5750 में "Chadni Vishwakarma" टंकण त्रुटि के कारण दर्ज हो गया है, जिसे अंकसूची एवं जन्म प्रमाण पत्र के अनुसार "Chadani Vishwakarma" किया जा रहा है, भविष्य में मेरी पुत्री इसी नाम से "Chadani Vishwakarma" से जाना पहचाना जावे एवं समस्त शासकीय, अशासकीय विभागों में भी संशोधित नाम ही मान्य होगा।

COURT SAGAR M.P.

NATIONAL EDUCATION SOCIETY FOR TRIBAL STUDENTS (NESTS)

An autonomous organization under Ministry of Tribal Affairs, Govt. of India Gate No. 5, Jeevan Tara Building, Parliament Street, New Delhi-110001

NOTIFICATION

Eklavya Model Residential Schools Staff Selection Examination (ESSE)-2025 NESTS has announced the recruitment of Teaching and Non-Teaching staff for Eklavya Model Residential Schools (EMRSs) through ESSE-2025. The Tier-I Examination for the posts of Hostel Warden, Staff Nurse (Female), Junior

Secretariat Assistant (JSA) & Lab Attendant will be held on 21 December 2025. Candidates are advised to download their admit cards from the link provided

https://examinationservices.nic.in/AdmitCardService/Admitcard/Login?a

The candidates are advised to visit "www.nests.tribal.gov.in" for future

Issued by NESTS

Dated 18/12/2025 before High Court, Gwalior M.P.

नाम परिवर्तन सूचना

SMFG SMFG India Home Finance Co. Ltd.
Grihashakti Corporate Off.: 503 & 504, 5th Floor, G-Block, Insipre BKC, BKC Main Road, Bandra Kurla Complex, Bandra (E), Mumbai - 400051.
Regd. Off.: Commerzone IT Park, Tower B, 1st Floor, No. 111, Mount Ponamallee Road, Porur, Chennai – 600116, TN

SALE NOTICE FOR SALE OF IMMOVABLE PROPERTIES

E-AUCTION SALE NOTICE OF 30 DAYS FOR SALE OF IMMOVABLE ASSETS UNDER THE SECURITISATION AND RECONSTRUCTION OF FINANCIAL ASSETS AND ENFORCEMENT OF SECURITY INTEREST ACT, 2002 READ WITH

PROVISION TO RULE 8(6) OF THE SECURITY INTEREST (ENFORCEMENT) RULES, 2002. Notice is hereby given to the Public in General and in particular to the Borrower(s) and Guarantor(s) that the below listed immovable properties ("Secured Assets") mortgaged / charged to the Secured Creditor, the Possession of which has been taker by the Authorised Officer of SMFG India Home Finance Co. Ltd. (hereinafter referred to as SMHFC) ("Secured Creditor"), wil be sold on "As is where is", "As is what is" and "Whatever there is" on the date and time mentioned herein below, for recover

of the dues mentioned herein below and further interest and other expenses thereon till date of realization, due to SMHFC Secur creditor from the Borrower(s) and Guarantor(s) mentioned herein below. Name of the Borrower(s) **Description of the Properties** / Guarantor(s) LAN All that piece and parcel of Part of House Municipal No 23.01.2020 601739211666987 & 37/1 Situated At Ward No. 06, Mohan Nagar (A) Agar Road 75,60,000/-

Ujjain M.P.- 456550 Adm 115.51 Sq. Mtr Bounded As: 601739511710044 AM to 1. Jitendra Singh Panwa East: Road, West: Open Land of Seller, North: Open Land 01.00 PM 2. Heena Kunwar of Gupta Ji, South: Open Land of Mrs. Renuka Upadhyay. Details terms and conditions of the sale are as below and the details are also provided in our/secured creditor's website at the following lin ebsite address (https://BidDeal.in and https://www.grihashakti.com/pdf/E-Auction.pdf) The Inte

Vinay Rathour, on his Mob. No. 9827121084, E-mail : vinay.rathour@grihashakti.com, and Mr. Niloy Dey, on his Mob. 9920697801 E-mail: Niloy.Dey@grihashakti.com Place : Ujjain, Madhya Pradesh Date: 18.12.2025 SMFG INDIA HOME FINANCE CO. LTD.

SMFG

SMFG India Home Finance Co. Ltd. Corporate Off.: 503 & 504, 5th Floor, G-Block, Insipre BKC, BKC Main Road, Bandra Kurla Complex, Bandra (E), Mumbai - 40005 Regd. Off.: Commerzone IT Park, Tower B, 1st Floor, No. 111, Mount Poonamallee Road, Porur, Chennai – 600116, TN

E-AUCTION SALE NOTICE OF 15 DAYS FOR SALE OF IMMOVABLE ASSETS UNDER THE SECURITISATION AND

RECONSTRUCTION OF FINANCIAL ASSETS AND ENFORCEMENT OF SECURITY INTEREST ACT, 2002 READ WITH PROVISION TO RULE 9(1) OF THE SECURITY INTEREST (ENFORCEMENT) RULES, 2002. Notice is hereby given to the Public in General and in particular to the Borrower(s) and Guarantor(s) that the below listed immovable properties ("Secured Assets") mortgaged / charged to the Secured Creditor, the Possession of which has been taker by the Authorised Officer of SMFG India Home Finance Co. Ltd. (hereinafter referred to as SMHFC) ("Secured Creditor"), wil be sold on "As is where is", "As is what is" and "Whatever there is" on the date and time mentioned herein below, for recover of the dues mentioned herein below and further interest and other expenses thereon till date of realization, due to SMHFC Secure

reditor from the Borrower(s) and Guarantor(s) mentioned herein below Name of the Description of the Properties Borrower(s) Earnest Money

n t- 	1.	Lan No 604207210340244 1. Manish Sen 2. Poonam Sen 3. Shiv Pratishthan	All that piece and parcel of House Corporation No. 431 Constructed On Land Bearing Part of Old Khasra No. 303 New Khasra No. 303/1 Ara Measuring 25*20 = 500 Sq. Ft. Constructed Ground Floor 375 Sq. Ft. Situated At Mouza Jabalpur N B 264 P. H. No. 04 Situated At Singhai Colony Mahatma Gandhi Ward Tehsil & District Jabalpur, MP - 482001, Bounded As:- East: Nali, West: Sen Ka Makan, North: 20 Ft. Side Road, South: House of Pathak Ji.	Rs. 14,50,000/- Rs. 1,45,000/-	06.01.2026 at 11.00 AM to 01.00 PM	05.01.2026		
			Lan No 619639211671579	All that piece and parcel of Plot No. 30 Land Survey No. 82/2/2, Paki With Ward No. 29 Situated At Village Mandalawada Road Se	Rs. 4,20,000/-	00.0		l
6		2.	1. Puspendra Kumar Tiwari 2. Lavali Tiwari	Andar P. H. No. 117 Tehsil Pithampur Dist. Dhar M. P. Adm 600 Sq. Ft. I.e. 55.742 Sq. Mtr. Bounded As:- East: Road, West: Plot No. 24, North: Plot No. 31, South: Plot No. 29.	Rs. 42,000/-	at 11.00 AM to 01.00 PM	05.01.2026	
۱			etails terms and conditions of the sale are as below and the details are also provided in our/secured creditor's website at the following k website address (https://BidDeal.in and https://www.grihashakti.com/pdf/E-Auction.pdf) The Intending Bidders can also					

contact : Vinay Rathour, on his Mob. No. 9827121084, E-mail : vinay rathour@grihashakti.com, and Mr. Niloy Dey, on his Mob. Registrar Place: Jabalpur / Dhar, Madhya Pradesh SMFG INDIA HOME FINANCE CO. LTD.

कार्यालय, नगरपालिका परिषद इटारसी

क्रं /लोक कर्म शाखा/2025 / 1779

इटारसी दि . 19 .12 .2025

ई निविदा आमंत्रण सूचना

निम्नलिखित कार्य हेतु केंद्रीयकृत प्रणाली में पंजीकृत ठेकेदारों से ऑनलाईन निविदाएं आमंत्रित की जाती है. निविदा का विस्तृत विवरण बेवसाईट https://mptenders.gov.in पर देखा जा

VIAMA (I G I	SII V I				
क्रं टेण्डर पोर्टल क्रं	कार्ये का नाम	कार्य की लागत	निविदा प्रपत्र का मूल्य एवं ई .एम .डी .	निविदा की अंतिम तिथि	
1. 2025_UAD_ 469482_1	शहर इटारसी में सीएम मॉनिट ए प्लस नगरीय क्षेत्र अधोसंरचना निर्माण योजना अंतर्गत विभिन्न सीसी निर्माण कार्य	3,37,11,358/-	15000/ - 168560/ -	17.01.2026 17.30	

नोट - निविदा से संबंधित किसी प्रकार के संशोधन का प्रकाशन ऑनलाईन https://mptenders.gov.in की वेबसाइट पर ही किया जावेगा. पृथक से समाचार पत्र में प्रकाशन नहीं किया जावेगा.

> मुख्य नगरपालिका अधिकारी नगरपालिका परिषद इटारसी



No. CUK/RC/FO/2023

EMPLOYMENT NOTIFICATION

Online applications are invited from the eligible Indian nationals for filling up the following posts on direct recruit-

- 1) Registrar, 01 (UR), CUK/RC/SO/02/2025
- 2) Finance Officer, 01 (UR), CUK/RC/SO/01/2025
- 3) Librarian, 01 (UR), CUK/RC/SO/03/2025 Pay Level 14 (1,44,200-2,18200)
- Last date of online application: 23.01.2026 11:59 OM Last date of receipt of hard copy of application: 06.02.2026

-05:00 PM For more details, visit www.cukerala.ac.in

CBC 21353/12/0005/2526

Date: 18.12.2025

■ Grihashakti Corpo

























