

Unmatched Medicine for Joint Pain

Blend of 8 beneficial Ayurvedic oils helps to reduce joint pain effectively. Gently apply 8 to 10ml of Dr. Ortho Ayurvedic oil for 1-2 times a day on the affected area.

Its Ayurvedic composition provides long-lasting results, not temporary relief.

Alumni play role of mentors



NASHIK: The Tribal Development Department, in collaboration with UNDP, has launched the 'Alumni Connect' initiative to guide Scheduled Tribe students on opportunities for higher education abroad. The initiative addresses the low utilization of foreign scholarship schemes, which have been available annually for eligible students but remain underused.

The 'Alumni Connect' programme aims to create awareness about overseas education, streamline the admission process, and ensure students take full advantage of scholarships. The initiative involves alumni who previously benefited from the scholarship acting as mentors, sharing their experiences and providing practical guidance to aspiring students.

The formal launch of the initiative

was conducted online, with Tribal Development Commissioner Nayana Gunde leading the programme. She discussed improvements in government policies, changes in the scholarship scheme, and enhanced facilities for students.

One of the keynote speakers, Dr. Ashish Pardhi, a scholarship alumnus and advisor to the Atal Bhujal Yojana Project, shared his inspiring journey from school in India to completing a Ph.D. in Finland. Dr. Pardhi offered valuable advice on writing an effective Statement of Purpose (SOP), navigating the application process for foreign universities, preparing for entrance examinations, and overcoming challenges in higher education.

The session also included an interactive Q&A segment, where students gained clarity on topics like the selection process for international courses, alterna-

The Tribal Development Department has been providing scholarships for higher education abroad since 2005. However, in the last 19 years, only 56 students have availed themselves of this opportunity. The 'Alumni Connect' initiative has been introduced to change this trend by increasing awareness and motivating more students to pursue higher education overseas.

Alumni Connect offers students a platform for inspiration, knowledge sharing, and guidance. It will help them discover opportunities, gain confidence, and achieve their academic and professional goals.

- Nayana Gunde, Commissioner, Tribal Development Dept

tive career paths, and research opportunities for Ph.D. aspirants.

Organized in collaboration with Joint Commissioner Santosh Thube and Ghodegaon project officer Pradeep Desai, the programme saw participation from 120 boys and girls residing in government hostels. Amruta Bhalerao from UNDP compered the programme. Representatives from UNDP played a significant role in making the program a success.

50,000-year-old mammoth remains found

MOSCOW: Russian scientists have unveiled the remains of a 50,000-year-old baby mammoth found in thawing permafrost in the remote Yakutia region of Siberia during the summer, media reports said.

They say "Yana"—who has been named after the river basin where she was discovered—is the world's best-preserved mammoth carcass, BBC reported.

Weighing in at over 100kg (15st 10lb), and measuring 120cm (4ft) tall and 200cm long, Yana is estimated to have been only about one-year-old when she died.

Before this, only six similar discoveries were made globally, five in Russia and one in Canada.

According to reports, Yana was found in the Bat-

agaika crater, the world's largest permafrost (ground that is permanently frozen) crater, by people living nearby. The residents

thaws out first, especially the trunk, is often eaten by modern predators or birds," the report said.

But "even though the forelimbs have already been eaten, the head is remarkably well preserved," he added.

A researcher at the museum, Gavril Novgorodov, told the mammoth "probably got trapped" in a swamp and was "thus preserved for several tens of thousands of years." Yana is being studied at the North-Eastern Federal University in the region's capital, Yakutsk.

Scientists are now conducting tests to confirm when it died, the reports said. It is not the only prehistoric discovery to have been found in Russia's vast permafrost in recent years, as long-frozen ground starts to thaw because of climate change.



"were in the right place at the right time," the head of the Lazarev Mammoth Museum Laboratory said.

"They saw that the mammoth had almost completely thawed out" and decided to build a make-shift stretcher to lift the mammoth to the surface, said Maxim Cherpasov.

"As a rule, the part that

Christmas celebration



The Nalanda Academy

The Nalanda Academy recently celebrated Christmas with festive cheer. Young students, adorned in colourful attire, filled the campus with a joyful atmosphere. Teachers delighted the children with lively dance performances.

The significance of Christmas was explained to the students in an age-appropriate manner. Engaging activities included Christmas tree colouring and 'X-mas' greeting card making,

fostering creativity and holiday spirit.

The highlight of the celebration was a lively dance around the beautifully decorated Christmas tree.

Santa Claus made a special appearance, bringing smiles to the faces of the children with a generous distribution of sweets.

The enthusiastic participation of the young studentstrulyenlivenedthe kindergarten celebration of the festival.



Gurukul Academy

Christmas was celebrated with great enthusiasm, with all the students of the school dressing up in various costumes and favouring the red colour. There was a great response from the parents and

students and the students became Santa. The atmosphere was cheerful and the school was decorated in various ways. It was decorated with colourful lights, Christmas trees and other festive items.



Podar International School Ozar

NASHIK: Christmas was celebrated with great zeal and enthusiasm at Podar International School Ozar. For this programme, Podar International School Pathardi, Nashik principal Neeti Jonathan was the chief guest. School principal Dr. Jacintha Parke welcomed the chief guest. On this occasion, the

teacher Kalpana Patil. The children of dressed as Mary, Christmas, Santa Claus. All the teachers and non-teaching staff of the school were present at the programme.

students of the school presented an attractive dance, a beautiful drama telling the birth story of Lord Jesus and melodious music. For this, the students were guided by choreographer Abhijit More, teacher Pooja More as well as school teacher Kirti Sharma and music teacher Roshan Pawar.

Mistura Mahotsav from December 28

NASHIK: Shaurya Sanstha is organizing the 'Mistura Kala Mahotsav-2024' on December 28th and 29th at the Suyojit Cricket Ground, Gangapur Road. The Mahotsav aims to provide a platform for artists and art enthusiasts in Nashik.

The theme of this year's Mahotsav is Women's, War, Water, and it will feature a variety of competitions for all age groups and skill levels. Competitions include photography, painting, fashion, and installation contests and there will be awards for the best entries in each category.

Both professionals and students can participate in the Mahotsav. It is offering an opportunity to express ideas through art. Interested individuals can register with Shaurya Sanstha to take part in the competitions and exhibitions, informed the organisers.

Let us imbibe the real spirit of Christmas

IN most parts of the world, Christmas is a special time when people get together with their near and dear ones and share the warmth of love. There is a special spirit about this season. It is a time when people radiate warmth and love all around them. And it is a time when people give, give, and give. Part of the joyousness of the season is due to these noble qualities which mostly people exhibit in abundance during this time of year. If we can capture that spirit and make it a part of ourselves all year around, we will help make our lives and the lives of those around us special and joyous every day.



We can make these three aspects of this season, fellow-feeling, love and giving, a part and parcel of our lives. We find that during this time of the year people reach out to each other more. During the rest of the year we are caught up in our day-to-day life. But somehow, during this holiday season, we think more about others and try to show them how we feel. People tend to smile and laugh more. We take the time to listen to each other's woes. If we could extend this sense of friendship and fellowship throughout the entire year, we would find our lives becoming more joyous. The second quality of this season that we need to imbibe is that of love.

During the holidays we find ourselves expressing love for those around us more readily. We are more patient, tolerant and compassionate to others. As the saying goes, "Love beautifies everything." Love turns life into a blooming paradise. When we are lost in the love of God, we forget all our worldly pains and problems. We are intoxicated by God's divine radiation. Our whole being is permeated with ecstasy. When we become submerged in love of God, we also begin to radiate it to others. Our hearts will be filled with God's love, and whoever comes in contact with us will receive a taste of that radiation. The third aspect of this season is giving. Selfless service and giving are the essence of this festival. We should

not only be giving during Christmas, but all year around. So these virtues of fellowship, love and selfless service which we find in abundance during the holiday season need to become a part of our lives all year around. Let us resolve to make Christmas and New Year the starting point for a successful year. Let us put more time in meditation. Let us be of use to others and render selfless service wherever we can. Let us try to become more sweeter, gentler, tender and loving people.



- Sant Rajinder Singhji Maharaj

(Contd. from P 1)

A role model....

Despite his demanding career, he prioritizes being present for his children whenever he is home. He proudly identifies himself as their "dad" first, ensuring that his undivided attention and engagement make mobile phones unnecessary in their lives. This approach underscores a vital truth: children benefit more from their parents' company than from any device. The intimacy, communication, and values imparted through such interactions are irreplaceable. Unfortunately, many parents today overlook this, opting instead to rely on screens as a substitute for genuine connection.