



Members of the Pratik Marketing Group who are going to participate in the Aurangabad Maha Marathon (from left) Sagar Sultane, Quadar Ali, Gurjyot Dumda, Kucky Dumda (director), Sarbatsingh Sodhi, Sandesh Tribhuwan and Farid Khan.

Running improves one’s overall health: Dr Yelikar

Aurangabad, Nov 28: Like last year the Lokmat Group this year again is organising the Maha Marathon in the historic city of Aurangabad. Such competitions are ideal for spreading awareness regarding health and fitness among the citizens. Doctors and staff from the Government Medical College and Hospital (GMCH) are eager to participate in the Maha Marathon, said dean Dr Kanan Yelikar in an interview with Lokmat Times.

Sports persons and common people come together and get a chance to interact, says GMCH Dean



■ How will the Maha Marathon benefit the city?
■ Dr Yelikar: Maha Marathon and such events help in living a physically active life. Running has many benefits like, it is good for physical and mental health. The good part of the marathon is sports person and common people come together and interact. They will get to exchange ideas and awareness regarding being fit and healthy. A person should run daily as it helps to keep the heart fit and other organs also remain healthy. Running improves your overall health and helps in living a quality life. Running is a stress buster and helps keep stress and tension at bay.

■ Are you going to participate in Maha Marathon?
■ Dr Yelikar: I will definitely appeal the doctors and employees of the GMCH to participate in the Maha Marathon. I personally will be present in the Maha Marathon. In addition to that a cardiac ambulance, a team of doctors and nurses from GMCH will be present in the Maha Marathon.

■ What advice will you give to the participants?
■ Dr Yelikar: Participants taking part in the marathon should not focus only on winning, but should try to enjoy the marathon. Similarly one should not think that only old people have diseases. Hence everybody should first determine their physical capacity. Maha Marathon will be a platform that will help in creating awareness about one's health.



Participants of the Young Runners Group who are going to participate in the Aurangabad Maha Marathon. (From left) Avinash Kulkarni, Sanjay Patil, Nitin Deshmukh, Madhukar Jadhav, Sachin Inje, Bhausaheb Gawali, Kishore Desle, Deepak Purani, Sahebrao Khatane, Vishal Palodkar, Sudhir Kulkarni, Arora, Ritesh Mandhani, Abhishek Gound, Balaji Nargude and others.

Marathon enhances stamina, patience

Aurangabad, Nov 28: Lokmat Aurangabad Maha Marathon will be held on December 17. This is a good initiative and will give an opportunity to the citizens to keep their body fit. Running increases your stamina and also raises the level of patience, and patience is important in life, said principal income tax commissioner Shrivastav. Excerpts from his interview.

Principal income tax commissioner says people should participate in Maha Marathon as well as family run



■ How does Marathon help people?
■ Thousands of people participate in Maha Marathon. It increases sportsmanship in individuals. In today's face-paced life, people tend to ignore taking care of health. Looking at other participants an urge is developed to run, due to events like Marathon. Also, people prepare for two to three months in advance. Such initiatives help to increase social unity and mutual understanding. Sportsmanship brings about a big difference in individuals. In Maha Marathon competition you have to run a specific distance in limited time. Hence, everyone tries to bring out his best and such competitive spirit helps one in daily life and work.

■ What advice will you give to the citizens?
■ Last year, some officials from the income tax department participated in the Marathon. This year again they are going to participate. The citizens should not only participate in the Maha Marathon but should also participate in the 3 km 'Family Run' along with the family and become a part of the event. It is necessary that a person should be hardworking and polite. If you follow the path of right then you definitely become a good person.

Desirous participants can register their names for Lokmat Maha Marathon at Lokmat Bhavan, Regal Lawn, Jalna Road, Aurangabad from 11 am to 5 pm. School and college students and staff, employees of companies, and runners groups can also participate in the event. The organisers have appealed to the runners and citizens to participate in the run in large numbers.

For details contact 9921030700 or 0240-3021708. Online registration facility is also available. Interested runners can visit the website www.mahamarathon.com

Liquor worth ₹5.16L seized



Jalna, Nov 28: The local crime branch claimed to have recovered country-made and foreign liquor, totally worth of Rs 5.16 lakh, from two cars on Aurangabad Road. PI Rajendra Singh Gour said following a tip-off, the two cars (MH-04-GD 5580) and (MH20 02-B 7713) were intercepted and cartons of liquor of different brands, worth Rs 5.16 lakh, were seized. Two persons were also arrested. Their names have been given as Mehul Rajesh, 19, a resident Daman and Azhar Khan (21, Baroda in Gujarat). Liquor was being brought from Daman for selling to wine shops in Jalna. The police team, which carried out the arrests and seizure, is comprised of sub-inspector Hanumant Ware, Kamalakar Ambhore, Bhalchandra Giri, Phulsingh Ghusingh, Samadhan Telgange and Kiran More.

Dhule robbery suspect held in city

Aurangabad, Nov 28: A 27-year-old man, who was booked in an armed robbery case by the Dhule police in July, was arrested by the crime branch from his house in Padegaon where he was living with his third wife, on Tuesday morning. He has been identified as Sunil Haribhau Padwalkar. According to crime branch police, Sunil was involved in robbing a truck driver of Rs 1.35 lakh at Amelner Chowk on Paroda, on Dhule Road, on July 11. The truck driver was returning to his place after selling tur dal to a trader at Dhule when he was targeted by the four-member gang. Three of his accomplices, including the mastermind, were already arrested but Sunil had been eluding the police since the crime. Following a tip-off, the city crime squad headed by API Ghanshyam Sonwane arrested Sunil from Padegaon and handed him over to the Dhule rural police.

Cong cell demands probe into CBI judge Loya’s death case

LOKMAT NEWS NETWORK AURANGABAD, NOV 28
The Aurangabad City District Congress Committee (Minority Cell) has demanded a thorough inquiry into the suspicious circumstances surrounding the death of Central Bureau of Investigation judge Brijgopal Harkishan Loya in 2014. Loya had died when he was hearing a matter related to the allegedly staged encounter killing of Sohrabuddin Sheikh – a case in which Amit Shah, now BJP national president, was a suspect. encounter killing of Sohrabuddin Sheikh – a case in which Amit Shah, now BJP national president, was a suspect. Loya's family has raised a number of questions about his death, as reported by The Caravan on November 20. A delegation of office-bearers of the minority cell through a memorandum to the divisional commissioner has urged the President, Chief Justice, Prime Minister and others for a thorough and unbiased inquiry into Loya's death. The memorandum stated that the sister and father of the deceased, while speaking to an English magazine published in November 2017, had raised suspicion on Loya's death and claimed that it was conspiracy. Signed by Khaled Pathan, Rajendra Datedy Patil, Ibrahim Pathan, Baba Tayade, Nadeem Saudagar, Amer Saleem, Moin Qureshi, Idris Nawab and others, the memorandum also demanded that security be provided to the family members of Loya.

Conditions kept to release funds to GPs

LOKMAT NEWS NETWORK AURANGABAD, NOV 28
The 14th Finance Commission has put certain conditions to release funds to the gram panchayats for development works. To get the funds under performance grant, the gram panchayat has to fit in the criteria of rural development department. If the gram panchayat fails in this criteria, they will not get the funds in second category. On other hand, if the gram panchayat fits in the criteria but gets low marks, they will get the money according to percentage. The gram panchayats were included to be paid under 14th Finance Commission in 2015-2016. In first two years, the funds were provided according to population and area. Now onwards, the fund will be given in two categories by looking on the performances. The gram panchayat has to fulfil four criteria and share the information of audit of funds of last two years, efforts taken to improve the funds received by gram panchayat, report of work done and expenses incurred is necessary to be uploaded on the portal. The gram panchayat that will be found eligible for this criteria will be given performance grant. A training was given by deputy chief executive officer Wasudev Solanke to rural development officers of 834 gram panchayats.

Chavan opposes plea for separate M’wada

LOKMAT NEWS NETWORK AURANGABAD, NOV 28
Speaking about the demand of separate Marathwada and separate Vidarbha, former CM Chavan said that his party is not in agreement with the concept. “We believe in United Maharashtra and while being in the power, we tried to solve issues and fill up backlog of the backward areas. We were conducting meetings in Marathwada for that but this government is not doing anything in that direction. For how many more days even after completing three years of power, this government will play politics of pointing out errors of the last governments,” Chavan said.

Double game of Shiv Sena
Ashok Chavan also targeted Shiv Sena and said that it is playing the role of Opposition despite being in the power just to save its vote bank. “It is playing double game as it speaks differently outside while keeps mum in meetings. It will have to pay for this policy.” When asked if Shiv Sena will be invited for the ‘morcha’, Chavan said that it is not necessary. Instead, it has to decide its role; either to work for people or to behave like opposition being in the power, he said.

‘Anna Hazare is correct’
Anna Hazare who was in the city on Monday, said that Prime Minister Narendra Modi does not listen to common people and his government is actually the government of capitalists. Reacting over these quotes of Anna, Ashok Chavan said that what Anna said was correct. In fact, the date of Lok Sabha session was postponed just to avoid its effect on the Gujarat polls. “BJP is frightened of Rahul Gandhi. Unless any mishandling is done with the AVMs, Congress will certainly win elections in Gujarat,” he said.

Police dept offers help to lady cop

LOKMAT NEWS NETWORK BEED, NOV 28
The police department has come forward to help the lady constable Lalita Salve working at Majalgaon police station here, who has sought permission for sex change from female to male, from the department. According to sources, the department is ready to help her change her sex after a medical examination and if really changes are observed in her body, surgery may be recommended as per the medical report. It will be treated as a ‘special case’, said Sreedhar. After the surgery, she will be identified as “policeman”, he said. Salve has claimed that she has been feeling male-like symptoms in her body so she applied for a sex change surgery to the superintendent of police Govindraj Sreedhar recently.

help to lady cop

As the case was first of its kind in the department and a complicated one, Sreedhar had referred the matter to the higher authorities. The higher authorities informed that there was no rule in police department for sex change from female to male or vice-versa. She then rushed to Mumbai and met chief minister Devendra Fadnis. The chief minister instructed the home department to look into her case sympathetically.

Kadambari Borse wins bronze medal in boxing contest

Khuldabad, Nov 28: Kadambari Suresh Borse won a bronze medal in the state-level boxing competition held in Akola, recently. Kadambari, who hails from Ellora, studies in Maharashtra Public School and was guided by Shaikh Majid of Ultimate Fitness Academy. Major Ghuge, H M Borse, Malik and others have congratulated Kadambari on her success.



NCP leaders lambast BJP-Sena govt

LOKMAT NEWS NETWORK BEED, NOV 28
In order to protest the failure of the Bharatiya Janata Party-Shiv Sena alliance government in the state to solve the problems of farmers, the Nationalist Congress Party (NCP) organised ‘halla bol’ agitations at Kaij and Majalgaon tehsil offices on Tuesday. The district unit president of NCP and group leader of NCP in Beed zilla parishad, Bajrang Sonwane, led the agitation at Kaij. The morcha started from Bhavani Chowk and ended at Kaij tehsil office after passing through the main roads of the town. Addressing the agitators, Sonwane said that the BJP-SS alliance government had completely failed to solve the problems of the people, particularly that of farmers. The waiving of farmers’ loans was just an “eye wash”, said Sonwane and added that in the forthcoming elections the voters will definitely teach a lesson to BJP-SS alliance government in the state. The former MLA, Prathaviraj Sathe, Umakant Bhosari, Syed Nawab, Sanjay Lomate and Baban Jadhav were prominent among those who were present on the occasion. In Majalgaon, former minister Prakash Solunke led the agitation. Addressing the agitators, Solunke said that the state government’s waiving of farmers’ loan was deceptive and the farmers are actually deprived of the benefit of the scheme. The farmers produce is not getting remunerative prices and as a result they are selling their produce at throw-away prices. The chairman of Majalgaon agriculture produce market committee (APMC) Ashok Dak also spoke on the occasion.

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Tender Notice
LIC of India, Aurangabad Divisional Office, Aurangabad intends to Hire the services of Agencies/firms/organizations for **Housekeeping services and Security Services** by two bid system at LIC of India, Aurangabad Divisional Office, Aurangabad and Branch offices under Aurangabad Division Jurisdiction. Comprising four districts i.e. Aurangabad, Beed, Latur & Osmanabad.
For complete details and tender documents please contact the OS/Estate Department, Aurangabad D.O. at the above address between 10.30 am to 3.30 Mon to Fri and 10.30 am to 01.00 pm on Sat or log on to www.licindia.in and click on to Tenders & go to "Tender for House keeping Services for LIC of India, Aurangabad Divisional Office, Aurangabad and Branch offices under Aurangabad Division Jurisdiction" and "Tender for Security Services for LIC of India, Aurangabad Divisional Office, Aurangabad and Branch offices under Aurangabad Division Jurisdiction" LIC of India reserves the right to accept or reject any or all offers in full / part without assigning any reasons whatsoever.
Last Date of Submission of Tender is 14/12/2017 up to 12.00 noon
Date: 29.11.2017
Place: Aurangabad.
Senior Divisional Manager

