

Aurangabad **FIRST**

Cataract Surgery May Prolong Your Life... Page 6



Participants of Bank of Baroda who will take part in the Aurangabad Maha Marathon are (from left) Farhad Shaikh, Rahul Kawde, Sachchidananda Mishra, Utsav Helambkar, Sawan Kumar, Pawan Sonawane, Samad Khan, Anand Pase, Deepa Sangiyani, Ranjana Lele, Niharika Akshita, Anuja Kendre, Chhaya Choute and Manisha Ghodekar. Sitting (from L) Amol Mahajan, Paritosh Pawar, Sahil Arya, Rohit Kamble, Rahul Kotangale, Tanaji Dholar, Amruta Magar and Sarita Bhise.



Participants of Savera Group keen to participate in the Aurangabad Maha Marathon are Abhijit Kshirsagar, Umesh Satarke, Sunil Bagul, Atul Wandagale, Abhijit Chavan, Pratika Chatterji, Rahul Gaikwad, Nilesh Somvanshi, Kishor Rajput, Gopal Navsare, Navnath Suraase, Avinash Rajput, Mahesh Ankush, Dheeraj Patil, Maroti Chirleg, Rajendra Kaate, Swarup Sherkar, Suhas Muley, Mahadev Pradhan, Vishnu Majalkar and Dnyaneshwar Vindhe.

Helpful Marathon Checklist

WEEKS BEFORE

- Study the course, the nutrition on course and develop a plan.
Practice: Train with your race nutrition plan, train with the drinks on course, train with gels or whatever you will use.
Practice your breakfast plan and also the meal plan the night before. Find out what works best for you.

DAYS BEFORE

- Buy your race nutrition; don't wait till the last moment.
Increase your carbohydrate intake by eating more carbohydrate rich (not just eating more).
Reduce fiber intake 1 to 2 days before the event if you often suffer from gastrointestinal problems.

PRE-RACE BREAKFAST

- Have your standard race breakfast that you have trained with 2.5-4 hours before.
Avoid high fiber, high fat and high protein foods.
Aim for at least 100 grams of carbohydrate.
Drink enough fluid and check that your urine color is light.

THE HOUR BEFORE

- Start your race fueling 5-15 min before the start (few sips of water is an example).

DURING YOUR MARATHON

- Stick to your nutrition plan, but don't stick to it at all cost.
Don't experiment with anything new. Stick to what you have practiced.
Aim for 30-60 grams per hour.
Use sports drinks gels, chews, bars, depending on your personal preference. You can mix and match to achieve your carbohydrate goals.
Avoid high fiber fat and protein intake during the run.
Don't over drink, don't under drink. Try to match your sweat loss or a little less. Some weight loss at the end (2% of your body weight is fine).
Don't use excessive salt or electrolyte intake.



Binish Baby
Executive Chef, Lemon Tree Hotel Aurangabad

SHORT TAKES

30 gamblers arrested during raid on den

Ahmednagar: Led by Assistant Superintendent of Police Akshay Shinde, a police team raided a gambling den and arrested 30 persons. The police also seized cash and valuables worth Rs 5.75 lakh from the gamblers. Acting on the tip-off, the police raided a place in Bhimgar area of Bhingar Cantonment where 33 persons were playing rummy in groups. The police claimed that the owner Adesh Bhingardive of the den fled the scene. The police seized Rs 2.22 lakh in cash, mobile handsets and other valuables worth Rs 1.59 lakh and motor-bikes worth Rs 1.98 lakh from the gamblers. Prominent among those arrested by the police include Nilesh Bhosale, Kishor Shinde, Arjunsingh Pardeshi, Manohar Rupchandani, Shrikrushna Borude, Javed Ansari, Pranav Panchmukhi, Raju Sawant, Arun Fulari and Yogesh Sonawane.

Daylight burglary at Chausala

Beed: Unidentified thieves forced entered a house in daylight and made off with goods worth Rs. 1.65 lakh at Chausala in Beed tehsil on Wednesday at 2 pm. According to a report, Ramdas Todkar along with his family members had gone to weekly bazaar of Chausala for purchasing vegetables and other articles by locking the house on Wednesday. The thieves broke the lock and entered the house and stole goods worth Rs. 1.65 lakh. Todkar lodged a complaint with the Neknool police station. The police are investigating.

Sex racket busted, 9 customers arrested

Beed: On a tip-off, police sub-inspector Deepali Gite raided a brothel at Majalgaon and arrested nine customers along with a woman who was operating the brothel on Wednesday. The police sent a dummy customer in power house area at Majalgaon. As soon as the dummy customer alerted, police raided the brothel and arrested nine customers including Mohammad Shakeel, Amit Sinh Basesda, Datta Kavade, Prakash Pawar, Suresh Survase, Ramesh Lalwani, Ashok Shinde, Somnath Jadhav, Surendra Singh Shahu and the woman. Besides, four women including three from Majalgaon and one from Manvat in Parbhani district were found involved in the sex racket.

Revenue department officials unwilling to take action Collector seeks reply from Hasnabad API

Police hand in glove with sand mafia

LOKMAT NEWS NETWORK JALNA, DEC 7

Taking note of indifferent approach of the revenue department in launching drive against sand mafia, district collector on Thursday served notice on assistant police inspector of Hasnabad police station in Bhokardan tehsil. The notice read that the API Kiran Bidve has failed to give protection to the squad of revenue department which took action against the sand mafia. He was asked to reply within 24 hours or disciplinary action could be taken against him. Illegal sand mining in the Girja and the Purna rivers are going on unchecked. The officials of revenue department had launched a drive against the sand mafia



The seized sand stock at Jafrabad, in Jalna district.

and even took action against them. Recently the revenue department led by tehsildar Yogita Kolhe seized 7000 brass sand worth Rs 2.80 crore. Sources said 15 officials of the revenue department raided the spot at Rajur, Hasnabad and Kedarkhedha and found the sand. It was found that police shut their eyes and were reluctant to give protection to the squad of the revenue department against sand mafia. The revenue department officials complained that the police did not cooperate in the drive. On December 5, when the revenue department officials phoned the Hasnabad police, he did not respond. It was found that no policeman was present in the police station. It also came to light that police

were reluctant to lodge a complaint against the accused, who indulged in extracting sand and transporting it illegally. Even the police personnel bullied a revenue employee when he approached the police station to lodge a complaint. The employees of Bhokardan tehsil complained to the sub-divisional officer and district collector against the police for non-cooperation. Sources said a report was submitted to the district collector stating that the squad has to monitor and watch illegal mining putting their lives at risk as the police are hand in glove with sand mafia. Following which, the district collector issued a show cause notice to Bidve and asked him to reply within 24 hours. The notice stated that if API Bidve does not give satisfactory reply, disciplinary action would be taken against him.

Nanded-Delhi flight chances bright

LOKMAT NEWS NETWORK NANDED, DEC 7

The chances of starting air service from Nanded to Delhi via Chandigarh or Amritsar have brightened up with the Airport Development Authority (ADA) and Air India (AI) gearing up their efforts to complete all the needed formalities. A highly-placed ADA source said as per the demand from passengers an aeroplane having a capacity of 80-150 will be started from December 22. This has raised hopes of people, particularly devotees coming to visit the historical Gurudwara in the city, to get a direct connectivity with the national capital. The Maharashtra Aerodrome Development Company has been appointed as a nodal company to maintain nine aerodromes in the State, including Nanded. Under the 'Udan' scheme of the Central Government, the State Government has started developmental works of aerodromes in Nanded, Amravati, Gondia, Nashik, Jalgaon, Solapur, Kolhapur, Ratnagiri and Sindhudurg. In total of 28 aerodromes in the State were previously administered by the Civil Aviation of the Central Government, Defence Department, CIDCO, MIDC, State Government and Reliance. This used to cause disturbances in the working. To bring a uniformity and coordination

between the State Government and other departments, the Maharashtra Aerodrome Development Company has been appointed as a nodal agency. Already, Nanded-Hyderabad and Nanded-Mumbai flights are being operated. Now, Nanded-Delhi direct flight will benefit not only Sikh pilgrims coming from different parts of the country, but it will also facilitate the journey of businessmen, officers and politicians. Prime Minister Narendra Modi has included Nanded-Mumbai and Nanded-Hyderabad air routes for the new air services in his scheme of connecting various cities by air. On the first-come-first-served basis, passengers can avail this service at a subsidised rate. Many attempts were made to start air service from Nanded to various destinations in the last 12 years. During the Guru-dagdadi celebrations in 2008, an airport of international standard with night landing facility was started and it was named after Guru Gobind Singhji. Initially, an air service was started by Kingfisher, but it was suspended for lack of response. Later, SpiceJet and GoAir started their services, one after another, but they, too, stopped them for the same reason. Taking a note of the increasing demand for air service, the Mehar Air Service Company had also announced to start flights between Nanded and Mumbai, but it could not be materialised.

Future of 50K students residing in govt-aided hostels in jeopardy

LOKMAT NEWS NETWORK AHMEDNAGAR, DEC 7

The government's decision to hold the grants for over a year has jeopardized the fate of all government-aided hostels. If the situation remains same the hostels will soon shut down affecting over fifty thousand students in the district. The superintendents of these hostels have complained that the creditors have begun demanding payments and with each passing day it is becoming difficult to run the day to day affairs of the hostels. The social welfare department was directed to examine the approval of all such hostels after two of such hostels were found unapproved by the government. The commissioner has stopped grants of all 2388 hostels in the state.

Since September 2015 the social welfare department has completed the scrutiny of only nine hostels in the district. Scrutiny of 89 such hostels is still pending resulting in withholding of the grants. This undue delay is unwarranted and uncalled for in verifying the approvals of the hostels. Accordingly social elites and the department is working on the government directives to delay the scrutiny process. The delay in release of grants has jeopardised the fate of over fifty thousand students. The services and facilities in these hostels are becoming worse with each passing day. Recently the inmates of one hostel had resorted to agitation in protest against the poor quality of food supply

Conference on 'Ethical pliftment of Human Society' on December 10

Aurangabad, Dec 7: The Quran House is holding a conference on 'Ethical pliftment of Human Society,' on December 10 at 10 am at Tapadina N a t y a M a n d i r. Renowned Islamic scholar Syed Abdullah Tariq will speak on the topic. Allama Syed Abdullah Tariq is a scholar of

Islam and Hinduism. He holds a respectable position among various communities. He is a student of theology, who is an expert on the Quran and Hadith, besides he is also well-verse with the Vedas, Upanishads, Holy Gita, several manuscripts of the Bible, Guru Granth Sahib along with commentaries from religious experts. He has also acted as a guest faculty for 15 years in the Indian Institute of Management,

Ahmadabad. Well-known psychiatrist Dr Aziz Quadri will preside. Akram Jabbar Khan, Justice D R Shelke and Engineer Wajed Quadri will also speak. Abdul Hussain Fazle Abbas, Dr Magdooom Farooqui, Manzoor Khan and Abdulla Markoni will be the chief guests. Hafiz Umar Khan, Khwaja S h a h a b u d d i n, Sohail Zakiuddin have appealed members of all communities to attend the seminar.

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