

Tune out negative people, and keep your eye on the road for success

To help readers cope with their anxieties in these stressful times, TOI has launched Talk it Out, a series under which our panel of expert counsellors will answer your mental health queries. This week's advice is from psychologist Varkha Chulani

I am a 43-year-old teacher. I have faced stress for the past month due to a mishap in the family, as a result of which I was helpless and scared. Getting ill again and again due to stress makes me scared of any other big disease. I faced anxiety during Covid. What should I do to control my stress? I am very active but this time I feel helpless and scared. Please help.

■ It's been a challenging time for many, and even more so with online teaching. The amount of preparation that is required from a teacher, asks for a significant investment of time and energy. Add family troubles and it's quite a handful. One way to alleviate anxiety is by minimising the needless, getting away from people who cause you distress, not engaging in irrelevant chatter, avoiding drama and anything that takes away your peace of mind. Any emotional distress—anxiety, guilt, anger—compromises the immune system. This makes us susceptible to illness, so it's important to manage your mind, keep it directed to what's important, and not waste energy on needless activities. Shut out noise. Be selective in what you listen to and whom you engage with. It's self-preservation mode. Focus on yourself. Nothing is more important than you. Do it unapologetically. Anxiety won't be your companion then.

I'm working hard for my dreams, but some people make my life hell with their negative words, because of jealousy or other reasons. Even though I want to face these people, I face them and their words really hurt me. Please help.



5 TIPS TO COPE WITH ANXIETY

1. Anxiety is always about seeking guarantees in life. Embrace uncertainty
2. Anxious people don't believe they can cope with adversity. You may not cope as well as you would like, but you will cope somehow
3. Instead of always wanting to know, embrace a philosophy of 'not knowing' and accepting the unknown
4. Try not to be ruthlessly judgemental about yourself. Remember that you are not equal to what you do
5. Rather than trying to control the uncontrollable, understand that some things are not in your control

■ Cancel noise! Learn the art of switching off toxicity! It's all around us. If you want to go towards your goals, be single-minded in your pursuit. Once there is a purpose for living, nothing can come in your way. Many of us expect smooth paths in our journeys. We want support from the people we love, believing that they will share the same enthusiasm and consideration for our goals. This is not necessarily true. Everyone is mostly concerned with themselves. The sooner you acknowledge that, the better off you will be. Also remember the vision you have may not necessarily be shared by your kin. They will talk of reasons why you may not succeed, why you should not take certain risks, etc. Hear them, see if there is any merit in what they say and course correct. If not, discard their views and plod along. Remember consistency is the key to success more than brilliance. Wear the blinkers and ear plugs and keep your eyes on the road.

I am a 28-year-old working girl. All my friends are getting married and I am not even close to marriage. I am not jealous but I don't know how to spend my time. I have no one to talk to.



WANT SOME ADVICE?

Sharing can help your recovery so write to us at talkitout@timesgroup.com with your question, name and place. But if you wish to stay anonymous, do indicate that in your email.

You can also visit bit.ly/TalkitOut or scan this QR code to send in your concern.



Penalised for not donating for Ram temple: School HM

Abhinav.Garg@timesgroup.com

New Delhi: Delhi High Court has issued notice on a plea filed by the headmistress of a school alleging that she was suspended by the administration for not donating money towards the construction of the Ram temple in Ayodhya. The woman also claimed she was underpaid.

Seeking directions to overturn her suspension and restore her job with full back wages, the woman alleged that she was being penalised for not being able to donate money for the temple project. While claiming that she was abruptly transferred to Bhalswa branch of the school in August last year without any reason, the plea alleged that she was not given the time to collect all the diaries and other belongings of her from the school.

"The target to collect or contribute Rs 70,000 to Rs 1,00,000 has been given to the staff of all the schools managed by the respondent society, for the purpose of construction of the Ram Mandir in Ayodhya. The staff have been asked to convince

students or their parents to contribute to visit the marketplace for donation from public. The petitioner, being not the class teacher of any class, also has been in the position to contribute herself because of poor financial health of her family, expressed her inability to contribute the amount of Rs 70,000 for the charitable purpose," the plea alleged.

"And this was in addition to the yearly donation amount in the name of Saman, which has been raised from Rs 5,000 to Rs 15,000. The petitioner has been coerced to contribute the said amount of Rs 70,000 for Ram Mandir and Rs 15,000 for Saman, whereas despite extreme financial constraints, the petitioner donated Rs 2,300 for Ram Mandir on 03.03.2021 and further refused to pay any amount for Saman this year," it claimed.

Further, Advocate K. G. Kashyap informed the court that the teacher's husband met with a serious accident in 2018 and lost vision in one eye, multiple fractures and had to insert three rods in leg during surgery and some neurological disorder, because of which he has been suffering from epileptic attacks occasionally.

Under the arts and commerce streams, Hindu College closed admissions for all courses except BA (H) philosophy, the cutoff for which is pegged at 97.5%.

At Lady Sri Ram College for Women (LSR), the cutoffs for courses like BA (H) history and BA (H) sociology are pegged at 98%, while for BA (H) courses in journalism and psychology, they are pegged at 98% under the fourth cutoff list.

At Miranda House, the qualifying marks for BA (H) courses in history, economics and sociology are 98%, 98.5% and 98%, respectively.

Ramjas College, however, saw a few courses still open for admissions under the fourth list. The asking score for BA (H) is 98.5% while that of BCom (H) is 98.25%.

Pvt firm owner caught for ₹13.8cr fraud at AIIMS

New Delhi: Economic Offences Wing (EOW) of Delhi Police on Saturday said they had made the first arrest in the Rs 13.8 crore fraud case reported at AIIMS-Delhi.

Investigators claimed that funds were embezzled from the hospital over the purchase of linen.

Police said that one 59-year-old Sneh Rani Gupta, a proprietor of Sneh Enterprises, was arrested from Rohini. The private firm had been a supplier for AIIMS for many years.

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'States have no willpower to deal with stubble burning'

Delhi's environment minister Gopal Rai told Prayag Agarwal that Centre has to be more determined and active in drawing up a policy on stubble burning and implementing it.

■ With winter setting in, Delhi's air quality has started deteriorating. How prepared are we to control air pollution this year?

We are more prepared this time. We have been conducting different activities in Delhi for the past one month. The sources of pollution in Delhi are stubble burning (major component of pollution), dust, vehicles, biomass burning and others. We have been running an anti-dust campaign to control dust pollution for nearly a month and our teams have inspected over 2,000 sites and imposed a penalty of over Rs 1 crore. For stubble burning within Delhi, we are spraying the bio-decomposer solution in the fields for free. We are also running a 'Red Light on Gaddi' campaign to control vehicular pollution.

■ Do you feel the Commission for Air Quality Management in NCR is doing enough interventions to ensure that Delhi does not choke this year?

The commission is working positively on some issues. However, I believe the Centre has to take the initiative and create a system to ensure implementation of policies. The Centre should draw up an action plan and monitor it. Whatever committee you make, it can be controlled only when the government at the Centre and surrounding states show a strong determination.

■ Do you think scrapping of the SC-appointed EPCA panel has affected the momentum of action being taken against polluters and holding them down to commitments?

In Delhi, the government is taking a two-pronged action. We are working at three different levels. Firstly, we are making policies for permanent solutions. We brought an e-vehicle policy, transplantation policy and tree plantation scheme, which will have long-term impacts.

■ What should the Centre do?

The Centre gives funds to all states. It is the states that are responsible for the implementation. An action plan should be prepared based on where and how much money was spent. The states are utilising the funds but the impact is not visible on the ground. The Centre

gives some subsidy while the farmers have to invest the rest from their own pockets. Hence, they are hesitant. However, I believe that money should be allocated for free spraying of the bio-decomposer and a centralised solution should be prepared. The responsibility of block level officers should be fixed. The budget for the bio-decomposer will be less than what is currently being spent on controlling stubble burning. The Centre will have to make some changes at the policy level.

Stubble is burnt on a large scale and what's being done on the ground doesn't match the scale. The Centre should set up some mechanism for enforcing it. The neighbouring states lack the willpower to deal with stubble burning.

■ Has the agitation by farmers put the government on the defensive because they will no longer be penalised for burning stubble?

Punishment is not a permanent solution. I want to repeat that stubble is not a problem of the farmers but a result of the government's inactivity.

■ Dust from big construction sites is a major contributor to air pollution. Have you seen any improvement in compliance after more than 150 police teams and 35 SDI teams are working on the pollution?

We are running an anti-dust campaign and around 70% of the construction sites are complying. I have conducted meetings with construction agencies and carried out inspections. A message has to be sent that if you do wrong, you won't be spared.

■ Despite a ban being in place, crackers were set off last night, causing noise and air quality. As crackers are available in the neighbouring areas and there are reports of traders stocking up in Delhi, how does the government plan to implement the ban this time?

Last year, firecrackers were banned a few days before Diwali. This time, we have not issued a licence to anyone for selling firecrackers and the ban was imposed right at the beginning. We are running a 'Paisa Nah, Dye Jalo' campaign and over 150 police teams and 35 SDI teams are working on the pollution. Have you seen the police stations located on the border areas to keep an eye on this? However, some people are running a campaign that it's a religious matter. We want to tell them with folded hands that crackers are not related to religion.

Some Italian Sikhs seek PM's help, others oppose him

Amritsar: One of the Italian Sikh sections has asked PM Modi to scrap the Indian visa blacklist and support registration of Sikhism as a religion in Italy, while another has opposed him. The first Sikh delegation met Modi on Friday evening in Rome when the cops were searching north Italian Sikh houses for the protesters. Modi is in Rome for the G-20 summit from October 29 to 31 on the invitation of Italy's PM, Mario Draghi, and his next stop is Glasgow in the UK for COP 26 Climate Summit from November 1 to 2.

5 held for assault on Dalits in Gujarat

Rajkot: Five people were arrested for the brutal attack on six members of a Dalit family that has alleged that they were targeted by members of upper caste as they turned up for the installation ceremony at a temple. However, Kutch police said the allegations about temple entry were being

IndianOil

INDIAN OIL CORPORATION LIMITED

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Email ID: investors@indianoil.com Phone No: (022)28476116

RECORD DATE NOTICE FOR INTERIM DIVIDEND

The Board of Directors of Company at its meeting held on Saturday, 30th October 2021 has declared an Interim Dividend of Rs. 5 per share on equity shares of Rs. 10/- each for the financial year 2021-22.

The Company has fixed Friday, 12th November 2021 as the "Record Date" for the purpose of determining the eligibility of shareholders for payment of the said dividend. The record date notice submitted to stock exchanges can be accessed on the Company's website at <http://www.ioil.com> and also on the Stock Exchange websites at <http://www.secdisc.com> and <http://www.bseindia.com>

Sd/-
(Kamal Kumar Gwalani)
Company Secretary

Place: Mumbai
Date: 30th October 2021

RO:22758
RO.DT:30.10.2021,W:12.00,H:7.00

SALE NOTICE by KC Soman Insolvency Professionals Private Limited

Invites Auction Bids in Sale Notice of
Advance Surfactants India Limited - In Liquidation

Under the Insolvency and Bankruptcy Code, 2016
Date & Time of E-Auction: Saturday, 23rd October, 2021 from 11 am to 5 pm
E-Auction of Assets on Going Concern Basis of following units of Advance Surfactants India Limited - In Liquidation
on "As is where is basis", "As is what is basis", "Whatever there is basis", and "No recourse basis".

Date of Auction	Nature of Assets	Description	Reserve Price (₹)	Estimate Price (₹)	Incremental Bid (₹)
Saturday, 23rd October 2021	Assets of respective individual units	Pithampur (INDORE) UNIT - (Leasehold Industrial Land, Building, P&M, Other Assets)	60,00,000/-	2,00,000/-	1,00,000/-

1. The Description of Assets, Properties etc. are provided in E-Auction Process Information Document.
2. The complete E-Auction Process Information Document containing Terms and Conditions of E-Auction are available on website of the Auctioneer at www.kcsoan.com.
3. The Liquidator has the absolute right to accept or reject any or all offers or to adjourn/postpone/cancel the e-Auction or withdraw any property or portion thereof from the auction proceedings at any stage without assigning any reason therefor.

Sd/-: Kishan Gopal Soman - Liquidator
E-mail: kishan.gopal.soman@kcsoan.com Mob: 98960 20044
KC Soman Insolvency Professionals Private Limited
Address: Plot No. 42, Sector 10, Gurgaon, Haryana - 122002
Phone: 0122-2222222, 011-22222227, 9310202920

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Visit www.bisag-n.in to apply
Last date to apply: November 16, 2021 upto 17:00 hrs.

कार्यालय: प्रधानाचार्य, राजर्षि दशरथ स्वामी राज्य चिकित्सा महाविद्यालय, अयोध्या।
संकेत: राजकोट/विप्र/2021/1757 दिनांक: 30.10.2021

सेवायोजन विज्ञापित

राजर्षि दशरथ स्वामी राज्य चिकित्सा महाविद्यालय, अयोध्या में आचार्य एवं सहायक आचार्य के रिक्त पदों हेतु निर्धारित स्तर में आवेदन को आमंत्रित किया जाता है। पदों की विवरण निम्नवत् है:-

S. No.	Name of Speciality	Professor	Associate Professor	Assistant Professor									
		UR	OC	SC	ST	UR	OC	SC	ST	UR	OC	SC	ST
1.	Orthopaedic Surgery	-	01	-	-	01	-	-	-	01	-	-	-
2.	Obstetrics & Gynaecology	-	01	-	-	01	-	-	-	01	-	-	-
3.	Community Medicine	-	01	-	-	01	-	-	-	01	-	-	-
4.	Pharmacology	-	01	-	-	01	-	-	-	01	-	-	-
5.	Microbiology	-	01	-	-	01	-	-	-	01	-	-	-
6.	Radio Diagnosis	-	01	-	-	01	-	-	-	01	-	-	-
7.	Paediatrics	-	01	-	-	01	-	-	-	01	-	-	-
8.	Anaesthesia	01	-	-	-	01	-	-	-	01	-	-	-

आचार्य, सह-आचार्य, सहायक आचार्य, परामर्श आचार्य, परामर्श के रूप में सह-आचार्य के रिक्त अंशों पर वेतनमान (सीपी) परीक्षा में आवेदन पत्रों को आमंत्रित हेतु निम्नलिखित विवरण पर आवेदन पत्रों को भेजना आवश्यक है: www.aasmc.aayodhya.ac.in, www.upgms.in पर उपलब्ध है। आवेदन को अंतिम तिथि 30.10.2021 है।

राजर्षि दशरथ स्वामी राज्य चिकित्सा महाविद्यालय, अयोध्या।

RECONSTRUCTION COMPANY LIMITED (CIN:U74100MH2006PLC305312)

Under the Securitization and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 and in exercise of powers conferred under Section 13 (12) read with Rule 3 of the Security Interest (Enforcement) Rules, 2002 issued Pursuant to the said Act, the undersigned hereby gives notice to the following: **MS. ANAN SALES, MRS. SANYA MAHAJAN AND MR. AJAY KUMAR MAHAJAN** to repay the amount mentioned in the Notice No.29.17.661.08/- (Rupees Twenty Nine Lakh Seventeen Thousand Six Hundred Sixty One And Paise Eight only) as on 06.11.2018 within 60 days from the date of receipt of the said notice.

The Borrower (s) having failed to repay the amount, Notice is hereby given to the Borrower (s) and the public in general that the undersigned has taken possession of the property described herein below in exercise of powers conferred on him under Sub-section (4) of Section 13 of the Act read with Rule 8 of the Security Interest (Enforcement) Rules, 2002 on 27.10.2021.

The Borrower (s) 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 the **INDIABULLS ASSET RECONSTRUCTION COMPANY LIMITED** for an amount of Rs.29.17.661.08/- (Rupees Twenty Nine Lakh Seventeen Thousand Six Hundred Sixty One And Paise Eight only) as on 06.11.2018 and interest there on.

The Borrower's attention is invited to provisions of Sub-section (8) of Section 13 of the Act in respect of time available, to redeem the secured assets.

DESCRIPTION OF THE IMMOVABLE PROPERTY

SHOP SITUATED ON PLOT NO.2/2 OLD 16, AREA MEASURING 300 SQ.FT. AT STREET NO.3, SHRADHANAGAR MARG, KALAI MOHALLA, INDORE. WHICH IS BOUNDED AS FOLLOWS:-

EAST - REST PART OF H.NO.32-38.9 FEET
WEST - HOUSE NO.3 - 30 FEET
NORTH - ROAD 10 FEET
SOUTH - SELLERS PART 9 FEET

Date : 27.10.2021 Indiabulls Asset Reconstruction Company Ltd.
Place : INDORE (Trustee on behalf of Indiabulls ARC IX Trust)