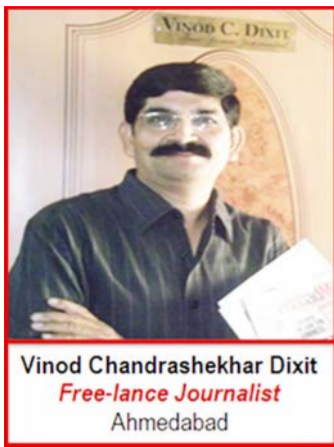


Self Management



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Self-management is a key skill that helps you throughout your life. It involves setting goals and managing your time. Developing your motivation and concentration skills will help you to overcome the lure of procrastination. Effective self-management will help you to avoid stress and provide you with more opportunities to get involved in fun campus activities. Self management skills are the currency of today's successful person. Its not just about self discipline and work ethic, its also about knowing what your strengths and weaknesses are. Self education and self development are of more importance than anything anybody can give us. We ourselves are responsible for everything that hap-

pens in our life. We must learn to accept total responsibility for ourselves. If we do not manage ourselves, then we are letting other have control of our life.

Here are few till that will help you to manage yourself. Self-management will, in turn, lead you to the path of success.

- Look at every new opportunity as an exciting, new life experience.
- Exhibit self confidence and self assurance in your potential to complete your task.
- Agree with yourself in advance that you will have a good attitude toward the

- Do it right the first time and you will not have to take time out later, to fix it.

- Accept responsibility for your job successes and failures. Do not look for a scapegoat.

- Do not view things you do as a "Job". View all activities as a challenge.

- Use your subconscious mind by telling it to do what you do want. Instead of telling yourself, "I can't do that very well," say, "I can do this very well."

- Give your self points for completing tasks on your "to-do" list in priority order.

- Practise your personal

nation, wanting to do it for yourself.

- Believe that you can be what you want to be.

- Never criticize yourself as having a weakness. You do not have any weakness, only untapped potential.

- Be pleasant all the time. No matter what the situation is.

- Challenge yourself to do things differently than you have in the past. It provides new ideas and keeps you interested.

- Talk to yourself. A self-talk using positive affirmation is something that is common among all great achievers.

- Keep your goals listed and pictured on your board.

- Stay interested in what you are doing. Change your perspective and look at it as someone outside your job would.

- Establish personal incentives and rewards to help maintain your own high enthusiasm and performance level.

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upcoming task.

- Frequently ask, "Is what I am doing right now moving me towards my goals?"

beliefs. It may be helpful each morning to take 15 minutes to gather your thoughts and say a prayer.

- Practise self-determi-

Step up campaign for organ donation: Vice President

The Vice President of India, Shri M. Venkaiah Naidu called for stepping up the campaign for organ donation in a big way to meet the huge demand due to rising number of end organ failures of kidney, liver, heart, lung and pancreas. Addressing the 29th annual conference of the Indian Society of Organ Transplantation in Hyderabad today, Shri Naidu pointed out that although there was a huge requirement for donated organs in the country, only a minuscule number were getting them. "Of the 85,000 liver failure patients on waitlist annually, less than 3% get the organ. Similarly, while two lakhs kidney failure patients registered for organ transplantation, only 8000 get the kidney. And barely 1% get heart/lung amongst the thousands on waitlist," he added. The Vice President said though there was a huge leap in cadaveric

organ donations in the last 4-5 years, the demand-supply remained hugely unmet because of low rates of organ donation at 0.8 per million population when smaller countries like Spain and Croatia were having rates of 36 per million and 32 per million respectively. Observing that the significant gap in the country was due to cultural beliefs, traditions and ritual practices, he called upon the doctors, NGOs and others to make people aware of the importance of organ donation. He said "India is known for unity in diversity and altruism in all cultures and we need to increase the donation rates to meet the demand of organs for organ transplantation". Keeping the rising demand in view, the Vice President urged doctors and other health care delivery providers to focus on the preventive care and making transplantation an affordable therapy

for all the needy people.

Emphasizing that prevention was better than cure, the Vice President said many end stage diseases can be prevented by lifestyle modifications. Expressing his concern over the increasing burden of non-communicable diseases, he told the medical fraternity to educate the people on the dangers of leading sedentary lifestyle, eating junk food and on excessive consumption of alcohol and tobacco.

Stating that Yoga has nothing to do with religion, he said people should be advised to practice yoga. He also asked the medical fraternity to educate people on reducing salt intake in view of its association with hypertension. Referring to the lack of adequate healthcare facilities and manpower in rural areas, the Vice President suggested that it should be made mandatory for doctors to serve a

minimum of 2-3 years in rural areas before giving the first promotion. Lauding the Union Government for launching 'Ayushman Bharat' scheme to provide insurance cover to 10.74 crore deprived rural families, the Vice President described it as a "positive and progressive scheme. He said the Make in India programme should promote manufacturing medicines and devices in India at affordable prices. Observing that doctors are treated with reverence in India, he told them to treat patients with empathy and provide the much-needed human touch. Unfortunately, due to the present-day fast-paced lifestyles, doctors were not spending as much time as needed with each patient. This should change and doctors must spend more time with each patient like the family physician used to in the past, he added.

Cinépolis India the "Most Admired Innovative Retailer of the Year"

Cinépolis, India's 1st international and the world's 2nd largest movie theatre circuit by attendance has been bestowed the prestigious IMAGES Most Admired Innovative Retailer: Entertainment" at IRF 2018 in Mumbai. It is yet another milestone achieved by Cinépolis that reflects the brand's focus and reaffirms its commitment towards building its India growth story.

Mr. Javier Sotomayor, Managing Director, Cinépolis Asia said, "We are very humbled and honored to receive this prestigious award and thank our brand's patrons across India for choosing us as their most admired entertainment destination. Our efforts in pioneering and delivering an unparalleled immersive movie experience have been driven by innovations in operations and powered by advanced exhibition technology. We will continue to strive in delighting our patrons and setting new benchmarks in the cinema exhibition industry."

Speaking on the occasion, Mr. Devang Sampat, Director



Strategic Initiatives, Cinépolis India said, "We are truly honored to receive this prestigious award and adjudged as the IMAGES Most Admired Innovative Retailer of the year: Entertainment 2018. This award is special since it acknowledges our endless efforts to revolutionize the business of theatre watching in India. I would like to say a big thank you to the jury for recognizing the efforts put in by the Cinépolis team. We will continue to innovate and surprise our patrons and build on the goodwill we have generated in the industry." (19-10)

Two days "Fashion Trend exhibition" in Ahmedabad Fashion Trend Exhibition



Ahmedabad, Fashion Trend Exhibition, which was being held at Mumbai for last several years, now has been held at the Grand Bhagwati Hotel in Ahmedabad on October 5th and 6th by mayaaima events. The exhibition, which is being held for Navratri festival, people will see a huge collection of costumes, jewellery, etc. for the festival of Navratri.

Ms. Sejal Negandhi, owner of mayaaima events and organiser of Fashion Trend Exhibition said, "I was associated with the Fashion Trend Exhibition held in Mumbai for many years. For the first time this year, this two day exhibition organised for the people of Ahmedabad

on the occasion of Navratri. Over 50 Exhibitors from Jaipur, Mumbai, Delhi, Udaipur, Gujarat etc. have been present across the country. In the exhibition, Western and Traditional Clothes, Designer Chaniyacholi, Kedia and Jewellery Collection and Footwear Collection will also available for Navratri festival. And all the exhibitors are new. Also, we will distribute Tulsi Plants to 1st 500 visitors."

The exhibition was inaugurated by Ex-Mayor Meenakshiben Patel and by the pride of Gujarat Ms. Harshaben Patel. Many exhibitors from across India have been present in this two-day exhibition. (19-10)



The Prime Minister, Shri Narendra Modi and the President of Russian Federation, Mr. Vladimir Putin at the delegation level talks, at Hyderabad House, in New Delhi on October 05, 2018.

Water storage level of 91 major reservoirs of the country goes down by one percent

The water storage available in 91 major reservoirs of the country for the week ending on October 04, 2018 was 120.921 BCM which is 75% of total storage capacity of these reservoirs. This percentage was at 76% for the week ending on September 27, 2018. The level of water storage in the week ending on October 04, 2018 was 113% of the storage of corresponding period of last year and 104% of storage of average of last ten years.

The total storage capacity of these 91 reservoirs is 161.993 BCM which is about 63% of the total storage capacity of 257.812 BCM which is estimated to have been created in the country. 37 Reservoirs out of these 91 have hydropower benefit with installed capacity of more than 60 MW.

The northern region includes States of Himachal Pradesh, Punjab and Rajasthan. There are six reservoirs under CWC monitoring having total live storage capacity of 18.01 BCM. The total live storage available in these reservoirs is 16.53 BCM which is 92% of total live storage capacity of these reservoirs. The storage during corresponding period of last year was 82% and average stor-

age of last ten years during corresponding period was 82% of live storage capacity of these reservoirs. Thus, storage during current year is better than the corresponding period of last year and is also better than the average storage of last ten years during the corresponding period.

The Eastern region includes States of Jharkhand, Odisha, West Bengal and Tripura. There are 15 reservoirs under CWC monitoring having total live storage capacity of 18.83 BCM. The total live storage available in these reservoirs is 15.85 BCM which is 84% of total live storage capacity of these reservoirs. The storage during corresponding period of last year was 77% and average storage of last ten years during corresponding period was 76% of live storage capacity of these reservoirs. Thus, storage during current year is better than the corresponding period of last year and is also better than the average storage of last ten years during the corresponding period.

The Western region includes States of Gujarat and Maharashtra. There are 27 reservoirs under CWC monitoring having total live storage capacity of 31.26 BCM. The total live storage avail-

able in these reservoirs is 17.47 BCM which is 56% of total live storage capacity of these reservoirs. The storage during corresponding period of last year was 72% and average storage of last ten years during corresponding period was 68% of live storage capacity of these reservoirs. Thus, storage during current year is less than the storage of last year and is also less than the average storage of last ten years during the corresponding period.

The Central region includes States of Uttar Pradesh, Uttarakhand, Madhya Pradesh and Chhattisgarh. There are 12 reservoirs under CWC monitoring having total live storage capacity of 42.30 BCM. The total live storage available in these reservoirs is 33.75 BCM which is 80% of total live storage capacity of these reservoirs. The storage during corresponding period of last year was 65% and average storage of last ten years during corresponding period was 74% of live storage capacity of these reservoirs. Thus, storage during current year is better than the storage of last year and is also better than the average storage of last ten years during the corresponding period.

The Southern region in-

cludes States of Andhra Pradesh, Telangana, AP&TG (Two combined projects in both states), Karnataka, Kerala and Tamil Nadu. There are 31 reservoirs under CWC monitoring having total live storage capacity of 51.59 BCM. The total live storage available in these reservoirs is 37.32 BCM which is 72% of total live storage capacity of these reservoirs. The storage during corresponding period of last year was 55% and average storage of last ten years during corresponding period was 68% of live storage capacity of these reservoirs. Thus, storage during current year is better than the corresponding period of last year and is also better than the average storage of last ten years during the corresponding period.

States having better storage than last year for corresponding period are Himachal Pradesh, Punjab, Rajasthan, Odisha, Maharashtra, Uttar Pradesh, Uttarakhand, Madhya Pradesh, Chhattisgarh, AP&TG (Two combined projects in both states), Andhra Pradesh, Telangana, Karnataka, Kerala and Tamil Nadu. States having lesser storage than last year for corresponding period are Jharkhand, West Bengal, Tripura and Gujarat

India and ADB Signs \$110 Million Loan to Improve Rural Connectivity in Madhya Pradesh

Government of India and Asian Development Bank (ADB) today signed a \$110 million loan to finance the upgrade of 2,800 kilometers all-weather rural roads in the State of Madhya Pradesh under the Prime Minister's Rural Roads Program (PMGSY).

Tranche 2 loan is part of the \$500 million Second Rural Connectivity investment Program for India approved by the ADB Board in December 2017. The overall program is aimed at improving rural connectivity, facilitating safer and more efficient access to livelihood and socioeconomic opportunities for rural communities through

improvements to about 12,000 kilometers rural roads across the states of Assam, Chhattisgarh, Madhya Pradesh, Odisha, and West Bengal. Tranche 1 loan of \$250 million is currently under implementation in the 5 project states, upgrading over 6,000 km of rural roads.

The signatories to the Second Rural Connectivity Investment Programme were Mr. Sameer Kumar Khare, Additional Secretary, Department of Economic Affairs in the Ministry of Finance, who signed on behalf of the Government of India; and Mr. Kenichi Yokoyama, Country Director of ADB's India Resi-

dent Mission, who signed for ADB. "The tranche 2 of the project will provide continued assistance to the PMGSY by upgrading rural roads in Madhya Pradesh that will support the Government's long term goal to achieve inclusive economic growth in rural India. It will give a big boost to the country's rural connectivity initiative," said Mr. Khare after signing the loan agreement.

"The loan will improve mobility for self-employment and livelihood opportunities in rural areas by improving access to district centers," said Mr. Yokoyama. "The project will continue to sup-

port the Government's drive for innovative approaches to reduce costs, conserve non-renewable natural resources, and promote the use of waste materials in rural road construction." In view of increased rainfall and storm surges in Madhya Pradesh, the road designs take into account these climate risks with measures such as greater elevation of road embankments and slope protection. Women were extensively consulted during the project design and will gain some key benefits, including improved access to healthcare, livelihoods and schooling.

CM declares 16 tehsils as scarcity affected areas in Gujarat

Ahmedabad, Due to situation arising out of scanty rains in Gujarat, Chief Minister Mr. Vijaybhai Rupani declared as many as 16 tehsils, which included 10 from arid Kutch district, followed by four from Banaskantha and one each from Patan and Ahmedabad, as the scarcity affected areas with implementation effect from October 1st.

The arrangements are being made to provide fodder for animals, and water and employments to farmers in these tehsils, Gujarat Revenue Minister Mr. Kaushik Patel said.

In this reference, Mr. Rupani has instructed the Chief Secretary Dr. J. N. Singh and the Revenue Department to collect information of rainfalls and other related issues of these areas and to submit an immediate report to him.

The Revenue Minister said after submission of this report, Chief Minister will take stock of the situation to take necessary decisions and steps pertaining to help.

PUBLIC NOTICE



Registered Office: ICICI Bank Tower, Near Chakli Circle, Old Padra Road, Vadodara-390007, Gujarat.
Corporate Office: ICICI Bank Towers, Bandra Kurla Complex, Bandra (E), Mumbai - 400051
Branch Office: ICICI Bank Ltd., Office Number 201-B, 2ND Floor, Road No 1 Plot No-83, WIFIT IP Park, Wagholi Industrial Estate, Thane, Maharashtra - 40060

A notice is hereby given that the following borrower/s have defaulted in the repayment of principal and interest of the loans facility obtained by them from the Bank and the loans have been classified as Non Performing Assets (NPA). The notice dated were issued to them under Section 13 (2) of Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest Act-2002 on their last known addresses as provided to the Bank by them, that in addition thereto for the purposes of information of the said borrowers enumerated below, the said borrowers are being informed by way of this public notice.

Sr. No.	Name of the Borrower/ Co-Borrower/ Guarantor/ (Loan Account Number) & Address	Property Address of Secured Asset / Asset to be Enforced	Date of Notice/Sent/ Outstanding as on Date of Notice	NPA Date
1.	M P Resources (Piyush Patel- Proprietor)/ Minaxi Piyush Patel - (654705600237 - B-164, Sakar - 7, block B, 1st Floor, Nehru Bridge Corner, Near Patang Hotel, Ashram Road, Ahmedabad -380006 654705600237	Property 1) 1001, 10th Floor, Block No F, Vraj Vatika Apts, near Avenue Park And Jayraj Park, Ravapur Road Vajepar, Morbi, Gujarat, Morbi-363641. Property 2) 1002, 10th Floor, Block No F, Vraj Vatika Apts, near Avenue Park And Jayraj Park, Ravapur Road Vajepar, Morbi, Gujarat, Morbi-363641. Property 3) 1003, 10th Floor, Block No F, Vraj Vatika Apts, near Avenue Park And Jayraj Park, Ravapur Road Vajepar, Morbi, Gujarat, Morbi-363641. Property 4) 1004, 10th Floor, Block No F, Vraj Vatika Apts, near Avenue Park And Jayraj Park, Ravapur Road Vajepar, Morbi, Gujarat, Morbi-363641.	October 1, 2018 Rs. 80,33,909/-	June 30,2018

The above borrower/s and/or their guarantors (where ever applicable) are advised to make the payments of outstanding within period of 60 days from the date of issuance of notice U/s. 13 (2), failing which further steps will be taken after expiry of 60 days from the date of issuance of notice U/s. 13 (2) dated mentioned above as per the provisions of Securitisation and Re-construction of Financial Assets and Enforcement of Security Interest Act, 2002.

Date: 06 Oct, 2018
Place: GUJARAT
Sd/ Authorized Officer
ICICI Bank Limited