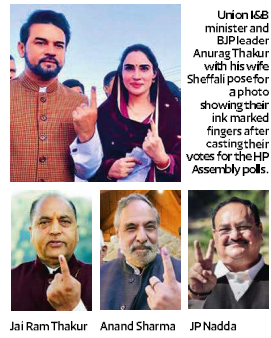


ELECTING NEW REGIME

Kullu
Voters holding their identification cards wait in a queue to cast their votes during the Himachal Pradesh Assembly elections in Kullu on Saturday. The poll verdict will be out on December 8.



Dr Shivani Mane
Skin Care

When on track and field, skin is bound to suffer scratches & bruises. Dirt and sweat make matters worse skin of athletes

Athletes' skin requires special care

Living an active lifestyle is one of the best things you can do to support overall health. But, the excess sweat, dirt, and sun exposure that comes along with it can wreak havoc on your skin. Equipment, fellow competitors, long training schedule, travel and outdoors can leave athletes more susceptible to certain skin problems which, if ignored could worsen and even prove serious over time. Skin care tips can help in maintaining a healthy skin.



Athletes are prone to various skin conditions - from infections to eczemas - for a range of reasons.

- Environmental factors
- Temperature
- Sweating
- Occlusive materials
- Body contact with fellow players
- Unclean equipments
- Constant sun exposure
- Improper diet & hydration

Breathable clothing
Chronic sweating, heat and constricting clothing can create an environment for skin irritation and infections to brew. Wearing clothes that will keep skin dry is must, newer synthetic fabrics made for sportswear wick away moisture and allow breathability at the same time.

Equipment disinfection
Using specialized gloves, socks and padding can increase the risk of bacterial buildup, so disinfecting equipment regularly is a must.

Cleanse your skin
Increased blood flow and sweating during exercise can cause your pores to dilate, which means that anything sitting on top of your skin is more likely to get trapped in your pores, its mandatory to wash the face before & after workout.

Prevent blisters
Apply a pad, gel, or spray to areas of most friction. To help prevent blisters on the feet, ankles and hands, consider using specialized gloves, socks and well fitted footwear is highly recommended.

Consider antifungal
Like sweat and bacteria, fungus and athlete's can often go hand in hand. Tinea pedis (athlete's foot), tinea cruris (jock itch) and tinea corporis (ringworm) are all cutaneous fungal infections on the skin, while there is excessive itching or doily. Consultation with a dermatologist is pertinent.

Managing your cuts
Minor cuts and injuries are very common, open cuts of skin should be washed thoroughly, without shaving and the area should be dressed with a sterile bandage.

Sun protection
Sun protection is one of the most integral part of skin care, not only once but reapplying sunscreen every 2 hours is highly recommended.

Skin specific skincare
For people with specific skin concerns it is important to use skin specific and dermatologist recommended products, athletes having recurrent skin issues must consult a board certified dermatologist.

The author is a cosmetic dermatologist and dermatologist

Over 70% turnout in HP Assembly polls

Himachal POLLS
More than 36,000 people above 80 years of age, persons with disabilities and essential service voters have cast their votes through postal ballot. The Election Commission had made special arrangements for the elderly and persons with disabilities at polling stations across the state.

Centenarians brave cold to cast vote
From capital Shimla to the icy heights of Spiti, people across the state voted braving cold and in the higher reaches of mountains trudging through snow to elect a new government. Drooping temperatures and advancing years failed to dampen the enthusiasm of centenarians, with 105-year-old Naro Devi exercising her franchise in Chamba and 103-year-old Sardar Pyar Singh in Shimla. There are over 1.21 lakh people above 80 years of age in the hill state with as many as 1,136 centenarians. In the 2017, the polling percentage was 75.57%.



Chief Minister Jai Ram Thakur voted in Mandi along with his wife and daughters, while Haryana Congress chief Pratibha Singh and her son Vikramaditya Singh voted in Rampur. Former chief minister Prem Kumar Dhumal, his son and Union minister Anurag Thakur voted in Haripur. BJP president J P Nadda voted with his family in Bilsapur. Former Union minister Anand Sharma exercised his franchise in Shimla while BJP leader Mukesh Agnihotri did so in Haridwar where he is contesting.

Structure of legal profession feudal, 'not accommodating of women': CJI

Chief Justice of India D Y Chandrachud on Saturday said the structure of legal profession is "feudal, patriarchal and not accommodating of women" and there is a need to have a demarcated and merit-based process for entry of more women and marginalised sections of society. Justice Chandrachud, who took charge as CJI on Wednesday, said there are numerous challenges before the judiciary and first among them is of expectation as every social and legal matter and a large number of political issues come within the jurisdiction of the Supreme Court.

is that the judiciary has a feeding pool. The feeding pool which determines who enters the judiciary is largely dependent on the structure of the legal profession. "The structure of the legal profession even today across India is feudal, patriarchal and not accommodating of women," the CJI said here at an event. "So when we talk of having more women in the judiciary, it's equally necessary for us to lay building blocks for the future by creating access to women now. The first step is entering the chambers of senior lawyers which is an old boys club," he said.

Centre spent ₹10 lakh crore for affordable fertilisers: PM

The Centre has spent approximately ₹10 lakh crore during the last eight years to see that farmers in the country are not burdened by the high global prices of fertilisers, Prime Minister Narendra Modi said on Saturday. Modi, who was speaking after laying foundation stones and dedicating to the nation multiple projects worth over ₹9,500 crore at Ramagundam in Telangana, said the Centre would spend more than ₹2.5

lakh crore this year to make fertilisers available to the farmers at affordable rates. He also said his government has transferred more than ₹2 lakh crore to the bank accounts of farmers. Modi said five big fertiliser plants in the country that were lying closed for years are being restarted towards achieving 'atmanirbharta' in urea.

Health + Archive
Dr Jay Deshmukh
MD, FCS, MNAMS

Why is the day celebrated on November 14 every year?
This was the birthday of Sir Frederick Banting. He along with many others co-discovered insulin in 1922. Ever since then it has remarkably changed the management of diabetes and saved many precious human lives the world over. In many Asian countries diabetes is taking a heavy toll of young people. Proper education about the diagnosis, symptoms, care, exercise, nutrition and medications is essential to improve the quality of life of diabetics and also to increase their life span.

What are the main complications of diabetes?
The complications are mainly due to blood vessel involvement. This may include heart attacks and heart failure, kidney involvement and progressive kidney failure and an increase risk of retinal injuries and brain strokes. Involvement of nerves may cause leg cramps, burning sensation at the feet and may reduce sensation at the feet. This may lead to trivial injuries not being recognised and diabetic foot infection and even gangrene in some cases. Erectile dysfunction is common in males due to long standing diabetes.

What about infections in diabetics?
Uncontrolled diabetes can lead to fungal infections of the skin and genitals. Tuberculosis is another important infection in diabetics. Urinary tract infection, external ear infection and in fact all common infections may have an aggressive course in uncontrolled diabetics.

What is the ABC in diabetes care?
A stands for HbA1 C. This is the glycosylated haemoglobin. This

ACCESS TO DIABETES EDUCATION MUST

should be kept below 7%. This averages the previous 3 to 4 months blood glucose control. B stands for Blood pressure. Ideally the BP should be kept below 140/90. C stands for cholesterol. The bad cholesterol that is LDL cholesterol should be below 100 mg and ideally 70 mg. Other than this an annual retinal examination, annual blood and urine tests

How do you get education in diabetes care? There are many portals available. The media, electronic media, seminars, the internet are all available to impart education. You must discuss with your doctor about every aspect of diabetes and get effectively treated. Home monitoring of blood glucose and blood pressure is extremely important in this regard. Having an annual check up in respect to diabetes care is important.

Many of the heart problems, strokes and kidney disorders are associated with diabetes. Blindness occurs commonly in uncontrolled diabetics. Complications in pregnancy are associated with uncontrolled diabetes. All these aspects related to uncontrolled diabetes and hypertension can be effectively improved by proper education of diabetics and their family members.

'Situation in Ladakh stable but unpredictable'

The situation in eastern Ladakh is "stable but unpredictable", Army Chief Gen Manoj Pandey said on Saturday amid the over 30-month standoff between the Indian and Chinese troops in the high-altitude region. In an address at a think-tank, Gen Pandey said the focus of the next round of military talks would be to resolve issues at the two remaining friction points, seen as a reference to Demchok and Depsang in that region. The Army chief also said that there has been no reduction in the strength of the Chinese troops at the Line of Actual Control (LAC) in the region though

there are indications of the return of some of the PLA brigades with the onset of winter as they came for collective training. Gen Pandey, in his remarks at the 'Chanakya Dialogues', pitched for "very carefully calibrated" actions on the LAC to be able to safeguard India's interests and sensitivities. "If I have to describe it (situation) in a single sentence, then I will say that the situation is stable but unpredictable," Gen Pandey said, replying to a question. On China's infrastructure development along the LAC in eastern Ladakh, the Army Chief said it is going on "unabated" and that they are constructing helipads, airfields and roads right up to the passes.

Nalini, 4 others walk out from TN prisons

Ex-PM Rajiv Gandhi assassination case

Nalini Sriharan, her husband and three other convicts in the Rajiv Gandhi assassination case were released from Tamil Nadu prisons on Saturday evening. Nalini was released from the special prison for women in Vellore while her husband V Sriharan alias Murugan was released from central prison. Murugan, along with Santhan, both Sri Lankan nationals, were then taken to the special refuge camp in Tiruchirappalli. Robert Payas and Jayakumar were also released.

For 2022 the theme is access to diabetes education. The day is celebrated on 14 November under the leadership of World Health Organisation. Educating the individuals and their families about appropriate diabetes management is of paramount importance. This education may prevent the epidemic of the disease in India and make way for better management.

For kidney function and a detailed cardiac assessment on yearly basis is suggested. The cardiac examination may include ECG, stress ECG, echocardiogram and CT angiogram in selected cases.

Who is at the greatest risk of diabetes?
Individuals who have a family history of diabetes, those who are obese, sedentary, women with PCOD, gestational diabetes, hypertension, those on long term steroids are likely to get diabetes.

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EXTRACT OF UNAUDITED CONSOLIDATED FINANCIAL RESULTS FOR THE QUARTER AND HALF YEAR ENDED SEPTEMBER 30, 2022
(In ₹ Lakh except per share data)

S. No.	Particulars	For the Quarter Ended		Half Year Ended		Year Ended
		30.09.2022	30.06.2022	30.09.2021	30.06.2021	
1.	Total income from operations (net)	807.50	2,064.21	671.23	3,051.71	4,976.80
2.	Net Profit (Loss) for the period (before tax, including non-recurring and extraordinary items)	596.66	(705.73)	(594.70)	3,095.71	1,248.07
3.	Net Profit (Loss) for the period before tax, (after exceptional and/or extraordinary items)	655.88	(705.41)	(594.99)	(49.56)	1,246.02
4.	Net Profit (Loss) for the period after tax, (after exceptional and/or extraordinary items)	6,448.70	4,343.73	8,288.71	16,792.42	6,394.38
5.	Total Comprehensive Income for the period (Comprising Profit/Loss) for the period (after tax) & Other Comprehensive Income (after tax)	12,285.24	(14,466.28)	24,422.63	(2,121.03)	30,083.11
6.	Equity Share Capital	25.80	25.80	25.80	25.80	25.80
7.	Earnings per share of ₹s. (Rs. each) (for continuing and discontinued operations)	2,499.50	1,883.02	3,212.68	4,183.11	2,443.96
	(a) Basic	2,499.50	1,883.02	3,212.68	4,183.11	2,443.96
	(b) Diluted	2,499.50	1,883.02	3,212.68	4,183.11	2,443.96

Note: 1. This above is an extract of the detailed format of Quarter Ended on 30th September 2022 Financial Results filed with the Stock Exchange under Regulation 33 of the SEBI Listing Obligations & Disclosure Requirements Regulations, 2015. The full format of the financial results is available on the stock exchange website (www.sebi-india.com) and on the company's website (www.cghinvest.com).
2. The key standalone financial results are given below:

Particulars	For the Quarter Ended		Half Year Ended		Year Ended
	30.09.2022	30.06.2022	30.09.2021	30.06.2021	
Total income from operations	859.87	2,036.84	649.26	2,944.61	4,907.63
Profit / (Loss) before tax	634.03	(724.63)	(615.87)	300.60	4,478.87
Profit / (Loss) after tax	571.85	(734.96)	(433.39)	(163.11)	3,664.95

On behalf of Board of Directors
Place: RAIPUR Date: 12.11.2022
Sd/- SAURABH RATH
Whole Time Director

