

# Cultivate the knowledge of sports and fitness in youngsters

States Tamer El Guindy (Mr. USA) on his trip to Mumbai where he briefed crowds on the science of muscle development and healthy food plans

By A Correspondent

Mr. USA Tamer El Guindy spoke about personal training and the in-depth knowledge that is required to get success in the profession while he was briefing the crowd here in the city yesterday.

Addressing the media, Guindy said that, "My parents were from the medical field which kept my

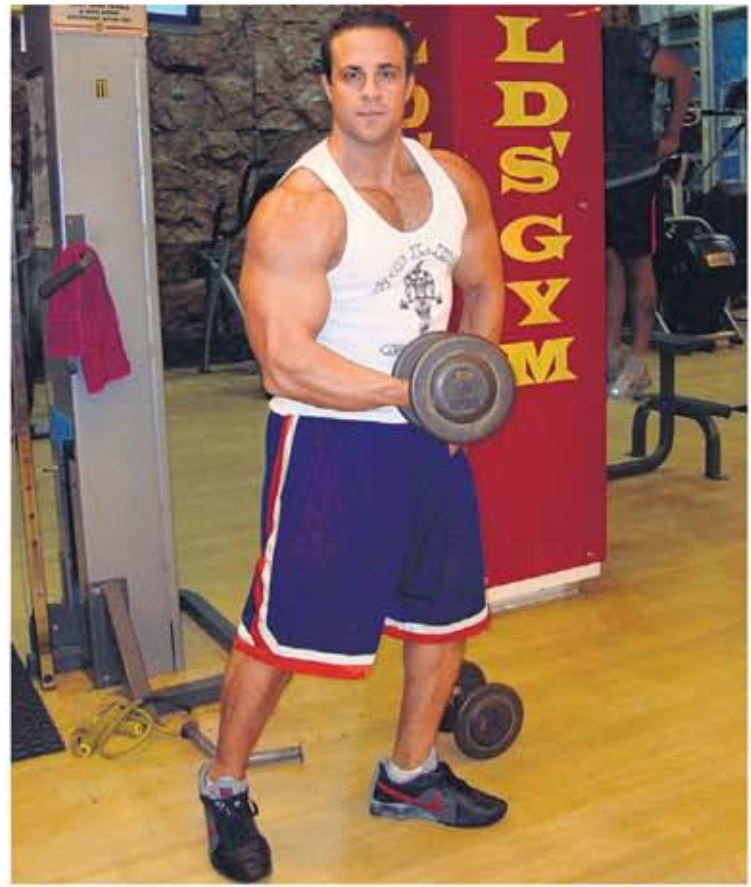
early interests focused in exact sciences, especially chemistry and biology. But being a student I did not hold myself back from excelling in soccer, basketball, track and field, and swimming. We need to impart such knowledge to youths in order to make them professional athletes."

He spoke on various issues such as hovering over health and fitness industry also shared experiences of personal training and muscle de-

velopment. He, who bagged the title of Mr. USA for two consecutive years is also a professional body builder.

"I started training at age 16, hence the emphasis on training young minds in this profession must commence early," he added.

Guindy spoke in details during the one-on-one interaction session dwelling on topics like muscle building, exercising, diet and training.



## It's your job!

CIDCO faults NMMC for issuing water bills and property tax receipts to illegal encroachments in satellite city

By Abhitash Singh

Navi Mumbai's planning body the City and Industrial Development Corporation (CIDCO) and the Navi Mumbai Municipal Corporation (NMMC) are blaming each other for more than 50,000 illegal encroachments that have cropped up in the satellite city.

CIDCO has sent a letter to the civic body stating that since NMMC provides water connection to illegal encroachments and also collects both water bill and property tax from these illegal homes they are unable to take action.

According to them, these illegally

settled people bring stay orders from the court by producing their water bills and property tax receipts. CIDCO officials added that many such illegal hutments have come up in areas like Iltanpada, Rabale, Ghansoli, Turbhe, Nerul and Yadvanagar

Conversely, P B Kulkarni, Property Tax officer from NMMC, replying to the CIDCO letter, said, "It's NMMC duty to collect property tax and water bills from all homes, whether they are legal or illegal. We are doing our duty, and if CIDCO thinks that because of us they are not able to take action on illegal encroachments, they should pay us the property tax."

File pic.



## FIR registered against 350 activists

Case filed by MMRDA which alleges that said activists, along with Medha Patkar, had seized control of government-owned land

By Tariq Khan

The Mumbai Metropolitan Region Development Authority (MMRDA) registered an FIR against over 350 activists at the Mankhurd Police station, accusing these activists for allegedly taking illegal control of government owned land.

The case, registered on Wednesday night, against the activists, who along with Medha Patkar took control of an open MMRDA

plot on October 1.

Talking to this paper, Senior Police Inspector of the Mankhurd Police Station Shankar Singh Rajput said, "Acting on a complaint against the MMRDA Official we registered an FIR against the 350 activists who were present with Medha Patkar on a plot which belongs to the MMRDA. These individuals are holding on to this land without the MMRDA's permission."

"The locals had given the land over to MMRDA in order to facili-

tate the construction of a building but due to certain problems the MMRDA failed to construct the building.

Seeing this as an opportune moment to work out their interests the activists took control over the land on October 1 and refused to vacate the land even after being warned by MMRDA officers," added Rajput.

A case has been registered against the activists under sections 447, 143, 149 and 34 of the IPC.

## FIR against dandiya organisers for violating norms

An FIR has been registered against the organiser and the music player of a famous dandiya event in the city, for allegedly violating noise pollution norms, police said on Thursday.

Dandiya queen Falguni Pathak was performing when the noise level went up well above the permissible limit on Wednesday night, they said.

Despite repeated warnings, music was played beyond permissible limit of 55 decibels at Sankalp garba event at Goregaon Sports Club in Malad, Additional Police Commissioner Ramrao Pawar told PTI.

"Last night, they crossed the prescribed decibel limit again following which an FIR was registered against them in Bangur Nagar police station for violating noise pollution norms," he said.

In between 10 p.m. to 12 last night, the music volume went



up to 95.3 decibels when singer Pathak was performing on the stage, he added.

The organiser of the event, Jigar Parekh and his associate music organiser are still at large, according to police.

## Merchant navy officer killed in accident

By A Staff Reporter

A 23-year-old merchant navy officer, Sunil S. Mehra, was killed in an accident on Thursday afternoon. Mehra was knocked down by a Mahindra pick-up car, while he was crossing the road.

The incident occurred at around 12.30 pm when Mehra, after having tea at a stall, situated just opposite the Seamen's Hostel in South Mumbai, crossed the road. He was staying in the hostel and was a resident of Jammu & Kashmir.

Police arrested Mohammad Pathan, the driver of the car bearing number MH-01-AN-3538 from Thana Street at Dongri - the spot where the incident occurred. Also, a hand cart driver Siraj-ul-Nisas (24) suffered injuries in the accident. Mehra died after being admitted to the JJ Hospital while Nisas is stable, according to the police.