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Senior Associate Editor
The Indian Express





LOSE FAT

NOT HEALTH

The science behind weight loss



Scan to Register



Why is losing weight becoming harder despite eating less?

Why do people regain weight after dieting, and how can the 'yo-yo effect' be prevented?

Which diet actually works—intermittent fasting, keto, low-carb, Mediterranean, or calorie counting?

Do weight-loss medications and injections really work, and who should take them?

Can you lose weight without giving up your favourite foods?

How do hormones, sleep, stress, thyroid problems, PMOS and menopause affect weight loss?

29 July 2026

06:00 PM

Join us on ZOOM



GOVERNMENT OF INDIA, MINISTRY OF DEFENCE
EX-SERVICEMEN CONTRIBUTORY HEALTH SCHEME
STATION HQ (ECHS), AMBALA CANTT
PHONE: 0171 2981162 Email: echsstncellambala@yahoo.in
EMPLOYMENT NOTICE

1. ECHS invites applications to engage following Medical Staff, Para Medical Staff & Non-Medical Staff on contractual basis in ECHS Polyclinics under AOR of Station HQ (ECHS), Ambala Cantt for a period of 12/11 months renewable for additional period of 12/11 months/till attaining the maximum age subject to performance of candidates/other conditions according to the criteria as mentioned against each post:-

Appointment	Minimum Qualification	Age in Years		No of Vacancy		Fixed Remuneration
		For Employment	For Contractual Service	ESM Only	Open (ESM/Civilian)	
Medical Officer	MBBS & Min 03 Yrs Experience after Internship Preferable Additional Qualification in Medicine/Surgery	66	68	10 (Ambala-04, Sonipat-01, Kailthal-01, Karnal-01, Naraingarh-02 & Yamunnagar-01)	11 (Ambala-04, Sonapat-02, Panipat-01, Karnal-01, Gohana-01, Kurukshetra-01 & Yamunanagar-01)	Rs 95,000/-pm each
Dental Officer	BDS & Min 03 Yrs Experience	63	65	02 Khurkhoda-01 & Naraingarh-01)	06 (Ambala-01, Panipat-01, Nahan-01, Karnal-01, Gohana-01 & Kurukshetra-01)	
Medical Specialist	MD/MS in Specialty Concerned/DNB & Min 03 yrs Experience In the Specialty after Post Graduation	68	70		05 (Ambala-01, Sonapat-01, Panipat-01, Karnal-01 & Yamunanagar-01	Rs. 1,30,000/-pm each
Gynaecologist	PG Degree & Min 03 Yrs Experience after PG Degree or 05 yrs Experience after PG Diploma. DMC Registration is must.	68	70		01 (Ambala)	
Radiologist		68	70		01 (Sonapat)	
Dental A/T/H	Diploma Holder in Dental A/T/H//Class-1 DH/DORA Course (Armed Forces) & Min 05 Yrs Experience in Dental Laboratory)	56	58	01 (Panipat)	05 (Sonipat-01, Nahan-01 Gohana-01, Kailthal-01 & Kharkhoda-01)	
Nursing Assistant	GNM Diploma/Class-1 Nursing Assistants Course (Armed Forces) & Min 05 Yrs Experience	56	58	02 (Ambala-01 & Nahan-01)	05 (Ambala-01, Sonipat-01, Gohana-01, Kharkhoda-01 & Kailthal-01)	Rs. 36,500/-pm each
Pharmacist	B Pharmacy or Diploma In pharmacy from Recognised Institute Or 12th with Science stream ((Physics, Chemistry & Bio) from Recognised Bd & Min 03 Yrs Experience	56	58		07 (Ambala-02, Panipat-01, Gohana-01 Kharkhoda-01, Kurukshetra-01 & Yamunanagar-01)	
Physiotherapist	Diploma/Class-1 Physioterapist Course (Armed Forces) & Min 05 Yrs Experience	56	58	01 (Karnal)	02 (Panipat-01 & Yamunanagar-01)	
Laboratory Technician	B Sc (Medical lab Technology) Or 10th/12th w/ith Science from Recognized Institute/ Board/ DMLT & Min 03 Yrs Experience in Laboratory Asst in a Medical Lab	56	58		04 (Ambala-01, Kailthal-01, Kharkhoda-01 & Yamunanagar-01)	
Laboratory Assistant	DMLT/ Class-1 Lab Tech Course (Armed Forces) & Min 05 yrs Work Experience in Laboratory.	56	58	01 (Ambala)	04 (Panipat-01, Karnal-01, Kurukshetra-01 & Naraingarh-01)	
Radiographer	Diploma/Class-1 Radiographer Course (Armed Forces) & Min 05 Yrs Experience	56	58	02(Kurukshetra-01 & Karnal-01)	01 (Kailthal)	
IT Technician	Diploma/Certificate/Equivalent in IT Networking Computer Application, Knowledge of IT Equipment, Software Installation and Maintenance of Computer Network & Min 02 Yrs Work Exp	56	58		01 (Ambala)	
Driver	Class 8th Class-1 MT Driver (Armed Forces) Possess a Civil Driving Licence & Min 05 Yrs Experience as Driver	53	55		04 (Nahan-01, Gohana-01, Kailthal-01 & Naraingarh-01)	Rs. 25,600/-pm
Clerk	Graduate/Class-1 Clerical Trade (Armed Forces), Computer qualified & Min 05 Yrs Experience	53	55	01 (Kailthal)	04 (Ambala-01, Karnal-01, Kharkhoda-01 & Naraingarh-01)	Rs. 29,200/- pm
Data Entry Operator		53	55		04 (Ambala-03 & Sonipat-01)	Rs. 29,200/-pm for Ambala-01, Sonipat-01 & Rs. 21,800/-for Ambala-02
Receptionist		53	55		01 (Ambala)	
Peon	Class 8th or GD Trade for Armed forces & Min 05 Yrs Experience	53	55		08 (Sonipat-01, Panipat-01, Nahan-01, Gohana-01, Kailthal-01, Kurukshetra-01, Kharkhoda-01 & Yamunanagar-01)	Rs. 21,800/- pm each
Chowkidar	Education (Class 8th or GD Trade for Armed Forces Personnel)	53	55		02 (Karnal 01 & Kharkhoda 01)	
Safaiwala	Literate & Min 05 Yrs Experience	53	55		04 (Panipat-01, Karnal-01, Gohana-01 & Kailthal-01)	

2. For Terms & Conditions, Application Form & Remuneration. Website www.echs.gov.in. Reservation will be given to Ex-Servicemen & Widows of service personnel including War Widows (Veer Naries). Selected candidates in the category of Medical Officer, Medical Specialist, Radiologist, Gynaecologist & Dental Officer will have to carry out 10 days On Job Training (OJT) Handling/Taking Over and obtain a certificate from OIC Polyclinic before signing the contract. The duration of OJT will remain unpaid and counted as mandatory before assuming charge as a contractual employee. Applicant, who have worked in any ECHS Empanelled Hospitals will have clear gap of one year from the date of job left from Empanelled Hospital for applying for for ECHS Polyclinics and if any applicant has any stake in any empanelled hospitals/facility, he/she will be ineligible for applying for conflict of interest and this is full time appointment. The engaged person shall ne accept any other appointment, paid or otherwise and private practice is strictly prohibited, if he/she selected. Minimum one year (12 months) age will be needed for eligibility for persons for applying, if they have been employed with ECHS establishment is at any stage for minimum 12 months or more provided there is nothing adverse against him at any stage.

3. Last date of receipt of application as per format given at our website. Application as per format, in only physical form alongwith self-attested photocopies in support of Education Qualifications, PAN & Aadhar Cards, Work Experience, Original copies of Latest Medical Certificate signed by SEMO/CMO & Character certificates, NOC from concerned Station Cell (If candidate working with any Army Organisation), Copy of Discharge Book and PPO for ESM will be submitted to OIC, Station HQ (ECHS), Ambala Cantt by **11 Aug 2026 Till 01:30 PM**. An application received after **11 Aug 2026 (01:30 PM)** will not be accepted.

4. Interview Date, Timing & Venue Interviews will be held between **09:00 AM to 01:30 PM** from **21 Sep 2026** onwards. Specific dates/time will be intimated later. Candidates must bring all the original certificates/mark sheets/degree at the time of interview. No TA/DA is admissible, Only candidates meeting the Qualitative Requirements may apply & only screened candidates will be called telephonically for interview

ੴ ਸ੍ਰੀ ਵਾਹਿਗੁਰੂ ਜੀ ਕੀ ਫ਼ਤਹਿ

ਪੰਜਾਬ ਏਂਡ ਸਿੰਧ ਬੈਂਕ

(भारत सरकार का उपक्रम)



ਪੀ.ਏਚ.ਬੀ

ੴ ਸ੍ਰੀ ਵਾਹਿਗੁਰੂ ਜੀ ਕੀ ਫ਼ਤਹਿ

PUNJAB & SIND BANK

(A GOVT. OF INDIA UNDERTAKING)

REGIONAL OFFICE : MOGA

Where Service is a way of life

REGIONAL OFFICE : MOGA

SALE NOTICE FOR SALE OF MOVABLE/IMMOVABLE ASSETS

DATE & TIME OF E-AUCTION ON 29.08.2026 BETWEEN 11:00 AM TO 12:00 PM (WITH 5 MINUTES UNLIMITED AUTO EXTENSIONS)

(SALE THROUGH [HTTPS://BAANKNET.COM](https://BAANKNET.COM) E-AUCTION ONLY)

ENCUMBRANCES NIL TO THE KNOWLEDGE OF THE AUTHORISED OFFICER

Sale of Movable/Immovable Assets charged to Bank under Securitization and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 (No.54 of 2002) Whereas, The Authorized Officer of Punjab & Sind Bank had taken possession of the following property/ies pursuant to the notice issued under Section 13(2) on dates mentioned against each account, read along with the Security Interest (Enforcement) Rules, 2002 in the following loans account with right to sell the same on "AS IS WHERE IS BASIS", "AS IS WHAT IS BASIS" AND "WHATEVER THERE IS BASIS" for realization of Bank's dues and interest as detailed hereunder and whereas consequent upon failure to repay the dues, the undersigned in exercise of power conferred under Section 13(12) of the said Act proposes to realize the Bank's dues by sale of the said property/ies. The sale will be done by the undersigned through e-auction platform provided at the Web Portal Website: <https://baanknet.com>.

Sr. No.	Name of the Branch/ Account/ Borrower(s)/ Guarantor(s)	Demand Notice Date/Total Recoverable Amount	Details of Immovable Property/ies	Status of Possession (Physical/ Symbolic)	Reserve Price	Last date & Time of EMD / Date & Time of E Auction	Date & Time of Inspection	QR Code (Photo)	QR Code (location)	QR BAANKNET
					EMD Bid Increase Amount					
1.	BRANCH OFFICE : TARN TARAN									
1. M/S DASHMESH AGRO EXPORTS (Borrower) Through its Partner: a. Sh. Santokh Singh S/o Darshan Singh. b. S. Raja Ram Singh S/o Santokh Singh. c. S. Gurbinder Singh S/o Santokh Singh. d. S. Resham Singh S/o Santokh Singh, Situated at Village Kadgil, Jandiala Road, Tarn Taran, Distt. Tarn Taran, Punjab. 2. Sh. Santokh Singh S/o Darshan Singh (Borrower), R/o Village Kadgil, Jandiala Road, Tarn Taran, Distt. Tarn Taran, Punjab. 2nd Address: R/o Dashmesh Avenue, Jandiala Road, Mallia Tarn Taran, Distt. Tarn Taran, Punjab-143401. 3. S. Raja Ram Singh S/o Santokh Singh (Borrower), R/o Village Kadgil, Jandiala Road, Tarn Taran, Distt. Tarn Taran, Punjab. 2nd Address: R/o Dashmesh Avenue, Jandiala Road, Mallia Tarn Taran, Distt. Tarn Taran, Punjab-143401. 4. S. Gurbinder Singh S/o Santokh Singh (Borrower), R/o Village Kadgil, Jandiala Road, Tarn Taran, Distt. Tarn Taran, Punjab. 2nd Address: R/o Dashmesh Avenue, Jandiala Road, Mallia Tarn Taran, Distt. Tarn Taran, Punjab-143401. 5. S. Resham Singh S/o Santokh Singh (Borrower), R/o Village Kadgil, Jandiala Road, Tarn Taran, Distt. Tarn Taran, Punjab. 2nd Address: R/o Dashmesh Avenue, Jandiala Road, Mallia Tarn Taran, Distt. Tarn Taran, Punjab-143401. 6. Smt. Charanjit Kaur W/o S. Santokh Singh (Guarantor), R/o Village Kadgil, Jandiala Road, Tarn Taran, Distt. Tarn Taran, Punjab. 7. S. Avtar Singh S/o Dalip Singh (Guarantor), R/o Village Kurhi W/ah Tehsil Khadoor Sahib, Distt. Tarn Taran, Punjab-143401. 8. S. Kashmir Singh S/o S. Sucha Singh (Guarantor), R/o Village Mughal Chak, Assembly Constituency, Nangunehra Pannaun, Distt. Tarn Taran, Punjab-143401.										
647(6-08) as per Jamabandi for the year 1999-2000 bounded as EAST : Street 20 Dimensions 82' x 59'6" owned vide Vasika No. 3364 dated 11/11/2005 in the name of Smt. Charanjit Kaur duly registered in the office of Joint Sub Registrar Tarn Taran.										
Terms & Conditions:- a) The property is being sold with all the existing and further encumbrances whether known or unknown to the bank. The Authorized officer/Secured Creditor shall not be responsible in any way for any third party claims/rights/dues. The purchaser should conduct due diligence on all aspects related to the property to his satisfaction. The bidder is advised to satisfy themselves with the title and correctness of other details pertaining to the secured assets including the size/area of the immovable secured asset in question and also ascertain any other dues/liabilities/encumbrances from the concerned authorities to their satisfaction before submitting the bid. The purchaser shall not be entitled to make any claim against the authorized officer/Secured Creditors in this regard at a later date. b) In the event of any default in payment of any of the amounts or if the sale is not completed by reasons of default on the part of the purchaser/bidder within the aforesaid time limit, the bank shall be entitled to forfeit all monies paid by the purchaser/bidder till then and put up the Secured Assets(s) for sale again, in its absolute discretion. c) Auction/bidding shall be only through "Online Electronic Bidding" through the website https://baanknet.com . Bidders are advised to go through the website for detailed terms before taking part in the e-auction sale proceedings. d) The Property will be sold for the price which is more than the Reserve Price and the participating bidders may improve their offer further during auction process. e) EMD amount of 10% of the Reserve Price is to be deposited in E-Wallet of (M/s PSB Alliance Pvt. Ltd.), (Contact No. +91 82912 20220, Email: support.baanknet@psballiance.com) portal directly or by generating the Challan therein to deposit the EMD through RTGS/NEFT in the account details as mentioned in the said challan. f) After payment of the EMD amount, the intending bidders should submit a copy of the following documents/details on or before 28.08.2026 at Punjab & Sind Bank Zonal Office Moga mentioned above by hand or by email. ii) Photocopies of PAN Card, ID Proof and Address proof. However, successful bidder would have to produce these documents in original to the Bank at the time of making payment of balance amount of 25% of bid amount. iii) Bidders Name, Contact No., Address, E Mail Id. iv) Bidder's A/c details for online refund of EMD. f) EMD deposited by the unsuccessful bidders shall be refunded to them. The EMD shall not carry any interest. g) Auction would commence at Reserve Price, as mentioned above, Bidders shall improve their offers in multiples of amount as mentioned above. The bidders who submits the highest bid (above the Reserve Price) on closure of 'Online auction shall be declared as successful bidders. Sale shall be confirmed in favour of the successful bidders, subject to confirmation of the same by the secured creditor. h) The successful bidder shall deposit 25% of the sale price (inclusive of EMD already paid), by next working day on declaring him/her as the successful bidder and the balance within 15 days from the date of confirmation of sale by the secured creditor. If the successful bidders fails to pay the sale price, the deposit made by him shall be forfeited by the Authorized Officer without any notice and property shall forthwith be put up for sale again. i) For sale proceeds of Rs. 50.00 Lakhs (Rupees Fifty Lakhs) and above, the successful bidder will have to deduct TDS at the rate 1% on the Sale Proceeds and submit the original receipt of TDS certificate to the Bank. j) All charges for conveyance, stamp duty/GST registration charges etc., as applicable shall be borne by the successful bidder only. k) Authorized Officer reserves the right to postpone/cancel or vary the terms and conditions of the e-auction without assigning any reason thereof. For detailed terms & conditions please refer to https://baanknet.com or https://www.punjabandsind.bank.in .										
SPECIAL INSTRUCTION/CAUTION										
Bidding in the last minutes/seconds should be avoided by the bidders in their own interest. Neither Punjab & Sind Bank nor the Service Provider will be responsible for any lapses/failure (internet failure, Power failure, etc.) on the part of the bidder or vendor in such cases. In order to ward off such contingent situation, bidders are requested to make all the necessary arrangements/alternatives such as back-up, power supply and whatever else is required so that they are able to circumvent such situation and are able to participate in the auction successfully.										
EMD TO TRANSFERRED BY BIDDERS IN THEIR OWN WALLET PROVIDED ON E-AUCTION PORTAL I.E. https://www.baanknet.com DETAILS OF ACCOUNT IN WHICH REMAINING AMOUNT AFTER EMD IS TO BE DEPOSITED THROUGH RTGS/NEFT: A/C NAME - NEFT PARKING ACCOUNT, A/C NUMBER - 80325040070003, IFS CODE - PSIB0008032 STATUTORY 15 DAYS SALE NOTICE UNDER RULE 8(6) OF THE SARFAESI ACT, 2002										
Date : 27.07.2026				Place: Moga				(Authorised Officer, Punjab & Sind Bank)		

Chandigarh

