

Kanpur kidney racket: Health dept seals 3 hosps

Police uncover video of accused with ₹20L cash

EAST CENTRAL RAILWAY
OPEN E-TENDER NOTICE
E-tender Notice for supply of materials "Participation in through" web portal of IREPS: www.ireps.gov.in Offers are invited for supply of following materials:
S.N.: 01, Tender No.: 36259172, Brief Description: 3-Phase Composite Traction Motor Type M3601 A2/M 3302 of M/s BHEL make for Air Condition BHEL MEMU with the Pinion, Gearcase, Nose Suspension Unit (Steel and Rubber) and Leather Belts of 3 phase Motor, Quantity: 03 Nos.
Closing: 07.05.2026
The closing time for all tenders is at 14:00 HRS. Eligible Participants are required to submit their offer only through e-procurement web portal of IREPS: www.ireps.gov.in before the closing date and time. Other details regarding Consignee and detailed description of stores are available in tender document in the tender notice on above portal.
S.D. DM/ECRODU
PR/0009/DOU/STORE/T/26-2728

Faiz Siddiqui
timesofindia.com

Kanpur: After the kidney scandal in Kanpur, the health department carried out a major crackdown on illegal hospitals in the Kalyanpuri area.

On Monday, raids were conducted at several hospitals with police force under the leadership of additional chief medical officer (ACMO) Ramit Rastogi. During the operation, three hospitals were sealed. While others were issued notices seeking responses.

The team first raided Gold Hospital, which was sealed for not having registration. AIMP Hospital on Naya Shivli Road, services were found being operated without registration. Despite the OT being sealed earlier, the hospital was still functioning. Directions were given to shift patients within three days and action was taken to seal the hospital.

Serious irregularities were found at a hospital being operated from a house, where a bed was placed inside the operation theatre along with a medical store being run there. Orders were initially given to seal only the OT, but after a dispute at the spot, the entire hospital was sealed.

A notice was issued to MJ Hospital when no duty doctor was found present. During inspection at Kanha, Lakshmi and Ganesh Hospital, the arrangements were found satisfactory. Irregularities were also found at Mags Hospital and Veda Hospital, and notices were issued seeking responses within three days. The health department said strict action would be taken if satisfactory responses were not received.

ACMO Ramit Rastogi stated that a continuous campaign was being run against illegal hospitals. He said the kidney scandal, three hospitals were sealed and others were issued notices. He said that action would continue further based on the investigation.

TIMES NEWS NETWORK

Kanpur: Police have recovered a video showing Dr Afzal, accused in the illegal kidney transplant case, and his driver Parvez Saifi lying on a bed with bundles of cash amounting to nearly ₹20 lakh. The clip was found on the mobile phones of ambulance driver Shivam Agarwal and other accused during investigation.

The police said they recovered seven short videos during the probe, including two clips of accused Shivam Agarwal, Dr Afzal and Parvez Saifi. The police said they had arrested the accused on four occasions for transplants. Saifi, who lured unsuspecting

African woman who underwent a kidney transplant. Another video featured an elderly man from Amritsar allegedly paid ₹20 lakh for a transplant. Investigators added that operators of Ahuja Hospital defrauded him of ₹45 lakh.

The police said the video showing Dr Afzal and his driver Parvez Saifi playing with bundles of cash indicated they had amassed crores through the kidney racket. Investigators revealed that Saifi ferried kidney seller Ayush, buyer Parul, and Dr Afzal to the city on four occasions for transplants. Saifi, who lured unsuspecting

people into the scheme, purchased kidneys from them and sold them for staggering sums ranging between ₹60 lakh and ₹25 crores.

DCP west, SM Qasim Abidi said, "A video showing bundles of currency notes has given vital social media, in which accused Afzal and his associate Parvez Saifi are visible." The police said the investigation, so far, revealed that all the individuals involved operated as an organised gang (syndicate) and engaged in criminal activities under its framework. While some of the accused in the case were already arrested, while

police teams are continuing raids to apprehend the remaining accused. The police said about six to seven accused were absconding and their early arrest would be ensured.

The police said they would soon file an application in court to seek custody removal of all the accused, including the doctor couple caught in the illegal kidney buying, selling and transplant racket. The police said the most important person in the case was broker Shivam Agarwal, who lured people and extorted lakhs of rupees from them in the name of arranging kidneys.

Mutilated bodies of man, woman found
Kanpur: Mutilated bodies of a man and a woman were recovered from a dry drain near Loharganj in Kanpur area of Jatun on Sunday evening. According to police, both the individuals had been missing from Haridwar since March 27 and were reportedly in a relationship. Based on evidence found at the scene, including poison bottles and Sulphur, police suspect it to be a case of suicide, though other angles are also being probed, NW

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PR/0009/DOU/STORE/T/26-2728

STATE BANK OF INDIA
PREMISES & ESTATE DEPARTMENT
2nd Floor, Local Road Office, SBI Tower, Block - 53A, GSI City, Gandhinagar, Gujarat-382055
Ph: (079) 2500140 • E-mail: spms.sbi@sbicoin.in

NOTICE INVITING TENDER FOR PREQUALIFICATION AND SELECTION OF CONTRACTORS/ FIRM FOR CONSTRUCTION OF TWO NEW 10 STORES RESIDENTIAL BUILDING
42 LAKHS SQ. FT. BUILT-UP AREA AT PLOT NO. 81A & B, GIFT CITY, GANDHINAGAR, GUJARAT. (TENDER ID - SBIG/IN/25-27/02)

SBI invites application on prescribed format for Pre-qualification and Selection of Contractors for the proposed construction of captioned project with estimated cost of Rs.263.33 crore + GST. Pre-qualified bidders, technical bid, price bid and documents can be downloaded from SBI's website www.sbi.co.in or SBI in the News & Procurement News from 07/04/2026 onwards. The last date of submission of duly filled-in tenders is on or before 26/04/2026 up to 5.00 PM. Any further Clarification/Amendment/Extension of dates etc. pertaining to this Bidding will be published upon in SBI's website only.

Date: 07/04/2026 Assistant General Manager (P&E)

PSPCL Punjab State Power Corporation Limited
(Regd. Office: PSEB Head Office, The Mall, Patiala-147001)
Corporate Identification Number: U40109PB2010SGC33813 Website: www.pspcl.in
100 Superintending Engineer/10 Circle Jalandhar
Address: Office Room No. 310-311, 2nd Floor, Shakti Sadan G.T. Road, Jalandhar, Punjab-191001. Ph: 94161-07480

Tender Inquiry No. 02/71, Circle Jalandhar-27 Dated: 06.04.2026
By Chief Engineer/T, Circle, Punjab State Power Corporation Limited, Room No. 310, 2nd Floor, Shakti Sadan, Jalandhar, invites one No. E-Tender of:
66KV line for LLD Arrangement for S/Srtn. Attwail.

For detailed NIT & Tender specifications please refer to <http://eproc.pspcl.gov.in> from 07.04.2026 from 05.00 PM onwards.
Note: Corrigendum and addendum, if any will be published online at <http://eproc.pspcl.gov.in>

PSPCL Punjab State Power Corporation Limited
(Regd. Office: PSEB Head Office, The Mall, Patiala - 147001)
Corporate Identification Number: U40109PB2010SGC33813
Website: www.pspcl.in Mobile No. 96461-55525
Open E-Tender Enq. No. 722/P-3/EMP-W-13257 dated 02.04.2026
By Chief Engineer/Headquarter (Procurement Cell-3) GGS/STP, Roopnagar invites E-Tender ID No. ID: 2026-POWER-165195-1 for Re-bidding and machining of turbine bearing no. 1, 5 and fitting and machining of new bearing liner in bearing no.2. For detailed NIT & Tender Specification please refer to <http://eproc.pspcl.gov.in> from 02.04.2026 05.00 PM onwards.
Note: Corrigendum & addendum, if any will be published online at <http://eproc.pspcl.gov.in>

RFP-3745, DRPAs: 10781/2026-27/0201

Bank of Baroda
Zonal Stressed Asset Recovery Branch, Prayagraj-211002
19-A, Dwarka Bhawan, 1st Floor, Tagore Town, Prayagraj-211002

E-AUCTION NOTICE
SALE NOTICE FOR SALE OF IMMOVABLE PROPERTIES
"APPENDIX- IV-A (See proviso to Rule 8(6) and Rule 9(1))"

E-Auction Sale notice for sale of immovable assets under Securitization and Reconstruction of Financial Assets and Enforcement of security Interest Act, 2002 read with Rule 8 (6) and Rule 9(1) of security interest (Enforcement) Rules, 2002.

Notice is hereby given to the public in general and in particular to the borrower(s) and guarantor(s) that the below described Immovable properties mortgaged/charged to the secured creditor, the Physical possession of which has been taken by the Authorised Officer of Bank of Baroda secured creditor on 08.12.2025 will be sold on "As is where is", "As is what is", and "Whatever there is" basis for recovery of below mentioned accounts. The details of Borrowers/ Guarantors/Secured Assets/Debt/Reserve Price/E-auction date & Time, EMD and Bid Increase Amount are mentioned below:

S.N.	Name and address of Borrowers / Guarantor / Mortgagor	Give short description of the Immovable property with known encumbrances, if any	Total Dues	Date & Time of Auction	Reserve Price / EMD / Bid Increase Amount	Status of Possession (Physical)	Property Inspection date & Time
1.	M/s. Throughs Commercial Co. Ltd. Through its Directors: Mr. Sharad Kumar Agarwal Mr. Prateek Agarwal Smt. Neeta Agarwal Regd office: 764/1-42, Chandra Market, Harsi Road, Kanpur	Property (1)- Lease hold Plot No B-1 (P), Industrial Area, Bazarpur-1, District Udhham Singh Nagar (Uttarakhand), owned by M/s. Wings Commercial Company Ltd. having area 1140 Sqmtr. Bounded as: North: Plot No. C-1 South: Plot No B1 East: Road No 3 West: Plot No B2	Rs. 9,69,05,623.40 as on 30.09.2025 + interest and other charges w.e.f. 30.06.2009	27.04.2026 From 02:00 PM to 06:00 PM	Rs. 1,35,44,000.00 (RP) Rs. 13,54,40,00.00 (EMD) Rs. 1,00,000/- (Bid Increase Amount)	Physical	From 07.04.2026 to 26.04.2026 Time 10:00 AM to 04:00 PM
2.	M/s. Throughs Commercial Co. Ltd. Through its Directors: Mr. Sharad Kumar Agarwal Smt. Neeta Agarwal Regd office: 764/1-42, Chandra Market, Harsi Road, Kanpur	Property (2)- Lease hold Plot No C1, C-2, Industrial Area, Bazarpur-1, District Udhham Singh Nagar (Uttarakhand) owned by M/s. Wings Commercial Company Ltd area 821.57 Sqmtr. Bounded as: North: 1A Boundary South: Plot No B1 & B2 East: Road No 3 West: 1A Boundary	Rs. 1,36,33,777/- + 10 percent collection charges as of 18.11.2010	27.04.2026 From 02:00 PM to 06:00 PM	Rs. 1,36,33,777/- + 10 percent collection charges as of 18.11.2010	Physical	From 07.04.2026 to 26.04.2026 Time 10:00 AM to 04:00 PM

Note: Outstanding electricity dues of Uttarakhand Power Corporation Limited, Bazarpur, Udhham Singh Nagar is Rs. 1,36,33,777/- + 10 percent collection charges as of 18.11.2010

UPSIDC dues, if any

For detailed terms and conditions of the sale, please refer to the link provided in Bank of Baroda secured website i.e. <https://www.bankofbaroda.in/e-auction> and online auction portal Banknet.com. Also, prospective bidders may contact the authorized officer on Mobile No. 9451845259, 9909229922.

Date: 06.04.2026 Place: Prayagraj Authorized Officer, Bank of Baroda

Health First

Mindful living finds a new balance

While wellness has expanded into a thriving lifestyle space—from fitness centres to specialised nutrition—it is also opening up new pathways that encourage more people to participate in healthier living. Read on...

Anyanya Nair
Response.OU
timesofindia.com

In urban India today, the idea of staying healthy is evolving beyond rigid discipline into something more dynamic, aspirational, and increasingly accessible. Fitness is no longer confined to traditional routines; it is being reimagined in ways that suit diverse lifestyles. While premium gyms, personal training, and boutique studios continue to grow, there is also a parallel rise in more accessible formats—public parks, community fitness groups, digital workouts, and at-home routines.

FITNESS BECOMING MORE MAINSTREAM
Fitness has become more of a lifestyle statement than a basic necessity, and that shift is also encouraging more people to engage with it in ways that suit them. This evolution reflects a broader cultural change, where staying active is no longer confined to gyms or rigid routines but is seamlessly integrated into daily life.

There is increasing momentum around making wellness more inclusive—through community initiatives, public health programmes, and innovations in affordable healthcare services

"Social media and digital platforms have played a pivotal role in democratizing fitness, making expert guidance, workout routines, and motivation easily accessible to all. From yoga sessions at home to community running clubs and bodyweight training, individuals now have the freedom to choose what works best for them," says Anya Rai, fitness expert.

BRIDGING WELLNESS
The growing focus on wellness is redefining not just by products or services, but by consistency and simplicity. Walking, home-cooked meals, adequate rest, and small daily habits continue to prove effective and sustainable.

REDEFINING WELLNESS
Wellness today is being redefined not just by products or services, but by consistency and simplicity. Walking, home-cooked meals, adequate rest, and small daily habits continue to prove effective and sustainable.

A FRESH APPROACH TO HEALTHY EATING
Healthy eating is also seeing a positive shift. While specialised food categories such as organic or gluten-free products continue to gain traction, there is a renewed appreciation for simple, balanced, home-cooked meals.

"Eating healthy doesn't always have to be complicated. With the right choices, nutrition can be both effective and manageable for most households," says Ankit Singh, nutritionist.

CONVERSATIONS AROUND MENTAL WELL-BEING
Mental health awareness in India has grown significantly, with more people talking about mental health. This is encouraging conversations in the mainstream and encouraging people to prioritise emotional well-being. While professional services continue to expand, there is also increasing visibility of alternative support systems such as peer communities, workplace initiatives, and digital wellness platforms.

As awareness has increased, and that's the first step towards building a more supportive and inclusive mental health ecosystem," says Gunjan Datta, psychologist. As stigma continues to reduce, more individuals are seeking support, practising self-care, and engaging in open dialogue—creating a healthier environment.

habits are steadily becoming part of everyday routines rather than occasional or reactive efforts. People are increasingly recognising the value of early intervention, balanced nutrition, and mental clarity as essential components of a sustainable lifestyle.

At the same time, there is rising momentum towards making wellness more inclusive and accessible to all sections of society. "Community-driven initiatives, workplace wellness programmes, and government-led public health campaigns are playing a crucial role in spreading

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Dr. Kamlesh Verma
MS - MCh, Director Surgical Oncology
MAX Healthcare, Lucknow

For appointment
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Max Super Speciality Hospital Lucknow
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