



QUEST SOFTECH (INDIA) LIMITED

75/76, Mittal Court, C-Wing, 7th Floor, Nariman Point, Mumbai - 400 021, India.

Phone : +91 22 6179 8002 • Fax : +91 22 6179 8045 • E-mail : qsil@questprofin.co.in

Website : questsoftech.co.in • CIN - L72200MH2000PLC125359

Date: 23rd June, 2021

To,

BSE Limited

Listing Department,

Phiroze Jeejeebhoy Towers

Dalal Street; Fort

Mumbai 400 001

Dear Sir/Madam,

Script Code: **535719**

CIN: **L72200MH2000PLC125359**

Sub: Newspaper Advertisement pursuant to Regulation 47 of SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015.

In compliance with Regulation 47 of SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, we are enclosing herewith the copy of newspaper advertisement of Notice of the Meeting of the Board of Directors of Quest Softech (India) Limited published in Financial Express (English Language) and Mumbai Lakshdeep (Marathi Language) on June 22, 2021 for your reference.

Kindly take the above on record and oblige

Thanking you

Yours truly,

For Quest Softech (India) Limited

Akshay Hegde

Company Secretary & Compliance Officer

Encl: a/a

S. E. RAILWAY TENDER
E-Tender Notice No.: DLSBNDM
Cleaning-02-2021, dated 17.06.2021.
Sr. Divisional Mechanical Engineer
(Diesel), South Eastern Railway,
Bardhaman and on behalf of the
President of India invites e-tender for the
following work. Manual offers are not
allowed against this tender, and any such
manual offer received shall be ignored.
Name of work : Loco cleaning, Shed
cleaning, Removal of garbage and
collection of harmful solid wastes of
DLSBNDM for 2 years. Tender Value :
₹ 1,22,25,416.37. EMD : Nil. Date and
timing of the closing of e-tender :
08.07.2021 at 12.00 hrs. (PR-127)

QUEST Softech (INDIA) LIMITED
CIN: L72200DL2000PLC125359
Regd. Office: C-75/76, 7th Floor, Plot No-224,
C Wing, Mittal Court, Jyoti Bhai Marg,
Nariman Point, Mumbai 400021
Tel: 022-68651155/1166
Fax: 022-61779845
Email: info@questsoft.in
Website: www.questsoft.in
Notice of the Board Meeting
Pursuant to Regulation 29 read along with Regulation
47 and other applicable Regulations of the SEBI
(Listing Obligations and Disclosure Requirements)
Regulations, 2015, notice is hereby given that the
Meeting of the Board of Directors of Quest Softech
(India) Limited is scheduled to be held on Tuesday,
June 29, 2021, inter-alia, to consider and approve
Audited Financial Results of the Company for the
year ended March 31, 2021 and re-appointment of
Statutory Auditors of the Company.
The information contained in this notice is also
available on the website of BSE Limited
(www.bseindia.com).
For Quest Softech (India) Limited
Sd/-
Mr. Akshay Hegde
Company Secretary
and Compliance Officer
Date: 21st June, 2021
Place : Mumbai

THE COSMOS CO-OP BANK LTD.
(Mutuals Scheme Bank)
Registered Office: 'Cosmos Tower',
Plot No. 6, ICS Colony, University Road,
Ganeshkhind, Pune - 411 007.
Phone No.: 020-67085305
CORRIGENDUM
In the notice reply, which is given by
The Cosmos Co-operative Bank Ltd.,
Pune, relating to property
bearing CTS No. 13581, situate at
Saraswatinagar, Sangli, published on
20-06-2021; in Financial Express
newspaper, in the sentence "on behalf
of his clients M/s Pandit Automotive
Services (Petrol Pump Division)" is
mistakenly "Pandit" word is added.
It should be read as "on behalf of his
clients M/s Pandit Automotive Services
(Petrol Pump Division)" and not
"Pandit Automotive Services (Petrol
Pump Division)". Hence this corrigendum.
Date : 21/06/2021
Place : Pune. Authorised Officer,
The Cosmos Co-operative Bank Ltd., Pune
'Cosmos Tower', plot no. 6, ICS Colony,
Ganeshkhind, Shivajinagar, Pune - 411 007

Royal Cushion Vinyl Products Limited
Regd. office: 60 CD, Shikok, Government
Industrial Estate, Charkop, Kandivali (W),
Mumbai - 400 067.
Email: legal@832@gmail.com
Website: www.rcvp.in
CIN no.: L24110MH1983PLC031395
NOTICE
Pursuant to Regulation 29 read
with Regulation 47 and other
relevant regulations of SEBI
(Listing Obligations and Disclosure
Requirements) Regulation, 2015,
notice is hereby that a Meeting of
the Board of Directors of the
Company is scheduled to be held
on Wednesday, June 30, 2021 to
inter-alia consider and approve the
Audited Financial Results of the
Company for the quarter and year
ended 31st March, 2021.
A copy of the said notice is
available on the Company's
website at www.rcvp.in and also
on the Stock Exchange website
at www.bseindia.com.
For Royal Cushion Vinyl
Products Limited
Sd/-
Jayesh Motashia
Director - 00054236
Place: Mumbai
Date : 21st June, 2021

THIRANI PROJECTS LIMITED
Reg. Off.: Subot Dutt Building,
13, Brabourne Road, Mezzanine Floor,
Kolkata-700001
E-mail: thiraniprjcts@gmail.com
Website: www.thiraniprjcts.com
CIN : L45209WB1989PLC036538
NOTICE
NOTICE is hereby given that meeting of the
Board of Directors of the Company will be held
pursuant to Regulation 29 of the SEBI (LODR)
Regulation, 2015 on Wednesday, 30th day
of June, 2021 at our Registered Office at
Subot Dutt Building, 13, Brabourne Road,
Mezzanine Floor, Kolkata-700001, at 11:45
a.m., inter-alia, to consider, approve and take
on record the Audited Standalone Financial
Results for the year ended on 31st March,
2021 subject to Audit Report by Statutory
Auditor in terms of Regulation 47(1)(a) of the
SEBI (Listing Obligations and Disclosure
Requirements) Regulation, 2015 ("Listing
Regulation") with the Stock Exchange.
Further, the details of this Notice has been
uploaded on the Website of the Company at
http://www.thiraniprjcts.com/notice.php
as well as on the website of the stock
exchange at the link http://www.bseindia.com/
corporates/ann.aspx?scrip=538464
&20&dur=A

By Order of the Board
For Thirani Projects Limited
Sd/-
UtpalDeo
Managing Director
Place: Kolkata
Date : 21.06.2021

VEGETABLE PRODUCTS LIMITED
Regd. Office : Subot Dutt Building, 13,
Brabourne Road, 6th Floor, Kolkata-700001
Phone : +91 33 22315686-87
Fax : +91 33 22315683
E-mail : vp1955@yahoo.com
Website : www.vegetableindia.com
CIN : L01122WB1989PLC021090

NOTICE is hereby given that meeting of the
Board of Directors of the Company pursuant
to Regulation 29 of the SEBI (LODR)
Regulations, 2015 will be held on Wednesday,
30th June, 2021 at our Registered Office at
Subot Dutt Building, 13, Brabourne Road, 6th
Floor, Kolkata-700001 at 12:15 P.M. inter-alia,
to consider, approve and take on record the
Audited Standalone Financial Results for the
year ended on 31st March, 2021 subject to
Audit Report by Statutory Auditor in terms of
Regulation 47(1)(a) of the SEBI (Listing
Obligations and Disclosure Requirements)
Regulations, 2015 ("Listing Regulations") with
the Stock Exchange.
Further, the details of this Notice has been
uploaded on the Website of the Company at
http://www.vegetableindia.com/investor.
html as well as on the website of the stock
exchange at the link http://www.bseindia.com/
corporates/ann.aspx?scrip=5391328
dur=A&expandable=0
By Order of the Board
For Vegetable Products Limited
Sd/-
Pratik Das
Managing Director
Date : 21.06.2021

बैंक ऑफ बड़ोदा
Bank of Baroda

ROSARB Branch: 2nd Floor Perfect Avenue, Nr. Hero Show Room,
Shamlaji Road , Himatnagar-383001 Ph. 02772 240453
APPENDIX-IV [SEE RULE 8(1)] POSSESSION NOTICE
(FOR IMMOVABLE PROPERTY)

Whereas, we undersigned being the authorized officer of the **BANK OF BARODA** under the Securitization and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 and in exercise of powers conferred under Section 13(2) read with rule 3 of the Security Interest (Enforcement) Rules, 2002 issued a demand notice dated 02.04.2021 calling upon the Borrower/Guarantor/Mortgagor **Mr. Kamleshbhai Shivabhai Solanki** to repay the amount mentioned in the notice being aggregated amount **Rs 6,41,949/-** (Rupees Six lakh Forty One thousand Nine Hundred Forty Nine Rupees only) within 60 days from the date of receipt of the said notice.

The Borrower having failed to repay the amount, notice is hereby given to the borrower & the public in general that the undersigned has taken **Symbolic Possession** of the property described herein below in exercise of powers conferred on him/her under Sub-section (4) of section 13 of Act read with Rule 8 of the Security Interest Enforcement) Rules, 2002 on the **15th day of June of the year 2021**.

The borrower in particular and the public in general is hereby cautioned not to deal with the property and any dealings with the property will be subject to the charge of Bank of Baroda, Talod Branch, Dist. Sabarkantha for an amount of **Rs 6,41,949/-** (Rupees Six lakh Forty One thousand Nine Hundred Forty Nine Rupees only) & Interest & Expenses thereon with less recovery.

The borrower's attention is invited to sub-section (8) of Section 13 in respect of time available to redeem the secured assets.

DESCRIPTION OF THE IMMOVABLE PROPERTY

Plot No. 11 and City Survey No. 913, Gurukrupa Society, Ta. Talod, Dist. Sabarkantha - 383215
Boundaries are as: East : Margin then Plot No. 23 West : Margin then 7.50 Mtrs. Wide Road
North : Margin then land Bearing Survey No. 265/Palki South : Plot No. 12
Date : 15-06-2021 : Place : Talod Chief Manager & Authorised Officer, Bank of Baroda

Loan Collection & Recovery Department / Mumbai Division
The Federal Bank Ltd.,
LCRD/Mumbai Division.
Address : 134, 13th Floor, Jolly Maker Chambers No. 2, Nariman Point, Mumbai 400 021

FEDERAL BANK
YOUR PERFECT BANKING PARTNER

//SPEED POST with A/D//

1. Mr. Padmaram Khetaji Prapajati, aged 41 years, S/o Prapajati Khetaji, proprietor of Rajeshwari Metals, residing at 82, Tuljanagar-1, Kotar Talawadi Vadsar Road, Manjalpur Padra Vadodara, Gujarat-390011
Rajeshwari Metals a proprietorship firm of Mr. Padmaram Khetaji Prapajati having its office at Plot no.363/1/2, Sahjanand Arcade, Nr. GIDC Estate, Makarpura, Vadodara-390010
2. Mrs. Prapajati Kamlaaben P, aged 39 years, W/o Padmaram Khetaji Prapajati, residing at 82, Tuljanagar-1, Kotar Talawadi Vadsar Road, Manjalpur Padra Vadodara, Gujarat-390011

Notice issued under section 13(2) of the Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 (hereinafter referred to as Act)

The 1st of you as principal borrower and 2nd as co-obligant availed Cash Credit Loan Facility for an amount of **Rs.10,00,000/-** (Rupees Ten Lakh Only) in loan A/c No 18065500000073 disbursed on 02/11/2015 from The Federal Bank Limited a company registered under the Companies Act having registered office at Always (hereinafter referred to as the bank) through its branch at Vadodara/ Makarpura after executing necessary security agreements / loan documents in favour of the Bank.

Towards the security of the aforesaid credit facilities availed from the Bank, the 1st of you has created security interest in favour of the Bank by way of Hypothecation and/or Mortgage in respect of the following movable and/or immovable properties.

Description of Hypothecated Movable Properties

Hypothecation of entire Stock and Book Debts of Rajeshwari Metals
The afore said mortgaged security properties is/are hereinafter referred to as 'secured assets'. You have defaulted repayment of the above-secured debt in violation of the agreed terms and the account became a Non Performing Asset on 30-03-2021, as per the guideline of RBI.

The undersigned being Authorised Officer of the Federal Bank Ltd. hereby informs you that a sum of **Rs.11,70,120.24** (Rupees Eleven Lakh Seventy Thousand One Hundred Twenty and Paise Twenty Four Only) together with interest @ 14.65% per annum with monthly rest from 01/05/2021 plus costs is due from you jointly and severally, under your loan accounts with Vadodara/Makarpura branch of the Bank

As such, the bank as a secured creditor as envisaged under section 2(2d) of the Act hereby call upon you, as contemplated under Sec.13 (2) of the said Act, to pay the said amount with further interest thereon till the date of payment and costs/other charges within 60 days from the date of this notice, failing which the Bank as a secured creditor shall be constrained, without prejudice to any of its other rights and remedies, to take, without any further notice, the following recourse measures prescribed under section 13(4) of the Act against you.

1. To take possession of the secured assets described above and transfer the said assets by way of lease, assignment or sale for realising the dues.
2. To take over the management of the secured assets and transfer them by way of lease, assignment or sale for realising the dues.
3. To appoint any person to manage the secured assets the possession of which has been taken over by the bank.
4. To require at any time by notice in writing, to any person who has acquired any of the secured assets from you and from whom any money is due or may become due to you, to pay to the bank.

You are also put on notice that as per section 13(13) of the Act, you shall not after receipt of this notice transfer by way of sale, lease or otherwise any of the secured assets referred to in this notice in any manner whatsoever to the prejudice of the interest of the bank without its prior written consent.

You are also put on notice that Section 13(6) of the Act empowers the bank to give a valid title to the transferee all rights in, or in relation to, the secured asset transferred as if the transfer had been made by the owner of such secured asset. Please be informed that in the event of your failure to discharge your liability in full within 60 days from the date of this notice and the bank initiates remedial actions under the provisions of the Act, you shall further be liable to pay to the bank all cost, charges and expenses incurred in that connection. Your attention is also invited to the provisions of section 13 (8) of the Act, in respect of time available, to redeem the secured assets (security properties). In case the dues are not fully satisfied with the sale proceeds of the secured assets, the bank shall proceed against you for the recovery of the balance amount personally. This notice is issued without prejudice to the other rights and remedies available to the bank for recovering its dues.

For, The Federal Bank Ltd.

Lechin C Asst. Vice, President & Branch Head

LCRD/Mumbai Division

(Authorised Officer under SARFAESI Act)

Dated this the day 21th day of May 2021

Loan Collection & Recovery Department / Mumbai Division
The Federal Bank Ltd.,
LCRD/Mumbai Division.
Address : 134, 13th Floor, Jolly Maker Chambers No. 2, Nariman Point, Mumbai 400 021

FEDERAL BANK
YOUR PERFECT BANKING PARTNER

//SPEED POST with A/D//

1. M/s. Mtaj Solutions, a partnership firm having its office at 404, 4th Glacier Complex, Nr. Pizzabell, Jetalpur Road, Vadodara, Gujarat - 390007
Alternate address: Atlantis K10, Shop no. 137, 1st Floor, Opp. Vadodara Central Mall, Sarabhai Main Road, Vadodara, Gujarat - 390007
2. Mr. Vasu P R., aged 53 years, S/o P R Samamurthi, residing at 68, Ramkrishna Society Manjalpur road, beside Gajanan Park Society, Vadodara, Gujarat-390011
3. Mr. Patel Kamlesh Rambhai, aged 53 years, S/o Rammbhai Patel, Residing at 30, Gokul nagar Society, Behind Indrapuri Society, Hari Road, Vadodara, Gujarat-390006
4. Mrs. Anjanaben Kmaleshbhai Patel, aged 50 years, W/o Patel Kamlesh Rambhai, Residing at 30, Gokul nagar Society, Behind Indrapuri Society, Hari Road, Vadodara, Gujarat-390006

Notice issued under section 13(2) of the Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 (hereinafter referred to as Act)

The 1st of you as principal borrower and 2nd to 4th as co-obligant availed OD Federal Easy Business Loan Facility for an amount of **Rs. 25,00,000/-** (Rupees Twenty Five Lakh only) in loan A/c No 13535600015534 disbursed on 07/12/2017 from The Federal Bank Limited a company registered under the Companies Act having registered office at Always (here in after referred to as the bank) through its branch at Baroda after executing necessary security agreements / loan documents in favour of the Bank.

Towards the security of the aforesaid credit facilities availed from the Bank, the 1st to 4th of you has created security interest in favour of the Bank by way of hypothecation and/or Mortgage in respect of the following movable and/or immovable properties.

Description of Hypothecated Movable Properties

Hypothecation of current assets and receivables
Description of Mortgaged Immovable Properties

All that piece and parcel of Shop no 137 (shop no 120 as per approved plan), 1st Floor, admeasuring 400 sq. ft. in scheme known as Atlantis K-10, Near Genda Circle, situated on land bearing R.S. no. 54 paik, City Survey no. 382 paikland 383 paik, of Mouje: Vadiwadi, Taluka and Dist: Vadodara, Gujarat. Bounded in East by Common Passage, West by Shop no. 129 (shop no. 112 as per approved plan), North by Shop no 138 (shop no. 121 as per approved plan), Common wall and south by Shop no 136 (shop no. 119 as per approved plan), Common wall.

The aforesaid hypothecated/ mortgaged security properties are hereinafter referred to as 'secured assets'. You have defaulted repayment of the above-secured debt in violation of the agreed terms and the account became a Non Performing Asset on 30/03/2021, as per the guideline of RBI.

The undersigned being Authorised Officer of the Federal Bank Ltd. hereby informs you that a sum of **₹29,67,492.00** (Rupees Twenty Nine Lakh Sixty Seven Thousand Four Hundred Ninety Two Only) together with interest @ 15.65% per annum with monthly rest from 01/05/2021 plus costs is due from you jointly and severally, under your loan accounts with Baroda branch of the Bank

As such, the bank as a secured creditor as envisaged under section 2(2d) of the Act hereby call upon you, as contemplated under Sec.13 (2) of the said Act, to pay the said amount with further interest thereon till the date of payment and costs/other charges within 60 days from the date of this notice, failing which the Bank as a secured creditor shall be constrained, without prejudice to any of its other rights and remedies, to take, without any further notice, the following recourse measures prescribed under section 13(4) of the Act against you.

1. To take possession of the secured assets described above and transfer the said assets by way of lease, assignment or sale for realising the dues.
2. To take over the management of the secured assets and transfer them by way of lease, assignment or sale for realising the dues.
3. To appoint any person to manage the secured assets the possession of which has been taken over by the bank.
4. To require at any time by notice in writing, to any person who has acquired any of the secured assets from you and from whom any money is due or may become due to you, to pay to the bank.

You are also put on notice that as per section 13(13) of the Act, you shall not after receipt of this notice transfer by way of sale, lease or otherwise any of the secured assets referred to in this notice in any manner whatsoever to the prejudice of the interest of the bank without its prior written consent.

You are also put on notice that Section 13(6) of the Act empowers the bank to give a valid title to the transferee all rights in, or in relation to, the secured asset transferred as if the transfer had been made by the owner of such secured asset. Please be informed that in the event of your failure to discharge your liability in full within 60 days from the date of this notice and the bank initiates remedial actions under the provisions of the Act, you shall further be liable to pay to the bank all cost, charges and expenses incurred in that connection. Your attention is also invited to the provisions of section 13 (8) of the Act, in respect of time available, to redeem the secured assets (security properties). In case the dues are not fully satisfied with the sale proceeds of the secured assets, the bank shall proceed against you for the recovery of the balance amount personally. This notice is issued without prejudice to the other rights and remedies available to the bank for recovering its dues.

For, The Federal Bank Ltd.

Lechin C Asst. Vice, President & Branch Head

LCRD/Mumbai Division

(Authorised Officer under SARFAESI Act)

Dated this the day 21th day of May 2021

HDB FINANCIAL SERVICES LIMITED
Registered Office: Radhika, 2nd Floor, Law Garden Road, Navrangpura, Ahmedabad, Gujarat, Pin Code-380009
Regional Office: 1st Floor, Wilson House, Old Nagardas Road, Near Amboli Subway, Andheri (E), Mumbai-400069 And Its Various Branch's in Maharashtra

You, below mentioned borrowers, co-borrowers and guarantors have availed loan(s) facility(ies) from HDB Financial Services Limited by mortgaging your immovable properties (securities) you have not maintained your financial discipline and defaulted in repayment of the same. Consequently, your defaults upon your loans are classified as non-performing assets and you shall avail the said loan(s) along with the security interest created in respect of the securities for repayment of the same. The HDBFS has right for the recovery of the outstanding dues, now issued demand notice under section 13(2) of the securitization and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 (the Act), the contents of which are being published herewith as per section 13(2) of the act read with rule 3(1) of the security interest (enforcement) rules, 2002 and as by way of alternate service upon you. Details of the Borrowers, Co-borrowers, Guarantors, Loans, Securities, Outstanding dues, Demand Notice sent under section 13(2) and Amount claimed there under are given below:

1. Borrower and Co-Borrowers: 1. A T GANDHI AUTOMOBILES, 2. AMBRISH TARUNKUMAR GANDHI, 3. TARUNKUMAR SHANTILAL GANDHI, 4. JAYSHREE TARUNKUMAR GANDHI All r/o at (a) A T GANDHI AUTOMOBILES SHOP NO 8 BHAKTI COMPLEX NR PRIDE HOTEL AMBEDKAR CHOWK PIMPRI PUNE-411018, (b) FLAT NO 2 SILVER CO-OP HSG SOC GROUND FLOOR PIMPRI PUNE-411018, (c) Loan Amount in INR: Rs. 24,85,388/- (Rupees Twenty Four Lakhs Eighty Five Thousand Three Hundred Eighty Eight Only) (d) Detail description of the Security: Mortgage Property : ALL THAT PIECE AND PARCEL OF THE SHOP NO.08, ADMEASURING AREA 242 SQ.FT. (Built up), ON THE GROUND FLOOR, SOCIETY KNOWN AS BHAKTI COMPLEX CO-OPERATIVE HOUSING SOCIETY LIMITED, CONSTRUCTED ON LAND BEARING CTS No. 5724, 5727, SITUATED AT VILLAGE PIMPRI WAGHIERE (KHARVALAVDI) TALUKA HAVELI, DIST. PUNE. (P2)ALL THAT PIECE AND PARCEL OF FLAT NO.7, ON FOURTH FLOOR, ADMEASURING BUILT UP AREA 46.46 SQ.MT. ALONG WITH COMMON PARKING, THE LAND BEARING NO.157 AND HAVING CORRESPONDING C.T.S. NOS. 5720,5721,57202,5721 BUILDING KNOWN AS JAHANGIR APARTMENT, AT PIMPRI WAGHIERE (KHARVALAVDI) TALUKA HAVELI DIST. PUNE. (c) Demand Notice Date: 9-june-21, (d) Amount due in INR: Rs. 28,54,447.50 (Rupees Twenty Eight Lakhs Fifty Four Thousand Four Hundred Forty Seven and Paise Fifty Only) as of 29-May-21 and future contractual interest till actual realization together with incidental expenses, cost and charges etc.
2. Borrower and Co-Borrowers: 1. ISHANI DECORATORS, 2. ISHANI NAGIA, 3. ABIR NAGIA, 4. VIRENDRAKUMAR NAGIA All r/o at (a) FLAT NO 1 A102 CROSSWINDS NO 108 BEHIND D MART STORE BANER PUNE - 411041, (b) Loan Account Number: 8611337, (c) Loan Amount in INR: Rs. 18,64,1962/- (Rupees One Crore Sixty Six Lakhs Forty One Thousand Nine Hundred Eighty Two Only) (d) Detail description of the Security: Mortgage Property : ALL THAT PIECE AND PARCEL OF FLAT NO.102, ADMEASURING AREA 152.50 SQ.MTR. ON THE FIRST FLOOR OF BUILDING - A N SCHEME KNOWN AS CROSS WINDS, CONSTRUCTED ON THE PROPERTY BEARING S. NO. 108/1+26, 108/1+21, 108/1+22, 108/1+24, 108/1+28, 108/1+34, 108/1+37, 108/1+38, 108/1+39, 108/1+40, 108/1+41, 108/1+42, 108/1+43, 108/1+44, 108/1+45, 108/1+46, 108/1+47, 108/1+48, 108/1+49, 108/1+50, 108/1+51, 108/1+52, 108/1+53, 108/1+54, 108/1+55, 108/1+56, 108/1+57, 108/1+58, 108/1+59, 108/1+60, 108/1+61, 108/1+62, 108/1+63, 108/1+64, 108/1+65, 108/1+66, 108/1+67, 108/1+68, 108/1+69, 108/1+70, 108/1+71, 108/1+72, 108/1+73, 108/1+74, 108/1+75, 108/1+76, 108/1+77, 108/1+78, 108/1+79, 108/1+80, 108/1+81, 108/1+82, 108/1+83, 108/1+84, 108/1+85, 108/1+86, 108/1+87, 108/1+88, 108/1+89, 108/1+90, 108/1+91, 108/1+92, 108/1+93, 108/1+94, 108/1+95, 108/1+96, 108/1+97, 108/1+98, 108/1+99, 108/1+100, 108/1+101, 108/1+102, 108/1+103, 108/1+104, 108/1+105, 108/1+106, 108/1+107, 108/1+108, 108/1+109, 108/1+110, 108/1+111, 108/1+112, 108/1+113, 108/1+114, 108/1+115, 108/1+116, 108/1+117, 108/1+118, 108/1+119, 108/1+120, 108/1+121, 108/1+122, 108/1+123, 108/1+124, 108/1+125, 108/1+126, 108/1+127, 108/1+128, 108/1+129, 108/1+130, 108/1+131, 108/1+132, 108/1+133, 108/1+134, 108/1+135, 108/1+136, 108/1+137, 108/1+138, 108/1+139, 108/1+140, 108/1+141, 108/1+142, 108/1+143, 108/1+144, 108/1+145, 108/1+146, 108/1+147, 108/1+148, 108/1+149, 108/1+150, 108/1+151, 108/1+152, 108/1+153, 108/1+154, 108/1+155, 108/1+156, 108/1+157, 108/1+158, 108/1+159, 108/1+160, 108/1+161, 108/1+162, 108/1+163, 108/1+164, 108/1+165, 108/1+166, 108/1+167, 108/1+168, 108/1+169, 108/1+170, 108/1+171, 108/1+172, 108/1+173, 108/1+174, 108/1+175, 108/1+176, 108/1+177, 108/1+178, 108/1+179, 108/1+180, 108/1+181, 108/1+182, 108/1+183, 108/1+184, 108/1+185, 108/1+186, 108/1+187, 108/1+188, 108/1+189, 108/1+190, 108/1+191, 108/1+192, 108/1+193, 108/1+194, 108/1+195, 108/1+196, 108/1+197, 108/1+198, 108/1+199, 108/1+200, 108/1+201, 108/1+202, 108/1+203, 108/1+204, 108/1+205, 108/1+206, 108/1+207, 108/1+208, 108/1+209, 108/1+210, 108/1+211, 108/1+212, 108/1+213, 108/1+214, 108/1+215, 108/1+216, 108/1+217, 108/1+218, 108/1+219, 108/1+220, 108/1+221, 108/1+222, 108/1+223, 108/1+224, 108/1+225, 108/1+226, 108/1+227, 108/1+228, 108/1+229, 108/1+230, 108/1+231, 108/1+232, 108/1+233, 108/1+234, 108/1+235, 108/1+236, 108/1+237, 108/1+238, 108/1+239, 108/1+240, 108/1+241, 108/1+242, 108/1+243, 108/1+244, 108/1+245, 108/1+246, 108/1+247, 108/1+248, 108/1+249, 108/1+250, 108/1+251, 108/1+252, 108/1+253, 108/1+254, 108/1+255, 108/1+256, 108/1+257, 108/1+258, 108/1+259, 108/1+260, 108/1+261, 108/1+262, 108/1+263, 108/1+264, 108/1+265, 108/1+266, 108/1+267, 108/1+268, 108/1+269, 108/1+270, 108/1+271, 108/1+272, 108/1+273, 108/1+274, 108/1+275, 108/1+276, 108/1+277, 108/1+278, 108/1+279, 108/1+280, 108/1+281, 108/1+282, 108/1+283, 108/1+284, 108/1+285, 108/1+286, 108/1+287, 108/1+288, 108/1+289, 108/1+290, 108/1+291, 108/1+292, 108/1+293, 108/1+294, 108/1+295, 108/1+296, 108/1+297, 108/1+298, 108/1+299, 108/1+300, 108/1+301, 108/1+302, 108/1+303, 108/1+304, 108/1+305, 108/1+306, 108/1+307, 108/1+308, 108/1+309, 108/1+310, 108/1+311, 108/1+312, 108

संध्याकाळी कधीही खाऊ नका हे पदार्थ नाहीतर वाढेल वजन



जर तुम्ही वजन कमी करण्याच्या प्रयत्नात असाल आणि तर तुम्ही काही गोष्टी कटाक्षाने पाळण आवश्यक असते. वजन कमी करण्यासाठी वर्कआउट जितका महत्वाचा आहे. तितकाच महत्वाचा तुमचा आहार आहे. काही जणांना चुकीच्या वेळी खाण्याची सवय असते. म्हणजे नेमका कोणता पदार्थ कधी खावा हे आपल्याला कळत नाही. मग काय चुकीच्या वेळी चुकीचा पदार्थ खाल्ला जातो आणि वजन वाढता वाढता वाढे होतं. मग काय पुन्हा वजन कमी करण्यासाठी डाएट केलं जातं. पण हे सगळं न करता जर तुम्ही थोडी काळजी घेतली योग्य आहार घेतला तर बऱ्याच गोष्टींचा त्रास तुम्हाला होणार नाही.

एकाच ठिकाणी बसून काम करणं आरोग्यासाठी ठरू शकतं थोकादायक

संध्याकाळची भूक
संध्याकाळची भूक म्हणजे साधारण ४ ते ५ वाजता अशी काय भूक लागते की, यावेळत सगळे काही खावेसे वाटते. अगदी पिज्झा, बर्गर, शेवपुरी, पाणीपुरी, सॅंडवीच असे जे काही मिळेल ते पोटात ढकलावेसे वाटते. कितीही काहीही केलं तरी या वेळत आवर्जून काहीना काही खाल्लं

जातं. अशी भूक लागल्यानंतर नक्कीच तुम्ही खायला हवं. भूक मारणं नक्कीच चांगली गोष्ट नाही. पण जर तुम्ही या वेळत काही योग्य खाल्लं तर तुम्हाला कसलाही त्रास होणार नाही. शिवाय वजनही कमी होण्यास मदत मिळेल.

पाव असलेले पदार्थ
वडापाव, भजीपाव, पावभाजी, सॅंडवीच असे पदार्थ

दिसले की, ते खाण्याचा मोह अजिबात आवरता येत नाही. चटपटीत चमचमीत असे हे पदार्थ असतात. पण त्यासोबत दिला जाणारा पाव हा तुमच्यासाठी घातक आहे. मुळात डाएटच्या नियमांमध्ये पाव खाणे हे बसत नाही. संध्याकाळी पाव खाल्ल्यानंतर तो पचण्यास ही कठीण जातो. हे पदार्थ खाल्ल्यानंतर जेवण जेवावेसे वाटत नाही. त्यामुळे संध्याकाळच्या भुकेला पाव अजिबात खाऊ नये.

खाऊ शकता. पण संध्याकाळी चीझचे सेवन केल्यानंतर ते पचायला कठीण जाते. शिवाय संध्याकाळी शरीराच्या सगळ्या क्रिया मंदावलेल्या असतात. त्यामुळे तुम्ही संध्याकाळी चीझ खाणं टाळायला हवे.

मैदा असलेले पदार्थ
मैदासुद्धा तुमच्या शरीरातील फॅट वाढवू शकतं. फॅटसोबतच मैदा पचायलाही फार वेळ लागतो. मोमोज, नुडल्स असे काही पदार्थ



मांड्यांचा काळपटपणा दूर करायचा असल्यास, जाणून घ्या सोपे उपाय

चीझ असलेले पदार्थ
हल्ली नाक्या नाक्यावर आणि गल्लीबोळत चमचमीत पिज्झा, बर्गर, फ्राईज असे पदार्थ मिळतात. यामध्ये भरभरून चीझ घातलेलं असतं. डाएटमध्ये असताना चीझ खाऊ शकत नाही असे नाही. तुम्ही नक्कीच चीझ

संध्याकाळच्या भुकेला पोटाभरीचे वाटतात खरे पण हेच पदार्थ अधिक त्रासदायक ठरू शकतात. हल्ली अनेक पदार्थांमध्ये मैद्याचा वापर केला जातो. पण हा मैदा पचण्यास कठीण जातो. त्यामुळे तुम्ही हे पदार्थ अजिबात खाऊ नका. याशिवाय मैद्याशी संबंधित अनेक पदार्थ हे तेलकट असतात हे तेलकट पदार्थही तुमचे वजन भरभरून वाढवू शकतात.

आजकाल मेंदूचे आजार व अस्वस्थता

आजकाल मेंदूचे आजार किंवा अस्वस्थता दिवसेंदिवस वाढत असल्याचे मला जाणवत आहे. तुमचा मेंदू दिवसातील ८ तास, आठवड्यातील सात दिवस आणि वर्षातील ३६५ दिवस अविरत कार्य करीत असतो. त्यामुळे तो स्वस्थ राहणे फार गरजेचे आहे. त्याचे हे स्वास्थ पाव गोष्टींवर अवलंबून आहे.

चापविश्रुचापविश्रुः

अन्न, पाणी, वस्त्र आणि निवाय या मूलभूत गरजा मानवाच्या आहेत, पण? त्याचप्रमाणे मेंदूची अघेगती रोखण्यासाठी सामाजिक बांधिलकी महत्वाची आहे. सामाजिक बांधिलकीला धोका निर्माण झाल्यावर किंवा त्याला धक्का लागल्याने होणारे परिस्थितीतील बदल तसेच सामाजिक अनुभव याच्या आधारे तुमची मानसिक जडणपडण होत असते. ग्लोबल कॅमिनिस्म ऑन ब्रेन हेल्थच्या अहवालानुसार मित्रपरीवार, कुटुंब आणि सामाजिक कार्यांमधील सहभाग यामुळे आपला मेंदू निरोगी राहतो. याचसाठी क्लब, क्लास किंवा सामाजिक संस्था/संघटनांशी जोडले जाणे गरजेचे आहे, जेणेकरून नव्या ओळखी होऊ शकतील. आपल्याला आनंदी ठेवणारा नातेसंबंध तसेच कार्यावर लक्ष केंद्रित करणे आवश्यक आहे. तुमचे नातेसंबंध तुटले असतील, तर त्याच व्यक्तीशी किंवा नव्या व्यक्तीशी ते नव्याने तयार करण्यासाठी प्रयत्न करा. सामाजिक नेटवर्क जग मजबूत असेल, तर सहकाऱ्याचं हात जास्त मिळतात, तयार काम मोठे होतं, मैत्राऱ्यावर मात करता येत आणि बौद्धिक उत्तेजना वाढते. जो समाज जीवनात जेवढा व्यस्त असतो, त्याची बौद्धिक हानी कमी होते, असे पाहणीत आढळले आहे. जे लोक मनापासून सात क्रियाशील असतात

आणि इतरांशी संवाद साधून असतात, त्यांचे आयुष्य आनंदी आणि स्वास्थपूर्ण असते.

शारीरिक व्यायामामुळे तुमचे आयुर्मान वाढते, तुमचा चांगला मूड राहतो, तुमची झोप व्यवस्थित होते आणि वजनही घटवते, हृदयविकाराचा धोका कमी करते तसेच तुमची हाडे आणि मेंदू निरोगी ठेवते. तुमचा मेंदू हा शरीरातील सकसप्रमाणेच असतो, एकाचर त्याचा वापर करा किंवा तो गमवा. धावणे, जाईंग, पोहणे किंवा सायकलिंग हे नियमित केल्यावर नव्या मेंदू पेशींची वाढ होण्यास चालना मिळते तसेच अस्तित्वात असलेल्या पेशी सुस्थित राहतात. दिवसातून किमान २० मिनिटे व्यायाम केला, तर बुद्धी तल्लख होण्यास मदत होते.

पौष्टिक आणि सुंगतिात आहार मेंदूला चालना देतो. धान्य, हिरव्या भाज्या आणि पालेभाज्या, ऑलिव्ह, मासे आणि द्रायफ्रूट्स यांचा आहारात समावेश केल्यास, मेंदू निरोगी राहतो आणि अल्झायमरसारख्या आजाराचा धोकाही नवीन होतो. ताजे अन्न शिजवा आणि खा, चविष्ट अन्नावर घर था, तसेच मित्रपरीवार आणि कुटुंबाबरोबर जेवणाचा आनंद घ्या. मेंदूसाठी योग्य अशा अमेगा-३साठी मासे खूप फायदेशीर आहे. मासे खात नसाल, तर अक्रोड तसेच अळशी, अंबांडी, जवस किंवा सोबाविस्चा वापर करात येईल. पालक, ब्रोकोली यांसारख्या हिरव्या पालेभाज्या यांच्याबरोबरच फळ्यांचा आहारात समावेश करावा. ब्ल्यूबेरी, रास्पबेरी, ब्लॅकबेरी तसेच डाकं चॉकलेट आणि हळद, दालचिनी आणि आले यांसारखे

मसाले तसेच औषधी वनस्पती यांच्यात चांगल्या प्रमाणात ऑँटॉक्सिडन्ट्स असते. ज्यामुळे मेंदूला चांगल्या प्रकारे रक्तपुरवठा होतो. अक्रोड हे हृदयाच्या स्वास्थ्यासाठी जेवढे उपयुक्त आहे, तेवढेच मेंदूसाठीही महत्वाचे आहे. याच्यामुळे आहारातून शरीराला वाढते, तर धान्य स्मृती चांगली ठेवण्यास मदत करतात.

निद्रा आणि व्यायाम
आपण झोपतो तेव्हा देखील मेंदूचे कार्य सुरूच असते. पुरेशा झोपेमुळे तुम्ही निरोगी आणि तंदुरुस्त राहता. प्रौढांना रोज रात्री ते तासांची झोप गरजेची आहे. झोपेमुळे तुम्हाला तजेलावरपणा मिळतो. तुमचा मूड चांगला राहतो आणि तुमची रोगप्रतिकार प्रणाली मजबूत बनते. झोपण्यापूर्वी तुम्ही रिलॅक्स व्हा. काही जण पुस्तक वाचतात, काही संगीत ऐकतात, तर काही जण गरम पाण्याने ओथोल करतात.

मेंदूचे क्लब चालवा
आपल्या मेंदूची खास क्षमता असते. ज्याद्वारे आपला मेंदू काही बदलांनुसार अनुस्यू होऊन त्याचा स्वीकार करतो आणि नुकसान टाळतो. जी लोके कायम शिकत असतात, नवनवीन कुरी करत असतात आणि नवनवीन कौशल्य किंवा छंद जोपासत असतात. ते एकाचकरी मेंदूची खास क्षमता वृद्धित करीत असतात. नवे छंद जोपासा, नवी भाषा शिका, नवे संगीत, वाद्य शिका किंवा फोटोग्राफीमध्ये आनंद घ्या. याद्वारे मेंदूची क्षमता वाढण्यास मदत होते. कला ही तुमच्या मेंदूला पोषक असून, तुमचे मानसिक स्वास्थ राखते. खेळ, शब्दकोडे सोडवा, बुद्धिबळ किंवा स्मृती वाढणारे खेळ खेळा.



विश्वाम्बदाचा वापर हा संपूर्ण जगभरात करतात. कागदाचा वापर हा आपण नेहमी करत असतो. मुलांच्या शिक्षणात असो या बँक ऑफिस किंवा व्यापारातसुद्धा कागदाचा वापर करतात. पूर्वीच्या काळी कागद बनविण्यासाठी गवत, लाकूड, कच्चांमाल, सेल्युलोज या घटकांचा वापर करत असत. कागदाचा शोध हा चीनमध्ये लागला होता. हान काळत लग्नाघापासून कागद बनविण्याची क्रिया काई लुनद्वारे इसवी सनाच्या शतकाच्या सुरुवातीस विकसित केली गेली. रेशम फार महग असल्याने दुसरा पर्याय म्हणून कागदाचा वापर चीनमध्ये केला गेला. त्यापूर्वी लेखनासाठी हाडे, कापड, बांबू, लाकूड या वस्तूंचा वापर करत असत. यानंतरच्या काळत इजिप्तमध्ये पेपर बनविण्यासाठी पापयुस या वनस्पतीचा उपयोग केला जायचा. ही वनस्पती नाईल नदीच्या काठी उगवली जात होती. या झाडाच्या नावावरूनच पेपर नाव ठेवण्यात आले होते. प्राग्भिक काळात लेखणासाठी रेशमचे तुकडे आणि बांबू उपयोग केला जात असत. त्यावेळी रेशम फार महग होते. बांबू हा वजनदार असल्याने त्याचा वापर व्यवहार्य नव्हता. त्यावेळी काई लुन यांनी विचार केला की, एक असा कागद आपण बनवायला पाहिजे की, जो स्वस्त आणि हलका असेल आणि त्यावर लिहताही सोईकर असेल असा विचार काई लुन यांनी केला. या काळातला कागद हा चमकदार, मऊ, गुळगुळीत आणि लवचिक असे. हळूहळू संपूर्ण जगात कागदाचा वापर वाढत गेला. सुरुवातीला कागद बनविण्यासाठी झाडांच्या सालींचा वापर केला जात असे. फारपूर्वी झाडांच्या सालींना पाण्याबरोबर मिसळून एक मिश्रण तयार केले जात असे. हे मिश्रण चाळून घेतल्यानंतर वाळवले जात असे. यासाठी वेगवेगळ्या झाडांचा वापर केला जात असे. नंतरच्या काळात कागदाच्या साच्यामध्ये खूप बदल झाला. त्यामुळे पेपर तयार करण्याच्या पद्धतीतही बदल झाले. कागद आपखी चांगला बनत गेला. सुरुवातीला चीनने त्यांच्या या आविष्कारबद्दल कुठल्याही देशाला सांगितले नव्हते. भारतात सातत्या शतकात कागदाचा शोध लागला होता. मात्र कागद हा भारतात व्यापकपणे पसरला नव्हता. संपूर्ण भारतात कागदाला व्यापकपणे पसरण्यासाठी बाराव्या शतकातपर्यंत वेळ लागला. त्यानंतर कागदाचा वापर हा भारतात होत गेला. भारतामधील पहिली कागदाची मिल ही १०० वर्षांपेक्षा जुनी आहे. याची सुरुवात शेरगोपुर पश्चिम बंगालमध्ये १८१२ मध्ये झाली होती. इसवीसन ११०० साली उत्तर आफ्रिकेत कागद निर्मिती होत गेली. त्यानंतर इसवीसन ११५० साली स्पेनमध्ये आणि युरोपातही कागद उद्योगाला सुरुवात झाली. १४५३ साली युआन गुटेन बर्ग यांने छपाई यंत्राचा शोध लावला.उत्तर अमेरिकेत पहिला कागदाचा उद्योग फेला डेलॅफ्यामध्ये १६९० साली सुरू झाला. १८३० ते १८४० दशकाच्या जर्मन संशोधक एफ.जी. केसर आणि चार्ल्स फेनेटी लाकडावर प्रक्रिया करून लगदा बनविण्याची पद्धत शोधून काढली होती. त्यांनी कागद बनविण्यासाठी

अतिशय उपयुक्त कागदाचा इतिहास

वेगळ्या तंत्रज्ञाचा वापर केला होता. त्यावेळी त्यांनी एक मशीन सुद्धा तयार केली होती. ज्यातून लाकडाधमून तंतू वेगळे केले जात असत. चार्ल्स फेनेटी यांनी कागदाला पांढरा रंग देण्यासाठी ब्लिचिंगच्या प्रक्रियेचा शोध लावला.

सहकार कक्ष, झोपुप्रा, मुंबई
जा.क्र. झोपुप्रा/सहकार/२०२१/१-१-२-३-४-५-६-७-८-९-१०-११-१२-१३-१४-१५-१६-१७-१८-१९-२०-२१-२२-२३-२४-२५-२६-२७-२८-२९-३०-३१-३२-३३-३४-३५-३६-३७-३८-३९-४०-४१-४२-४३-४४-४५-४६-४७-४८-४९-५०-५१-५२-५३-५४-५५-५६-५७-५८-५९-६०-६१-६२-६३-६४-६५-६६-६७-६८-६९-७०-७१-७२-७३-७४-७५-७६-७७-७८-७९-८०-८१-८२-८३-८४-८५-८६-८७-८८-८९-९०-९१-९२-९३-९४-९५-९६-९७-९८-९९-१००-१०१-१०२-१०३-१०४-१०५-१०६-१०७-१०८-१०९-११०-१११-११२-११३-११४-११५-११६-११७-११८-११९-१२०-१२१-१२२-१२३-१२४-१२५-१२६-१२७-१२८-१२९-१३०-१३१-१३२-१३३-१३४-१३५-१३६-१३७-१३८-१३९-१४०-१४१-१४२-१४३-१४४-१४५-१४६-१४७-१४८-१४९-१५०-१५१-१५२-१५३-१५४-१५५-१५६-१५७-१५८-१५९-१६०-१६१-१६२-१६३-१६४-१६५-१६६-१६७-१६८-१६९-१७०-१७१-१७२-१७३-१७४-१७५-१७६-१७७-१७८-१७९-१८०-१८१-१८२-१८३-१८४-१८५-१८६-१८७-१८८-१८९-१९०-१९१-१९२-१९३-१९४-१९५-१९६-१९७-१९८-१९९-२००-२०१-२०२-२०३-२०४-२०५-२०६-२०७-२०८-२०९-२१०-२११-२१२-२१३-२१४-२१५-२१६-२१७-२१८-२१९-२२०-२२१-२२२-२२३-२२४-२२५-२२६-२२७-२२८-२२९-२३०-२३१-२३२-२३३-२३४-२३५-२३६-२३७-२३८-२३९-२४०-२४१-२४२-२४३-२४४-२४५-२४६-२४७-२४८-२४९-२५०-२५१-२५२-२५३-२५४-२५५-२५६-२५७-२५८-२५९-२६०-२६१-२६२-२६३-२६४-२६५-२६६-२६७-२६८-२६९-२७०-२७१-२७२-२७३-२७४-२७५-२७६-२७७-२७८-२७९-२८०-२८१-२८२-२८३-२८४-२८५-२८६-२८७-२८८-२८९-२९०-२९१-२९२-२९३-२९४-२९५-२९६-२९७-२९८-२९९-३००-३०१-३०२-३०३-३०४-३०५-३०६-३०७-३०८-३०९-३१०-३११-३१२-३१३-३१४-३१५-३१६-३१७-३१८-३१९-३२०-३२१-३२२-३२३-३२४-३२५-३२६-३२७-३२८-३२९-३३०-३३१-३३२-३३३-३३४-३३५-३३६-३३७-३३८-३३९-३४०-३४१-३४२-३४३-३४४-३४५-३४६-३४७-३४८-३४९-३५०-३५१-३५२-३५३-३५४-३५५-३५६-३५७-३५८-३५९-३६०-३६१-३६२-३६३-३६४-३६५-३६६-३६७-३६८-३६९-३७०-३७१-३७२-३७३-३७४-३७५-३७६-३७७-३७८-३७९-३८०-३८१-३८२-३८३-३८४-३८५-३८६-३८७-३८८-३८९-३९०-३९१-३९२-३९३-३९४-३९५-३९६-३९७-३९८-३९९-४००-४०१-४०२-४०३-४०४-४०५-४०६-४०७-४०८-४०९-४१०-४११-४१२-४१३-४१४-४१५-४१६-४१७-४१८-४१९-४२०-४२१-४२२-४२३-४२४-४२५-४२६-४२७-४२८-४२९-४३०-४३१-४३२-४३३-४३४-४३५-४३६-४३७-४३८-४३९-४४०-४४१-४४२-४४३-४४४-४४५-४४६-४४७-४४८-४४९-४५०-४५१-४५२-४५३-४५४-४५५-४५६-४५७-४५८-४५९-४६०-४६१-४६२-४६३-४६४-४६५-४६६-४६७-४६८-४६९-४७०-४७१-४७२-४७३-४७४-४७५-४७६-४७७-४७८-४७९-४८०-४८१-४८२-४८३-४८४-४८५-४८६-४८७-४८८-४८९-४९०-४९१-४९२-४९३-४९४-४९५-४९६-४९७-४९८-४९९-५००-५०१-५०२-५०३-५०४-५०५-५०६-५०७-५०८-५०९-५१०-५११-५१२-५१३-५१४-५१५-५१६-५१७-५१८-५१९-५२०-५२१-५२२-५२३-५२४-५२५-५२६-५२७-५२८-५२९-५३०-५३१-५३२-५३३-५३४-५३५-५३६-५३७-५३८-५३९-५४०-५४१-५४२-५४३-५४४-५४५-५४६-५४७-५४८-५४९-५५०-५५१-५५२-५५३-५५४-५५५-५५६-५५७-५५८-५५९-५६०-५६१-५६२-५६३-५६४-५६५-५६६-५६७-५६८-५६९-५७०-५७१-५७२-५७३-५७४-५७५-५७६-५७७-५७८-५७९-५८०-५८१-५८२-५८३-५८४-५८५-५८६-५८७-५८८-५८९-५९०-५९१-५९२-५९३-५९४-५९५-५९६-५९७-५९८-५९९-६००-६०१-६०२-६०३-६०४-६०५-६०६-६०७-६०८-६०९-६१०-६११-६१२-६१३-६१४-६१५-६१६-६१७-६१८-६१९-६२०-६२१-६२२-६२३-६२४-६२५-६२६-६२७-६२८-६२९-६३०-६३१-६३२-६३३-६३४-६३५-६३६-६३७-६३८-६३९-६४०-६४१-६४२-६४३-६४४-६४५-६४६-६४७-६४८-६४९-६५०-६५१-६५२-६५३-६५४-६५५-६५६-६५७-६५८-६५९-६६०-६६१-६६२-६६३-६६४-६६५-६६६-६६७-६६८-६६९-६७०-६७१-६७२-६७३-६७४-६७५-६७६-६७७-६७८-६७९-६८०-६८१-६८२-६८३-६८४-६८५-६८६-६८७-६८८-६८९-६९०-६९१-६९२-६९३-६९४-६९५-६९६-६९७-६९८-६९९-७००-७०१-७०२-७०३-७०४-७०५-७०६-७०७-७०८-७०९-७१०-७११-७१२-७१३-७१४-७१५-७१६-७१७-७१८-७१९-७२०-७२१-७२२-७२३-७२४-७२५-७२६-७२७-७२८-७२९-७३०-७३१-७३२-७३३-७३४-७३५-७३६-७३७-७३८-७३९-७४०-७४१-७४२-७४३-७४४-७४५-७४६-७४७-७४८-७४९-७५०-७५१-७५२-७५३-७५४-७५५-७५६-७५७-७५८-७५९-७६०-७६१-७६२-७६३-७६४-७६५-७६६-७६७-७६८-७६९-७७०-७७१-७७२-७७३-७७४-७७५-७७६-७७७-७७८-७७९-७८०-७८१-७८२-७८३-७८४-७८५-७८६-७८७-७८८-७८९-७९०-७९१-७९२-७९३-७९४-७९५-७९६-७९७-७९८-७९९-८००-८०१-८०२-८०३-८०४-८०५-८०६-८०७-८०८-८०९-८१०-८११-८१२-८१३-८१४-८१५-८१६-८१७-८१८-८१९-८२०-८२१-८२२-८२३-८२४-८२५-८२६-८२७-८२८-८२९-८३०-८३१-८३२-८३३-८३४-८३५-८३६-८३७-८३८-८३९-८४०-८४१-८४२-८४३-८४४-८४५-८४६-८४७-८४८-८४९-८५०-८५१-८५२-८५३-८५४-८५५-८५६-८५७-८५८-८५९-८६०-८६१-८६२-८६३-८६४-८६५-८६६-८६७-८६८-८६९-८७०-८७१-८७२-८७३-८७४-८७५-८७६-८७७-८७८-८७९-८८०-८८१-८८२-८८३-८८४-८८५-८८६-८८७-८८८-८८९-८९०-८९१-८९२-८९३-८९४-८९५-८९६-८९७-८९८-८९९-९००-९०१-९०२-९०३-९०४-९०५-९०६-९०७-९०८-९०९-९१०-९११-९१२-९१३-९१४-९१५-९१६-९१७-९१८-९१९-९२०-९२१-९२२-९२३-९२४-९२५-९२६-९२७-९२८-९२९-९३०-९३१-९३२-९३३-९३४-९३५-९३६-९३७-९३८-९३९-९४०-९४१-९४२-९४३-९४४-९४५-९४६-९४७-९४८-९४९-९५०-९५१-९५२-९५३-९५४-९५५-९५६-९५७-९५८-९५९-९६०-९६१-९६२-९६३-९६४-९६५-९६६-९६७-९६८-९६९-९७०-९७१-९७२-९७३-९७४-९७५-९७६-९७७-९७८-९७९-९८०-९८१-९८२-९८३-९८४-९८५-९८६-९८७-९८८-९८९-९९०-९९१-९९२-९९३-९९४-९९५-९९६-९९७-९९८-९९९-१०००-१००१-१००२-१००३-१००४-१००५-१००६-१००७-१००८-१००९-१०१०-१०११-१०१२-१०१३-१०१४-१०१५-१०१६-१०१७-