## cricket bye

LONDON, Aug 8: West In-dies pace bowler Winston Benjamin announced his retirement from first class cricket today due to a shoulder injury



The 31-year-old Antiguaborn pace bowler, who played in 21 Tests for West Indies. damaged a shoulder tendon playing for Hampshire in the county championship earlier this year.

Benjamin scored 3985 runs and took 476 first-class wickets in 171 matches, including Tests.

#### A noble dedication

PRETORIA. Aug 8: South Africa's four Olympic medalists dedicated their awards Wednesday to 78-year-old President Nelson Mandela, who, they said, had provided the inspiration behind their successes, reports AFP.

Medalists Penny Heyns, Josiah Thugwane, Hezekiel Sepeng and Marianne Kriel made the dedication to Mandala outside his official residence here after having tea with the President.

Heyns, who won two golds in the 100 and 200 metre women's breaststroke, read Mandela personalised letter written by the four to their leader.

"We pray for your continued wisdom, health and leadership ... and thank you for helping us achieve our goals," the letter

Thugwane, who on Sunday became South Africa's firstever black gold medalist, win ning the men's marathon, addressed reporters in Zulu, saying he was honoured to meet Mandela, who had helped him succeed "against all odds."

Thugwane, who is a coal miner in the eastern Mpumalanga province, has been one of South Africa's top marathoners for several years, despite training without the aid of a coach.

In March he also survived being grazed in the chin by bullet shot at point blank range by a group of men who tried to hijack his car.

Mandela, who gave the four medalists a guided tour of the spacious grounds surrounding His residence, complimented them for their successes achieved despite South Africa's years of isolation and depriva-

South Africa is a gold exporter," he said. "But now, these young people brought

He further predicted the country would increase its medal haul in the 2000 Sydney Games.

Earlier in the day, several dozen of members of South Africa's historic Olympic team. which is the first multi-racial squad to fly under the country's new flag and anthem, at tended a public victory parade in Johannesburg.

#### Visa affair

TEHRAN, Aug 8: The United States has withheld visas for six members of the Iranian sports delegation heading to the Paralympic Games for the disabled in Atlanta. Iran's official news agency IRNA said today, reports AFP

The agency, citing an unidentified sports official said US authorities had "refrained from issuing visas" to a runner, a weightlifter and four officials accompanying the team, although they had presented "full documents" with the visa request

The two athletes "had high hopes for winning gold medals, but their presence at the Games is unclear," it said

The Paralympics are to open next Thursday, August 15, and the Iranian delegation was due to leave for Atlanta on Sunday.

# Benjamin bids Linford still ill at ease

Italy, Aug 8: Britain's Linford Christie ran his first 100 metres race on Wednesday since his shock disqualification in the Olympic final but could

reports Reuter. Surin, who was part of Canada's triumphant 4x100 metres Olympic relay squad, won in a time of 10.17 seconds with Christie trailing in more than a 10th of a second be-

only manage second place

behind Canada's Bruny Surin.

The 36-year-old Christie was ordered off the track at the Olympic 100 metres final in Atlanta 11 days ago after making two false starts but said despite the disqualification he was still the greatest athlete in the world.

Many competitors travelled to this high altitude ski resort in northwestern Italy direct from Atlanta in the hope of setting world records.

In the event, none of them managed to shake off their jet leg and find the inspiration.

despite the fact organisers were offering a new Ferrari sports car to any record

Allen Johnson, who won the Olympic gold medal in 110 metres hurdles, said on Tuesday he was convinced the world record was now within

Racing alongside current record holder Colin Jackson of Britain, Johnson got off to a flying start but then struggled in the face of a stiff headwind and hit two hurdles heavily. He still managed to win the

race, but his time of 13.25 was well outside Jackson's record of 12.91 set three years ago. Johnson and shot putter Randy Barnes were the only two US gold medalists to come to Sestriere, with the others deciding to attend a reception being thrown for them by

Wednesday. Barnes won his gold medal after a tense tussle with John Godina and he triumphed again over his compatriot in another close competition in Sestriere.

South African President Nelson Mandela seen flanked by country's Olympic medal winners

(from L to R) Marianne Kriel, Josia Thugwane, Penny Heyns and Hezekiel Sepeng at a

Sanchez gets up steam

Africa eliminated American

played confrontation of un-

seeded American players.

Jennifer Capriati defeated Lori

Capriati was able to over-

come McNeil's net rushing in a

two hour and seven minute

contest that featured thrilling

rallies. "It was a good match

and we both played well."

Capriati said. "Those kind of

matches are exactly what I've

medal in doubles at the Atlanta

Olympics, said it was difficult

playing so soon after that

the thrill of a lifetime." she

said. "It's tough playing this

week because I really don't feel

in the Olympics, Fernandez

added. "I think every time it's

going to be a bigger deal. It's

ATLANTA, Aug 8 A man

who carried a gun into

Olympic Stadium just before

the opening ceremony waived

a preliminary hearing Wed-

nesday, while an Olympic

boxer who used counterfeit

bills to buy women's lingerie

was cleared of federal charges

Federal authorities agreed

Tuesday to drop charges

against Ugandan boxer Bakule

Charles Kizza, who was ar

rested on July 17 after buying

500 dollars worth of women's

lingerie with counterfeit bills

at a Wal-Mart in Gainesville.

about 50 miles northeast of

reports AP.

Atlanta.

Olympic trivias

I've had time to enjoy it.

memorable victory

Fernandez, who won a gold

Winning a gold medal was

Talking about tennis place

In an exciting and well

Jolene Watanabe 6-0, 6-0.

McNeil 7-6 (7-5), 7-5.

reception in their honour at the presidential palace in Pretoria on August 7.

MONTREAL, Aug

8: Second seeded

Arantxa Sanchez-

Vicario of Spain

showed no ill ef-

fects of her Olym-

pic singles final loss to Ame-

rican Lindsay Davenport last

Saturday as she shut out Italian

qualifier Nathalie Baudone 6-0.

6-0 in second round play at

the Canadian Open on Wednes-

early and be aggressive and ev-

erything worked." said the

number two ranked Sanchez-

Vicario. "I really did do every-

vancing to the third round in-

cluded number five Mary Joe

Fernandez, number nine

number 15 Nathalie Tauziat of

France and number 16 Elena

Croatia and number four Anke

that she could not convert the

three set points she had in the

opening set against Basuki, a

clever all court player. "I

should have won the first set

because I had those set

points," said Majoli, "in the

second set, I got a little tired

and my shots got shorter and

she was able to get into

rhythm and play better and

Huber was decidedly dis-

pleased with her performance

against Po. who played a solid

baseline game and kept the

ball deep. "Everything went

wrong with what I was doing.

summed up Huber, "I hope I

don't have that bad a match for

Amanda Coetzer of South

the rest of the year."

Huber of Germany were upset.

Third seeded Iva Majoli of

Majoli was disappointed

Likhovtseva of Russia

Gabriela Sabatini of Argentina.

Other seeded players ad-

"I just tried to take the ball

day, reports Reuter.

thing right."

President Bill Clinton later on

Britain's Olympic silver medalist Jonatha Edwards won Wednesday's triple jump event with a final leap of 17.67 metres, well inside his world

record of 18.29 metres. "It was disappointing not to do better but I was tired after the Olympics . . . I think we were all feeling a bit flat," he

told reporters. Sestriere, which is due to host next year's World ski championships, is the only place to regularly hold international athletics meetings more than 2,000 metres above sea level - an altitude which can help boost athletes' performances.

Two years ago Sergei Bubka broke his pole vault world record here while in 1995, Cuba's Ivan Pedroso set a new long jump mark, although it was later annulled amid claims the wind machine had been interfered with.

The European athletics circuit continues in earnest on Saturday with a Grand Prix meeting in Monte Carlo followed by the prestigious Zurich meeting on August 14.

- AFP/UNB photo

still not recognised as a top

sport but I think (Andre)

Agassi winning the gold medal

is going to help a lot. But I

think I'd still like to see it as a

team competition.

Clinton sings Games' praises

WASHINGTON. Aug 8 (AFP) President Bill Clinton paid tribute to some 200 Olympic medal winners at the White House Wednesday, and called the Atlanta Games "the greatest Games in the history of the Olympics."

Clinton's wording was no coincidence.

Juan Antonio Samaranch, president of the International Olympic Committee, left out his traditional hyperbolic praise at the close of the Games, widely criticized as unorganized and over commercialized. Samaranch simply called

the Games "most exceptional." Clinton, who also saluted the "community spirit" in Atlanta following the fatal terrorist bombing, acknowledged there "May have been some discussion about the success of the Games.

But, addressing the athletes, he said: "Because you were so magnificent, and because of the way people reacted to the tragedy, as far as I am concerned, these Atlanta Games were the best ... these were the greatest Games in the history of the Olympics."

Clinton paid special tribute to the women athletes, noting that as a father of a young daughter, he was appreciative of their efforts to break down barriers and compete on an

international level "We should be on the forefront always of bringing more people into the world of sport. more people into competition more people having a chance to live out their dreams, whatever they are," Clinton said.

#### Two greats meet for the first time

LOUISVILLE, Kentucky, Aug 8: Muhammad Ali and Jack Nicklaus met for the first time on Wednesday - on a golf course, not in a ring, reports Reuter.

One of history's greatest boxers and one of its greatest golfers shook hands and exchanged pleasantries at the ninth green of Valhalla Golf Club, where the PGA championships begins today.

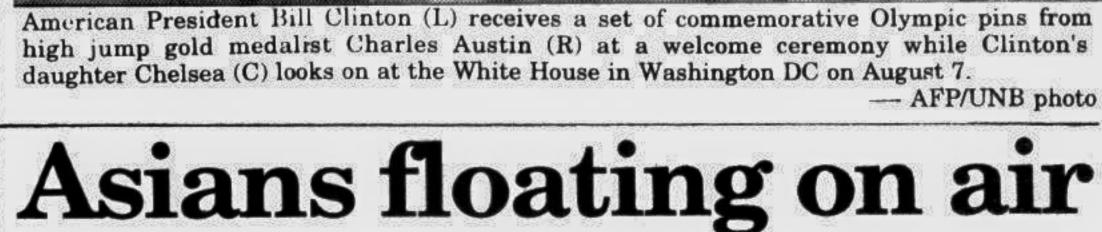
"Muhammad wanted to show the golden bear some real gold," an Ali spokesman said of the event, in which the former heavyweight champion displayed the replacement Olympic gold medal he received on Saturday at the Summer Games in Atlanta.

Ali, slowed by Parkinson's syndrome from his years in the ring, seemed to offer Nicklaus the shiny disc. a replacement for the gold medal he won in the 1960 Olympics, which was

"This is not for me — it's yours." Nicklaus said, taking the beribboned medal and hanging it over Ali's broad shoulders — to the delight of hundreds of surprised golf fans, who had not been told in advance of the meeting.



Jack Nicklaus (L) and Muhammad Ali (R) pose for photographers during the final practice round for the 78th PGA championship at Valhalla Golf Club in Louisville, - AFP/UNB photo Kentucky on Wednesday.



HONG KONG, Aug 8 (Reuter): Some arrived home to new cars, others to fatter wallets, showers of golden confetti, new corporate sponsorships and handshakes from prime ministers.

Asia's Olympic medal winners returned from Atlanta on Wednesday to a range of rewards as diverse as the region

China, which finished fourth at the Atlanta Games with 16 gold medals, 22 silvers and 12 bronzes, championed its winners as heroes and rendered them instant millionaires in the local currency despite the nation's widespread poverty.

Cash gifts and perks from Chinese companies could bring total earnings of a gold-medal winner to more than one million yuan (120,000 dollars), an astronomical sum in China where urban residents have earned an average of 367 yuan (44 dollars) a month so far this

Games in Sydney, celebrated its medal haul at Atlanta after finishing seventh on the final table with nine gold, nine silver and 23 bronze. Sports officials in Seoul said

Australia, host of the 2000

gold medalists will receive US 740 dollar a month for life. while silver medalists US 370 dollars and bronze US 120 dol-

South Korean President Kim Young-sam invited the athletes to a luncheon at the presidential Blue House to congratulate them

Japan, smarting from its worst Olympic showing since the 1952 Helsinki Games, delivered "reward money" to its Hong Kong's roads from the 14 medalists while its judo airport to cheer their golden contenders who won gold are to receive a silver cup each from the emperor.

"I thank each of you for having done your best in splendid matches to give us underful dreams." Prime Minister Ryutaro Hashimoto told the athletes before hosting an infor-

mal party. Thousands of people turned out in the south island city of Dunedin to welcome New Zealand's double gold medalwinning swimmer Xanyon Loader with a tricker tape parade. His achievement has been hailed as one of the coun-

try's greatest Olympic feats. In an unusual twist, a leading bank said it would repay Loader's parents' home loan after they remortgaged their house to scrape together the plane fare to watch him in At

Indonesian Olympic champions are to be greeted by a floral tribute, a welcome from 10,000 students and handsome financial bonuses to mark the team's four medals, local media reported.

Rich rewards await Somluck-Kamsing, Thailand's firstever gold-medal winner. The boxer gets about 32 million baht (1.28 million dollars) in cash, tax-free. When he returns on Thursday with his teammates, who will receive a welcome from King Bhumibol. Adulyadei.

Police are bracing for crowds of up to 10,000 wellwishers who expected to line girl, Windurfer Lee Lai-Shan who clinched Hong Kong's first and last gold medal as a

British colony. Her feat immediately earned the 25-year-old more than HK two million dollars (275,000 dollars) in awards, pledged before the Games. Tributes, gifts, sponsorships and cash have flowed in relentlessly, including lifetime free

ride on the Hong Kong subway. Filipino boxer Mansueto Velasco, a former ice cream vendor who won silver, the Philippine's only medal in Atlanta, is to receive a welcome at the presidential palace after a motorcade through city and showers of golden confetti.

On top of his financial re-

ward, Velasco will enjoy a lifetime monthly pension of 7,000 pesos (270 dollars) two cars and a promotion in the navy to staff sergeant from corporal. India's lone medal winner,

tennis star Leander Paes, saved the 930-million strong nation from a medal rout and has been pledged awards totalling about 31,000 dollars.

Malaysia's two medal winners - both in badminton - also walked away wealthier.

Returning home with no medals, Vietnam's tiny Atlanta team of five nevertheless will each receive 500 dollars from Coca-Cola — more than twice the country's annual per capita income.

# Meherobic

## Heart rate and exercise

How do you know whether the exercise is aerobic and provides cardiovascular benefit? Well! the answer is "Heart Rate". Heart rate is widely accepted as a good method for measuring intensity during running, swimming, cycling and other aerobic activities. Exercise that doesn't raise your heart rate to a certain level and keep it there for 20 minutes won't contribute significantly to cardiovascular fit Because heart rate in-

creases proportionately with an increase in work-load, heart rate can indicate the stress placed on the cardiovascular system. Heart rate can be monitored easily by periodically taking the pulse during an exercise session and then adjust ing the exercise intensity to bring the heart rate to a recommended level The heart rate you should

maintain is called your Target Heart Rate. There are several ways of arriving at this figure One of the simplest is: Maximum Heart Rate (220-age) x 70%. Thus, the target heart

rate for 40-year-old would be 126. Although this formula is practical for a class setting, it is not always accurate because maximal heart rates can vary at



any given age The most common errors that occur in recording intensity using heart rate include miscounting and taking too

long to begin counting. The two most common places for recording heart rate are wrist and neck.

Wrist: place the tips of the

index and middle fingers (not the thumb, which has a pulse of its own) and press down slightly.

Neck: Press two fingers gently on the carotid artery. which runs up the neck alongside the jaw bone. Too much pressure placed on the carotid artery may stimulate a reflex mechanism that causes the heart to slow down. The pulse can be taken for 10 seconds (and multiplied by 6). For example, the exercising heart rate zone of 20-30-year-old man or woman should range from 144 to 174 beat per minute (24-29 in 10 seconds).

Because heart rate begins to decrease soon after exercise stops, one should begin the count as soon as possible. preferably within 5 seconds. Stopping suddenly during exercise for taking pulse rate may cause blood to pool in the extremities and result in lightheadedness or fainting.

## The Daily Star Entertainment Guide

Friday 9th August (All programmes are in local time. There may be changed in group programmes!

#### BT/

Marning Session 8:00am Opening Announcement 8:10 News in Bangla 8:15 Alor Dishari 8:40 Kalakakoli 9:05 Educational Film: The World of Mathematics /Numbers and Figures 9:30 Comedy Series: Murphy Brown 10:00 The News 10:05 Moner Mukure: Retelecast of Selected Drama 11:15 Cartoon 11:40 Prescription 11:55 Shiksa-Dhiksa 12:30 Evening Transmission

**Evening Session** 2:30pm Opening Announcement Al-Quran 2:40 Recitation from the Tripitak 3:00 Bangla Feature Film 4:00 News in Bangla 5:00 News m Bangla 6:00 News in Bangla 6:05 Documentary Film : Silk Road 7:00 News in English 7:05 Open University 7:25 Malancha: Modern Songs 7:45 Apanader Chithi Pelam 8:00 News in Bangla 8:30 Film Hajabaralo 10:00 News in English 10:25 Janmabhumi 10:35 Drama series: Thunder in Paradise 11:30 News in Bangla 11:35 Tomorrow's programme summary

better

#### BBC

6:00am BBC Newsroom inc World Business Report/Asia To day/24 Hours 7:00 BBC News room inc. World Business Report/Asia Today/24 Hours 8:00 BBC Newsroom inc. World Business Report/Asia Today/24 Hours 9:00 BBC World Headlines 9:05 Under The Sun 10:00 BBC News day 1:00 BBC World Headlines 1:05 Under The Sun 2:00 BBC World News 2:30 Time Out Raymond's Blanc Mange 3:00

BBC Yorld News 3:30 Time Out: Earth ort 4:00 BBC Newsdesk Yorld Headlines 6:05 Sun 7:00 BBC World News 7:15 World Business Report 7:30 BBC Newshour Asia and Pacific 8:30 Time Out : Tomorrow's World 9:00 BBC World Headlines 9:05 Under The Sun

Headlines 1:05 Under The Sun 2:00 BBC World News 2:30 Time Out: Building Sights 3:00 BBC World Report inc. World Business Report/ 24 Hours 4:00 BBC Newsroom inc. World Business Report/Asia Today/24 Hours 4:00 BBC Newsroom inc. World Business Report/Asia Today/24 Hours 5:00 BBC World News 5:10 Newsnight

#### CHANNEL V

7:00am Rewind VJ Sophiya 8:00 Jump Start VJ Trey 9:00 Frame by Frame 12:00noon The Vibe VJ Luke 1:00 By Demand VJ Trey 2:00 Rewind VJ Sophiya 2:30 First Day First Show 3:00 Video con Flashback 3:30 Soul Curry 4:00 Planet Ruby 4:30 By Demand VJ Trey 5:30 Rewind VJ Sophiya 6:00pm Billboard US Countdown 8:00 The Vibe VJ Luke 9:00 The Indian Top 10 10:00 First Day First Show 10:30 The Ticket 11:00 V Soot 12:30 Music Master Boss Shoof 49 1:00 Haysa

2:00 Over The Edge VJ Sophiya 3:00 Big Bang VJ Alessandra 4:30 Frame By Frame

#### STAR PLUS

6:30am Voltron 7:00 Teenage

Mutant Ninja Turtles 7:30 G | Joe 8:00 Saber Rider And the Star Sherrif 8:30 The Adventures Of Black Beauty 9:00 Aerobics Oz Style 9:30 Nanny and The Professor 10:00 Mr Belvedere 10:30 The Urban Peasant 11:00 Fashion Television 11:30 Gabrielle 12:30 Santa Barbara 1:30 The Bold & The Beautiful 2:00 The Oprah Winfery Show 3:00 Remington Steele 4:00 The Urban Peasant 4:30 Fashion Television 5:90 Teenage Mutant Ninja Turtles 5:30 The Adventures Of Black Beauty 6:00pm Lost in Space 7:00 Home and Away 7:30 Charles in Charge 8:00 MASH 8:30 Hearts Afire 9:00 Grace Under Fire 9:30 Dynasty 10:30 The Bold and The Beautiful 11:00 Santa Bar bara 12:00mn The New Twilight Zone 12:30 The X-Files 1:30 Empty Nest 2:00 The Golden Girls

2:30 Fashion Television 3:00 Movie Choices 5:00 The Sullivans 5:30 Barnaby Jones

#### STAR Sports

6:00 Trans World Sport 7:30 1996 World Motorcycle Champion ship Austrian Grand Prix 9:00 Indoor Mountain Bike Racing 9:30 The European Tour Seniors British Open 10:30 World Cup Classic Matches 1970 Brazil v England 12:30noon US mountain Challenge 1:00 Trans World Sport 2:30 1996 US PGA Championships Day 1 Highlights 5:30 World M'Cycle Champs-Austrain HL 6:00pm NBA-Inside Stuff 6:30 World Wrestling Federation Action Zone 61 7:30 Futbol Mundial 8:00 World Rally Champs-Argentina 8:30 The Asian Football Show 32 9:30 Cricket Week 5 10:00 Sports India 3 11:00 Live 1996 US PGA Championships Day 2 4:00 World M'Cycle Champs-Austrian HL 4:30 Championship Boxing 10/Rds Jr Featherweights Wayne McCuflough vs Julio Cesar Cardona

## STAR MOVIES

Undertaking 15 ( Arabci Subtities) 9:30 Family: Bach and Broccoli PG (Arabic Subtities) 11:30 Adventure: Rent a Cop 15 (Arabic Subtities ) 1:30 Family: Not My Kid 15 (Arabic Subtitles) 3:30 Comedy Way Way Out PG (Arabic Subtitues) 5:30 Romance: This Can't Be Love 15 (Arabic Subtitles) 7:00 Family: Goldilocks and the Three Bears G (Arabic Subtitles) 7:30 Family: The Secret Adventures of tomthumb (Arabic Subti ties) 9:00 UK Top Ten 9:30 Gold. Mr Johnson 12 (Arabic Subtitles) 11:30 Friday Fury: Excessive Force 18 (Arabic Subtitles) 1:30 After Dark: Mona Lisa 18 (Arabic Subtitles) 3:30 Comedy: White Men Can't Jump 18 (Arabic Subtitles 5:30 Action: Article 99 18 (Arabic Subtities) ZEE TV

5:30 Surtal 6:00 The News (Rpt) 6:30 Jaagran 7:00 ZED 8:30 Aap Ki Adalat 9:00 Nirolac Ashiana

#### 10:30 Akber Birbal 11:00 Sur Taal 7.30am Romance: Romantic

11:30 Dream Merchants 12:00 Gharounda 12:30 TMM 2:30 Tara 3:00 Filmi Chakkar 3:30 Lijiat Khana Kazana 4:00 Lamke Khubsurat 4:30 To Be announced 5:00 ZED 5:30 Rasna Kya Sin Hai 6:00 Apna Ghar/Dhak Ghar 6:30 Bour navita Quiz Contest 7:00 No Problem 7:30 Gaane Anjaane 8:00 Hum Honge Kamyaab 8:30 Close Up Antakshiri 9:00 Philips Top Ten 10.00 Andaz 10:30 The News 11:00 Nafrat 11:30 Tanaav 12:00 Benegi Aprie Bat 12:30 Nirma Ashaa 1:00 The Zee Horror Show 1:30 17 Sherliv Road 2:00 The Low Calorie Show 2:30 TMM 4:00 Mano Ya Na Mano 4:30 Campus 5:00 Jagran EL TV

9:30 Maa 10:00 Gaane Anjane

00:30 Guzra Hua Zamana 1:30 Hanste Hanste 2:30 Tarane Aur Fasane 3:30 R D Burman Special 4:30 Tarane 5:30 Guzra Hua Zamana 6:30 Hanste Hanste 7:30 Tarane Aur Fasane 8:38 R D Burman Special 9:30 Tarane 10:30 Fat Or Fit 11:00 Sorry Meri

hineto 12:30 Intenezar 1:00 Ghungroo 2:00 Jeevan Ke Rang 3:00 Karm 3:30 Instinct Purush Kshetra 4:30 Foltne Chalo Cinema 5:00 Number 1 5:30 Lata Mangeshkar Special 5:30 Best Of The Best 7:30 Top Of The Tops 8:00 Young Buzz 8:20 Haseen Pal 8:30 Scandal 9:00 Atco Ru-Ba-Ru 9:30 Brigadier Balwant Bhawan 10:00 Akansha 10:30 Stand By 10:40 Silsila 11:00 Kamaal Combination 11:30 Zandu Balm Dance Mania 12:00 Music

Lorry 11:30 Gambler 12:00 Ab-

#### PTV 8:00am Tilawat Aur Tarjuma/

Hamd/Naat 8:20 Boltay Haath 8:35 Sada-E Kashmir 9:10 Dastar Khwaan 9:35 Karb 11:00 Kha brain 11:15 English Film : Love 11:45 Sports Prog. 2:02 Bismillah 2:15 Fehrn-ul-Quran 2:40 Natak Rang 3:25 Ek Raat Ek Kahani 4:40 Sehat Aur Sukoon 5:25 Biology for 10th 5:55 Uffag 6:25 Aiou Courses 7:20 Full House 7:45 English News 8:10 Fun Time Poppet Show 8:45 Paal Do Paal (Serial) 9:00 Break for Headlines

News 10:00 Khabarnama & Commercial News 10:35 Lollywood Top Ten Countdown Film Music 11:35 Spectrum 12:00 Friday Night Classic Cinema & Khas Khabram Close down

#### SONY ET 8:30am Gaane Jaane Maane 9:00

The Three Stooges 9:30 Denni:

The Menace 10:00 | Dream Of Jeannie 10:30 Jo Winner Wohi Sikandar 11:00 Siddhi 11:30 Cine Matinee-Hindi Feature Film 2:30 Kismat (Serial) 3:00 Zamin Asman 3:30 Mere Message Men Geet 4:00 Surf Wheel of Fourtune (Game Show) 4:30 Jane Kaha Mera Jigar Gaya Ji 5:00 Apne Jayse Types 6:00 Mere Massege Meri Geet (Viewers Demand Songs 6:38 Dennis The Menace (Hindi Dubb English Film) 7:00 Premier 7:30 | Dream of Jeannie 8:00 Surf-Wheel Of Fourtune (Game Show) 8:30 Cine Prime-Hindi Feature Film 11:30 Chamatkar 12:00 Ghaav 12:30 O'Maria 1:00 Janee Kaha Mera Jigar Gaya Ji 1:30 Mere Message Meri Geet 2 00 Jo Winner Wohl Sikandar

#### DD 7 10:30 Janmadin (Birthday Gree-

tings) 11:00 Rabindra Sangee

11:15 Light Instrumental Folk 12:30 Swapner Bazar 81:00 Janani 2:30 Kichu Katha Kucu Gaan 3:00 Sur Sangeet 3:30 Dheu 5:05 Nepali Prg 5:30 News 5:35 Health Programme 6:00 Palli Katha : Banglar Mukh 6:30 Gaan Niev 7:00 Ek Diner Sultan 7:30 Bangla Sambad 8:00 Gee: Sangeet 8:36 Irsha 9:00 Janani 9:25 Nandanik 10:00 Bengali Movie Club Film Show Navika Sangbad Cast. Uttam Kumar, Anjana Bi ZEE CINEMA

### 06:30 Tarana 07:00 TBA 09:00

Anban 10:00 Ek Number Ka Chor

12:15 Aaı Anadi Kal Khiladi 12:30 Goopi Chand Jassos (Ray Kapoor Zeenat) 03:15 Songs 3:45 Hum Tere Aashig Hal (Jeetendra, Hema) 6:30 Dilli Baba (Tamil) 9:15 Songs 10:00 Dehej 12:45 Geet Gays Pathron Ne (Jeetendra, Rajshri 3:30 Off Screen 4:00 Rakkhi Ki Saugandh (Vinod Mehra, Sarika)