Steven stuns Woodforde

NEWPORT, Rhode Island. July 12: Mark Woodforde, who made Wimbledon doubles history a week ago, was beaten 6-0, 6-0 Friday by Brett Steven of New Zealand in the quarterfinals of the Hall of Fame tennis tournament, reports AP.

"It was one of those games where I hit everything in and he hit everything out," the eighth-seeded Steven said.

Woodforde was coming off a record-tying fifth consecutive Wimbledon doubles title with partner Todd Woodbridge.

"I think I just hit the wall physically," said Woodforde, who had just two aces and double-faulted eight times in six service games. "Mentally, wanted to win, but physically it was very hard to be out there." Woodforde was playing his

third match in four days. was very flat today," he

Steven said Woodforde's Wimbledon success may have drained him. of the deal was not his only rea-He had ... some time to re-

flect that he won five Wimbledons," Steven said. "I don't even know how he won two matches here. I felt let down after I went to fourth round (at Wimble-

Taekwondo ends

The two-day first Bangladesh taekwondo championship concluded yesterday at the National Sports Council gymnasium, reports UNB.

South Korean ambassador to Bangladesh Tan Tae Kyu was the chief guest at the closing session and distributed prizes. Two hundred players from 10 teams took part in the 7weight categories competition.

Davis Cup roundup

LONDON, July 12: Britain's Wimbledon heroes Tim Henman and Greg Rusedski struggled against the Ukrainian clay-court specialists in the opening two matches of their Euro-African Group 1 Davis Cup play off in Kiev Friday, reports AP.

Henman needed five sets to defeat Andrei Rybalko before Ukraine levelled it 1-1 when Rusedski went down in four sets against Andrei Medvedev, a top 20-ranked player.

After Saturday's doubles match, the fight to stay in Group 1 of the zone next year will be decided in the reverse singles matches on Sunday.

Score

USA 192

₹Q 875

♦J 10875

Open Room

Closed Room

vulnerable trick.

Open Room

balancing seat.

Thirsty for opportunities to

create some action, the

Pakistanis were out of luck on

this deal. Although they bought

the contract in both rooms, the

net result was another push as

one Pakistani partscore made

while the other failed by one

Levin passed the very thin

East hand and was not tempted

to overcall when Masood

opened 14 in fourth seat. Zia

produced a light ralse and

bought the contract when Levin

judged to go guietly in the

dummy's ♥K and led a

diamond: 5, 6, 7, 9. Levin

plugged away with a second

heart, and Solodar let dummy's

10 hold, relating his major

tenance. A second diamond was

won by Solodar's king, and he

chose to underlead his A.

Masood rose with the ♠K and

ruffed his last diamond with

dummy's 48. Solodar overruffed

with the A and returned the

With VJ. Masood won with

♦K 6

WEST

Pass

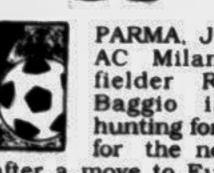
Solodar

All Pass

Munir

Pakistan 1112

Baggio back to square one



PARMA, July 12: AC Milan midfielder Roberto Baggio is still hunting for a club for the new sea

son after a move to European Cup contenders Parma fell through on Friday, reports Reuter. Baggio, who has vowed to

leave Milan before the start of next season, had looked certain earlier this week to join last season's Serie A runners-up. "Baggio from Milan to Parma is a deal which is 99 per cent concluded," his agent Antonio

Caliendo said on Wednesday after meeting officials at Milan. But on Friday Parma said they were not interested, an announcement which prompted their sporting director Riccardo

Sogliano to resign. Sogliano had been a key figure in the negotiations between Parma, Milan and Baggio, although he stressed the collapse

son for quitting. Italian newspapers reported on Friday that Parma coach Carlo Ancelotti had opposed signing Baggio on tactical grounds.

Just before Parma made their announcement, Serie A rivals Udinese revealed they had made an offer for Baggio, once the world's most expensive footballer and still one of the best-known Italian players of

his generation. "Baggio to Udinese? We'd like to, because he's a player who interests us," club sporting director Carlo Piazzolla said.

"Yesterday we made contact with officials from Milan and we said that — without wanting to interfere with the deal with Parma — we'd be interested in bringing Baggio to Udinese."

Udinese, from the far northeastern corner of Italy, are a modest club but have qualified

move to Udinese could give him for next season's UEFA Cup. the international exposure that Baggio has always said he he will need to have chance of would love to play in next year's



AP file photo of Italy's soccer ace Roberto Baggio.

Testud serving to stay in the

advantage of a weak second

serve by Testud to gain a match

away with another double fault.

over the more experienced Mary

Tauziat could not adjust to clay

after a run to the quarterfinals

first round to advance. Last

against the United States.

year Spain lost in the finals

The Americans were beaten

The Dutch team meets the

by the Netherlands in the first

Czech Republic in the other

semifinal in Prague this week-

Pierce and Nathalie Tauziat.

Testud then gave the match

Sunday are the reverse sin-

Noah chose Fusai and Testud

Pierce was injured and

Belgium beat Spain in the

AT 30-30, Van Roost took

match at 4-5.

gles and the doubles.

at Wimbledon.

round this year.

France, Belgium even



BRIDGE NOTES &

By An Expert

Hands from Bermuda Bowl

♦KJ 952

♥A 432

♦1086

♥K 109

Q9632

EAST

Levin

Pass

Pass

Fazli

♥Q, pinning dummy's ♥9 and

ruffing out Masood's ace. Levin

scored his \$7 and drew

dummy's last trump with the

◆Q. He exited with a diamond

and in the fullness of time

solodar's ♥8 took Masood's ♥3.

Here Fazli did open the East

Rodwell's \$6 was ducked to

cards and was soon able to buy

the hand for 2° after some early

the king and Meckstroth

switched to the \$8, 9, 10, king.

A heart went to the jack and

king and Rodwell knocked out

dummy's A. When the J was

led, Meckstroth guessed to win

his ace. He exited with the \$7

and Fazli rose with the .A. He

couldn't afford to lose to the

doubleton queen of trumps and

have a club ruffed on the way

Pakistan 111

back. Just making

Sights 5:00 BBC World News

5:30 Hard Talk 6:00pm BBC

Score: Pakistan (E-W)+90

Score Carried Forward:

Net Score: USA+10(0 IMPs)

Score: USA (E-W)+100

One down.

skirmishing.

Closed Room

♦105

NORTH

Masood

Meckstroth

NICE, France. July 12: France and Belgium split the first two singles matches. Saturday in their Fed Cup World Group semifinal.

Board: 74

Dir: East

Vul: Both

♦AJ 9432

SOUTH

Rodwell

All Pass

Pass

Pass

Zia

Pass

♦974

reports AP. France's Alexandra Fusai. making her Fed Cup singles debut, railied to defeat Sabine Appelmans, 6-7(1-7), 6-3, 6-1. Dominique Van Roost of Belgium took advantage of key double faults by Sandrine Testud of France to even it with a 4-6, 7-5, 6-4 victory in the second singles.

Yannick Noah, who doubles as French Davis Cup and Fed Cup captain this year, Surprised many by naming Fusai, ranked 57th in the world and only the sixth-ranked French player, to start against Appelmans, ranked 19th in the world, Saturday.

It looked like the wrong choice when Appelmans moved out to a 3-0 lead and had two chances to make it 4-0 before the French player scored her first game.

Although the Belgian player won in a tiebreak. Fusai was getting more and more into the match being played on the clay surface of the Nice Lawn Tennis Club, where Suzanne Lenglen starred more 75 years ago.

Fusai raced to a 3-0 lead in the second set and held it the rest of the way to even it at 1-set apiece before the players took a 10-minute break because of the heat and sunny conditions.

After the pause it was all Fusai, jumping to a 5-0 lead. She missed a couple match points in the sixth game but closed it out in the next to give France its first point.

In the second singles, Testud served for the match in the second set at 5-4 but was put in a hole with the first of her important double faults. That helped Van Roost to tie the set at 5-5.

After Van Roost held serve to go up 6-5 again Testud got into trouble. She was down 0-30 and committed another double fault to give Van Roost three set points.

The Belgian scored a winning forehand on the first to even the match at 1-1. The third set went back and

fourth. Testud was up a break at 2-1 and Van Roost rallied to be up 4-2.

It went back on serve with

Yeltsin begins playing tennis

PETROZAVODSK, Russia. July 12: Russian President Boris Yeltsin has indulged in his favourite sport tennis, albeit briefly, for the first time since he underwent heart surgery last year, Itar-Tass news agency reported today, reports Reuter.

It said Yeltsin "worked actively with a tennis racket" for 10 minutes on a court on Friday at his holiday retreat in the forests of Karelia in northwest-

FRANKFURT, Germany, July 12: Injured former world number one Steffi Graf dismissed suggestions here today that she was ready to retire, reports AFP.

nounced that she was hoping to compete in the 1.6 million dollar Masters of Champions in New York in November.

GSTAAD, Switzerland, July 12: Unheralded Spaniard Juan Albert Viloca shocked his compatriot and second seed Alex Corretja here today beating him 3-6, 7-6 (5-7), 6-4 to reach his first ever ATP final, reports

comeback which stretched to

Corretja, who failed to take the tie when serving for the match at 5-4 in the second set, had to have treatment while trailing 3-5 in the third after a blister on his right index finger popped while he was reaching for a volley.

Fed Cup tennis

FRANKFURT, July 12: Anke Huber beat 15-year-old Mirjana Lucic to keep Germany alive against Croatia in their Fed Cup World Group 1 playoff. The two teams were tied 1-1 after the opening singles Saturday, reports AP.

Huber beat Lucic, 6-2, 6-2 in 55 minutes to level the score. when French Open champion Iva Majoli defeated Meike Babel 6-2, 6-3 in the first singles

The showdown concludes Sunday with the reverse singles and doubles.

tion to World Group 1, while the loser will be relegated to World Group 2.

whose career has been hampered by a shoulder injury, was broken by Majoli in the opening game and never threatened the 19-year-old French Open champion.

Majoli raced to a 3-0 lead and won the first set in less than 30 minutes. She overcame the loss of a service game in the second set by breaking back and won the match in 75 minutes.

In an attempt to pick a faster surface that would them better, the Germans installed a carpetlike surface usually used indoors on the outdoor court in Frankfurt's Waldstadion. A warm day slowed the surface, however.



Steffi not retiring

Instead the 27-year-old an-

"It all depends on how long it takes me to get back to fitness. said Graf, who added that her improving left knee caused her no problem now when running.

Corretja in final

Viloca, ranked 67th in the world, outlasted Corretja, the Italian Open champion, in a two hours 32 minutes on the high-altitude clay of Gstaad.

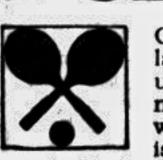
results

Croatia had taken the lead match.

The winner will gain promo-

Babel, a former top 30 player

Ferreira odd man out GSTAAD, Switzer-



his sixth-ranked compatriot if land, July 12: South Africa's Wayhis career. ne Ferreira alone withstood a Span-

ish sweep of the quarterfinals at the Swiss Open on Friday as second seed Alex Corretja and two compatriots reached the final four, reports

Reuter. Displaying the devastating form which has already earned him two tournament wins this season, Corretja needed just 65 minutes to book his place in the semifinals with a thorough 6-4. 6-0 win over seventh-seeded compatriot Alberto Berasategui.

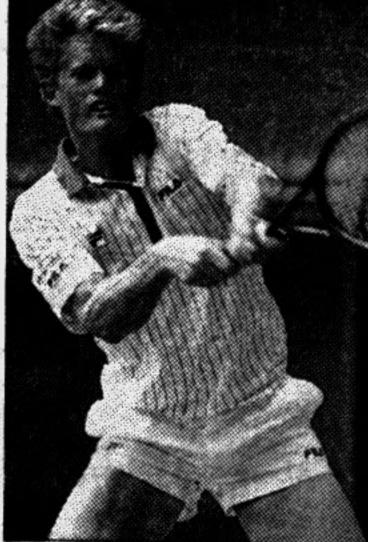
"On a scale of 10, today I think I was a 10," said Corretja, playing in his first event since losing in the fourth round of the French Open to Belgian qualifier Filip Dewulf. "I couldn't have played any better, I made no mistakes.

"My game was really solid, it would have been difficult to beat me today.' Corretja will now meet fellow

Spaniard Juan Albert Viloca, who swept aside Germany's Nicolas Kiefer 6-4, 6-3 to reach his first semifinal this season.

Viloca, who registered his first victory over a top 10 opponent with a second round win over world number nine Marcelo Rios, will have to clear a tougher hurdle in the form of he is to reach the first final of

A winner in Estoril and Rome and a finalist on two other occasions. Corretja has



WAYNE FERREIRA

been the dominant clay-court player this season, winning 28 matches - more than any other

Sixth seed Felix Mantilla, who lost last year's final to Albert Costa, became the third Spaniard to advance with a 6-4,

6-3 win over compatriot Javier Sanchez.

Mantilla, searching for backto-back tournament wins after his victory in Bolonga, will now

take on eighth-seeded Ferreira. The 25-year-old South African, producing what he described as his best tennis in a disappointing year, overcame local favourite Marc Rosset 7-5. 7-6 to reach his first semifinal this season.

"In this wonderful year I've had, this was probably my best match," said Ferreira, who finished last season ranked 10 in the world but has since slipped to number 26. "I've had reasons for my bad play but none to explain why I've been playing this bad.

"I just had a few little injuries at the start of year, didn't play well and lost confidence." The only player standing in

the way of a sixth Spanish win in seven years, Ferreira believes the high altitude at the Swiss resort and fast clay could aid his cause. "Playing on clay at this alti-

tude suits my game. I can be more aggressive." Ferreira said. "But all the Spaniards are tough - even the new ones. "There are new players every

week, I played one here I had never seen before.

"They all play the same, dif-

I lose this point it was set point

for her," Serna told the media,

agreeing the call had upset her a

Spanish captain Miguel Mar-

gets, but played down the inci-

dent saying "We are talking

about one ball after two

hands and finely judged passing

shots. Sanchez-Vicario took

control of her match from the

hard-fought opening game.

grabbing a 5-0 lead in the first

said Spanish captain.

shots," said McQuillan.

Sanchez-Vicario.

"She played a great match,"

"Everything I wanted to do

"She hit some great passing

Sanchez-Vicario experienced

the first major dip in her career

earlier this year, but fought

through to the semifinals at

sional I never had any downs,"

"For 12 years as a profes-

worked out really well," said

With fierce two fisted back-

"I think it was out," said

"little bit."

matches."

Ellwood levels the scores

she played better than last time," Serna said.

vice until the Australian broke

next, but Ellwood took the

Spaniard's service in the 10th

after a disputed line-call inci-

glared angrily at the umpire af-

ter an Ellwood lob was judged

The Spanish left-hander

"For me it was an out ball. If

through in the eight game.

dent at deuce.

The first set went with ser-

Serna broke back in the



Australia, July 12: Annabel Ellwood kept Australia's hopes alive in the Fed Cup here today when she upset Spanish left-hander Maria

Luisa Serna, reports AFP. Ellwood levelled the firstday score 1-1 in this World Group One play off by defeating Serna 6-4, 6-2 in 80 minutes after the Spaniard had been upset by a line call.

Storming back to form in the first match, Arantxa Sanchez-Vicario beat Rachel McQuillan 6-2, 6-1 in 70 min-

The reverse singles and the

doubles will be played Sunday and the tie could hinge on the doubles. Serna admitted to being a "little disappointed" by her loss

to Ellwood who lies 14 places below her in the world rank-The Spanish left-hander had beaten the top Australian in two sets on the same court here

in February in the Gold Coast

tennis classic. Serna started that tournament ranked 164, but since then she has jumped to 44 and

emerged as the Spanish number

"I didn't play very well and

Massana skips Athens meet

MADRID, July 12: Former world 20-km walk champion Valentin Massana of Spain said on Friday he would not take part in the Athens World Championships next month, reports Reuter.

Massana, 27, who said he did not plan to take part in any international competitions this year, won the 20-km gold medal at the Stuttgart World Championships and the silver two years ago in Gothenburg. He won the bronze medal in

last year's Atlanta Olympics.

Wimbledon.

she said.

"It was a harsh situation but I am glad that now it is over ... I am getting back to my best Serna and Sanchez-Vicario

will pair off against McQuillan and Kristine Kunce in the dou-

Menteronics

your maximum heart rate, you

can calculate this by deducting

Whether you work out in the gym, run or play a sport for your fitness activity, in order to get stronger or run further or faster you need to know how to make certain adaptations happen to your body. These adaptations are called the principles of training, and if you apply them to your training programme you will succeed. The six principles that you should The frequency you train

(how often): For aerobic types of exercise this should be between 3 and 5 times per week depending on your current level of fitness. A beginner to exercise should start with training no more than 3 times per week, whereas a person who is fitter may train up to 5 times per week. It is important to include rest days when training.

For muscle and strength building it is important to leave enough rest days between working specific muscles and muscle groups so that they have time to recover and build. It is currently thought that a 3 day rest between working the same muscle or muscle group will allow sufficient time for adaptation. Once again allow at least 2 days a week for complete rest. The intensity you train at

(how hard): This applies too aerobic exercise and is measured by your heart rate during exercise. You need to be working between 65 and 85 per cent of

your age from 220 and then working out your range. The easiest method of measuring your heart rate during exercise is to place your index and middle finger just to the left or right hand side of you adams apple and counting the beats for 15 seconds, then multiply by 4 to get the beats per minute. It is more efficient to work between 65 and 75 per cent for fat loss and between 70 and 85 per cent for fitness improvement. therefore by keeping your heart rate in the range 70 to 75 per cent you can achieve a bit of both.

The duration you train (for how long): For aerobic improvement you should keep your heart rate in your training zone for at least 20 to 45 minutes, in order to achieve a training effect. Beginners should start with 20 minutes and build up to around 45 minutes gradually. Exercising for less than 20 minutes is not thought to bring any significant improvements. The overload principle: For

any adaptation to take place the principle of overload must take place. Overload is basically taking the body beyond its normal day to day level to obtain a new higher level, which then becomes the norm. By applying the principles of frequency, intensity and duration and increasing reps, sets, speed, duration, resistance etc. you will gradually take your body to its

new levels. In more detail, you should work to gradually increase the weight resistance but keep the reps low if you are trying to build muscle, but you should work gradually to do more sets and reps with lower resistance if you are endurance training.

Reversibility: Reversibility is where the improvements that you may have made cease to continue and actually start to recede. This may come about by undertraining, due to cessation of the overload principle.

Specific training: By understanding your goals you can be specific about what you want to achieve and how to achieve them. If you want to be runner then gradually running further, or want run faster, or both. You certainly don't want to spend 3 days a week lifting heavy weights to improve your running. This is an extreme but it is important to be specific about your training for your sport and for your fitness.

Knee raise — standing and twisting: Stand with your feet slightly wider than shoulder width and your hands behind your head. Bend and raise your right knee towards your left elbow, which you simultaneously move towards your right knee. The movement should twist your upper body towards the right and your lower body towards the left. Return to starting position and repeat with opposite extremities, alternating one side and then the other.

The Daily Star Entertainment Guide 8:30 Small Wonder 9:00 Meri

Sunday 13th July (All programmes are in local time. There may be changes in the programme)

 BBC 6:00am BBC World News 6:30 World Living: Holiday 7:00 BBC World Headlines 7:05 Weekend World: The Last Governor 8:00 BBC World News 8:25 50 Years Of Independence 8:30 World Focus: Correspondent 9:00 BBC World News 9:30 Hark Talk 10:00 BBC World News 10:30 This Week 11:00 BBC World News 11:30 India Business Report 12:00noon BBC World News 12:30 Hard Talk 1:00 BBC World News 1:30 World Focus: Window On Europe 2:00 BBC World News 2:25 50 Years Of Independence 2:30 World Living : Air port 3:00 BBC World Headlines 3:05 Weekend World: Diary Of A Princess 4:00 BBC World News 4:30 Time Out: Building

World Headlines 6:05 Weekend World: The Last Governor 7:00 BBC World Headlines 7:05 Breakfasf With Frost 8:00 BBC World News 8:25 50 Years Of Independence 8:30 India Business Report 9:00 BBC World Headlines 9:05 World Focus: Horizon 9:55 50 Years Of Independence 10:00 BBC World News 10:30 World Living: Top Gear 11:00 BBC World Headlines 11:05 Weekend World: Diary Of A Princess 12:00mn BBC World News 12:30 Hard Talk 1:00 BBC World Headlines 1:05 Weekend World: The Last Governor 2:00 BBC World News 2:25 50 Years Of Independence 2:30 World Living Tomorrow's World 3:00 BBC Newsdesk inc. World Business Report & 24 Hours 4:00 BBC Newsdesk inc. Asia Today 8 World Business Report 5:00 BBC World Headlines 5:05 Weekend World: Horizon

CHANNEL V

6:30am Rewind VJ Sophiya 7:00 Radio V 8:30 Rewind VJ Sophiya 9:30 Radio V 11:00 BPL Oyel 12:00 Videocon Mangta Hai 12:30 Liberty First Day First Show 1:00 Videocon Flashback 1:30 Son Of Time Pass 2:00 Udam Singh 2:30 Radio V 4:30 [V] Hour Special 5:30 Radio V 6:30pm Simply South 7:30 Rexona Deo Out There 8:00 The Indian Top 10 8:30 Rewind Special 9:00 Speak Easy 9:30 Mojo Working Janice Joplin 10:00 [V] Mainstage 12:00 Tune in f [V] 2:00 By Demand VJ Trey 3:00 Pepsi Chinese Top 20 5:00 Tune in T [V] 5:30 Amped

STAR PLUS 6:30am Voltron 7:00 Wildlife In-

ternational 7:30 King Arthur 8:00 Dungeons & Dragons

Amul India Show 12:00noon The Great Escape 12:30 India

Pasand 9:30 Chandrakanta

10:30 Janata Ki Adalat 11:00

Maal Hai To Taal Hai 11:30

Business Week 1:00 Living On The Edge 1:30 Star Trek 2:30 Hindi Classic Film: Antareen (Dimple Kapadia, Anjan Dutt, Tathagatha Sanyal) 4:30 Arts Update 5:00 The Great Escape 5:30 Plus Preview 6:00 Charlies Angels 7:00 Amul India Show 7:30 Priya Tendulkar Show 8:30 Ooh La La 9:30 Reporter 10:00 A Question Of Answers 10:30 Star News Sunday 11:30 Dynasty 12:30 India Business Week 1:00 Star News Sunday 2:00 BBC Documentary: The Dream Machine 3:00 Movie Classic: Fabulous Dorseys 5:00 Burke's Law

STAR SPORTS 6:30am FIM World Motorcycle

Sport Show 11:00 English Cricket '97 Benson & Hedges Cup Final 5:00 The Asian Football Show 6:00 Grand Prix Mobile One Race Day 7:00 Live Formula One World Championships Britain Grand Prix 9:00 inside PGA Tour 9:30 Australia v England 11:00 Hong Kong Telelink Cup Inter Milan v Sing Tao 1:00 ASP World Championships Marui Pro 2:00 Isle Of Man TT 3:00 F1 Powerboats World Champs 3:00 WPGET Estoril Ladies Open 4:30 Samsung Nations Cup 5:30 China-Hong Kong Telelink Cup Inter Milan v Sing Tao . STAR MOVIES

Championship Imola Grand Prix

H/L 7:30 Formula One World

Championships Britain Qualify-

ing 8:30 World Wrestling Fed-

7:30am Classic : The Boys In Blue 9:30 Family: Jeannot the Brave 11:00 The Bhaskar

(Hindi Subtitles) 3:30 Sunday Show Time: Pee-Wee's Playeration Live Wire 9:30 Asia house PG 4:30 Sunday Show Time: Jackie Chan ... The US

Tour (15) 5:30 Sunday Family Double Feature: Best Shot PG (Hindi Subtitles) 7:30 Sunday Family Double Feature : Bye Bye Red Riding Hood PG (Hindi Subtitles) 9:30 The Bhaskar Ghose Show 10:00 Gold: Bye Bye Love 15 12:00 True Stories Madonna ... Innocene Lost 18 2:00 Romance : Blue Sky 18 (Hindi Subtitles) 4:00 Horror Critters II. 18 (Árabic Subtitles 5:30 Thriller: Secret Passions 15 PTV

Ghose Show 11:30 Comedy

Miracles PG 15 (Hindi Subtitles

1:30 Romance : Heartbeat 15

08:00 TILAWAT AUR TAR-JUMA/ HAMD-NAAT/WARZISH 08:20 CARTOON 8:30 KHA-BRAIN 08:45 Fun Time 09:05

TV ENCYCLOPEDIA 9:25 KHAT

ENGLISH FILM: DARKWING DUCK 10:55 MAST MAST SANYO 11:00 KHABRAIN 11:10 SPORTS HOUR 12:05 Biscop '95/Qasmi Hahani 12:55 QURAN-E-HAKEEM 01:02 BIS-MILLAH 01:15 Aaj Di Kahani 1:40 Aaj Di Shaam 2:00 DRAMA SERIAL 2:55 Ghost Writer 3:55 Karabar 4:15 Edu-

FARMAISH 09:40 SPORTS

CLINIC 10:05 PTV Gold 10:30

cation 5:25 Riazi for 9th 5:55 Zameen Per Zindegi (Drama Serial) 6:25 AIOU COURSES 7:00 ENGLISH NEWS 7:30 English Film: Star Trek Deep Space Nine 8:20 Hawwa Ki Naam (Serial) 9:00 Break for Headlines News 9:20 Sur Tasver (Pakistani Film 1947-95)

10:00 Khabarnama & Commer-

cial News 11:00 Pezwaan

11:35 Home Victim (New Serial)

12:35 MUSIC MASTERS -

Raag Rang 01:00 KHAS KHAS KHABRAIN/CLOSE DOWN

Stand By 10:45 Hindi Feature

Film 1:30 Yeh Dunia Gazab Ki 2:00 Tehkikat 2:30 VIP Number One 3:00 Anurag 3:30 Mast Mast Show 4:00 Hindi Feature DD 7 9:00 Harek Rakam Ba/Jan-

madin 9:30 Movie Club Film

12:30 Serial: Gopal Bhar 1:00 Nabajanma 1:30 Movie Club

Film 3:30 Geet Sangeet 4:30

Sunday Bangla Film 5:30 News

7:00 Yeadon Ki Barat 7:20

Stand By 7:30 Hindi Film 10:30

Hey Ha Hoo 11:00 Cine Smile

11:30 Liberty Public Demand

12:30 Sorry Mery Lorry 1:00

Guirati: Madhur Antakhadi 2:00

Hindi Film 5:00 Hindi Film 7:50

Haseen Pal 8:00 The Real

Countdown 9:00 TBA 9:30

Fasana 10:00 Atco-Ru-Ba-Ru

with Pakistani Stars 10:30

10:30 News/Bengali Sambad 11:00 Closed SONY ET

7:20 Binodon 7:30 Bangla

Sambad 8:00 Dance 8:25

Pallikatha 9:00 Sangeet/ Inte-

rview 9:30 Serial: Anushandhan

8:30 Jai Bir Hanuman 9:30 Gaane Jaane Maane 10:00

Dekh Tamasa Dekh 10:30 Sunday Ki Sunday 11:00 Taj Mahai Takita Dhin 11:30 Premier 12:00 Star Ki Pasand 12:30 Pehli Mulakat (Film Magazine) 1:00 Good Shot 1:30 Pechan 2:00 Yeh Sadi Nahi Ho Sakti 02:30 Serial: Kash 3:00 Chamatkar 3:30 Gaane Janee Manee 4:00 Aahat 4:30 Rasoi Show 5:00 Thoda Hai Thoda Ki Jarurat 5:30 Mahayuga (Serial) 6:00 Take Five 6:30 Boogi Woogi 7:00 Bindass Bol 8:00 Cine-Classic Hindi Feature Film 11:00 Premier 11:30 The Young And The Restless 12:30 Shiddhi 1:00 Dekh Bhai Dekh

1:30 Kismat 2:00 Premier ZEE TV 6:00 Jagran 6:30 Maa 7:00 Hum Zamin 7:30 Zee World

8:00 Zee News 8:30 Zee Busi-

ness Show 9:00 Disney Hour Cartoons 10:00 Ek Aur Mahabharat 10:30 Aap Ki Adalat 11:00 Chanakay 11:30 Hindi Feature Film 2:00 Bournvits Quiz Contest 2:30 Help Line 3.00 Daak Ghar-Apna Ghar 3:30 Hindi Feature Film 6:00 Gaane Anjaane 6:30 Disney Hour (Cartoon) 7:30 Kya Sin Hai 8:00 Suhana Safar 8:30 Mast Mast Hai Zindegi 9:00 Jaspal Ki Hi Zindegi 9:30 Cha-hat Aur Nafrat 10:00 The Zee Horror Show 10:35 Zee News & Business 11:00 Shotgur Show 11:30 Philips Top Ten (Ppt) 12:30 Yeh Kaha Aagaya Hum 1:00 Hasratein 1:30 Shapath 2:00 Zee Arabia: Paying Guest 2:30 ZEE Arabia: Dastan 3:00 Hindi Feature Film