

TOP NEWS OF J&K

JAMMU, THURSDAY, MAY 11, 2023

Daily Evening Newspaper



ENTERTAINMENT | 6

Pedro Pascal to star in Weapons



NATIONAL | 7

AAP hails Supreme Court verdict on Centre-Delhi services row, CM Kejriwal calls verdict 'victory of democracy'

INTERNATIONAL | 8

Imran Khan's close aide Shah Mehmood Qureshi arrested as unrest grips Pakistan



e-paper: www.topnewsjk.in

RNI No. JKENG/2010/39369

Regd. No. JK-435

Vol.-14 Issue-128

Pages-12 Rs.-2/-

BRIEFLY

Soldier dies in accidental fire in Poonch

JAMMU, May 11 (Agencies): A soldier was killed on Thursday in accidental fire in Jammu and Kashmir's Poonch district.

Police sources said Lance Naik Jasbir Singh of the local Army unit posted near the Line of Control (LoC) in the Mendhar area of Poonch district was injured in the fire from his own weapon.

"He was shifted to hospital where doctors declared him dead. Further investigation is going on," sources said.

12 injured as minibus overturns in Udhampur

JAMMU, May 11 (Agencies): Twelve people were injured when a minibus turned turtle in the Panjrayee area of Jammu and Kashmir's Udhampur district on Thursday, officials said.

The minibus driver lost control of the vehicle, which then skidded off the road and overturned, they said.

The injured, one of whom is said to be in critical condition, have been hospitalised.

India logs 1,690 covid infections in a day; active cases below 20,000

NEW DELHI, May 11 (Agencies): India recorded 1,690 fresh Covid infections in a day, while the number of active cases has come down to 19,613 from 21,406 a day earlier, according to the Union Health Ministry data on Thursday. The country's tally of COVID-19 cases now stands at 4.49 crore (4,49,76,599).

The death toll climbed to 5,31,736 with 12 fatalities which include those reconciled by Kerala, the data updated at 8 am stated.

India currently has 19,613 active cases which comprise 0.04 per cent of the total infections.

The national COVID-19 recovery rate was recorded at 98.77 per cent, the ministry said, adding the number of people who have recuperated from the disease surged to 4,44,25,250, while the case fatality rate was

Turn to page 9

Lt Governor addresses Y20 Consultation at KU

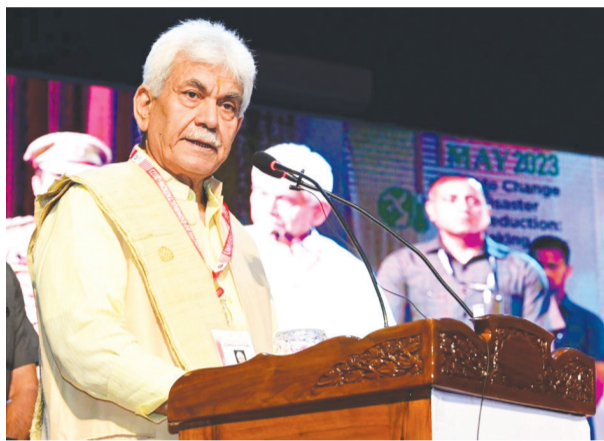
Youth will lead world in offering pragmatic solutions to climate & global challenges of 21st century: Sinha

Top News Report

SRINAGAR, May 11: Lieutenant Governor Manoj Sinha addressed Y20 Consultation on 'Climate Change & Disaster Risk Reduction: Making Sustainability a Way of Life' at University of Kashmir, on Thursday.

He said the massive participation in this Y20 Consultation Conference signals the encouraging prospect of a new energy in a global partnership on environment, development and our collective effort to ensure equity, global prosperity and better quality of life for all.

The Lt Governor while



welcoming the national and international delegates said, Prime Minister Narendra Modi has made it clear to the global family that climate change cannot be fought from conference tables

alone. It has to be fought from the dinner tables in every home.

"PM Narendra Modi has called upon the global community to transform the effort of tackling climate chal-

lenge into a mass movement and promote an environmentally conscious lifestyle. I firmly believe under the leadership of PM, India will guide the world in building a sustainable society that will both be an economic powerhouse and a major contributor in restoring the delicate balance of Nature," the Lt Governor said.

By adopting 'Green Growth' as one of the seven key priorities (Saptarshi), the Prime Minister has shown the world that India stands firm on its resolve to achieve the goal of Zero Carbon Emission by

Turn to page 9

G20 Meeting in Srinagar

Security stepped up in Jammu, In-person classes suspended in some schools

JAMMU, May 11 (Agencies): Ahead of a G20 meeting in Srinagar, security has been tightened in Jammu region, particularly in border districts, and more than 10 Army schools have been closed as part of precautionary measures.

The security agencies have identified infiltration routes and stepped up security to prevent any infiltration from across the border, officials said on Thursday.

The third G20 Tourism Working Group Meeting will be held at the Sheri-Kashmir International Conference Centre (SKICC) on the banks of

the Dal lake in Srinagar from May 22 to 24.

Security has been heightened in Jammu, particularly in border districts, and around all vital Army and security establishments, the officials said.

Multi-tier security of Army, Border Security Force, police and Central Reserve Police Force besides Village Defence Committees has been activated along the International Border (IB) and the Line of Control (LoC), they said.

Security and checkpoints have also been

Turn to page 9

Terror Funding Case | NIA raids at multiple locations in Baramulla

SRINAGAR, May 11 (Agencies): The National Investigation Agency (NIA) on Thursday carried out raids at multiple locations in Baramulla district of Jammu and Kashmir as part of its investigation into a terror conspiracy case, officials said.

The raids were carried out at the residence of Abdul Khaliq Regoo at Kansipora, Javid Ahmad Dhoobi at Syed Kareem and Shoaib Ahmad Choor at Sangri Colony in Baramulla district, the

Turn to page 9

Cyber awareness: Don't answer calls from these numbers

SRINAGAR, May 11 (Agencies): A spam call alert is being circulated by Home Ministry's Indian Cybercrime Coordination Centre (I4C) to prevent people from falling prey to cybercrime.

Agency reported that the experts in data analysis and forensics said that a new cybercrime trend has evolved and people across India irrespective of their professions are getting calls from international numbers having "Singapore, Vietnam and Malaysia" origin posing a threat to the financial data security.

Quoting an expert in cyber intelligence and digital forensics, ANI reported that missed call alerts or WhatsApp calls from numbers like +254, +84, and +63 or other international numbers should be immediately reported and blocked immediately.

As per experts, these calls and alerts are made or sent by unscrupulous elements at any time. From early morning between 6 am to 7 am or late in the night, such calls are being received by people from all groups.

If a person or organisation faces a cyber-attack, the matter can be reported on the cybercrime.gov.in website, the experts said, adding, focused work is being done with the help of I4C to curb cyber menace by the central agencies."

In next 5 yrs, milk production expected to reach 45 lakh mts in J&K: ACS Dulloo

JAMMU, May 11 (Agencies): Stating that the milk output will increase by 75 percent and milk entering processing chain will be tripled, Jammu and Kashmir Additional Chief Secretary, Agriculture Production Department (APD) Atal Dulloo said that over the next five years, the milk production is expected to reach 45 Lakh MTs from 26 Lakh MTs in the Union Territory.

Jammu and Kashmir is, however, set to witness the 'White Revolution' in the next five years.

"The milk production is expected to reach 45 Lakh MTs from 26 Lakh MTs and will be achieved through a range of measures including expansion of breeding coverage and increasing per animal productivity and strengthening milk processing and marketing, the



government is confident that it will achieve its target of increasing milk production by 70 percent within the next five years," Dulloo said.

He stated that the breeding cover improved from 30 percent to 70 percent and conception rate by 10 percent, adding, "creation of facilities for production of sexed semen within J&K with an aim to replace 50 percent normal semen

with sexed semen."

"With establishment of 500 village level milk collection units and 50 bulk milk chillers and village level value addition of 110 lakh liters of milk into traditional products, the per animal milk productivity increased from 2400L PA to 4300L PA," he stated.

The ACS said that one of the key elements of the Dairy under Holistic Agriculture Development Programme (HADP) project is to increase per-animal productivity from 2400 litre to 4300 litre, which is a significant increase.

"This will be achieved through a range of interventions including the expansion of Artificial Insemination (AI) centers from 1389 to 2189," he added.

"The administration will also produce around

Turn to page 9

Barring Gulmarg, night temperatures below normal in J&K

SRINAGAR, May 11 (Agencies): Amid forecast for mainly dry weather in next 24 hours, night temperatures continue to hover below normal in Jammu and Kashmir barring Gulmarg, officials said on Thursday.

Quoting a meteorological department, that weather was likely to remain mainly dry till May 12.

From May 13-15, he said, there was a possibility of rain and thunderstorm at isolated places in Jammu and Kashmir.

Regarding temperature, he said, Srinagar

recorded a low of 6.8°C against 6.4°C on the previous night and it was 3.8°C below normal for the summer capital.

Qazigund, he said, recorded a low of 6.9°C against 4.0°C on the previous night and it was below normal by 2.3°C for the gateway town of Kashmir.

Pahalgam, he said, recorded a low of 1.0°C against minus 0.3°C on previous night and it was 4.1°C below normal for the famous tourist resort in south Kashmir's Anantnag district.

In Kupwara town, he

Turn to page 9

Delhi Police register FIR against former BharatPe MD Ashneer Grover, wife Madhuri Jain



NEW DELHI, May 11 (Agencies): The Economic Offences Wing (EOW) of Delhi Police has registered an FIR against former BharatPe Managing Director Ashneer Grover for cheating and fraud of Rs 81 crore.

The FIR, which was registered on the basis of a complaint filed by the company BharatPe, also mentions the name of his wife Madhuri Jain Grover and three relatives — Deepak Gupta, Suresh Jain and Shwetank Jain.

The FIR was registered on Wednesday under Sections 406 (criminal breach of trust), 408 (criminal breach of trust by clerk or servant), 409 (criminal breach of trust by public servant, or by banker, merchant or agent), 420 (cheating and dishonestly inducing delivery of property), 467 (forgery of valuable security, will, etc.), 468 (forgery for purpose of cheating), 471 (using as genuine a forged document or electronic record) and 120B

Turn to page 9

Delhi government has control over services except for public order, police and land, Supreme Court says on Delhi-Centre power row

NEW DELHI, May 11 (Agencies): Noting that the real power of administration must rest with the elected arm of the government, the Supreme Court on Thursday ruled that the Delhi Government has control over 'services' in the National Capital Territory, excluding the matters relating to public order, police and land.

A five-judge Constitution Bench led by Chief Justice of India DY Chandrachud held that the Delhi Lt Governor shall be bound by decisions of the Government of NCT of Delhi over the bureaucracy, except the three subjects, ie, public order, police and land — on which the Centre exercises its authority through the L-G.

"If a democratically elected government is not given the power to control the officers, the principle of triple chain of accountability will be



redundant. If the officers stop reporting to the ministers or do not abide by their directions, the principle of collective responsibility is affected. If "services" are excluded from the legislative and executive domain (of the elected government of NCT Delhi), ministers would be excluded from controlling the civil servants who are to implement the executive decisions," the top court said.

If the officers felt that they were insulated from

the control of the elected government, it would dilute accountability and affect governance, said the Bench — which also included Justice MR Shah, Justice Krishna Murari, Justice Hima Kohli and Justice PS Narasimha.

The Bench said Article 239AA — which created a separate assembly for the NCT of Delhi — excluded Entries 1, 2 and 18 of List II to Schedule VII (public order, police and land) from the power of the

Delhi legislative assembly as the Union of India has executive power over these three entries. However, it said Article 239AA must be interpreted in a manner that furthered the interest of representative democracy as the provision was only meant to balance the interests of both Delhi government and the Centre. The Bench disagreed with the view of Justice Ashok Bhushan (since retired) in the 2019 split verdict that "services" were not under the control of the elected government of Delhi.

Maintaining that the Government of NCT of Delhi was similar to representative form of governments in other states, the top court said any further expansion of the Union's power would be contrary to the constitutional scheme.

Discussing the

Turn to page 9

10TH DAY KRIYA

With profound grief and sorrow, we inform the sad demise of our beloved mother **Smt Chuni W/o Lt Sh Gopi Nath Bhat** Originally resident of Hangalgund Kokernag at present Lane No. 16 Block-79 Flat No. 16 Jagti Township Nagrota.

10th Day Kriya will be performed on 13-05-2023 (Saturday) Muthi Ghat at 7:00 AM near Directorate of School Education Muthi Jammu. Mournings will be held at Community Hall Near Block No. 84 Jagti Township Nagrota Jammu.

GRIEF STRICKEN:-**(Brother & Sister-in-law)**

Smt Kamla Ji & Sh Pushkar Nath Bhat

(Sons & Daughters-in-law)

Smt Reeta Ji & Sh. M.K. Bhat

Smt Renu Ji & Sh. Ashok Bhat

Smt. Meenakshi Ji & Sh Anil Bhat

Smt. Reena Ji & Sh. Sanjay Bhat

Smt Priyanka Ji & Dr. Sunil Bhat - (Nephew & Niece-in-law)

& Grand Children

Mob :- 9419102920, 9419643371, 9419241681, 9149490235

**SMT CHUNI****10TH DAY KRIYA**

With profound grief and sorrow we inform the sad demise of our beloved father **Sh. Chuni Lal Tandon S/o Late Sh. Kashi Ram Tandon** originally resident of Village (Bewah) Distt Baramulla at present Block No. 148, Flat No. 15, Jagti Township Nagrota.

10th Day Kriya will be performed on 16-05-2023 (Tuesday) at Muthi Ghat on 9.30 am.

Grief StrickenSmt. Santosh Tandon - **Wife****Son & Daughter-in-law**

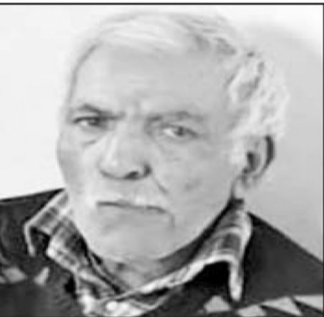
Sh. Virander Tandon & Smt. Kanchan Tandon

Smt. Reeta Tandon - **Daughter****Brother & Sister-in-law**

Sh. Chaman Lal Tandon & Smt. Kirni Tandon

Eshan Tandon & Nupur Tandon - **Grand Children****& Samast Tandon Parivar**

Mob. Nos: 7006610267, 7006693042

**Sh. Chuni Lal Tandon****10TH DAY KRIYA**

With profound grief and sorrow, we inform the sad demise of our beloved **Yogeshwar Singh Charak (Pinta)**, Son of Late Sh Raghuvir Singh and Late Smt Usha Charak on May 1.

Tenth Day will be performed on 10th May (Wednesday) and **Kirya** on 13th May at our residence, 216 A, Sector 2, Upper Roop Nagar, Jammu.

GRIEF STRICKEN**Smt Madhu Charak - Wife****(Sister and Brother in law)**

Smt Sangeeta and Sh Charanjeet Singh, Ex MLA

Charak and Jamwal family.

Mob.: 9419212834, 9419151105

**Yogeshwar Singh Charak (Pinta),****TENTH DAY KRIYA**

With profound grief and sorrow, it is informed that our **Karam Yogni Mother Smt. Mohini Raina W/o Lt. Sh. Dwarika Nath Raina** formerly resident of Upper Sathu, Barbar Shah Srinagar, Kashmir, presently at H.No. 68, Lane No.8, K.C. Doors Muthi (Near Bat Factory) Jammu, who expired on 4th of May, 2023.

10th Day Kriya shall be performed on 13th of May, 2023 (Saturday) at 8.30 AM Near Directorate of School Education, Muthi, Jammu.

GRIEF STRICKEN**Sons & Daughters-in-law**

Sh. Atian Ji Raina & Smt. Nirmala Raina (7006076523)

Sh. Ramesh Kumar Raina & Lt. Smt. Girja Raina (9459220020)

Sh. Ajay Raina & Smt. Sunita Raina (09779913329)

Grand Daughter & Grand Son-in-law

Smt. Seevani & Sh. Amit Ji

Grand Son & Grand Daughter-in-law

Sh. Karan Raina & Smt. Gayatri Raina

Grand Daughter & Grand Son-in-law

Smt. Aniketah Raina & Sh. Vishal Koul

Great Grand Daughter: Deeksha Raina**Great Grand Son:** Riaan Raina**And Samast Sarafs, Lahories, Punjabis, Sapru, Pariwars****KARAM YOGNI SMT. MOHINI RAINA****FIFTH DAY**

WITH PROFOUND GRIEF AND SORROW THE DEMISE OF OUR BELOVED **DR BANKE BEHARI LAL GUPTA H/O SMT. KANTA GUPTA R/O H.NO.7 NITCO LANE, TALAB TILLO, JAMMU.**

THE **FIFTH DAY** WILL BE PERFORMED ON FRIDAY, 12TH MAY 2023 AT 11:00 AM AT OUR RESIDENCE H.NO.12 SECTOR-5, TRIKUTA NAGAR, JAMMU.

DEEPLY MISSED BY ON

SMT. LOVELEEN (KAMNI) & DR. S. P. GUPTA

SMT. VEENA & SH. SURINDER PAUL GUPTA

SH. MOHINDER PAUL GUPTA

SMT. CHANCHAL & SH. SURESH GUPTA

MOB: +91-9858255582,**+91-9419189691, +91-8717040000****DR BANKE BEHARI LAL GUPTA****10TH DAY KRIYA AND RASAM PAGRI**

WITH PROFOUND GRIEF AND SORROW WE INFORM THE SAD DEMISE OF **SMT RATNO DEVI W/O LATE SH TARIDO RAM** ON 02.05.2023.

10TH DAY WILL BE PERFORMED ON 11.05.2023 AT 12 NOON, **KRIYA AND RASAM PAGRI** ON 12.05.2023 (12 NOON & 5 PM) AT THEIR RESIDENCE-W.NO.5 NEAR PATANJALI COLLECTION CENTRE COLLEGE ROAD KATHUA.

GRIEF STRICKEN**SONS AND DAUGHTER-IN-LAW**

SH. ISHAR DASS & SMT. SUDESH KUMAR

SH. SUKH RAM & SMT. SANTOSH KUMARI

SH. TARA MANI SHARMA & SMT. RAJNI SHARMA

DAUGHTERS & SON-IN-LAW :

SMT. CHANDARKALA & SH. ROOP CHAND SHARMA

LATE TARI DEVI & SH. MADAN KUMAR SHARMA

GRAND SONS & DAUGHTER IN LAW :

SUBASH & POOJA

GAGAN & SARITA

VIKAS & SANGEETA

VISHAL & KASHISH

**SMT RATNO DEVI****GRAND DAUGHTER & SON IN LAW :**

POOJA & MUKESH

ARTI & HITESH

POONAM & KAVYA

GREAT GRAND CHILDREN:

ANSH, DIVANSHI, VANSH

REMEMBRANCE**15th Death Anniversary**

(11 May 2008) of

Late Sh Ashok Sodhi

(Photo Journalist Daily Excelsior)

Sadly missed along life's way,

Quietly remembered everyday.

No longer in our life to share, but in our hearts, you're always there."

We pray for you everyday and know your soul is in heaven watching and blessing us. We miss you Papa

Deeply Missed By:

Smt Varsha Sodhi (Wife)

(Daughter and Son-in-law)

Mrs Inna and Mr Sumit

Contact : 6005400841**Late Sh Ashok Sodhi****BARKHI**

One year has passed, you have earned your place in heaven leaving us in tears and agony. We all are deeply missing you in all walks of life. Stay happy in heaven.

Barkhi of our beloved **Sh. Satya Pal Sharma** (Retd. Lect) S/o Late Sh. Khem Raj Sharma of Galak (Galakwale) Teh. Ramkot will be performed at our residence Chankaya Enclave, Krishna Marg, Near Dream Land Park, W.No. 3 Kathua on 12-05-2023 at 11:30 AM.

DEEPLY REMEMBERED & MISSED BYSmt. Santosh Sharma - **Wife****Daughter-in-law & Son**

Smt. Jyoti Sharma & Sh. Man Mohan Sharma

Smt. Rukmani Devi - **Bhabi****Bhabhis & Brothers**

Smt. Kamlesh Sharma & Sh. Som Parkash Shastri (Retd. Sr. H/M)

Smt. Anita Sharma & Sh. Rajinder Prashad

Daughters & Sons-in-law

Smt. Suman Sharma & Sh. V.K. Thappa

Smt. Rajni Sharma & Sh. Ashwani Sharma

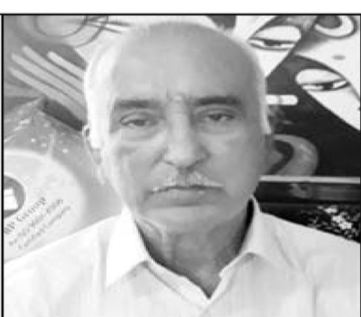
Smt. Tripta Sharma & Sh. Davinder Basotra

Smt. Anupam Sharma & Sh. Sanjay Sharma

Smt. Mridula Sharma & Sh. Atul Sharma

Grand Children: Saket Goswami & Swastik Goswami

Mob. No.: 9419295106, 7006219271, 9149711501

**Sh. Satya Pal Sharma (Retd. Lect)****REMEMBRANCE****15th Death Anniversary**

(11 May 2008) of

Late Sh Ashok Sodhi

(Photo Journalist Daily Excelsior)

Sadly missed along life's way,

Quietly remembered everyday.

No longer in our life to share, but in our hearts, you're always there."

We pray for you everyday and know your soul is in heaven watching and blessing us. We miss you Papa

Deeply Missed By:

Smt Varsha Sodhi (Wife)

(Daughter and Son-in-law)

Mrs Inna and Mr Sumit

Contact : 6005400841**Late Sh Ashok Sodhi****BARKHI**

One year has passed, you have earned your place in heaven leaving us in tears and agony. We all are deeply missing you in all walks of life. Stay happy in heaven.

Barkhi of our beloved **Sh. Satya Pal Sharma** (Retd. Lect) S/o Late Sh. Khem Raj Sharma of Galak (Galakwale) Teh. Ramkot will be performed at our residence Chankaya Enclave, Krishna Marg, Near Dream Land Park, W.No. 3 Kathua on 12-05-2023 at 11:30 AM.

DEEPLY REMEMBERED & MISSED BYSmt. Santosh Sharma - **Wife****Daughter-in-law & Son**

Smt. Jyoti Sharma & Sh. Man Mohan Sharma

Smt. Rukmani Devi - **Bhabi****Bhabhis & Brothers**

Smt. Kamlesh Sharma & Sh. Som Parkash Shastri (Retd. Sr. H/M)

Smt. Anita Sharma & Sh. Rajinder Prashad

Daughters & Sons-in-law

Smt. Suman Sharma & Sh. V.K. Thappa

Smt. Rajni Sharma & Sh. Ashwani Sharma

Smt. Tripta Sharma & Sh. Davinder Basotra

Smt. Anupam Sharma & Sh. Sanjay Sharma

Smt. Mridula Sharma & Sh. Atul Sharma

Grand Children: Saket Goswami & Swastik Goswami

Mob. No.: 9419295106, 7006219271, 9149711501

**Sh. Satya Pal Sharma (Retd. Lect)****FIFTH DAY****MASTER BANSI LAL VERMA**

HUSBAND OF OUR SISTER SMT. SHARDA VERMA, WHO LEFT FOR HEAVENLY ADOBE ON 09-05-2023

THE **FIFTH DAY** WILL BE OBSERVED ON FRIDAY, MAY 12, 2023 AT OUR RESIDENCE, HOUSE NO 35, AFGHAN STREET, KACHI CHAWNI, JAMMU AT 11 AM

GRIEF STRICKEN**SMT. TRIPTA & S.P. VARMA**

9419191590, 9596228847

10TH DAY

With profound grief and sorrow we inform the sad demise of **Ajay Kumar Sharma S/o Lt. Sh Uttam Chand Sharma and Lt. Smt. Shanti Devi** on 03-05-2023.

10TH DAY will be performed at their residence (Flat No 1706, Nirwana Greens 4, Kharar) starting 10 AM onwards on 12-05-2023.

GRIEF STRICKEN:

Anuradha Sharma (Wife)

Ascharya Sharma (Son)

Digvijay Sharma and Aarohi Sharma (Son-in-law and Daughter)

Anil Sharma and Anita Sharma (Brother and Sister-in-law)

Umakant Sharma and Radha Sharma (Brother-in-law and Sister)

Mobile No. 9868611556 9878611556 6005503071

**AJAY KUMAR SHARMA****10TH DAY**

WITH PROFOUND GRIEF AND SORROW WE REGRET TO INFORM THE SAD DEMISE OF OUR BELOVED **SMT. LEELA DEVI W/O LT. SH. RATTAN CHAND GUPTA** ON 04.05.2023

10TH DAY SHALL BE PERFORMED ON 09.05.2023 AND **KRIYA** ON 12.05.2023 AT OUR RESIDENCE NEAR CLUB GHAR BHADDU.

GRIEF STRICKEN:**SONS AND DAUGHTER IN LAWS**

SMT AND SH SHIV KUMAR GUPTA (RETD PHARMACIST)

SMT AND SH RAM KUMAR GUPTA (SE HYD. CIRCLE SGR)

SMT AND SH RAVI KUMAR GUPTA (SR. MANAGER J&K BANK)

SMT AND SH NARESH KUMAR GUPTA (AEE I&FC REAS)

SMT AND SH UTTAR KUMAR GUPTA (J&K)

DAUGHTERS AND SON IN LAW

SMT. KULDEEP KUMARI W/O LT. SH. VIJAY KUMAR GUPTA

SMT. VEENA DEVI W/O SH ASHOK KUMAR GUPTA

SMT. SUNITA DEVI W/O SH MOHAN LAL GUPTA

GRAND CHILDREN:

MRS & MR SAHIL KUMAR (UBI)

MRS & MR NIKHIL KUMAR

DR. SUNANDAN, RAKSHAM, LAKSHYA, UDIT, DR. SANCHI, MATALI AND DEEPTI

GREAT GRANDCHILDREN: FREYA, ANIK, ADHYA AND AVIK

CONTACTS: 9897711422, 9419189623, 9459737213 9419193450, 9149404249

**SMT. LEELA DEVI****TENTH DAY / KRIYA**

With profound grief and sorrow, we inform the sad demise of our beloved **Sh. Rakesh Bhalla S/o Sh. Omesh Chander Bhalla R/o Gandhi Nagar, Jammu.**

10th Day will be performed on 10th May 2023 (Wednesday) at 10 am at Baba Lal Ji Mandir, Gandhi Nagar Last Morh Jammu. **Kriya** will be performed on 12th May, 2023 (Friday) at our residence H.No. 255/A, Gandhi Nagar at 12'0' clock.

GRIEF STRICKENSmt. Padma & Sh. Omesh Chander Bhalla - **Parents**Smt. Deepali Bhalla - **Wife**Kashish, Aanandika & Aarav - **Kids**Smt. Renu & Sh. Sunil Kochhar - **Sister & Jija Ji**Lakshay & Sushant Kochhar - **Nephews****Sh. Rakesh Bhalla (Pintoo)****TENTH DAY / KRIYA**

With profound grief and sorrow, we regret to inform the sad demise of our beloved **Sh. Janak Raj Sharma** (Retd Manager of the Citizen Cooperative Bank Ltd) S/o Lt. Sh. Gian Chand Sharma R/o H.No. 418-C Jeevan Nagar Near Hridayeep Ashram, Jammu.

TENTH DAY will be performed on 11-05-2023 (Thursday) at Shiv Mandir, Jeevan Nagar, Jammu (10:00 AM)

KRIYA will be performed on 12-05-2023 (Friday) at our residence H.No. 418-C Jeevan Nagar near Hridayeep Ashram, Jammu (12:00 PM)

GRIEF STRICKENMrs. Indu Sharma - **Wife**Sh. Harbans Lal Sharma - **Brother**Sh. Chaman Lal Sharma - **Brother**Sh. Darshan Lal Sharma - **Brother**Mr. Akhil Sharma - **Son** Contact No: 7006133439Ms Shikha Sharma - **Daughter**Mr Nikhil Sharma - **Son** Contact No : 8899800885**SH. JANAK RAJ SHARMA****D-O-D 02-05-2023****TENTH DAY / KRIYA**

With profound grief and sorrow

BJP leaders distribute sanitary pads at Balika Niketan

Top News Report

JAMMU, Mar 11: Former MoS Priya Sethi, Brahmajyoti Satti (Incharge BJP OBC Morcha Jammu Kashmir) organized menstruation awareness programme at Balika Niketan Ved Mandir, Jammu and Distributed Sanitary pads among more than 100 school girls.

Ajay Gupta (Mahanagar Sewa Parmukh), Nagarmal (Secretary Ved Mandir), Alok (Co Secretary Ved Mandir), Tripta Devi (Warden), school staff and others were present on the occasion.

Dignitaries briefed about various myths and taboos about Menstruation cycle and they aware the students about scientific and hygiene among them. They also made school girls about Menstruation cycle and hygiene



Speaking on the occasion Priya Sethi said that With menstrual hygiene, a woman can have a healthy life. Menstrual hygiene must never be underestimated or ignored. Menstrual hygiene is a must for every girl and woman. She said that Menstruation is nothing but a very normal biological phenomenon, and adolescent girls and women should understand that they have the power of procreation only because of this virtue.

She said Taboos about menstruation present in many societies impact on girls' and women's emotional state, mentality and lifestyle and most importantly, health. Large numbers of girls in many less economically developed countries drop out of school when they begin menstruating.

She said BJP believes that woman's health and welfare is of prime importance and conducts menstrual hygiene camps with an aim to create aware-

ness on adopting hygienic practices amongst women.

Brahmajyoti said In India even mere mention of the menstruation topic has been a taboo in the past and even to this date the cultural and social influences appear to be a hurdle for advancement of knowledge on the subject. Culturally in many parts of India, menstruation is still considered to be dirty and impure.

He said young girls often grow up with limited

knowledge of menstruation because their mothers and other women shy away from discussing the issues with them. Adult women may themselves not be aware of the biological facts or good hygienic practices.

He said it is pertinent to follow a strategic approach for combating the myths and social taboos associated with menstruation in order to improve the reproductive health of adolescent girls and women. The first and foremost strategy in this regard is raising the awareness among the adolescent girls related to menstrual health and hygiene.

Nagarmal thanked whole BJP team for positive response and for organising this kind of awareness programs in school.

LG Administration intentionally neglecting Nomads: Rattan Lal

Seeks compensation for Nomad Communities for losses



Top News Report

KALAKOTE, May 11: Rattan Lal Gupta, Provincial President Jammu and Kashmir National Conference (JKNC) Jammu raised serious concern over heavy losses being suffered by nomad community due to the casualties of their livestock in unseasonal snowfall, rain and thunderstorm in the area of Pir Panjal while they were shifting their cattle and livestock to their summer shelters.

Gupta stated this while a deputation of Gujjar and Bakerwals headed by their DDC Member Kalakote Anita Thakur, Th. Yashu Vardhan Singh Incharge Sunderbani Kalakote Constituency and Additional Spokesperson Jammu and Mohd Sadiq, District President ST Cell (JKNC) Rajouri Rural who informed Gupta that nomad community suffered heavy losses of their livestock due to heavy snowfall at higher reaches of Pir Panjal area

while they were shifting from their winter shelters to higher reaches of summer shelters.

They regretted that the LG Administration did not bother to initiate measures for assessing their losses suffered by them in order to provide them some succour.

They lamented that not even a single penny has been paid to the victims by way of ex-gratia or compensation till date.

After hearing the tale of woes of the nomads Rattan Lal Gupta stressed that it is quite an irony that neither the LG administration nor even the Tribal Department have come forward to assess the losses suffered by the nomads due to incessant heavy snowfall and rains.

He further castigated the incumbent Govt for totally neglecting the nomad community due to which these nomads are compelled to live in pitiable conditions. Gupta reminded that it

was only National Conference regime in the erstwhile State of J&K that laid special focus on the issues of Gujjars and Bakerwals especially the nomads. He said that NC ensured provision for multiple facilities to the nomads especially for shifting of their cattle, opening of mobile schools for their children, mobile health centres and also constructed Hostels at District headquarters for children etc for them. He said Madr-e - Meharban had worked relentlessly for the welfare of Nomad community.

Rattan Lal appealed to the LG Administration to take serious note of the pitiable conditions of this economically weaker section and immediately direct the authorities concerned to assess their losses and provide them adequate compensation at the earliest. He also demanded adequate medical, schools and other facilities for these nomads.

Other party functionaries present were Pardeep Bali Provincial Secretary Jammu, Ashok Kumar Sharma District President Rajouri Rural, Vikas Sharma, Gulshan Kumar, Vishal Sharma, Ashok Kumar Sharma Incharge office, Puspinder Chadda Block President Sunderbani, Subash Saraf District Secretary, Jasvir Singh Sr. District Vice President and others.

Pak instability will affect India: Mehbooba Mufti

Top News Report

SRINAGAR, May 11 (Agencies): PDP president Mehbooba Mufti on Thursday said while the political situation in Pakistan was "nothing new", the instability and uncertainty in the neighbouring country will have an impact on India.

She also said that the ruling party in Pakistan, instead of fighting the opposition politically, uses agencies to put them in jail and that the "same process unfortunately is being used" in India.

"Whatever is happening in Pakistan, unfortunately, is nothing new. Right from Zulfikar Ali Bhutto, whenever a government comes, the opposition is jailed. It will have an effect on us. The instability and uncertainty there will impact us but this disease has somehow

infected our country also. If you see Rahul Gandhi was disqualified from Parliament membership, (Manish) Sisodia was jailed," Mehbooba told reporters in Tral area of Pulwama district.

Commenting on the arrest of former Pakistan prime minister Imran Khan, Mufti said the ruling party in Islamabad was using agencies to jail the opposition leaders.

"In Pakistan also, the ruling party instead of fighting the opposition politically, takes shortcut and uses agencies to put them in jail. The same process unfortunately is being used here... Rahul Gandhi has been convicted, sentenced for two years and disqualified for six years. Whatever is happening in Pakistan looks like we are going in the same direction," she added.

DFSS welcomes G20 meet in J&K



Top News Report

JAMMU, May 11: The workers of Dogra Front & Shiv Sena (DFSS) under the leadership of President Ashok Gupta held a rally welcoming the G20 meet in J&K which shall put the union territory on the global map as a destination for tourism and investment.

There are some people who do not like this. They do not want peace here, they want violence. J&K's welfare is in this, we can progress and come closer

to or overcome other nations only when there is peace here.

Over the criticism of some political party leaders for not holding a G20 meeting in Jammu, saying it was a "deliberate attempt" to divide the society. He said remarks show the frustration as the political ground of political party's is slipping fast.

He further stated that G20 meeting is taking place in J&K which is a welcome decision of the government and the people are thankful to

the prime minister for it." He said that some people do not digest peace, prosperity and development and are making hue and cry as they do not want to see J&K marching ahead with people maintaining communal harmony and brotherhood.

He said the political leaders those ruled J&K for last 70 years are playing "divisive politics" and not willing to allow people to live in peace and harmony.

"They are frustrated as they see their political ground slipping away and are doing propaganda politics to create wedge between the regions for political gains only," he added.

The party people present in the rally were Abhishek, Raju, Rajkumar, Vikky, Prem, Kalu, Naresh, Rampal and Jagan.

Harsh Dev files writ petition in SC seeking early Assembly Elections in J&K

Top News Report

JAMMU, May 11: A writ petition seeking early Assembly Elections in J&K was filed in the Supreme Court on Thursday by Harsh Dev Singh Advocate with prayer to the Apex Court to issue directions to the Union of India and the Election Commission of India (ECI) to take immediate steps for restoration of democratic process and revival of peoples govt in the erstwhile State in consonance with the spirit of constitution and successive rulings of the top Court of the country.

The writ petition has been filed in the name of senior NPP leader Manju Singh, Des Raj Chairman Block Development Council Ramnagar and Ashri Devi member DDC Udhampur.

Speaking to media persons, Harsh Dev said that the matter was likely to be heard by the SC Bench within the next couple of days on the date to be fixed by the SC Registry wherein he had raised various questions of law and of facts in support of his contentions to get the desired relief from the Court.

Harsh Dev said that the democracy continues to be abused and outraged in J&K by the present rulers behaving as unquestionable despots and running the affairs of the govt for the last five years in J&K through their proxies. And when the people press for restoration of democratic Govt, the helmsmen either issue a statement assuring early elections or silence the protagonists of democracy through the coercive apparatus of the

state. With all this happening for the last five years, democracy continues to be delayed and denied in J&K on one pretext or the other in contravention of the spirit of the constitution and the 'obiter dicta' and rulings of the Apex Court of the country.

Singh averred that the Supreme Court on several occasions has held that Assembly Elections must be held within six months in all those States/UTs where Assemblies are pre-maturely dissolved. Even in the recent Judgement of the Supreme Court pertaining to the State of Maharashtra, the top court re-iterated that there is statutory obligation to fill Assembly seats within six months so as to ensure that the people were not deprived of due representation.

"You can't create a constitutional void, a hiatus situation for the constituencies", the Supreme Court has again observed adding further that it is the people who eventually suffer in the absence of an elected representative to espouse their cause. Denying democratic govt is a punishment to the people, as observed by the top court as well.

It is however shocking that the Assembly Elections continue to be denied in J&K on flimsy grounds only to enable the BJP to run the affairs of Govt in J&K through its chosen ones. J&K has been deprived of democratic Govt for the last four years. Elections are being delayed and denied and continue to be postponed for one reason or the other. Sometimes they are

denied on the grounds of the security scenario, sometimes on the pretext of unfinished Delimitation exercise, sometimes on the grounds of Shri Baba Amarnath Ji pilgrimage, while at other times by taking the plea of intense cold or hot weather conditions or heavy snowfall. And while the constitution continues to be subverted by taking freakish excuses to deny Democracy to the people of J&K, the rulings of Supreme Court on time bound restoration of democratic Govts in States/UTs too continue to be violated with impunity by the present rulers.

Delaying the elections on the pretext of initiation of the Delimitation process was also unjustified. When the State of Andhra Pradesh was bifurcated and the state of Telangana created, no Delimitation was held and Assembly Elections were conducted immediately thereafter. It was then stated that no delimitation can take place in the country before first census after the year 2026 in view of constitutional Amendment effected by the then NDA Govt in 2001-2002. In the case of J&K however, the very same NDA was adopting different yardsticks to delay and deny elections with a view to continue its proxy rule.

Even the Delimitation Commission worked at snail pace giving rise to speculations that it had so prolonged the exercise at the behest of BJP. With the people having been deprived of popular rule and their right to have an elected govt of their own, the onus also lay on the ECI and Delimitation

Commission to explain and justify their role as autonomous bodies.

It is further pertinent to mention that the Election Commission had earlier taken a call for simultaneous polls of Assembly and Parliament in 2019 which however did not materialize due to the interference by one political party. ECI later issued a statement on 4th June, 2019 stating therein that the EC after the conduct of Amarnath Yatra will announce the election schedule for the conduct of Assembly Elections in J&K it too turned out to be a damp squib. And during the visit of the Full Election Commission headed by CEC to J&K in February, 2019 all political parties except BJP had favoured Assembly Elections in J&K in April-May, 2019. The said Elections were however avoided at the behest of BJP alone to keep the ruling party in good humour. Likewise, statements of early Assembly polls were issued by central govt, Governor and the Lt. Governor of J&K also, which too have created only cynicism amongst the masses in view of the frequency with which they were made and then forgotten.

Singh maintained that the ECI too had gone in hibernation. Is it an indirect support to BJP by allowing its proxy rule to continue in the troubled territory of J&K. At stake therefore is not only the institution but all that the constitution stands for. The ECI was holding elections in other states without uttering a single word about J&K Elections which are being denied for

the last around five years since 2018. And only recently the Chief Electoral Officer (CEO) J&K made a statement that the PRI's, local bodies and Parliament elections would be held as per schedule in the current financial year itself. But what about the Assembly elections? Why are ECI and the BJP govt keeping mum over the issue despite all bottlenecks including delimitation and publication of electoral rolls after creation of new assembly constituencies having been finalized besides, normalcy as never before also having been restored.

The pertinent question which arises therefore is whether a democratic Govt could be denied to the people for long as five years and that too without any justifiable reason. Elections are said to be the BedRock of democracy. They have been held to be the barometer of democracy by the top court of the country. There can be no democracy without free and periodic elections. In the Indra Gandhi Vs Raj Narain Case, the Supreme Court held that all the seven judges who constituted the majority in Kesavananda Bharati's case were agreed that "democratic process was part of the basic structure of the constitution and that holding periodic elections was a constitutional obligation. Likewise there are several judgments of the Apex court of the country mandating periodic elections which however continue to be violated by the powers that be.

JKFFC chairman pressurizing parents to withdraw complaints: Amit Kapoor

Top News Report

JAMMU, May 11: Parents Association Jammu President Amit Kapoor accused JKFFC Chairman Sunil Halle of pressurizing the complaining parents to withdraw their complaints.

He said that despite the complaints of the parents, why the chairman is not issuing orders to refund the fees charged in excess. Along with this, he also alleged that he is trying to set up private schools.

Amit Kapoor said that the chairman of JKFFC is calling the parents who are complaining about taking more fees from the children and is pressurizing them to withdraw their complaints. He said that the annual fee of Cameraz School has been fixed at Rs 6490 while it is charging Rs 12200 from the children.

Similarly, the monthly fee has been fixed at Rs 2100 while they are charging Rs 3400 from the children. Many schools are charging annual fee of Rs 17000 instead of Rs 4000.



He said that instead of Rs.10,150, Shri Ram Universal School is charging an annual fee of Rs.17,000. Christ School Nowshera is charging annual fee of Rs 9000 instead of Rs 4870 whereas Kidway School Vijaypur is selling the book for Rs 9,100 per set. Mount Litera Zee School Talab Tillo is charging annual fee of Rs 17000 instead of Rs 9000.

He said that when a parent complained, he was told that he leaves you Rs 4,000 and instead of Rs 16,000, you deposit Rs 12,000 while the fixed

annual fee is Rs 9,000. On the other hand, the chairman got the school to write that he will refund the fees, but in the case of all the children, why is he not issuing an order to refund the fees collected in excess.

Amit Kapoor said that the chairman of JKFFC is pressurizing a mother suffering from cancer to withdraw her complaint while he scored 9.9 percentile.

Amit Kapoor said that the chairman is not issuing orders to refund the fees charged because he is busy setting up with the schools.

UNION TERRITORY OF JAMMU & KASHMIR
OFFICE THE EXECUTIVE ENGINEER PWD (R&B) CONST. DIVN. NO. 1
JAMMU

EXTENSION NOTICE

Name of work :- Notice Inviting Tender for :-

S. No.	Name of Work	Advertised Cost
1	1/ Macadamization of road in Sector-7, Lane No. 6 Nanak Nagar area (Amount Rs. 20.00 Lacs).	40.00
2	2/ Macadamization of road from Uchi Pulli to Trikuta Nagar through Sector-12 Nanak Nagar area (Amount Rs. 20.00 Lacs). (Under City and Town Programme for the year 2023-24)	40.00
3	1/ Macadamization of link road to Panchvati Flats and internal links at Nanak Nagar (Amount Rs. 20.00 Lacs). 2/ Macadamization of road from Landoli Chai to Khalsa Chowk Nanak Nagar (Amount Rs. 20.00 Lacs). (Under City and Town Programme for the year 2023-24)	35.00
4	Macadamization in Shastri Nagar from Doodhadhari Temple to NH near Milk Supply (Under City and Town Programme for the year 2023-24)	29.00

Reference :- This office Short e-NIT No. CD-1/03 of 2023-24 dated 26-04-2023

The bid submission date, the dates of downloading, submission of bids and opening of Technical bids are extended as per below.

Sl. No. of Bidding Document	Read as	Instead of
Page No. 2 of e-NIT	Period of downloading of bidding documents From 26-04-2022 to 11-05-2023, 1800 Hrs	Period of downloading of bidding documents From 26-04-2022 to 08-05-2023, 1800 Hrs
Page No. 2 of e-NIT	Bid Submission End Date 11-05-2023 upto 1800 Hrs	Bid Submission End Date 08-05-2023 upto 1800 Hrs
Page No. 2 of e-NIT	Date & time of opening of Technical Bids (Online) 12-05-2023 on or after 1400 Hrs in the Office of Executive Engineer PWD (R&B) Const. Divn. No. 1 Jammu	Date & time of opening of Technical Bids (Online) 09-05-2023 on or after 1400 Hrs in the Office of Executive Engineer PWD (R&B) Const. Divn. No. 1 Jammu

All other terms and conditions shall remain same.

No :- 336-50
Dated :- 08-5-2023

(E. K.K. Attri)
Executive Engineer
PWD (R&B) Const. Divn. No. 1
Jammu

DIP/J-1222/23

EDITORIAL

SPORTS AS
CAREER

Sports and games are physical activities which help in skill development of competitive nature. Typically, two or more groups compete with each other for entertainment or to obtain a reward. There is a need to promote sports activities for both women and men, as it boosts a person's physical, mental health, financial status.

It plays a great role in strengthening the nation by building the character and health of the citizens. Sports bring movement and dynamism to the way humans do things.

The importance and role of sports cannot be ignored by anyone, as it is indeed a very important subject. People can get involved in sporting activities for their personal development as well as professional development. It is great for both boys and girls to build a good body. It makes people mentally alert, physically active and strong.

The two most important advantages of the game; Have good health and a calm mind. Students are the youth of the country, and they can be benefited more by sports activities. They can be more disciplined, healthy, active, punctual and can easily cope with any difficult situation in personal and professional life. Regular involvement in sports helps to overcome anxiety, stress and nervousness easily.

It improves the physiological functions of the body parts and thus, positively regulates the functions of the entire body. It helps in maintaining the health of the body and thus the mind or mind remains peaceful, sharp, and active with better concentration. It increases the strength and energy level of body and mind. It gives everyone a nice break from the monotonous life.

Sports keep bright professional career. So, youngsters interested in it need not worry, all they have to do is keep this interest regular with full dedication. It teaches everyone to work in a team by developing the spirit of team cooperation and team building. More inclination towards sports makes both an individual and a nation healthier and stronger financially. Therefore, it should be promoted more by the parents, teachers and the government of the country.

Sports are usually played as a competition between two competing teams with an attempt to conquer each other. There are different types of games and sports, which we play outside the house, they are outdoor (field sports). Games are called, while those which are played inside the house are called indoor games.

One of the two participants is the winner, while the other is the loser. Sports is really a very important activity for everyone, especially for children and youth as it keeps the body healthy and fit.

A nation having more famous sports personalities very easily gains worldwide acceptance in a short span of time. No extra effort is needed to inspire the youth of the country. They very easily get inspired by watching already famous sports personalities. The youth of such a country get more opportunities to make a career in the field of sports. Well-known players also encourage the upcoming youths of their country.

Why Are very less Girls Chasing The IIT Dream

By: Vijay GarG

(There are altogether 16,500 seats in the 23 IITs, out of which 3,300 supernumerary seats (20%) for girls qualifying JEE Advanced do not lie vacant)

Even though lakhs of students aspire to crack the Joint Entrance Examination (JEE) Main and Advanced every year to secure a seat in one of the 23 IITs, the number of girls who appear for JEE Main and qualify for JEE Advanced is significantly less than that of the boys. As per the National Testing Agency (NTA) which conducts JEE Main, out of the 22.5 lakh candidates who registered for JEE Main 2023, around 30% were girls. Moreover, out of the 11,13,325 candidates who appeared for both the sessions, the number of girls taking the exam was 338963, as opposed to the boys who accounted for 774359. On the whole, out of the 43 candidates who scored 100 percentile in JEE Main 2023 (both sessions), only one candidate, Ridhi K Maheshwari (AIR 23) from Karnataka, was the all-India topper among girls. A Lekhashree, also from Karnataka, secured second rank in the same category with 99.99 percentile.

The previous years too indicate a similar pattern. In JEE Main 2022, among the 24 candidates who secured 100 percentile, there were only

two girls Palli Jalajakshi from Andhra Pradesh and Sneha Pareek from Assam, while in 2021, Delhi's Kavya Chopra and Maharashtra's Bakshi Gargi were among the 13 students who scored 100 percentile.

As aspirants get busy registering for JEE Advanced 2023, organising chairman, JEE Advanced 2023, IIT Guwahati, says the statistics should not come as a surprise. He explains, out of the total 2.5 lakh candidates who are eligible for JEE Advanced 2023, around 1,90,000 candidates are males, while 60,000 candidates approximately are females. "There are altogether 16,500 seats in the 23 IITs, out of which 20% (3,300) are supernumerary seats for girls qualifying JEE Advanced. "Past experience shows, none of these seats lie vacant with girls showing as much interest in pursuing Computer Science, as Engineering Physics, Biotechnology, Maths and Computing, or even Data Science,"

It is a misconception, he adds, that girls do not have access to quality coaching, and hence do not match up to the boys, as there are ample opportunities for online coaching which eliminates the need to attend physical classes. "However, if their numbers are less in Main or Advanced, it is simply because they are

willing to explore opportunities in other STEM subjects and not necessarily drawn towards engineering per se. A large percentage of girls are inclined towards the medical profession, and going by the recent NEET UG 2023 registrations, out of the nearly 21 lakh candidates who registered, 12 lakh candidates approximately are girls which puts them in a majority over the boys,"

The skewed ratio in Main and Advanced, however, points to a different story with factors, ranging from gender stereotypes to a lack of awareness, peer pressure and parental expectations. As Ridhi herself corroborates, "There is a general perception among boys that girls secure their preferred streams due to the supernumerary seats. I would like to prove them wrong, and hope to improve my rank with JEE Advanced. However, even as supernumerary seats may help girls in the rural belts, it is not being fair to the boys who lack that advantage." Backed by her IITian brother Raghav, Ridhi dreams of being a computer engineer by taking admission in IIT Bombay, busting the myth that girls are weak in Maths, a subject close to her heart. Girls, she says, tend to shy away from fields that are male dominated, and engineering may be one of them.

They need to set aside biases that undermine their confidence and abilities in Maths and Physics, which are the core subjects for JEE, she affirms.

While the supernumerary seats are just one step towards increasing gender diversity in the IITs, the institutes, for their part, are making efforts to make their campuses more inclusive. "At IIT Delhi, for instance, the Office of Academic Outreach and New Initiatives (ADONI) launched a STEM mentorship programme for high school girls to encourage them to choose science as their career," Diversity and Inclusion, IIT Delhi where there is also a new Office of Diversity and Inclusion (ODI), led by a woman dean to address the barriers faced by women and persons from marginalised backgrounds in their education and professional journey. The ODI conducts post-JEE counselling for female students and their parents to integrate girls within the IIT ecosystem. These, and other initiatives, may help create a conducive environment for girls to crack the JEE and make engineering their calling.

(Vijay GarG Retired
Principal Educational
Columnist Malout Punjab)

Excessive Sweating And Hair Loss

By: Shahnaz Husain



If you have wondered why you lose more hair in summers than in winters, there is a reason for it

The combination of harsh sun, pollution, and dryness can cause excessive sweating in the body as a result of which your hair may become frizzier, drier, and less lustrous during the summer. Sweat clogs your scalp's pores, damages your hair's health, and changes your hair texture.

While perspiration is only a natural biological phenomenon that helps detox and keeps your body naturally cool and normalizes its core temperature however excessive sweating can clog your hair follicles and disrupt the natural hair growth cycle.

Sweat contains salt content which leads to dryness and major hair loss. That's why a sweaty scalp is a foe to your luscious manes.

Sweat which is a combination of water and natural salts itself is not inherently damaging to your hair however excessive perspiration can dry your scalp and potentially clog your hair follicles, as it can mix with bacteria and irritate or damage your scalp. The inflammation on the scalp is due to the presence of lactic acid which is naturally present in our perspiration. As lactic acid accumulates on the scalp it also makes the hair brittle and weak. The lactic acid present in our sweat can bind with keratin (protein) that is already present in our hair follicles which can take away the natural luster and strength of our hair

But the good news is there are a number of ways you can help to keep your hair in good shape while working out regularly.

The best way to resolve the hair sweating problem is by keeping your scalp clean and hygienic. For Scalp hygiene, Mix 2 tablespoons of rose water and 2-3 drops of essential oil like lavender and jasmine oil and apply this to your hair. Wash your hair off with cold water after this.

Massaging your scalp with essential oils can soothe it and reduce hair fall. Lavender oil has antimicrobial and antibacterial properties that help keep the scalp healthy. Chamomile oil helps add shine and softness to it. If possible, wash your scalp immediately after excessive sweating such as after working out, running, or cooking in the kitchen. This is the best way to keep the sweat from building up over time.

Wash the hair according to hair type and season. In summer shampoo the hair more frequently, especially if the hair is oily. Use a mild herbal shampoo. Rinse your hair well with water, to get rid of all soapy residues and the loosened flakes. Apply egg white on the hair 15 minutes before shampoo. It helps to reduce oiliness and also adds body.

For women with curly or textured hair, oil is the best way to keep your scalp clean from toxins and unhygienic components. Spraying your hair and scalp with hair oils such as argan oil can help reduce post-workout frizz and reduce dryness. Many women use treatments to moisturize their hair and prevent the salt in sweat from drying it out. You can also use a leave-

in conditioning treatment or gel after your workout to restore moisture and help set your curls.

Take steam on the hair. This helps in opening up the pores and thus flushes out the dirt and toxins from the scalp. It also removes the extra oil and activates the hair follicles for proper functioning. This helps in proper blood circulation to the hair follicles as well as ensures deep nourishment and removal of dirt and toxins. This is one way to prevent hair loss through sweat.

For oily and sweaty hair, avoid creamy conditioners. Use a hair rinse. Lemon juice can be added to a mug of water and used as a last rinse. A lemon rinse helps to reduce oiliness and also maintains normal balance. Tea and lemon rinses are also good. Boil used tea leaves again, in enough water. Cool the liquid. Add the juice of a lemon and use it as a rinse after shampoo.

Ensure you eat a nutritious diet, stay hydrated, take adequate sleep for healthy hair growth. A diet rich in fats and spices increases body temperature and thereby triggers sweat production. The chemical Capsaicin affects the nerves and makes them warmer, as you have spicier food your tendency to sweat increases

Vegetarian diets, on the other hand, have proven to be more effective for sweat control.

A diet rich in protein such as egg whites, white meat, cottage cheese, tofu, soybean, and pulses can contribute to good hair growth and decrease hair fall.

Have a small bowl of sprouts daily. They contain amino acids, which promote hair growth. Fresh fruits, raw salads, leafy green vegetables, curd, and soybeans, may be included in the diet. Coffee is also not recommended as caffeine increases your heart rate,

raises blood pressure levels, and activates your sweat glands.

If there is hair loss, ask your doctor to prescribe vitamin and mineral supplements.

Apple cider vinegar also helps. Mix a couple of tablespoons of apple cider vinegar with warm water and massage thoroughly into your scalp. Let this stay for half an hour before washing it off with water

For oily scalp and dandruff, mix ripe papaya pulp with gram flour, egg white, and four teaspoons of apple cider vinegar into a paste. Apply on the hair and wash off after half an hour

Marigold ("Gaiinda") flowers can be used to prepare a hair rinse. It is particularly useful during the monsoons. Add a handful of fresh or dried marigold flowers to three cups of hot water. Allow it to stand for an hour. Strain and cool the water and use as a final rinse. It benefits sweaty hair and adds body and shine.

Neem leaves: Add two handfuls of neem leaves to four cups of hot water. Let it stand overnight. The next morning, strain the liquid and use it to rinse the hair. It relieves itching and keeps the scalp healthy and free from infections. A paste can also be made of the soaked neem leaves and applied on the scalp, rinsing off with water after half an hour.

For dandruff, soak fenugreek (methi) seeds overnight in water. Grind them into a paste. Add 2 teaspoons each of olive oil and apply the paste on the scalp. Leave it on for 20 to 30 minutes. Rinse well with water

Hair loss is largely considered a cosmetic issue, but it can give you a lot of stress and confidence issues and thereby can hamper your overall quality of life.

Mission Life Campaign kick-started at GDC Kathua

TOP NEWS REPORT

KATHUA, MAY 11: Government Degree College Kathua in collaboration with Department of Social Forestry kick started a Mission Life Campaign today on 11-05-2023.

In this connection, a Symposium on the theme Mission Life Campaign is organized today at Government Degree College Kathua. The Programme was organized by the Debate and Literary Committee GDC Kathua in Collaboration with District Social Forestry Kathua.

Sandeep Majotra DDC Member Nagri Parole was the Chief Guest and Prof. Seema Mir, Principal GDC Kathua was the Guest of Honour of this programme. Munish Bhardwaj, District Forest Officer Kathua presided over the Programme.

The Programme was aimed at the creating awareness about preservation of Environment Preservation and its conservation at larger scale. The real aim was also to make students familiar with the developments with the climate Change.

The Chief Guest Sandeep Majotra Member



DDC Nagri Parole and Worthy Principal Prof. Seema Mir was accorded warm reception by the officials District Forest Office Kathua by floral bouquet at the stage. The Programme started with lighting of the lamp followed by the formal welcome address by the Prof. Seema Mir Principal GDC Kathua.

In her address to the Chief Guest and other dignitaries present over the dais, she has highlighted the achievements other developmental works of the college. A symposium on the theme Keeping the Earth Clean and Green was also organized in which twelve students have actively participated and enthralled the

audience on this alarming issue of Environment Preservation. A sapling was also planted by the Chief Guest and Guest of Honour and District Forest officer in presence of other officials along with the staff of GDC Kathua.

Worthy Principal was accompanied by the senior faculty members of the college Prof. Romila Guleria, Prof. Anirudh Sharma, Prof. Raj Kiran Convenor Sports Board, Prof. Jaswinder Singh HOD Physics and coordinator IQAC, Prof. Rakesh Singh HOD Chemistry and Convenor NAAC, Dr Anupama Arora, Dr Rachna Raj, Dr. Amita Dua, Dr Sumit Dubey. The Competition was conducted under the

overall supervision of Prof. Seema Mir, Principal GDC Kathua.

Dr Deepshikha HOD EVS, Dr. Amita Dua, Dr. Kamaldeep Singh acted as the Judges for the Symposium on Environment Preservation.

The Chief Guest Sh. Sandeep Majotra, while speaking on the occasion appreciated the staff and the esteemed Principal GDC Kathua for all out effort for organizing this awareness programme. Sh. Munish Bhardwaj also thanked the worthy Principal GDC Kathua for providing a Platform to the students and collaborating with District Social Forestry in this National Campaign. Other dignitaries who were present on this occasion were

Sh. Rahul Majdial, District Soil and water Conservation officer, Sh. Rajesh Kumar, assistant Director Forest Conservation Force, Sh. Om Prakash Range Officer, Social Forestry.

The Principal also praised the Debate and Literary Committee members for their dedicated and hardworking attitude towards their work. The proceedings of the Interactive Programme were conducted by Prof. Shivani Kotwal, organizing Secretary of this poster making competition.

Later, the certificates were delivered to the participating students and the winners of Poster making Competition by the chief guest. The Programme concluded with the vote of Thanks presented by Prof. Raj Kiran Convenor Debate and Symposium Committee.

Among others who were present Dr Sumit Dubey, Dr Surya Partap Singh, Dr Shamsheer Singh, Dr Amrik Singh, Prof. Jagdish Lal, Dr. J S Soodan, Physical Director, Dr. Archana Bhatt, Dr. Natasha Baloria, Prof. Rakhi Malhotra and Dr. Eva Sharma.

CWS GDC Kathua organizes workshop



TOP NEWS REPORT

KATHUA, May 11: Centre for Women Studies (CWS) of Government Degree College (GDC) Kathua, organized workshop in the college campus.

The programme started with lighting of lamp which was followed by Saraswati Vandana by the student of the college. Principal GDC Kathua Prof. Seema Mir was the Chief Guest of the event.

Sunderjeet Kour, Tehsildar, was the guest of honour in this special occasion.

Dr. Rachna Devi, coordinator, CWS, in her welcome address said that CWS organise various developmental programs from time to time to create awareness among the students. She also said that it is very important to strengthen women's role by enhancing value education and the frequency of various sensitization program at regular intervals.

Chief Guest Prof. Seema Mir, in her address explained that with the improved access to education and employment, millions of women are joining the Army, Air force and even anti terror operations but without value education and man's cooperation and contribution to women empowerment is not possible.

She also said that society as a whole must take a result oriented initiative to create congenial environment where women can live freely without any discrimination. Live demonstration was also given by the Chief Guest how to inculcate values among young minds.

She also said that value based education is must for every human being.

Chief Guest also congratulated Dr Rachna and her team for organising such informative program for the students.

Sunderjeet Kour explained each aspect of value education in a very impressive manner. She said that value education is the need of hour. No society can survive without values. Every human being should adopt values like sincerity, tolerance, cooperation brotherhood etc. Indian society is rich society only because of its valued. 100 students participated in the workshop.

Dr. Romila Guleria, Prof. Raj Kiran, Prof. Shivani Kotwal, Dr Seema, Dr Poonam, Dr Eisha and members of CWS.

Dr Amita Dua, Prof. Madhavi, Manohar Lal, Dr Ambica, Dr Himani, Prof Vishav Deepka, Dr Archana Bhat, Prof Surbhi Gupta, Prof Roma, Prof Rupali Nanda were also present in the function. Formal vote of thanks was presented by Dr Himani Arora.

Zonal Level Inter School Tournament for boys gets underway

TOP NEWS REPORT

UDHAMPUR, May 11: Zonal Level Inter School Tournament for Boys U/14 years in the disciplines of Kho Kho, Kabaddi, Volleyball, Tug of War and wrestling got underway here at Mini Stadium Udhampur.

About 385 boys drawn from different 34 Govt. as well as private institutions of Zone Udhampur participated in the Tournament.

Deep Kumar Zonal Physical Education Officer Udhampur was the Chief Guest on the occasion and interacted with the participants along with field staff and welcomed them. Speaking on the occasion, he encouraged the participants and said that sports plays a very important role in the life of youth and it enhance the overall personality and development of the youth and advised participants to play the game in a fair manner and with the true sportsmanship.

ZPEO Udhampur



thanked the organizing committee members of Zone Udhampur for their support and co-operation to make the tournament a great success.

The competition is being organized by the department of Youth Service and Sports Udhampur, under the Patronage of Worthy Director Youth Service and Sports J&K Subhash Chander Chibber, under the overall supervision of Dharmveer Singh DYSSO Udhampur and under the supervision of Deep Kumar ZPEO Udhampur.

Today's Results
Kho Kho: GHS Malhar beat GMS Tirshi by one point. Kabaddi: BBSVP Udhampur beat GHSS Krimachi by six points. Wrestling: (65kg) Nirmal Singh; (45kg) Tofeeq Umar; (40kg) Bablu Kumar; (30kg) Tariq Mohd; (25kg) Rohit Kumar. Volleyball: Happy Model Higher Secondary School Udhampur beat Army Public School by 2-1. Tug of War: Happy Model Secondary School Udhampur beat Army Public School by 2-1.

All the matches were officiated by Ravi Singh (Convenor kho-kho), Naveen Sharma (Convenor Kabaddi), Swarndeep Singh Tara (Convenor Volley Ball), Mulkh Raj Jaju (convenor Wrestling), Bharat Bhushan, Amit Kumar, Ved Parkash Kanchan Sharma, Rakesh Sawhney, Rakesh Khajuria, Ranjeet Singh, Rajnu Badyal, Kumari Nirmal, Kanchan Bala, Vinod Kumar, Rohit Parihan, Meenu, Ranveer Singh, Kuldeep Sharma, Pooja Sharma, Kamaljeet Kour, Nisha Kumari, Gurvinder

Kour, Meenakshi, Palak, Sanjeev Verma, Nanjeev kumar Mayank Mengi and Atul, Mukesh Kumar.

Among others who present on the occasion were, Jasvinder Singh, Ajit Singh, Deepika Manhas, Sandeep Kour, Asha Meenakshi and Sonali Nargotra, Ashok Sharma, Vicky Sharma, Bhopinder Singh, Meenakshi, Anshu brat Khanna, and all the electronic media persons, Sudesh Kumar (Convenor Medical Committee) Rishi Gupta, Chandani Gupta and Sanjay Gupta (Medical Department).

Block Loran accorded farewell to Azgar Ali Mir

TOP NEWS REPORT

MANDI, MAY 11: PHC Loran on Thursday held an impressive function to bid farewell to outgoing Azgar Ali Mir who got retired today after serving 35 year service in the Health Department.

On the occasion, Dr Arshad Baba MO PHC Loran while enumerating various qualities of the Asgar Ali Meer extended their best wishes for his future life. Moreover a number of speakers highlighted the role of Azgar Ali Meer during their service and wished them a healthy and happy post retirement life. Beside that BMO Mandi Dr Nusrat un nisa while wishing him good luck for his after retirement life, she said that he had unique qualities, vast knowledge and experience in the field of health department besides possessing a compassionate heart to understand problems of people. They added that his unwavering integrity and dedica-

tion towards work has made him a distinguished fellow.

Dr Mukarab, Dr Arshad Baba, Dr Jhangir, Dr Zahida, Talat Bashir, Zahoor Din Shehnaz, Raj Kumar, Saleem Raza, Madam Farida, Nazia Khan, Riyazat Ali, Mohd Aslam and Irfan Ahmed present on the occasion.

Speaking on the occasion, Azgar Ali thanked entire staff of block loran sply phc loran with whom he got an opportunity to work with, during 35 year long services, for extending all sort of support in performing of his official duties. He said that his services in different capacities of mandi block has been a great learning experience, which had enriched his professional acumen.

Moreover Mir in his addressed thanked BMO Mandi and entire health fraternity of Phc loran in particular for organising the farewell and said that the tenure of SDH mandi will remain close to his heart.

Rajesh Gupta reiterates demand for statehood, assembly polls

TOP NEWS REPORT

JAMMU, May 11: National Democratic Party Indian (NDPI) on Thursday observed that the people of Jammu and Kashmir are enduring immense agonies on account of an unnecessary delay in their political empowerment.

Addressing a workers meeting at the Party office Janipur NDPI Chief Rajesh Gupta said that there is no substitute to an elected government and a bureaucratic regime can never address the aspirations of the people. "People give vent to their day-to-day based sufferings when they meet us. I think the sense of accountability is missing in our bureaucratic set-up. But it happens when you have no elected government in



place," he said, while underlining the need for early restoration of the Statehood.

NDPI leader said that NDPI has been repeatedly urging the government of India not to delay the restoration of statehood to J&K.

"And we are of the firm belief that the Statehood alone can prove panacea to the people's sufferings," he remarked.

"In this summer season the authorities have not been able to ensure 24x7 electricity to the

people which show their inability to work without an elected government," he said. He demanded 24x7 electricity for Jammuites in the summer season.

"NDPI wants resolution to the problems faced by the people at large. It has become imperative at this point of time that the right to elect an accountable government is given back to the people," Gupta said.

He further said that NDPI adheres to the principle of 'politics of truth' which demands sincerity and efforts at grass root levels.

Others who attended the meeting were Umesh Manhas, S. Kuljeet Singh, Tilakraj, Sandeep Anand, Rajiv Luthra, Meenakshi Gupta, Sanitary Sharma, Sakshi Kachru and Ashok Raina.

Month long "LiFE Mission Campaign-2023" begins

TOP NEWS REPORT

DODA, May 11: Department of Forest, Ecology & Environment, District Doda in collaboration with District Administration Doda organised an programme at City Forest Complex Doda as a part of one month long "LiFE Mission Campaign-2023".

The event was attended by CF Chenab Jatinder Singh (IFS), Ravinder Gauria (DFO Doda), ADDC Doda, ACR Doda, PRIs, VPPC Chairman and BDC Chairman and all other wings of Forest Dept.

Speaking on the occasion, Safer Hussain Shah, DFO SF Doda and Ravinder Gauria (DFO Doda) highlighted on "LiFE Mission Campaign" announced by Prime minister of India Narendra Modi focussing to bring individual behaviours at the fore front of the global climate action



narrative.

They underlined that Mission LiFE inspires us to do all that can be done in our daily life to protect the environment and believes that the environment can be protected by making changes in our lifestyle. All the participants were encouraged to contribute in the campaign with their respec-

tive capacities by adopting simple changes in their life which eventually will have positive effect on the health of the environment. Further, it was informed that a month-long action plan has been formulated under the campaign wherein various activities shall be organised throughout the district by all

the wings of the Forest Department under the guidance of Roshan Jaggi (IFS) PCCF/ Director Dept. of Social Forestry and under the overall supervision of Principal Secretary to Govt. Dept. of Forest, Ecology & Environment.

On this occasion 100 honey bee boxes, honey bee processing units

were distributed to Beneficiaries in presence of all participants.

The purpose of distribution of these honey bee boxes under Mission Life is to promote employment generation and to make people Self Sustainable by production of honey in an environmentally friendly manner.

Actioners like Chatrapathi, IB 71 and Nidarr define the mood of the week

From a hijack that never happened to a thriller tracking a sinister terrorist plot, a musical, another rom-com to regional outings in Hindi, this Friday, the cine-goer has God's plenty. Comic book heroes Asterix and Obelix take a big screen outing and Priyanka Chopra leads a rom-com taking a detour from spy sagas. Here's the lowdown on the cine outings this week!

Film: Chatrapathi (Hindi)

Director: VV Vinayak

Pen Studios' Chatrapathi marks the big Bollywood debut of Telugu superstar Sreenivas Bellamkonda in the big ticket, large canvas action-entertainer. Directed by VV Vinayak it is the official Hindi remake of SS Rajamouli's Telugu blockbuster Chatrapathi. The film is written by V Vijayendra Prasad, SS Rajamouli's father and veteran writer, known for his notable work in films like RRR, the Baahubali series and Bajrangi Bhajiyaan.

Chatrapathi tells the story of a protagonist who rises against oppression to become a saviour of immigrants that suffered massive exploitation and is all set for its all-India release on May 12.

Film: IB 71 (Hindi)

Director: Sankalp Reddy

With Vidyut Jammwal, Anupam Kher and Vishal Jethwa in pivotal roles, IB 71 is based on true events of the Ganga hijack, infamously called The Hijack That Never Happened. The film uncovers India's top secret mission conducted by Intelligence



Bureau that became instrumental in India winning the 1971 war. IB 71 reportedly takes a deep dive into the world of espionage.

IB 71 is slated for a theatrical release on May 12.

Film: Music School (Telugu, Hindi)

Director: PapaRao Biyyala

This musical film stars Sharman Joshi, Shriya Saran, Prakash Raj, Gracy Goswami and Ozu Barua. Popular singer Shaan makes his acting debut in Telugu-Hindi bilingual releasing in theatres on May 12.

Film: Love Again (English)

Director: Jim Strouse

This American romantic comedy-drama film, written and directed by James C. Strouse, stars desi girl Priyanka Chopra opposite Outlander actor Sam Heughan. It has created quite a buzz among the masses and is

all set to release in India.

The film will also see Priyanka Chopra sharing screen space with husband Nick Jonas. Love Again also stars Celine Dion and features multiple new songs from Dion. Love Again hits the screens on May 12.

Film: Asterix and Obelix – The Middle Kingdom (English)

Director: Guillaume Canet

One of the most popular international comic series in the world, Asterix and Obelix, which has been adapted into films and translated into multiple languages, Asterix and Obelix – The Middle Kingdom is set for its theatrical release in India on May 12 in English, Hindi and Tamil. While the popular characters of Asterix and Obelix have been adored by generations across the globe and have a huge fan base, the audience is eagerly

awaiting to see the entertaining comic characters come to life on the big screen. Directed by Guillaume Canet, who will also be seen portraying the role of Asterix, written by René Goscinny, Albert Uderzo and Guillaume Canet, the movie features Gilles Lellouche, Vincent Cassel, Jonathan Cohen, Marion Cotillard, Julien Chen and Leanna Chea and releases on May 12.

Film: To Leslie (English)

Director: Michael Morris

A stirring tale that takes an unflinching look at addiction, To Leslie arrives in Indian cinemas, as PVR INOX Pictures are all set to release the film on May 12. Featuring Andrea Riseborough, To Leslie follows the story of Leslie, a single mother who gets another shot at redemption after messing up her life due to serious addictions. As she attempts to clean up and reconnect with her family, Leslie's journey of turning her biggest weakness into her biggest strength forms the crux of the film. The film also stars Allison Janney, Marc Maron and Andre Royo in supporting roles.

Film: Nidarr (Punjabi)

Director: Mandeep Chaahal

With action-thriller Nidarr, Raghav Rishi and Kulnoor Brar make their Pollywood debut. The film revolves around a terrorist plot that the armed forces are trying to avert. Mukesh Rishi, Vikramjit Virk, Vindoo Dara Singh, Mahabir Bhullar, Shivendra Mahal, and Malkit Rauni play pivotal roles.

Shahid Kapoor brings shades of blue to Wankhede



After treating fans to their sunset picture,

Shahid Kapoor and Mira Rajput Kapoor

were spotted watching Mumbai Indians and Royal Challengers Bangalore's IPL match at Wankhede Stadium in Mumbai on Tuesday night.

The social media team of Mumbai Indians posted a happy picture of Shahid from the stadium. Dressed in a blue shirt and blue denim, Shahid looked super cool in shades of blue.

"Jab We Met at Wankhede. #OneFamily #MivRCB #MumbaiMeriJaan #MumbaiIndians #IPL2023 @shahidkapoor," the post read. Shahid's wife Mira also shared a few glimpses from her match diaries.

Robert De Niro welcomes 7th child months before 80th birthday

Hollywood actor Robert De Niro has revealed that he has become father to his seventh child, just months before his 80th birthday.

The actor, 79, shared the news in an interview while he was promoting his film About My Father. He was asked during the interview about being a father-of-six, with interviewer Brittnee Blair saying, "I know you have six kids." Robert, however, corrected her about his family. The Academy Award winner commented: "Seven, actually."



He subsequently confirmed, "I just had a baby."

Pedro Pascal to star in Weapons

Game of Thrones star Pedro Pascal has been roped in to play an important role in a project from the filmmakers of horror film, Barbarian.

New Line is behind the feature, which has a script written by Zach Cregger, the actor-turned-moviemaker, who is also sitting in the director's chair.

Cregger will also produce alongside his Barbarian producing team, Roy Lee of Vertigo and JD Lifshitz and Raphael Margules of Boulder Light Pictures.

Plot details are being kept in a lockbox, but Weapons is described as an inter-related, multi-story horror epic that tonally is in the vein



of Magnolia, the 1999 actor-crammed showcase from filmmaker Paul Thomas Anderson.

Pascal appeared in series such as Narcos and Game of Thrones before he played the role of Din Djarin in Star

Wars series The Mandalorian. Earlier this year, he starred in Last of Us. He is now gearing up to go into production on the Gladiator sequel for Ridley Scott and Paramount.

Priyanka Chopra on past relationships: Always ended up dating actors that I worked with

Actor Priyanka Chopra Jonas says she took a break from romantic relationships before meeting husband Nick Jonas as she wanted to figure out her patterns and mistakes.

During her appearance on "Call Her Daddy" podcast with host Alex Cooper, the actor opened up about her love life and how at one point she went from "relationship to relationship".

"I did not give myself time at all between relationships... I think I worked a lot and I always ended up dating the actors that I worked with. And I think that I just thought I had an idea of what a relationship should be like, and



I kept seeking that and trying to fit the people that came into my life into my idea of that relationship," the 40-year-old actor said.

Looking back, the "Citadel" star said though some of her relationships ended really badly, the people she dated were "really wonderful".

feeling like, I need to be the caretaker, always feeling like it's okay to cancel my job, my work, my meeting or my priority to make sure that he's propped up," Priyanka said.

The actor said she had normalised the idea of "giving the power in such a skewed way" that she never stood up for herself.

"I literally would become like a doormat and I was like, 'okay, that's fine,'" she added.

Priyanka said she came to a realisation that getting into a new relationship soon after one ended wasn't good for her.

"I reached a point in my life where I was like, what the f**k are

you doing? Like, this is getting self-destructive at this point when I had to choose me, I had to be like I don't owe no one anything except my family and myself, the people who truly love me. "When you are in relationships where you stop recognising who you are, you stop having your own identity, or you stop knowing what is it what you want for yourself, what your goals are, then you are invisible. And, I just started feeling invisible in my relationships," she added.

Priyanka married Jonas in December 2018. The couple welcomed their daughter Malti Marie in January 2022.

Asaram sends defamation notice to 'Bandaa' makers; producer says will respond

'Sif Ek Bandaa Kaafi Hai' is billed as 'a power-packed courtroom drama inspired by true incidents'

Self-styled godman Asaram, sentenced to life for sexually exploiting a minor, and the Sant Shri Asaramji Ashram Charitable Trust have sent a legal notice to the makers of "Sif Ek Bandaa Kaafi Hai" alleging that the trailer of the upcoming film is "highly objectionable and defamatory".

The film, starring Manoj Bajpayee, follows the story of a lawyer who goes up against an influential godman accused of sexually abusing a minor girl. The trailer was released on May 8.

Asaram has been serving a life sentence in Central Jail Jodhpur since 2018 following his conviction in a case of sexual exploitation of a minor student of his 'gurukul'.

Confirming that he had received the notice, producer Asif Sheikh said late Tuesday that the film is a biopic on P C Solanki, prosecution counsel for the girl.

"Legal notice has been received from Sant Shri Asaramji Ashram Charitable Trust to the makers Producer Asif Sheikh Banner Practical Productions on



the film 'Sif Ek Bandaa Kaafi Hai' starring Manoj Bajpayee in lead, the courtroom drama is inspired by true events. My legal team will respond to the legal notice and we have acquired

the rights of P C Solanki and the biopic is based on him," Sheikh said in a statement.

The legal notice on behalf of Asaram and the Pushkar-based trust was sent by advo-

cates Satya Prakash Sharma and Vipul Singhvi. It demanded "prohibitory orders, directions and instruction, against release/promotion" of the Hindi movie.

According to Singhvi, the filmmakers have been given three days to reply.

"We have also prepared the petition which is ready to be filed in the court if they fail to give a reply in three days," he told agency.

He said releasing the movie with its "present depiction of the character (godman) will not only cause a law and order situation in the country, hurt the sentiments of lakhs of followers of Asaram but may also prejudice the mind of the court, since his appeal is pending before the Rajasthan High Court".

"Sif Ek Bandaa Kaafi Hai", set to start streaming on ZEE5 from May 23, is billed as "a power-packed courtroom drama inspired by true incidents".

Directed by Apoorv Singh Karki and written by Deepak Kingrani, the film is also produced by Vinod Bhanushali Studios Limited, Zee Studios and Suparn S Varma.

Janhvi Kapoor, Gulshan Devaiah & Roshan Mathew to headline thriller film Ulajh



The cast of the upcoming film Ulajh has been locked. The film, which is a thriller, is set in the intriguing world of Indian Foreign Services (IFS).

The film will be headlined by Janhvi Kapoor, Gulshan Devaiah and Roshan Mathew. It will be directed by National Award-winner Sudhanshu Saria.

It follows the journey of a young IFS officer, belonging to a promi-

nent family of patriots, who gets embroiled in a dangerous personal conspiracy. It has been written by Parveez Shaikh and Sudhanshu Saria, with dialogues by Atika Chohan.

Excited to be a part of Ulajh, Janhvi said, "When I was approached with the script of Ulajh, it instantly attracted me because as an actor, I am constantly looking for scripts that make me

step out of my comfort zone and portraying a character based in the celebrated world of the Indian Foreign Services was just that. Just as the name of the film suggests, my character and the story has so many layers, emotions and parameters." The film also stars Rajesh Tailang, Meiyang Chang, Sachin Khedekar, Rajendra Gupta and Jitendra Joshi. Director Sudhanshu Saria shared, "In Janhvi Kapoor, the film has found its beating heart and it's going to be a treat for audiences to watch her spar with thespians like Rajesh Tailang and Sachin Khedekar, maverick actors like Gulshan Devaiah, Roshan Mathews and Meiyang Chang. I can't wait to start rolling cameras on Ulajh."

PM Modi Launches Projects Worth 5,800 Crore On National Technology Day

The programme also marked the commencement of the celebration of the 25th year of National Technology Day, which will be held from May 11-14.

NEW DELHI, May 11 (Agencies): Prime Minister Narendra Modi today inaugurated the programme marking National Technology Day 2023 in the national capital. The programme also marked the commencement of the celebration of the 25th year of National Technology Day, which will be held from May 11-14.

Defence Minister Rajnath Singh and Union Minister Dr Jitendra Singh were also present at the event.

The Prime Minister also laid the foundation stone and dedicated to the nation multiple projects related to scientific and technological advancement in the country, worth more than



5800 crore.

The projects for which the foundation stone was laid include Laser Interferometer

Gravitational-Wave Observatory-India (LIGO-India), Hingoli; Homi Bhabha Cancer Hospital and Research Centre, Jatni,

Odisha; and Platinum Jubilee Block of Tata Memorial Hospital, Mumbai.

The celebration of National Technology Day was started by former Prime Minister Atal Bihari Vajpayee in 1999 to honour Indian scientists, engineers and technologists, who worked for India's scientific and technological advancement and ensured the successful conduct of Pokhran tests in May 1998.

Since then, National Technology Day is observed every year on May 11.

It is celebrated with a new and different theme every year. This year's theme is 'School to Startups- Igniting Young Minds to Innovate'.

7 of family killed in fire in UP's Kushinagar

The victims comprise four minor girls, their mother and grandparents

KUSHINAGAR, May 11 (Agencies): Seven members of a family were burnt to death after a massive fire engulfed their house in Uttar Pradesh's Kushinagar district.

The victims comprised four minor girls, their mother and grandparents.

While the woman and four of her daughters died on the spot, her eldest daughter (8) was rescued by the police.

The elderly couple, who were rushed to a local hospital in a critical condition, succumbed to their burns during treatment.

The cause behind the fire is yet to be ascertained but locals said the clay oven was not properly doused after preparing food.

Raging flames triggered panic among villagers, who informed firefighters.

According to locals, firefighters did not reach the spot in time.

However, Kushinagar District Magistrate Ramesh Ranjan, along with SP Dhawal Jaiswal, rushed to the spot.

Senior police officials supervised the rescue operation.

Taking cognisance of the tragedy, Chief Min-

ister Yogi Adityanath announced Rs 4 lakh ex-gratia for each of the deceased, which will be given to the next of kin.

He directed the officials to provide all assistance to members of the family.

According to SP Dhawal Jaiswal, an inquiry had been initiated to identify the reason behind the fire.

Officials said that the father, Shohrat, is an auto-rickshaw driver. He was in the market when the incident took place.

According to Shohrat, flames trapped his family members and prevented their way out.

Maharashtra political row: Governor justified in inviting Eknath Shinde to form government, says Supreme Court

NEW DELHI, May 11 (Agencies): The Supreme Court on Thursday held that the Maharashtra governor was not justified in calling upon then chief minister Uddhav Thackeray to prove majority in the Assembly on June 30 last year but refused to order status quo ante, saying Thackeray did not face the floor test and resigned.

In a unanimous verdict on a batch of pleas related to the political crisis that led to the fall of the Maha Vikas Aghadi (MVA) government led by Thackeray following a revolt by the Eknath Shinde faction, a five-judge Constitution bench headed by Chief Justice of India DY Chandrachud held that House speaker's decision to appoint Bharat Gogawale of the Shinde faction as the whip of Shiv Sena was "illegal".

It, however, said since Thackeray had resigned without facing the floor test, the governor was justified in inviting Shinde to form government at the behest of the BJP which was the largest political party in the house.

"The governor was not justified in calling upon Thackeray to prove his majority on the floor of the House because he did not have reasons based on objective material before him to reach



the conclusion that Thackeray had lost the confidence of the House," said the bench which also comprised Justices MR Shah, Krishna Murari, Hima Kohli and PS Narasimha.

"However, the status quo ante can't be restored because Thackeray did not face the floor test and tendered his resignation. The governor was, therefore, justified in inviting Shinde to form the government at the behest of the BJP which was the largest political party in the house," it said.

The top court also referred the 2016 Nabam Rebia verdict by a five-judge constitution bench, which relates to the power of Speaker on disqualification of MLAs, to a larger bench of seven judges.

Amritsar blasts: 1.1 kg explosive, radical literature seized from 5 arrested; Punjab Police probing motive, foreign links

AMRITSAR, May 11 (Agencies): With the arrest of five persons, the Punjab police claim to have cracked the three low-intensity blasts near Golden Temple in the past five days.

First blast occurred near Saragari Sarai on Heritage street near Golden Temple on May 6 night while the second on May 8 morning. The third explosion took place at around 12.12 am last intervening night.

Those arrested were identified as Azad Veer Singh of Wadala Kalan village in Baba Bakala, Amrik Singh of Dubri village in Gurdaspur, Dharminder Singh and Harjeet Singh of 88 feet road and Sahib Singh, a resident of Gate Hakima

area.

Azad Veer and Amrik Singh had assembled the explosives while Dharminder Singh, Harjeet Singh and Sahib were held for sourcing and providing explosives.

Sahib Singh was licensed holder of explosives used for manufacturing of firecrackers, said DGP Gaurav Yadav while briefing the media on Thursday.

The police have also apprehended a woman whose role was being looked into, he added.

The police have recovered 1.1kg of explosive material besides some radical literature from their possession.

Azadvir and Amrik Singh were putting up in the Guru Ram Dass Sarai located in the

Golden Temple complex for the past several days. They had assembled the explosives for creating crude bombs.

DGP Gaurav Yadav said that Police Commissioner Naunihal Singh was directed to form a SIT to probe threadbare into these instances.

"We will expose their links in India and abroad," he said. He added that the police will hold in-depth scientific investigations by taking help of forensic teams and other agencies after examining the devices.

"Azad Veer Singh went to the bathroom of the inn and threw the bomb on the Gallliara side behind the Sarai at around 12.12am. The police cordoned the area after information,"

said DGP while adding that during probe and scanning of CCTV cameras inside the Guru Ram Dass Sarai led to the suspects. He said the accused confessed of earlier explosions at Heritage Street also.

The preliminary interrogation revealed that the accused assembled 200gm of explosives in a container then suspended the same in a polythene bag from a thread from roof top of Saragarhi parking on May 6 evening, which exploded at around 11.30pm. Azad Veer kept another bomb at the rooftop on May 8 around 4am and left the scene. It was connected with a thread, which was pulled by a passerby leading to the blast at the same spot at

around 6.30am.

He said following their arrest, the police technically examined the CCTV cameras installed in the Guru Ram Dass Sarai. He said that the corroborated their locations at the time of these explosions. DGP thanked SGPC authorities for their cooperation and appreciated the SGPC task force for their excellent work for pinpointing the suspects.

Azad Veer was earlier booked by Chheharta police on charges of hurting religious sentiments Dharminder had a case of NDPS act while Sahib Singh was booked under explosives act. Amrik Singh has also a criminal case against him.

AAP hails Supreme Court verdict on Centre-Delhi services row, CM Kejriwal calls verdict 'victory of democracy'

NEW DELHI, May 11 (Agencies): The AAP on Thursday hailed the Supreme Court verdict on the Centre-Delhi services with party chief Arvind Kejriwal terming the verdict a "victory of democracy".

Following the top court verdict, Kejriwal will go to the Delhi Secretariat for the first time in many months and hold a meeting with his cabinet, officials said.

In a unanimous verdict, the Supreme Court ruled on Thursday that the Delhi government has legislative and executive powers over services.

Welcoming the verdict, the AAP said in a tweet in Hindi, "The elected government will have the power of transfers-postings of officers.

Officers will work only through the elected government."

The Lt Governor will have no power over the officers to stop the work of the people of Delhi, the party said.

Kejriwal, on the other hand, expressed his "heartfelt thanks" to the Supreme Court for "doing justice to the people of Delhi" and said the pace of development will increase manifold.

AAP Rajya Sabha Raghav Chadha called the verdict a "landmark decision" and said it sends a stern message. "Satyamev Jayate. Delhi wins. Hon'ble Supreme Court's landmark judgment sends a stern message that officers working with the government of Delhi



are meant to serve (the) people of Delhi through the elected government and not unelected usurpers parachuted by Centre to stall governance, namely LG," Chadha tweeted.

AAP senior leader and minister Atishi called the verdict "historic" and said, "After a long battle, the Supreme Court got the Arvind Kejriwal government its right. Now, no one will be able to

obstruct the work of the people of Delhi."

"This historic decision is a win for the people of Delhi. Now Delhi will progress at double the speed. Congratulations everyone!" she said in a tweet in Hindi.

Saurabh Bharadwaj, another minister in the Delhi government, tweeted, "Chief Minister Arvind Kejriwal fought a legal battle for the people of Delhi for eight

years. Today, the people won."

Hearing the Centre versus the Delhi government case over the demarcation of power, a constitution bench headed by Chief Justice DY Chandrachud said an elected government needs to have control over the administration.

It refused to agree with Justice Ashok Bhushan's 2019 judgment that the city government has no power over the issue of services.

The constitution bench was set up to hear the legal issue concerning the scope of legislative and executive powers of the Centre and the National Capital Territory government over control of services in Delhi.

Cyclone 'Mocha' to intensify into heavy cyclonic storm: IMD



CHENNAI, May 11 (Agencies): The India Meteorological Department (IMD) on Thursday said that a low pressure depression that formed near the South East Bay of Bengal has intensified into a cyclonic storm 'Mocha'.

The weather department said that the cyclonic storm lies cen-

tered about 510 km west-southwest of Port Blair and 1,210 km south-southwest of Cox's Bazar in Bangladesh.

The IMD said that 'Mocha' will intensify into a severe cyclonic storm by Thursday midnight.

The storm is expected to cross the coast

between Bangladesh and Myanmar May 14 and move in the north-northeast direction.

The IMD said that the storm is moving northward drawing moisture from the air and could lead to an increase in the mercury in Tamil Nadu in the next few days.

We are winning in Karnataka, no one predicted 303 seats in Lok Sabha 2019: BJP leader BL Santosh

NEW DELHI, May 11 (Agencies): Top BJP leader BL Santosh, who is general secretary, organisation, coordinating with the RSS, on Thursday rejected exit polls of Karnataka saying the BJP is winning big in the southern state.

"With due respect to all celebrity pollsters, none of them predicted 282 in Lok Sabha 2014 or 303 in Lok Sabha 2019 or 156 in Gujarat 2022 or 104 in Karnataka

2018," said Santosh who belongs to Karnataka, and who played a major role in ticket allocations and strategy drafting.

Santosh said that in 2018 the BJP led in 24,000 booths with zero leads in 14 assembly constituencies.

"This time we will lead in 31,000 booths with all assembly constituencies contributing. Numbers is your guess," he said a day after the majority of exit polls predicted a hung house giving the

Congress the edge.

Two pollsters have given Congress a clear win, one said the BJP would win with 114 seats and the rest predicted a hung house giving Congress the advantage in a 224-member house where 113 is the majority mark.

Asked about the Karnataka landscape, Santosh said the BJP had no anti-incumbency in the state.

"The Congress managed to target us on anti-



incumbency but it did not stick. Plus, the Con-

gress campaign peaked around April 26 whereas

the BJP campaign as expected hit the right chords. The PM's last minute push helped," he said, adding that now is not the era of fractured verdicts. Now is the era of clear mandates as voters have shown in all elections in 2022 from UP, Uttarakhand, Manipur and Goa to Gujarat and Himachal Pradesh. Santosh said the BJP had worked for three months as part of a strategy to cross 120 seats and touch 130.

"Our challenge is not winning. Our challenge is winning with a clear majority," he said.

Santosh hails from Karnataka and has been actively involved in BJP planning across 53 lakh booths in the state.

The party is hoping its mass micro management of booths would reap benefits on May 13, result day, no matter what the pollsters say.

Santosh said delivery of development and benefits through double

engine Central and state BJP governments have offset the impact of incumbency in Karnataka. He cited Rs 10,000 Kisan samman nidhi — Rs 6,000 from Centre and Rs 4,000 from state as a major example of double engine delivery.

The top BJP leader added Karnataka was number one state in FDI, second only to Maharashtra in GST collections and was the best managed Indian state in Covid.

Fresh Israeli air strike in Gaza kills Palestinian Islamic Jihad commander

Palestinian security officials confirmed that Ali Hassan Ghali was killed after two Israeli suicide drones attacked his apartment

GAZA, May 11 (Agencies): A fresh Israeli air strike on an apartment in the Gaza Strip on Thursday killed a senior commander of the Palestinian Islamic Jihad (PIJ) militant group, according to sources.

Palestinian security officials confirmed that Ali Hassan Ghali, the head of the PIJ's missile unit, was killed after two Israeli suicide drones attacked his apartment in the Hamad Residential City, near Khan Younis, reports Xinhua news agency.

The officials said that his brother Mahmoud Ghali and their nephew Mahmoud Mansour, who were also in the apartment, were killed in the drone attack.

Palestinian medics at Nasser Hospital in Khan Younis said that three Palestinians were brought dead to the hospital and 15 were injured following the strikes.

Al-Quds Brigades, the PIJ armed wing, confirmed the development, calling the Israeli airstrikes "a treacherous Zionist assassination operation".



Israel's military also confirmed that it had targeted Ghali and what it called two "other PIJ operatives in Gaza".

They described the commander as a central figure in the PIJ who had been "responsible for the recent rocket barrages launched against Israel".

The latest attacks came two days after Israeli drones and fighter jets carried out simultaneous airstrikes on several buildings in the Gaza Strip, killing three senior PIJ members.

On Wednesday, efforts taken

by the mediators Egypt, Qatar and the UN failed to reach a ceasefire agreement between Israel and the PIJ to end the latest escalation, which has so far killed 24 people dead and injured more than 70 others.

Wednesday night, Israeli Prime Minister Benjamin Netanyahu warned that the country campaign was not over, reports the BBC.

"We have hit Islamic Jihad with the most significant blow it has ever suffered," he said, referring to the killing of the three PIJ

commanders on Tuesday.

The PIJ is the second biggest militant group in Gaza after Hamas, and has been responsible for many of the rocket attacks on Israel in recent years.

This week's airstrikes were the deadliest since three days of hostilities between Israel and PIJ last August, in which 49 Palestinians were killed in Gaza.

PIJ and other groups fired more than 100 rockets into Israel over two days last week, following the death in an Israeli prison of a Palestinian hunger striker.

The Israeli military carried out airstrikes on sites it said were linked to Hamas in response.

Tensions also remained high in the occupied West Bank on Wednesday, after Israel carried out arrest raids.

Two Palestinians were killed in the town of Qabatiya by Israeli forces, who said the pair had fired at them.

An Israeli soldier was also seriously wounded during a separate exchange of fire with Palestinian gunmen in Tubas.

Attack on Chinese nationals averted at Pakistan's Karachi shipyard; suspect suicide bomber killed



KARACHI, May 11 (Agencies): A suspected suicide bomber was killed and a deadly attack on the Chinese nationals working in a shipyard in the port city of Pakistan's Karachi was foiled by the security forces, police said on Thursday.

The incident happened on Wednesday when security officials discovered that a suspect was planning to carry out a suicide attack on the Chinese nationals at the shipyard in Karachi's Port Qasim.

Senior Superintendent Police Hasan Sardar said they killed the suspected terrorist at the shipyard in Port Qasim.

"The terrorist was shot dead after the police increased the security for the foreign workers after an intelligence tipoff that a banned outfit had planned a terror attack on Tuesday," he said.

He said that the suspected terrorist

was shot dead after he had retaliated with fire following a confrontation with security forces when he was seen approaching the foreign nationals at the shipyard.

The police found a suicide vest jacket, explosives, a detonator and a Kalashnikov rifle with ammunition from the body of the suspected terrorist.

"The terrorist also fired and one policeman was injured," Sardar said.

After the incident, Sardar said both governments had agreed to step up security and intelligence-based round-the-clock surveillance cover for foreign nationals.

This is not the first time that terrorists and separatists have targeted Chinese nationals working in Pakistan.

In April 2022, a female suicide bomber belonging to a banned Balochistan separatist outfit carried out a suicide attack on a van carrying three Chinese teachers at Karachi University.

Hundreds of Chinese workers, which include engineers, work in Pakistan as part of the ambitious China-Pakistan Economic Corridor (CPEC).

The CPEC, which connects Gwadar Port in Pakistan's Balochistan with China's Xinjiang province, is the flagship project of China's ambitious multi-billion-dollar Belt and Road Initiative (BRI).

Family of slain Indian-American woman raises money to fight gun violence

NEW YORK, May 11 (Agencies): The family members of a 33-year-old Indian-American woman, who was allegedly shot at and killed by her husband last month, are raising money to help prevent gun violence.

Nabaruna Karmakar, an engineer by profession, was found with two gunshot wounds after officers arrived at her home in Morrisville, North Carolina, responding to a 911 call, police said today.

Karmakar's husband Michael Aaron Matthews, who placed the 911 call to report a purported double suicide, was arrested and charged for shooting and killing his wife at their home on April 14.

Despite the report of a double suicide, Karmakar was the only person hit by gunfire at the scene, and police believe she was murdered, the People reported.

The fundraiser set up by the victim's family has so far raised close to \$10,882.

"We are all deeply saddened by the death of Nabaruna Karmakar, a beautiful girl with a smart mind whose life was claimed by gun violence. Hoping there will be no more victims, Naba's family is raising money to benefit Everytown

for Gun Safety Support Fund," the GoFundMe page read.

Formed in 2013, the non-profit organization advocates for gun violence prevention, according to its website.

Indians working and living in the US have not been spared from the scourge of gun violence, with Aishwarya Thattikonda from Telangana being the latest victim.

The first four months of gun violence in 2023 as of May 1, saw 5,971 deaths, 11,035 injuries, 184 mass shootings and 290 children shot, according to the non-profit Gun Violence Archive.

Prior to her death, Karmakar worked in research at the SAS Institute and earned master's and doctorate degrees in industrial engineering from North Carolina State University, the People reported.

The motive for the murder is yet to be ascertained with police officials carrying out further investigations into the case.

Matthews appeared before a court on April 17 where the judge announced that he would remain locked up without bond for the time being.

If convicted of the murder, Matthews could face the death penalty or life in prison.

Imran Khan's close aide Shah Mehmood Qureshi arrested as unrest grips Pakistan

A video shared by Qureshi's Pakistan Tehreek-e-Insaf party on Twitter shows plain-clothed men taking him away

ISLAMABAD, May 11

(Agencies): Pakistan's former foreign minister Shah Mehmood Qureshi, a close aide of ousted prime minister Imran Khan, was arrested by police on Thursday, amid worsening political turmoil that has left at least eight people dead and led to the deployment of the army in the country's capital and three provinces.

A video shared by Qureshi's Pakistan Tehreek-e-Insaf (PTI) party on Twitter shows plain-clothed men taking him away, with him waving at party workers before departing from the location where he was detained.

The PTI claimed that 66-year-old Qureshi was



arrested by the Islamabad police in the early hours of Thursday and transferred to an "undisclosed location".

His arrest comes two days after paramilitary forces whisked away PTI chief and former premier Khan on the orders of the National Accountability Bureau (NAB) officials who barged into a room of the Islamabad

High Court on Tuesday. An anti-corruption court on Wednesday sent the 70-year-old former prime minister on an eight-day physical remand to the anti-corruption watchdog.

Khan's dramatic arrest on Tuesday sparked widespread violent protests across Pakistan, leaving at least eight people dead and nearly

300 others injured in clashes between protesters and law-enforcement agencies and prompting the authorities to deploy the army in the country's capital Islamabad, as well as in Punjab, Khyber Pakhtunkhwa and Balochistan provinces on Wednesday to maintain law and order.

In an address to the nation on Wednesday, Prime Minister Shahbaz Sharif said strict action would be taken against "state's enemies" as he slammed Khan's PTI for violence that gripped the country after his arrest in the Al-Qadir Trust corruption case.

"The miscreants will be dealt with iron hands. They will be punished according to the law," the prime minister said and urged PTI protesters to immediately stop "anti-state activities".

"They attacked sensitive property as if they were enemies. I have never seen such heart-breaking scenes...We will not allow anyone to conspire. We will not let their nefarious agenda succeed," he said.

His address came after chairing a Cabinet meeting that decided to deploy the army in Punjab, Khyber Pakhtunkhwa and capital Islamabad.

Reports showed that Lahore and Peshawar faced the worst situation with incidents of arson and firings.

Border crossings top 10,000 daily as migrants seek US entry before Title 42 ends

SAN DIEGO/WASHINGTON, May 11 (Agencies): Thousands of migrants are crossing into the United States this week before a new regulation takes effect that could bar most who cross illegally from seeking asylum, while others gathered on the Mexico side amid confusion about US policy.

The US rolled out a regulation on Wednesday that presumes most migrants are ineligible for asylum if they passed through other nations without seeking protection elsewhere first, or if they failed to use legal pathways for US entry.

The new rule is a key part of President Joe Biden's border enforcement plan as COVID-19 restrictions -- known as Title 42 -- are set to end just before midnight on Thursday.

Under Title 42, which has been in place since March 2020, many border crossers were rapidly expelled to Mexico without a chance to seek asylum, leading to repeat attempts.

Homeland Security Secretary Alejandro Mayorkas said the new rule would mean harsher consequences for migrants crossing illegally who, if caught, could be deported and barred from the United States for five years if they do not qualify for asylum. "We are making it very clear that our border is not open, that crossing irregularly is against the law and that those

who are not eligible for relief will be quickly returned," Mayorkas said at a press conference in Washington.

Migrants have been amassing in Mexico near various parts of the border -- many of them unsure about when, or how, to cross. Drone footage showed large crowds gathering at the border fence by El Paso, Texas, across from Ciudad Juarez, Mexico. US cities are expecting to receive some of those migrants after they cross the border. New York City said it is already receiving 500 per day and expects the number to increase after Title 42 expires on Thursday, leading Mayor Eric Adams on Wednesday to issue an executive order temporarily suspending a policy guaranteeing shelter for all those in need. "We have reached our limit," spokesperson Fabien Levy said in a statement. "This is not a decision taken lightly and we will make every effort to get asylum seekers into shelter as quickly as possible."

Violence broke out at a crossing between Reynosa, Mexico and Pharr, Texas on Wednesday morning as Mexican soldiers clashed with an armed group of suspected people smugglers, killing three, officials in the Mexican state of Tamaulipas said.

The Mexican Army said it had no immediate comment.

At a towering wall dividing San

Diego, California, and Tijuana, Mexico, hundreds of migrants have been jumping across in recent days, waiting to turn themselves in to U.S. agents.

Some have camped out for days under Mylar blankets, surviving on granola bars and water, while they wait for processing in a no-man's land on U.S. soil between a primary wall and secondary wall.

A group of single women and a family with two young children from Colombia said they left home seven days ago, flying to El Salvador, then traveling by bus through Central America and Mexico. "We heard that Title 42 was going to end and that after that there won't be an option," said Diana, 30, who declined to give her last name. She said she heard about the policy change through the news and by word of mouth.

More than 10,000 migrants were caught crossing at the US-Mexico border illegally each day on Monday and Tuesday, said Brandon Judd, president of a union for Border Patrol agents. The total surpasses a scenario outlined by a top US border official last month for the period after Title 42 ends.

CRITICISM FROM BOTH SIDES

Republicans have criticized Biden, a Democrat running for re-election in 2024, for rolling back the hardline policies of

Republican former President Donald Trump, the current front-runner for his party's nomination.

A coalition of 22 Republican state attorneys general has opposed the new asylum rule for being "riddled with exceptions." But some Democrats and immigration advocates say Biden's new regulation is too harsh, comparing it to measures implemented under Trump blocked by U.S. courts.

The measure counters previous statements Biden made in 2020 on the campaign trail, when he said he thought it was "wrong" for people not to be able to seek asylum in the United States.

The rule, which comes into effect on Thursday and expires in two years, will apply to the vast majority of non-Mexican migrants seeking asylum since they typically pass through multiple countries en route to the US.

Biden officials said in late April they are at the same time expanding legal pathways for migrants abroad in order to provide alternative ways to enter the U.S. and discourage illegal crossings.

On a call with reporters on Tuesday, Biden officials said the administration planned to open more than 100 migration processing centers in the Western Hemisphere.

Democrats introduce Citizenship Act to eliminate country quota for Green Card

WASHINGTON, May 11 (Agencies): The ruling Democratic party introduced a Citizenship Act which among other things seeks to eliminate the country-quota for green cards and make changes in the H-1B visa system.

The US Citizenship Act 2023 introduced by Congresswoman Linda Sánchez creates an earned roadmap to citizenship for all 11 million undocumented immigrants, providing Dreamers, TPS holders, and some farmworkers with an immediate path to citizenship. It also stands to provide the undocumented immigrants who pass background checks and pay taxes with a five-year path to citizenship without fear of deportation. It proposes to make changes to the employment-based immigration system by eliminating per-country caps.

The Act seeks to make it easier for STEM advanced degree holders from US universities to stay, improving access to green cards for workers in lower-wage industries, giving dependents of H-1B holders work authorization, and preventing children of H-1B holders from ageing out of the system.

The Bill also creates a pilot programme to stimulate regional economic development and incentivises higher wages for non-immigrant, high-skilled visas to shield them from unfair competition with American workers.

The Citizenship Act proposes to reform the family-based immigration system to keep families together by recapturing visas from previous years to clear backlogs, including spouses

and children of green card holders as immediate family members, and increasing per-country caps for family-based immigration. It also eliminates discrimination facing LGBTQ+ families, provides protection for orphans, widows, and children, and allows immigrants with approved family-sponsorship petitions to join family in the US on a temporary basis while they wait for green cards. "As the daughter of immigrant parents from Mexico, I am honoured to introduce the US Citizenship Act -- a bold, transformative framework that will help fix our broken immigration system," said Congresswoman Sánchez.

"The US Citizenship Act will help us grow our economy, make our borders safer and more secure, and deliver a pathway to citizenship for millions of immigrants already living and working here," she said.

Democratic Leader Hakeem Jeffries emphasised the role of immigrants in the making of America as he called for an immigration law overhaul. "We do have a broken immigration system here in the United States of America, and it does require a thoughtful and comprehensive solution, an approach that is anchored in our values as a country based on two pillars. "One, a nation anchored, of course, in the rule of law, but a nation of immigrants, people who come from all across the world to form the gorgeous mosaic that is America and the diversity in America that is and should continue to be the envy of the world," Jeffries said.

BJP Minority Morcha convenes meeting in Jammu

Top News Report

JAMMU, May 11: In connection with organising different meetings of workers involving general masses and to form booth Committees, BJP Minority Morcha convened a meeting of office bearers in BJP Headquarter Trikuta Nagar here today.

The meeting was convened by UT President "BJP Minority Morcha" Ranjodh Singh Nalwa. It among others was attended by senior vice president of the party Balwinder Singh, Jasmeet Kour (Vice President), Santokh Singh (General Secretary), Syed Asad Mallick and others. "All the office bearers and Prabharies are required to organise meetings and mass contact programs for awareness in



their respective Mandals and areas with effect from 15th of May 2023 to 15th of June 2023 to highlight the achievements of Central Govt led by BJP and the direct benefits of different developmental schemes to the

public during its 9 years tenure," Nalwa stated adding further that the gaps whatsoever between the common man and the BJP leadership need to be filled to strengthen the party at grass roots levels and to instill faith in

masses effectively.

Meanwhile, a delegation of Bhartiya Janata Party Minority Morcha district Reasi met the President Minority Morcha Ranjodh Singh Nalwa today.

The delegation apprised the leadership about different issues concerning public and the measures to resolve these grievances.

Acting swiftly on the ways to redress the problems concerning masses, Nalwa brought them to the notice of the concerned authorities and on the spot, the issues were mitigated, a statement in this regard said adding that the delegates were assured of all kinds of assistance by the higher leadership in so far as the matters of public interests are concerned.

Kodewala Kings beats NCC by 4 wickets to lift Friendship Cup



Top News Report

AKHNOOR, May 11: In the ongoing Friendship Cricket Cup at Kodewala Akhnoor the final match was played between Kodewala King's and Naiwala Cricket Club.

Naiwala Cricket Club won the toss and elected to bat first. Batting first Naiwala Cricket Club scored 102/10 in 12 overs. Vishal scored 20, Sunny scored 26

and Akshay scored 11. Among Kodewala King's Sanjay got 3 wickets, Tushar got 4 wickets.

Kodewala Kings while chasing scored 103/6 in 10.1 overs with important contributions of Ajay 30 not out, Sanjay 28 and Dharminder 17. From Naiwala Cricket Club Johny and Nikhil got 2 wickets each. Sanjay Kumar was

declared man of the match whereas Man of the Series award goes to Sahil Sharma. Sahil Sharma and Sikander Kumar were umpires and Anish was Scorer.

Kr Sham Singh Langheh (Zonal Head All India Divyang Cricket Control Board of India) was the Chief guest on the occasion distributed Prizes among the players and praise the organising Committee for organizing such events time to time for all age groups, He also advised the players to keep taking part in all kind of games and keep themselves away from drugs. The tournament was organized by Kodewala Cricket Club under the overall supervision of Dharminder Sharma.

CII Calls on Director, Skill Development



Top News Report

JAMMU, May 11: Archit Puri Chairman, CII J&K along with Ayush Swahney, Consultant, Intech Technocrats Pvt. Ltd. and Khurshid Dar, Head, CII J&K called on Sudarshan Kumar, Director, Skill Development, Jammu & Kashmir on Thursday and discussed various issues related to skill development and employability in UT of J&K.

Some of the major issues related to skill development

and on the job training for polytechnic colleges have been discussed in the meeting.

CII J&K also proposed the Skill Study mission for the people who are managing ITI's in J&K to understand and experience the Best Practices in the field from some of the Best Players in the domain.

Director, Skill Development also agreed that the mission will pave way for a constant integration of stakeholders in the domain for achieving the Goal of

Excellence in Technical Training in the UT of J&K.

Sudarshan also asked CII J&K to engage students of polytechnics and ITI's of J&K through apprenticeship and for on-the-job internships in relevant industries of J&K.

Archit Puri assured him that the best assistance will be provided for skill development and making J&K students employable. Also a proposal will be submitted to Government for Training and Placements of their students.

DC Rajouri reviews revenue department related cases of Army

Top News Report

RAJOURI, MAY 11: Deputy Commissioner Rajouri, Vikas Kundal, today chaired a significant meeting of revenue officers and army officials to discuss crucial revenue-related issues. The meeting was held in the DC office conference Hall, where three cases were presented by the ADEO office for discussion and resolving.

After thorough deliberation, the deputy Commissioner approved a case on the spot while the DC directed Tehsildar Sunderbani to submit a detailed report in one of the other two cases. Similarly, he asked concerned officers to revisit the site with regard to the third case and submit a report at the earliest.

The meeting was crucial in addressing revenue-related issues and ensuring that appropriate action is taken to resolve them.

The Deputy Commissioner appreciated the efforts of the revenue officers and army officials in identifying and bringing these issues to his notice. He also stressed the importance of timely resolution of such issues to ensure smooth functioning of the revenue department.

The Deputy Commissioner also advised the revenue officers for joint sitting on regular intervals to remove any communication issues.

The meeting was attended by station commander Col Dev Nath, ADC Rajouri, Rajeev Khajuria, ADEO Rajouri, Tehsildar Sunderbani, Kapil Kant Khajuria and other staff of ADEO office.

Ivy Hospital, Nawanshahr starts 24x7 specialized Pediatric, Neonatal services



Top News Report

JAMMU / NAWANSHAHR, May 11: Ivy Hospital, Nawanshahr on Thursday announced the start of specialized dedicated services for the pediatric and neonatal care.

The services will be backed by state-of-the-art Neonatal Intensive Care Unit (NICU), highly trained staff and well qualified clinician.

Dr Mamta Kumari, consultant pedi-

atricians will provide her services to the patients on a daily basis.

Dr Mamta said that pediatric services at Ivy have always been centers of excellence where the patients have been treated with utmost care and dedication. To further strengthen the services, the department is offering free OPD consultation services to the patients till May 31.

She further said that the department is equipped with modern equipment and amenities like ventilators, CPAP, infant warmers and 24x7 laboratory backup, which will ensure round the clock services to the patients.

Meanwhile Ivy Hospital, Nawanshahr has successfully treated more than 1000 new born babies in the last few years which includes saving the child with extremely low birth weight.

The department also offers Immunization, exchange transfusion, umbilical catheterization and vaccination among other services and procedures.

FROM PAGE 1

G20 Meeting in Srinagar | Security stepped up in Jammu, In-person classes suspended in some schools

strengthened along the Jammu-Pathankot highway, all vehicles are being checked and all movements are being monitored, they added.

In view of the threat perception, the officials said, more than 10 Army and other schools on the highway and in border districts of Rajouri and Poonch have been closed and online classes will be conducted for students till May 25.

In an advisory, police urged people to remain alert and check their vehicles before starting them.

At Jammu's entry points, checking of vehicles and frisking of people are being done, the officials said.

In Poonch and Rajouri, cordon and search operations (CASO) are going on to track down the terrorists involved in the attacks on April 20 and May 5 in which 10 soldiers, including five paratroopers, were killed, according to the officials.

Youth will lead world in offering pragmatic solutions to climate & global challenges of 21st century: Sinha

2070, he added.

At the Y20 Consultation, the Lt Governor called upon youth to ensure ideas to create productive harmony between nature and human are translated into action and it contributes to a better world.

"Youth will lead the world in offering pragmatic solutions to climate and global challenges of 21st century. I believe the young generation will synergise innovative ideas and actions to preserve natural resources and also become stakeholders in policy-making for sustainable development," the Lt Governor said.

The Lt Governor in his address also talked about the vision of India's G20 Presidency and collective responsibility of the global community to nurture the nature for benefit of humanity.

"Vision of India's G20 Presidency focuses on our shared responsibility to tackle two great challenges- Protect climate & promote sustainable development. As one family, we need to nurture earth that sus-

tains life and commit for inclusive development to transform lives of common man," the Lt Governor.

The Lt Governor also highlighted the values and principles as enshrined in the ancient Indian scriptures on sustainable living and environment protection.

"The sustainable living is Indian way of life. Long before the global community realized the importance of sustainable living our forefathers dedicated Prithvi Sukta, in Atharv Veda to mother earth highlighting its resources and urging the people to utilize them in a sustainable manner. Thousands years before the term Sustainable Life Style was popularized across the globe, Yajurveda mentioned about harmonious living with earth, water, trees and to prioritize the use of natural resources," the Lt Governor said.

The Lt Governor emphasised that the vision of our forefathers was not merely ideas confined to the books but were focussed on action from the community as every ancient Indian scripture calls for selfless act.

We must adopt a balanced and holistic approach between development and nature to manage the challenges of accelerated growth and ecological sustainability. Our rights on natural resources are not absolute, it is temporary. This thinking should become part of our daily habit to ensure prosperous earth for our future generations, he further added.

The Lt Governor also reiterated the UT Government's commitment to support sustainable development and lead the action against climate change.

Rajeev Rai Bhatnagar, Advisor to Lt Governor, in his address, called upon the Youth and other stakeholders to join the efforts in achieving the Sustainable Development Goals.

Prof Nilofer Khan, Vice Chancellor, University of Kashmir; Pankaj Kumar Singh, Director, Department of Youth Affairs, Gol; Prof Manzoor Shah, Y20 Chair, Kashmir University; Guru Prakash Paswan, Senior Faculty, Patna University and Akash Jha, Secretary Programs & Logistics, Y20 India also spoke on the occasion and impressed upon the youth to raise awareness & exchange ideas on the most pressing global issues.

On the occasion, the Lt Governor inaugurated Y20 Exhibition and released the Y-20 Chronicle of the University about the run-up activities to the event.

Y20 and U20 integration, a joint initiative by the respective engagement groups for Jan Bhagidari was also launched.

Delegates & panelists from various Countries and across India, prominent citizens, senior officials, youth representatives, stu-

dents and scholars were present.

Terror Funding Case | NIA raids at multiple locations in Baramulla

officials said.

Further details are awaited.

In next 5 yrs, milk production expected to reach 45 lakh mts in J&K: ACS Dulloo

16,000 jobs and 600 enterprises in next five years in dairy sector thus securing livelihood and assuring employability avenues for the youth," he revealed and said that the government has proposed an amount of over Rs 350 crore in next five years for development of the dairy sector across Jammu and Kashmir.

Dulloo added that the Jammu and Kashmir administration has recently approved a project to increase milk production in the region by a significant 70 percent within the next five years, adding, "These projects shows the government's commitment towards improving the livelihoods of the people living in Jammu and Kashmir and the Dairy Development in J&K is one among the approved 29 projects."

Notably, the livestock sector projects were cleared by the Apex Committee led by Dr Mangla Rai in Dairy Development in J&K. "J&K can be a model for dairy development in the entire country by milking farm policy reforms. At present, the annual milk production in Jammu and Kashmir is 26 Lakh Metric Tons (LMT), but according to the project, the Jammu and Kashmir administration has set a target to increase this figure to 45 LMT," stated the ACS.

He said that this increase in milk production is expected to be achieved through a range of measures, including the expansion of breeding coverage and increasing per animal productivity.

Barring Gulmarg, night temperatures below normal in J&K

said, the mercury settled at 4.7°C against 4.2°C as on the previous night and it was 4.9°C below normal for the north Kashmir area.

Kokernag recorded a low of 7.1°C against 4.9°C on the previous night and it was 2.2°C below normal for the place, the officials said.

Gulmarg recorded a low of 5.5°C against 1.0°C on previous night and it was normal for the world famous skiing resort in north Kashmir's Baramulla district, he said.

Jammu recorded a low of 17.4°C against 15.8°C on the previous night and it was 6.1°C below normal for J&K's winter capital, he said.

Banihal recorded a low of 10.8°C (below normal by 0.1°C), Batote 12.1°C (1.7°C below normal), Katra 16.8°C (3.2°C below normal) and Baderwah 8.0°C (below normal by 1.5°C). Ladakh's Leh recorded a low of minus 0.8°C, he added.

Delhi Police register FIR against former BharatPe MD Ashneer Grover, wife Madhuri Jain

(criminal conspiracy) of the Indian Penal Code at EOW police station.

A senior police official privy to the investigation said that a complaint was received and after initial inquiry into the allegations, the FIR was registered.

"We welcome the registration of an FIR by the EOW in the company's complaint in relation to the criminal offences by Mr. Grover, his wife Madhuri Jain and other family members. For the last 15 months, the Company has been facing a vicious and malicious campaign run by Grover against the Company, the board and its employees," said BharatPe in a statement.

"The registration of the FIR is a step in the right direction which unearths various suspicious transactions made by the family for their personal pecuniary gains. This FIR will now enable the Law enforcement agencies to investigate deeper into the criminality and bring the culprits to books," it said.

"We have full faith in our country's judicial and law enforcement systems and are optimistic that this case will reach its logical conclusion. We will continue to extend all possible cooperation to the authorities. MZM legal is advising us (BharatPe) on the criminal case," it added.

Delhi government has control over services except for public order, police and land, Supreme Court says on Delhi-Centre power row

Union's powers, the top court said the executive power of the Union in a state over matters on which both union and states can legislate was limited to ensure

that governance of a state was not taken over by the Union as it would completely abrogate the federal system of governance which was a part of the basic structure of the Constitution.

"The principle of democracy and federalism form a part of the basic structure. Federalism ensures survival of diverse interests and accommodates diverse needs," it emphasised.

Noting that Delhi was not a full-fledged state, the Bench, however, clarified that it's empowered to make laws under List II and III of the Seventh Schedule of the Constitution and it has to be ensured that its governance was not taken over by the Union.

This was the third round of litigation before the top court on the power tussle between Lt Governor of Delhi -- appointed by the Centre --- and the elected Government led by AAP leader Arvind Kejriwal. The tussle between Delhi Lt Governor and the elected Government of NCT has remained unresolved despite two earlier verdicts -- one each by a Constitution Bench and a two-judge Bench of the Supreme Court.

In July 2018, the top court had ruled that Delhi Lt Governor did not have independent decision-making powers. A five-judge Constitution Bench had said the L-G was generally bound to act on the aid and advice of the Council of Ministers, except on three subjects reserved for him or where he differs with the decision of the elected NCT government and decides to refer an issue to the President. All decisions of the NCT Council of Ministers have to be communicated to the L-G. However, such communication does not mean L-G's concurrence is required, it said.

On February 14, 2019 the court delivered a split verdict on the issue of control of administrative services. A Bench of Justice AK Sikri and Justice Ashok Bhushan had different views as to who had powers to appoint and transfer officers of State Public Services under Entry 41, List II of the Constitution. In view of the split verdict, the issue of "services" was referred to a three-judge Bench and then to a five-judge Bench.

India logs 1,690 covid infections in a day; active cases below 20,000

at 1.18 per cent.

According to the health ministry's website, 220.66 crore doses of COVID-19 vaccines have been administered so far under the nationwide vaccination drive.

Sensex, Nifty open higher as global cues improve; Adani stocks rise

The S&P BSE Sensex was up 0.17 per cent at 62,057.73 at around 9:15 am, while the NSE Nifty 50 inched 0.14 per cent higher to trade at 18,339.10.

MUMBAI, May 11 (Agencies): Benchmark stock market indices opened higher on Thursday as global cues improved, following a drop in US inflation that raised the possibility of a pause in rate tightening by the Federal Reserve.

The S&P BSE Sensex was up 0.17 per cent at 62,057.73 at around 9:15 am, while the NSE Nifty 50 inched 0.14 per cent higher to trade at 18,339.10.

Broader markets were also trading in positive territory in the wake of positive global sentiments.

Some of the top sectoral indices were Nifty Bank, Nifty Financial Services, Nifty IT and Nifty Oil and Gas. Nifty Pharma was down almost 1 per cent.

The top gainers on



the Nifty 50 were Adani Enterprises, Adani Ports and Special Economic Zone, NTPC, HDFC Life and Tech Mahindra.

Adani Enterprises and Adani Ports were the top two gainers on the index, following a report that indicated that the conglomerate's flagship firm is considering a stock sale.

On the other hand, Dr Reddy's Laboratories was the biggest drag on the index, losing over 5 per cent in early trade. L&T also lost nearly 5 per cent, while Hindal-

co was down over 3 per cent. Bharti Airtel and ITC also lost nearly 1 per cent each.

While domestic markets seem to be on a winning streak, volatility seems to be on the rise on Dalal Street as investors are now awaiting India's April inflation data, due on May 12.

The mood, however, remains fairly positive in the wake of strong Q4 results, improvement in US consumer inflation prices, and strong foreign buying in domestic equities.

Indian companies invested CAD 6.6 billion in Canada creating thousands of jobs: Report

The report launched by Union Commerce and Industry Minister Piyush Goyal during his visit to the city is the first known attempt to capture Indian Industry's growing Canadian presence

WASHINGTON, May 11 (Agencies): Indian companies have invested more than CAD 6.6 billion in Canada creating thousands of jobs in the country, with all of them planning to invest more in the future, according to a CII report released in Toronto.

The report 'From India to Canada: Economic Impact and Engagement' launched by Union Commerce and Industry Minister Piyush Goyal during his visit to the city is the first known attempt to capture Indian Industry's growing Canadian presence.

The report highlights the contributions made by Indian companies to the Canadian economy in the form of FDI, jobs



created and saved, and funding for research and development as well as local corporate social responsibility initiatives.

"Canada has a large investible surplus and is looking for good investment opportunities in India. Given the greater degree of engagement we've now embarked

upon with high-level exchanges on both sides, the India-Canada economic relationship can improve very significantly," Goyal said at the report launch event organised by CII and Canada-India Business Council.

"We see a lot of Indian talent contributing to

the Canadian economy, and even investments coming in from India to Canada. I am confident that this will be a two-way traffic, and both countries stand to benefit," he said.

According to the report, together, 30 Indian companies with an aggregate tangible investment of CAD \$6.6 billion, employ approximately 17,000 people across eight Canadian provinces.

The collective research and development expenditure by Indian companies in Canada is more than CAD \$700 million, with 85 per cent of those surveyed anticipating increased funding for future innovations, it

said.

According to the report, 100 per cent of participating companies plan to invest more in Canada in the next five years, and 96 per cent plan to hire more employees.

Canadian Minister of International Trade Mary Ng said that strengthening the Canada-India economic partnership is good for businesses on both sides of the Pacific. The report shows the benefits that come when we collaborate.

"Working together is how we create jobs and opportunities for growth, and by reinforcing our trade ties we're setting our businesses up for success," Ng said.

Rupee Falls 2 Paise To 81.96 Against US Dollar In Early Trade



MUMBAI, May 11 (Agencies): The rupee declined 2 paise to 81.96 against the US dollar in early trade on Thursday amid weak sentiments in the Asian markets and upward movement in the crude oil price.

According to forex traders, positive sentiments in the domestic equities market and inflow of foreign funds provided support to the Indian currency.

At the interbank foreign exchange, the domestic unit opened weak at 81.97 against the dollar and touched 81.93. It slipped to 81.96 against the American currency, registering a fall of 2 paise over its previous close.

On Wednesday, the rupee closed at 81.94 against the US currency.

Meanwhile, the dollar index, which gauges the greenback's strength against a basket of six currencies, rose 0.02 per cent to 101.50.

Brent crude futures, the global oil benchmark, advanced 0.71 per cent to USD 76.95 per barrel.

Traders are also awaiting inflation data, which will provide cues for the Reserve Bank of India's next monetary policy moves.

"Slippage past 81.97 diffused the upside momentum, rendering the trend sideways again. Should 81.85 hold, expect another upswing, which though is less likely to be directional, until 82.2 is broken," Anand James, Chief Market Strategist at Geojit Financial Services, said.

Foreign Institutional Investors (FIIs) were net buyers in the capital market on Wednesday as they purchased shares worth 1,833.13 crore, according to exchange data.

In the domestic equity market, the 30-share BSE Sensex rose 41.24 points or 0.07 per cent to 61,981.44 points on Thursday. The broader NSE Nifty inched up 5.55 points or 0.03 per cent to 18,320.65 points.

UBS Merger With Credit Suisse Raises Job Fears In Switzerland

ZURICH, May 11 (Agencies): Among the many concerns over the new megabank created by the merger of UBS and the beleaguered Credit Suisse is how it will affect jobs and competition in Switzerland's banking sector.

The Swiss government strongarmed UBS into buying its rival for \$3.25 billion after the collapse of three US lenders in March raised concerns about Credit Suisse's own financial health, following a series of scandals in recent years.

But little has been said about the most robust part of the sprawling bank -- its domestic retail banking division, responsible for mortgage loans and financing for Swiss companies.

Credit Suisse's heavy losses were mostly due to the international wealth management and banking divisions.

The Swiss division's turnover only fell by five percent last year -- whereas turnover in international wealth management slid by nearly a third, and the investment bank tumbled 54 percent.

Investors are becoming impatient with the scattered details around the complex integration. UBS insisted this week that "all options" would be considered for the Swiss activities of the bank, promising to share more details in the coming months.

UBS now 'too big' But investors are anxious to know whether UBS will integrate the Swiss banking division into its own domestic business, sell it, or even split it through a share offering.

"One of the reasons that supports the idea of a spin-off is probably the fact that UBS has gotten too big after swal-



lowing Credit Suisse for the Swiss market," said Ipek Ozkardeskaya of Swissquote.

"Another could be to maximize the Swiss branch potential and to offer Swiss clients an alternative to UBS."

Keeping it as an independent unit appeals to many in Switzerland -- particularly as it could prevent mass layoffs in the important banking sector.

Together, the two banks employ 120,000 people worldwide, including 37,000 in Swit-

zerland.

"Full integration means that UBS would have to take a lot of costs and fire a lot of people at Credit Suisse," said Andreas Venditti, analyst at asset manager Vontobel.

Credit Suisse itself had considered a partial IPO of its Swiss branch in 2016.

"We are still in favour of splitting off the Swiss branch," the Foundation Ethos, which represents pension funds in Switzerland, told agency.

Ethos said this was the

best option not only to protect jobs, but to avoid concentrating risks in one giant bank.

Venditti says that UBS could "carve out Credit Suisse Switzerland's front office only... (the brand) would survive and the two banks would compete."

"If in a few years' time the situation has stabilized then it would be a good time to bring this new smaller Credit Suisse to the market," he said.

J.P. Morgan analysts said splitting it off as an independent arm could create a division valued at a minimum of \$10 billion for UBS.

"We know that a spin-off could unlock value," said Ozkardeskaya.

And it could also help calm jittering investors about the threat of "a giant that became even more giant after the merger", she said.

Smartwatches could detect higher risk of heart failure

WASHINGTON, May 11 (Agencies): A new study claimed Wearable devices such as smartwatches could be used to detect a higher risk of developing heart failure and irregular heart rhythms in later life.

The peer-reviewed study, published in The European Heart Journal -- Digital Health, looked at data from 83,000 people who had undergone a 15-second electrocardiogram (ECG) comparable to the kind carried out using smartwatches and phone devices.

The researchers identified ECG recordings containing extra heartbeats which are usually benign but, if they occur frequently, are linked to conditions such as heart failure and arrhythmia (irregular heartbeats).

They found that people with an extra beat in this short recording (one in 25 of the total) had a twofold risk of developing heart failure or an irregular heart rhythm (atrial fibrillation) over the next 10 years.

The ECG recordings analysed were from people aged 50 to 70 who had no known cardiovascular disease at the time.

Heart failure is a situation where the heart

pump is weakened. It cannot often be treated.

Atrial fibrillation happens when abnormal electrical impulses suddenly start firing in the top chambers of the heart (atria) causing an irregular and often abnormally fast heart rate. It can be life-limiting, causing problems including dizziness, shortness of breath and tiredness, and is linked to a fivefold increased risk in stroke.

Lead author Dr Michele Orini (UCL Institute of Cardiovascular Science) said: "Our study suggests that ECGs from consumer-grade wearable devices may help with detecting and preventing future heart disease.

"The next step is to investigate how screening people using wearables might best work in practice.

"Such screening could potentially be combined with the use of artificial intelligence and other computer tools to quickly identify the ECGs indicating higher risk, as we did in our study, leading to a more accurate assessment of risk in the population and helping to reduce the burden of these diseases."

Senior author Professor Pier D. Lambiase



(UCL Institute of Cardiovascular Science and Barts Heart Centre, Barts NHS Health Trust) said: "Being able to identify people at risk of heart failure and arrhythmia at an early stage would mean we could assess higher-risk cases more effectively and help to prevent cases by starting treatment early and providing lifestyle advice about the importance of regular, moderate exercise and diet."

In an ECG, sensors attached to the skin are used to detect the electrical signals produced by the heart each time it beats. In clinical settings, at least 10 sensors are placed around the body and the recordings are looked at by a specialist doctor to see if there are signs of a possible problem. Consumer-

grade wearable devices rely on two sensors (single-lead) embedded in a single device and are less cumbersome as a result but may be less accurate.

For the new paper, the research team used machine learning and an automated computer tool to identify recordings with extra beats. These extra beats were classed as either premature ventricular contractions (PVCs), coming from the lower chambers of the heart, or premature atrial contractions (PACs), coming from the upper chambers.

The recordings identified as having extra beats, and some recordings that were not judged to have extra beats, were then reviewed by two experts to ensure the classifica-

tion was correct.

The researchers first looked at data from 54,016 participants of the UK Biobank project with a median age of 58, whose health was tracked for an average of 11.5 years after their ECG was recorded. They then looked at a second group of 29,324 participants, with a median age of 64, who were followed up for 3.5 years.

After adjusting for potentially confounding factors such as age and medication use, the researchers found that an extra beat coming from the lower chambers of the heart was linked to a twofold increase in later heart failure, while an extra beat from the top chambers (atria) was linked to a twofold increase in cases of atrial fibrillation.

The study involved researchers at UCL Institute of Cardiovascular Science, the MRC Unit for Lifelong Health and Ageing at UCL, Barts Heart Centre (Barts Health NHS Trust) and Queen Mary University of London. It was supported by the Medical Research Council and the British Heart Foundation, as well as the NIHR Barts Biomedical Research Centre.

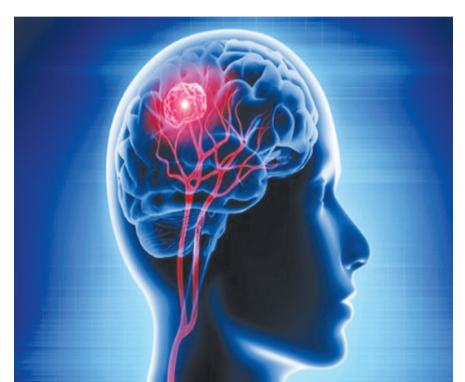
Study reveals how brain interprets taste

OKLAHOMA (US), May 11 (Agencies): Taste is a complicated neurological experience that has the potential to reveal vast, and maybe startling, information on how the brain makes sense of sensations and the organisation of brain networks. A National Institutes of Health-funded study conducted by Christian H. Lemon, Ph.D., an associate professor in the Department of Biology in the Dodge Family College of Arts and Sciences, aims to better understand how the brain processes taste and how those neural connections might change.

Taste is associated with a variety of brain functions, including the pleasure of tasting something sweet. Taste is a component of flavour, and it includes the pain felt while tasting a hot pepper. There is, however, a knowledge deficit on how taste and flavour preferences develop and alter through time.

"Taste is a component of flavor; it contributes sensations like saltiness and sweetness. When we're eating food, we get a lot of pleasure from taste and flavor, but taste is actually a sensory system that we really don't fully understand in terms of how it works in guiding eating behavior and also how it works in the brain," Lemon said.

This project will build on a discovery made by Lemon's research group while studying a part of the brain where taste sensations can excite neurons in the midbrain region. Importantly, many other senses from various parts of the body are processed in the same neural location, with preliminary data suggesting some body senses can activate brain cells excited by tastes. By determining how neurons are receiving signals for taste and touch sensations, Lemon's study hopes to better under-



stand how these integrations happen and whether it is reflective of an emotional correlation.

"There is a part of the brain that takes in sensory information from basically almost all over the body, and taste is a part of this. We're wanting to understand, essentially, how taste is mapping into this part of the brain, along with all of these other body sensations as well, with the idea that if we can understand this it might actually tell us more about how taste works and how the taste system and other senses are organized, and why there appears to be neural overlap between them" he said.

Lemon believes this neural correlation may be evidence of the brain "multitasking", making use of limited brain cells to perform multiple functions for the body. Past research suggests there is a pattern to the way these brain signals are being put together that Lemon believes to be reflecting the emotions elicited by different sensations.

"Studies in the new grant will combine molecular, genetic and neurophysiological testing to examine the organization of brain circuits that support the intersection of taste and touch sensations, and how these circuits work to influence behavior," he said.

IPL 2023 Playoff Qualification Scenarios Explained: How Can Teams Reach Final Four?

A look at the playoff qualification scenarios for all the ten teams in IPL 2023

NEW DELHI, May 11 (Agencies): The Indian Premier League (IPL) 2023 is reaching its business end and all the ten competing teams have the chance to make the play-offs. While defending champions Gujarat Titans have been phenomenal and are currently leading the points table, teams like Sunrisers Hyderabad and Delhi Capitals have recovered from their shaky starts to the season and continue to have an outside chance to reach the next level in the competition. Here's a look at the potential qualification scenarios for all the 10 teams in IPL 2023 -

Gujarat Titans

The defending champions are in a brilliant position with 16 points from 11 matches. Right now, the Hardik Pandya-led side are almost guaranteed to reach the playoffs but defeats in all of their remaining games can put them in fourth with net run rate coming into play. However, one win in the last three games and GT will guarantee their spot in the final four of the competition.

Chennai Super Kings

CSK strengthened their position even more with the win over DC and now MS Dhoni and Co need just one win to guarantee their place in the playoffs. With 15 points from 12 matches, it has been a great turnaround by the side and they will look to seal their spot with a win over Kolkata Knight Riders.

Mumbai Indians

It has been a familiar story for Mumbai Indians as the five-time champions have made a sen-



sational comeback after a bad start to the season. Following their win over Royal Challengers Bangalore on Tuesday, MI can reach the playoffs with two wins that will take them to 16 points, it will also improve their NRR (-0.255). Wins in all the three remaining games can even take MI to the top 2 in the competition depending on other teams' results.

Lucknow Super Giants

With MI winning their game against RCB, the equation has become quite clear for LSG. With 11 points from 11 matches, they are currently fourth (NRR +0.294) and they will have to win all of their three remaining matches to qualify. One loss will dent their chances but if the other teams' results and net run rate go their way, the side has a slim chance of reaching the next round of the tournament.

Rajasthan Royals

RR's next three games are against KKR, RCB and PBKS - a perfect scenario for the side. With three wins, they will take a huge step towards qualification and in the process, eliminate some of their main rivals. However, the fourth spot may come down to net run rate for Sanju Samson and Co. RR currently have 10 points in 11 games (NRR +0.388).

Kolkata Knight Riders

It has been a topsy-turvy season for KKR and with 10 points (NRR -0.079) from 11 matches, they will have to win all of their matches from here on. The best-case scenario will see them reach 16 points but it will come down to net run rate - a place where KKR have done decent in the competition.

Royal Challengers Bangalore They too need three wins in

three games. They have 10 points (NRR -0.345) from 11 points. They are yet another team which has no option but to win all of their remaining games. The wins will take them to 16 points and it will come down to net run rate. However, their away form has been quite good this season and their last three games are all away from home.

Punjab Kings

Another side which has the same scenario as KKR - Three wins in three matches and they will be in the race for the play-offs. Currently, they have 10 points from 11 matches. However, the net run rate (-0.441) can be a problem considering other sides are superior at the moment but two home games can prove to be vital to their cause.

Sunrisers Hyderabad

With 8 points (NRR -0.472) from 10 games, SRH have played a game less than most teams and they will have to win all of their four remaining matches to reach the 16-point mark. They do not have a good net run rate and with tough opponents in the next few games, it is a tough road ahead of the side.

Delhi Capitals

The David Warner-led side lies last in the points table and they will have to win all of their remaining games and rely heavily on other results to qualify. The loss against CSK was a big blow to their hopes as they can now reach just 14 points and it will take something special for them to reach the top four.

IPL: Chennai Super Kings come together to plan Delhi Capitals fall



CHENNAI, May 11 (Agencies): Another team effort saw Chennai Super Kings take a giant stride towards the IPL playoffs as the four-time champions comprehensively beat Delhi Capitals by 27 runs here.

Captain Mahendra Singh Dhoni capped off an all-round batting performance from CSK with a nine-ball 20 to help his side get to 167/8. Six players got 20-plus scores, with

Shivam Dube (25) being the highest scorer.

The total was just what Dhoni needed to marshal his bowlers as Delhi Capitals were never in the hunt after their batting mainstays David Warner (0), Phil Salt (17) and Mitch Marsh (5) were out by the start of the fourth over. In the end, DC managed only 140/8. Matheesha Pathirana (3/37) and Deepak Chahar (2/28) were the pick of bowlers.

All-rounder Ravindra Jadeja was named the Player of the Match for his 16-ball 21 and 1/19.

"It turned a lot in the second half. I wanted the bowlers to bowl their best deliveries but not go looking for wickets. We can still do better as a batting unit," Dhoni said.

The win took CSK to 15 points, and a win from their two remaining games will certainly seal their place in the playoffs. As far as DC's campaign is concerned, it is almost curtains as they have eight points from 11 games.

Brief scores: Chennai Super Kings: 167/8 (Dube 25, Gaikwad 24; Marsh 3/18, Axar 2/27); Delhi Capitals: 140/8 (Rossouw 35; Pathirana 3/37, Chahar 2/28).

World Championships: Ringmasters crack the whip

TASHKENT, May 11 (Agencies): Boxers Deepak Bhoria, Mohammed Hussamuddin and Nishant Dev scripted history as they ensured India's best-ever haul of three medals by storming into the semifinals of the IBA Men's Boxing World Championships here.

The quarterfinal wins mean the three will take home at least bronze each.

India's previous best show came in 2019 when Amit Panghal clinched an unprecedented silver and Manish Kaushik grabbed bronze.

Kicking off the proceedings for India, Deepak defeated Nurzhigit Diushebaev of Kyrgyzstan by a 5-0 unanimous verdict to continue his scintillating run in the 51kg category, which will feature at the Paris Olympics.

Such was the Deepak's domination that the referee was forced to give Diushebaev two standing counts in the latter stages of the bout.

"Our plan was to play from left and from afar. My confidence has increased since I have reached the semifinals," Deepak said.

Fighting from a distance, Deepak looked for opportunities to land clean and accurate punches.

Trailing 0-5, Diushebaev started the second



round on an aggressive note but Deepak put up a solid defence and counter-attacked with a combination of punches.

One such onslaught led the referee to give Diushebaev his first eight count.

Having taken two rounds, Deepak was more defensive in the final round. He boxed smartly, landing jabs whenever he got the opportunity.

Two-time CWG bronze medalist Hussamuddin then eked out a 4-3 split decision win in a close fight against J Diaz Ibanez of Bulgaria in the 57kg category.

"It was a tough bout because my opponent was playing really rough and it caused me some problems. Our plan was to keep moving in the ring and make my opponent work to attack and it worked perfectly as I hit a lot of side blows to gather points in the bout," stated Hussamuddin.

Hussamuddin was involved in a messy

bout that involved a lot of clinching.

The first round was fought on even keel with Hussamuddin edging past the Bulgarian fifth seed 3-2. As the seconds ticked by, he became more confident and started dominating the proceedings by landing heavy blows to take the final two rounds.

Nishant's performance was the cherry on the cake as he knocked out Cuba's Jorge Cuellar by a unanimous verdict in the 71kg category.

The 22-year-old, who is the reigning national champion, was relentless and kept attacking the Cuban throughout the bout. Nishant, who made a quarterfinals exit in the last edition, was determined to not repeat it. "I will take this positive mindset in the next round as well to reach the final. Securing a bronze medal at the World Championships is great but I will be back to India with a gold medal," commented Nishant.

IPL 2023: Resurgent KKR face struggling RR, aim to break into top-4

KOLKATA, May 11 (Agencies): A resurgent Kolkata Knight Riders will look for their third victory in a row in their fight for survival when they face a struggling Rajasthan Royals in the IPL here on Thursday.

Facing must-win scenarios, the two-time champions showed tremendous resilience to bounce back into reckoning after their wins over Sunrisers Hyderabad and Punjab Kings, both in dramatic last-ball finishes.

The wins have not only boosted their sagging morale but also taken the side to sixth place from eighth on the points table.

As things stand, four teams including KKR and Rajasthan Royals, are locked on 10 points in a mid-table traffic rush for the playoffs.

RR may be ahead on net run rate (NRR) but the equation could change quickly if KKR continue their winning run, as a victory for either side will take them into the top-four.

While KKR are high on confidence after two thrilling wins, the Royals—last season's runners-up—would be at their lowest ebb after three defeats. The Royals had posted 200-plus totals but were done in by some

baffling strategies in two of their three losses, which has led to a must-win scenario for them as well.

In terms of key battles and team strategies, KKR would once again rely on Varun Chakravarthy, who has been the central character in both their previous wins.

Having defended nine runs in the last over against SRH, Chakravarthy's 3/26 made all the difference against Punjab Kings.

At a time their seasoned slow bowler Sunil Narine is finding it difficult to get wickets, Chakravarthy has emerged as KKR's spin spearhead with 17 wickets so far this season.

While KKR's think-tank refuses to give up on Narine who has just one wicket in the last eight matches, it's Chakravarthy's four overs which would again be crucial.

With the KKR team management not bowling World Test Championship final-bound Shardul Thakur against PBKS, the pace department looked woefully short on experience.

Had it not been for the heroics of Rinku Singh and Andre Russell, the seam duo of Vaibhav Arora and Harshit Rana had

almost lost the match after leaking 36 runs in the last two overs against PBKS.

It remains to be seen if KKR utilise the services of a "fit-again" Shardul in the crunch match. Against a batter-heavy Royals with the likes of Yashasvi Jaiswal, Jos Buttler and Sanju Samson in fine form, KKR would hope their bowlers get their act together.

While KKR need to plug the gaps in the pace bowling department, the Royals must take a fresh look at their bowling strategy.

Defending 214 against SRH, the Royals' decision to give Kuldeep Yadav the penultimate over instead of Obed McCoy backfired as the rookie seamer conceded 24 runs.

The biggest positive for KKR in their win over PBKS has been the return to form of the big-hitting Andre Russell (42 runs off 23 balls).

The Jamaican was at his vintage best when he demolished Sam Curran with three sixes in a match-flipping 20-run penultimate over.

While skipper Nitish Rana has been the backbone of their batting, Rinku's emergence as a finisher is coming off well for

the team. From the Royals' perspective, the trio of Rana, Rinku and Russell would be their main threats. Their battle against the Royals' spin-bowling stalwarts Ravichandran Ashwin and Yuzvendra Chahal in the middle overs could prove to be decisive.

Squads:

Kolkata Knight Riders: Nitish Rana ©, Rahmanullah Gurbaz, Jason Roy, Venkatesh Iyer, Andre Russell, Sunil Narine, Shardul Thakur, Lockie Ferguson, Umesh Yadav, Tim Southee, Harshit Rana, Varun Chakravarthy, Anukul Roy, Rinku Singh, N. Jagadeesan, Vaibhav Arora, Suyash Sharma, David Wiese, Kulwant Khejroliya, Mandeep Singh, Aarya Desai and Johnson Charles.

Punjab Kings: Sanju Samson ©, Yashasvi Jaiswal, Jos Buttler, Shimron Hetmyer, Joe Root, Devdutt Padikkal, Dhruv Jurel, Riyan Parag, Sandeep Sharma, Trent Boult, Obed McCoy, Navdeep Saini, Kuldeep Sen, Kuldeep Yadav, Ravichandran Ashwin, Yuzvendra Chahal, KC Cariappa, Jason Holder, Donovan Ferreira, Kunal Rathore, Adam Zampa, KM Asif, Murugan Ashwin, Akash Vashisht and Abdul P.A.

Wrestlers demand narco test on WFI chief under SC supervision

NEW DELHI, May 11 (Agencies): The protesting wrestlers demanded a lie-detector narcoanalysis test under the Supreme Court's supervision on both Wrestling Federation of India (WFI) president Brij Bhushan Sharan Singh and the seven complainants, who have alleged sexual harassment.

Olympic medallists Bajrang Punia and Sakshi Malik and Asian Games gold winner Vinesh Phogat have been protesting at Jantar Mantar here for more than a fortnight demanding Brij Bhushan's arrest over sexual harassment allegations by seven women wrestlers, including a minor.

Addressing the media on a day when a local court sought a report from the Delhi Police on the status of investigations into the case, the wrestlers put forward their demand as they claimed they were being called "liars" by the Wrestling Federation of India chief's

supporters. "There are a lot of people, mostly Brij Bhushan's supporters, saying we are lying. I want to request a narco test on Brij Bhushan and all the seven complainants. Whosoever is found guilty, hang them," said Sakshi. The wrestlers, however, did not specify how they were going to push for a narco test as, according to law, the consent of the accused was mandatory for the test. Vinesh, meanwhile, put out a request to Ratan Tata, chairman emeritus of Tata Sons, to enquire about the sponsorship deal with the WFI. Tata Motors have a sponsorship deal with the WFI and wrestlers have alleged that the money had not trickled down to the wrestlers.

"Tata Motors has been supporting us for the last five years. I want to request Ratan Tata to enquire whether the money meant for infrastructure and support of the athletes has reached them or not?" she said.

Big one: BCCI could earn Rs 9 billion in revenue share from ICC during 2023-2027 cycle

NEW DELHI, May 11 (Agencies): The Indian cricket board (BCCI) could witness another round of cash windfall during the next five-year cycle between 2023-2027 with estimated earnings of over USD 1.15 billion (INR 9 billion) from ICC's share of annual revenue.

While this is still not official but an influential ICC member said it is just a matter of time before BCCI is officially given 38.50 per cent of ICC's annual revenue of 600 million USD, which comes to USD 231 million for world's richest cricket board.

"It is a proposed model and it's based on crick-



et (rankings), performance (in ICC events) and commercial (contribution to sport). Now India contributes such a significant share to the commercial element," a senior BCCI source told news agency on condition of anonymity.

Such has been India's dominance that a list published by ESPN Cricinfo states that Eng-

land and Wales Cricket Board (ECB) are second-best beneficiary with annual earnings of USD 41.33 million (6.89 per cent) while Australia with USD 37.53 million (6.25 per cent) are a distant third. The Pakistan Cricket Board are fourth with USD 34.51 million revenue which stands at 5.75 per cent.

During the last FTP

cycle (2018-2022), ICC's annual revenue was near half USD 307 million approximately and USD 1536 million for a five-year period.

BCCI earned USD 405 million for five years (around USD 81 million per annum) after hefty bargaining between erstwhile Committee of Administrators (CoA) and the then ICC chairman Shashank Manohar, who didn't have too many friends in the board at that time. It was still around 26 per cent of the annual share back then.

In the last FTP cycle, ECB were second best with a share of 7.8 per cent while all other

boards barring Zimbabwe got 7.2 per cent.

With secretary Jay Shah heading the ICC's all-powerful financial decision making Finance & Commercial Affairs (F&CA), the BCCI could drive home the point and double their annual ICC revenue by nearly three times.

"During last cycle, BCCI never had a powerful representation the ICC's F&CA and now things have changed," the source added.

As proposed model, ICC will allot around 11 per cent of its revenue for all associate nations this time while last time it was around 14 per cent.

Col Mahan meets Union Ministers Gadkari, Dr Jitendra, highlights issues of Kathua

TOP NEWS REPORT

NEW DELHI, May 11: Colonel (Retd) Mahan Singh DDC Chairman Kathua led a delegation from Kathua district to New Delhi and met Union Ministers Nitin Gadkari and Dr Jitendra Singh, and highlighted the issues and demands of the people of Kathua District.

At the outset of the meeting, the DDC Chairman gave an overview of the problems being confronted by the people of the district. Later, he presented point-wise details of the issues and demands of the people. Colonel Mahan demanded underpass at Janglote Morh, establishment of new branches of J&K Bank in the District, construction of a highway connecting Kathua-Billawar-Bani-Fatepur Bhandar-Him-



achal Pradesh, fast-tracking of Bharatmala road project, state of the art Sports Stadium in Hiranagar town, GI tagging of Basohli Pashmina and many more. He said that these demands of the people are the most genuine ones and therefore the concerned ministers should give a nod to these projects to make the lives of people of Kathua district full of

convenience and meaningful.

After listening to the demands raised by the Kathua delegation led by Col Mahan Singh, both the Union Ministers assured that they have noted down the issues highlighted during the meeting and shall take up the same on priority. They appreciated Col Mahan for showing dedication and sincer-

ity towards the people of Kathua and doing herculean job in satiating the aspirations of the people. Those who accompanied Col Mahan include Raghunandan Bablu DDC Vice Chairman, Bharat Bhushan DDC Chairman Jammu, Keshav Dutt DDC Chairman Samba, and Danater Singh DDC Chairman Doda.

CSM Degree College Mendhar organises extension lecture on 'Krishan Chander'

TOP NEWS REPORT

MENDHAR, May 11: Chotey Shah Memorial Degree College Mendhar organised an extension lecture on the topic "Krishan Chander k fiction Mei Kheta-E-Peer Panchal Ki Akasi" (Pir Panchal region in the fiction of Krishan Chander).

The programme was conducted and coordinated by the Department of Urdu in Collaboration with the Department of Political Science.

Dr. Raza Ahmed, lecturer in Urdu from GDC Shopian was invited as guest speaker who widely shed light on the life sketch and writing of Krishan Chander.

This programme was a part of the series of events being organised under the banner of "Azadi ka Amrut Mahotsav" and G-20 with the supervision and coordination of Dr. Refhit Naz Kouser HOD Urdu and Prof. Murtaza Ahmed HOD Political Science.

Dr. Mohd Shafiq, Con-



vener IQAC presided over the programme.

During his deliberation Dr. Raza Ahmed highlighted the reflection of the culture, geography and history of undivided Pir Panjal in the writing of Krishan Chander.

He also discussed the various phases of life of Krishan Chander with special focus on his remarkable and memorable days spent in Poonch and Mendhar area of this region.

The expert said that Krishan Chander was a proud son of soil whose writing is full with the events, culture, local dialects, geographical

features and life style of the people of this region.

While talking about the mental and emotional attachment of Krishan Chander with this area he also discussed the various events and rituals flecked by Krishan Chander in his acting Principal of the College Dr. Mohd Shafiq while paying homage to the legend appreciated the decision of J&K government for renaming the Degree College Poonch after the name of Krishan Chander.

The programme was ended with the formal vote of thanks presented by Dr. Rifhat Naz

Kouser, HOD Urdu. She also impressed upon the students to go through the Books of Krishan Chander, available in the college library and know about the different aspects of society and culture through his fiction. The other dignitaries who presented were Prof Mohd Akram HOD Education, Prof Ayaz Ahmad Choudhary HOD English, Dr. Tabarak Amin Khan HOD Economics, Dr shakeel Ahmed Assistant Professor of Chemistry, Prof. Waseem Akram HOD Computer Science and Zahid Ahmed from Department of English.

Apara Ekadashi fast on May 15: Mahant Shastri

TOP NEWS REPORT

JAMMU, May 11: Ekadashi of Krishna Paksha of Jyestha month is celebrated as Apara Ekadashi. Known by name. Regarding Apara Ekadashi fast, Mahant Rohit Shastri Jyotishacharya, President of Shri Kailakh Jyotish Avim Vedic Sansthan Trust, Jyestha is considered very sacred, Jyestha month itself should remain pure by taking bath etc.

By subduing Akshay, one should remember God by renouncing lust, anger, greed, attachment, arrogance and malice etc. There are twenty four Ekadashis every year, but when Adhikamas or Malmas comes, their number increases to 26. Apara Ekadashi is also known as Jalkrida Ekadashi, Achala Ekadashi and Bhadrakali Ekadashi.

The Ekadashi date of Krishna Paksha of Jyestha month will begin on Monday, May 15 at 02:47 am and will end at May 16 at 01:04 am.

The Ekadashi date of the fortnight of Suryodaya Krishna Vyapini Jyestha month will be on Monday, 15th May, hence the fast of Apara Ekadashi will be on Monday, 15th May.

Parana Apara Ekadashi fast on Tuesday, May 16, from 05.30 am to 08.40 am on the same day. It is necessary for the person observing Apara Ekadashi to have restraint on his mind, senses and Behaviour. And there is happiness and prosperity in life, freedom from all kinds of troubles, victory over the enemy. Ekadashi fasting how to maintain balance in life, happiness is happiness.

The person who observes this fast rises above the meaning and work in his life and walks on the path of religion and attains salvation and becomes intelligent and popular. His dominance and personality is on the rise. Due to the Corona epidemic, worship, bathe and donate at home.

SC's verdict on Delhi Govt big win for AAP : Goyal

TOP NEWS REPORT

JAMMU, May 11: Aam Adami Party senior leader Rajkumar Goyal has said that historic decision on Delhi Govt Vs Centre Govt has proved that truth can be troubled but not defeated.

Describing this decision as a big victory of the party, Raj Kumar Goyal said that it is not a victory of the Aam Aadmi Party but of 2 crore people of Delhi and crores of workers spread in every corner of the country.

The rejuvenation that Arvind Kejriwal's government has done in Delhi for the last 8 years is beyond the imagination of any political party, but due to this well-known

controversy, the party was not able to function properly. Since it has now been clarified in the Supreme Court that the Delhi government has legislative and executive powers.

The elected government will have the power of transfer-posting of officers. The officials will work only through the elected government.

Goyal said that the party has struggled a lot for this right and now it has got success. The people will be directly benefited by this historic decision as the Aam Aadmi Party will be able to take more decisions for the betterment of the people and no one will interfere in it.

BJP leader expresses gratitude on completion of 9 years of Modi Govt

TOP NEWS REPORT

BISHNAH, May 11: Bharatiya Janata Party Block President Bishnah Sushil Bhatia (Gagan Bhatia) expressed happiness on the completion of 9 years of Prime Minister Narendra Modi's government.

He said that Modi has emerged as a world leader who has transformed the country. He further said that Modi has fulfilled all his elec-



tion promises timely. He further said that Modi in these 9 years has launched many schemes in India like Beti Bachao, Swachh Bharat, Skill Develop-

ment Abhiyan Pension Scheme PMJAY etc.

Sushil said that all these schemes are for the welfare of the people, in which all the citizens of the country are getting their benefits.

Bhatia thanked Prime Minister Narendra Modi from the bottom of his heart. Bhatia further said that such leaders in the country are bringing laurels to the world.

Danish bats for hassle-free facilities to pilgrims of Amarnath Yatra



TOP NEWS REPORT

JAMMU, May 11: Danish Mishra, Vice President J&K BJYM today urged the government of Jammu and Kashmir to ensure hassle-free facilities to devotees of Shri Amarnath Ji Yatra 2023.

In a statement issued here, the BJYM leader asserted that no pilgrim should leave the Union Territory with a grudge of having got poor response from any of the stakeholders as these act as the ambassadors of UT's tourism industry and every care should be taken to ensure safety and convenience to the visiting pilgrims.

He said J&K is the abode of holy pilgrim-

ages and every year crores of people visit J&K to perform religious pilgrimage thus making it necessary for the government to provide adequate facilities to make devotees' pilgrimage a memorable one.

The religious tourism is major source of J&K's economy as the the business community of J&K is mainly dependent on these pilgrimages therefore the government and other stakeholders should remain on toes to provide lucrative facilities to the visitors so that these ambassadors galvanize more people to visit the UT for seeking blessings of gods and goddesses. He said that Shri Amarnathji Yatra is one of the most significant Yatras for the Hindu community members and therefore the government should provide full security and best of services to the visiting devotees so that they prefer to become part of this yatra year

Government Polytechnic Jammu organise workshop on soft skills



TOP NEWS REPORT

JAMMU, May 11: Department of Travel & Tourism Management and Instrumentation & Control Engineering of Government Polytechnic Jammu today organized a one day workshop on "Soft Skills".

The workshop was inaugurated by Er. Arun Bangotra, Principal Government Polytechnic Jammu, who encouraged the students to make maximum benefits of such workshops and try to inculcate the soft skills such as writing, and communication skills to enhance their

employment opportunities.

Neetu Dhar Khajuria, knowledgeable Soft-Skills Trainer who has a sound understanding of needed traits for workplace success and strong ability to train on diverse levels and fields was a resource person. She has extensive experience of 15 years to train on soft-skills, giving presentations, holding workshops and delivering orientation programmers. She worked in organizations like Franklin Institute of Air hostess Training, University of Jammu, Aptech

Aviation and MIER as resource person.

The workshop was attended by 4th and 6th semester students of Travel and Tourism and I&C branches were present for the program. Er. Ashok Verma and Gagan Pratap Singh were coordinated the Program. The seminar was concluded with the vote of thanks by Gagan Pratap Singh. Other present on the occasion were faculty members Amit Sharma, Dhiraj Kumar, Sakshi Kapai, Harmeet Kaur, Ruchi Mahajan and Priya Bandana.

Hashmi raises pitch against Bukhari's controversial Shia statements

TOP NEWS REPORT

JAMMU, May 11: The prominent sociopolitical activist Syed Karar Hashmi described Altaf Bukhari's statements about the followers of Imam Hussain (a.s) as "offensive, inflammatory and utterly unacceptable.

He said that Syed Bukhari's statements in no way represent Sunni Muslims and cautioned people to remain vigilant against elements bent on sparking off sectarian trouble.



He observed that the malicious intentions of anti-Islam and anti-unity elements can only be defeated through unity among the religious

preachers and their followers at all levels.

The Ahlulbait (a.s) are above all and every individual should never give any space to anybody to run politics and propaganda over it.

He added that to err is human and to forgive the divine and let people forgive him if he comes clean on this controversial issue via press conference. He requested the people to uphold the traditional torch of unity and solidarity at all costs in the Valley.

We Are

LAPTOP REPAIR SPECIALISTS

- Motherboard Repairs
- LCD Replacements
- Video Display Repairs
- Shutting Down
- USB Port Malfunctions
- Power DC Jack Repairs
- Overheating
- Blue Screen Errors
- Bios Password Removal
- Wi-Fi Problems
- VIRUS Removal
- OS Installation / Repair and more...

Magic Computers & Communications

Contact: 7006897056