

TOP NEWS OF J&K

JAMMU, SATURDAY, JUNE 17, 2023

Daily Evening Newspaper



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Competition shouldn't veer into conflict, says US state secy Blinken ahead of China visit



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BRIEFLY

Amarnath Yatra: Shrine Board opens online helicopter booking for pilgrims

JAMMU, June 17 (Agencies): Shri Amarnath Shrine Board has opened online helicopter booking for the pilgrims of Shri Amarnath Yatra starting from July 1.

The 62-day long pilgrimage is starting from July 1 and ending on August 30 (Rakshabandhan).

According to official sources, the online booking for helicopters has started for the service to be available from Srinagar, Baltal and Pahalgam routes.

Sources however, said that the fare for this year's yatra has also not been hiked.

As of now, more than 2.5 lakh have registered online for the yatra, sources said adding that around five lakh devotees are expected to visit this year to the cave Shrine.

Sources further added that the booking for helicopter tickets will be done through the official website of the Shri Amarnath Shrine Board (SASB).

The Global Vectra Helicorp Limited and Arrow Aircraft Private Limited are the service operators for the Baltal route while Heritage Aviation Pvt Ltd will be operator for Pahalgam route.

The services of M S Pawan Hans Limited operators will operate from Srinagar to the holy cave, official sources added.

Preparations to welcome the pilgrims are in full swing and instructions have also been passed to complete all the arrangements by the respective district administrations from the gateway Lakanpur to Kashmir between by June 20.

3.0 magnitude earthquake Hits J&K's Ramban

JAMMU, Jun 17 (Agencies): A 3.0 magnitude earthquake struck Jammu and Kashmir on Saturday but there was no report of any damage, officials said.

The epicentre of the tremor, which occurred at 2.03 pm, was hilly Ramban district along the Jammu-Srinagar

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CS visits sites of ongoing Sgr Smart City works

Calls upcoming River Front and Srinagar Plaza a major future attraction

SRINAGAR, Jun 17: Chief Secretary, Dr Arun Kumar Mehta on Saturday conducted an extensive tour of the Srinagar city to make on spot assessment of ongoing developmental and beautification works being carried out under Srinagar Smart City Mission.

The Chief Secretary was accompanied by Divisional Commissioner Kashmir; Deputy Commissioner Srinagar; Commissioner SMC & CEO Srinagar Smart City; VC Lakes Conservation and Management Authority; VC, SDA and other concerned officers from line departments.

During the tour, the Chief Secretary visited Moominabad Bata-



maloo, Tatoon Ground, Jhelum Riverfront Development Project, Traditional Souq Market and Craft Center, GhantaGhar, Srinagar Plaza, Nishat Garden precinct, Northern Fore-shore Road, and Shalimar Canal.

Dr. Mehta observed that the developed Jhelum Riverfront together with Srinagar

Plaza near GhantaGhar are going to become major attractions in the city. He directed the concerned officers to further accelerate the pace of work and ensure completion of all these projects at the earliest.

Reviewing the progress of Dal Lake cleaning at Nishat, the Chief Secretary expressed satisfaction over the

cleanliness of the water body. He said that the water body looks much better than earlier, but also emphasized on greater efforts for even better outcome. He directed the VC, LC&MA to expedite the Houseboat sewerage connections and shift their focus towards the cleanliness of interiors of the lake also. He also directed them to start water sports activities in the Dal for adding charm to the lake and creating livelihoods.

Dr Mehta observed that the city is fast changing for better with the brisk pace of completion of smart city projects. He added that these ongoing works would further give a massive facelift to

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ACS Home reviews progress regarding issuance of individual Arms licences in J&K



SRINAGAR, Jun 17: Additional Chief Secretary (ACS), Home, RK Goyal on Saturday reviewed the status of various services related to Arms licenses including issuance and renewal of individual arms licenses, being provided through NDAL-ALIS portal.

The ACS advised the District Magistrates to extend assistance to the general public desirous of availing various

services including issuance and renewal of arms licenses, utilizing the online NDAL-ALIS platform.

He impressed upon them to take immediate steps for timely processing of applications received for grant of Individual Arms Licenses strictly in terms of the instructions issued vide Government Order No. 30-Home of 2023 dated 18.01.2023.

In order to have

speedy verification of antecedents from the CID, he asked them to employ dedicated electronic channels by the licensing authorities.

In the meeting, it was reiterated to strictly adhere to the provisions contained in the Arms Act and the Arms Rules, so that the bonafide applicants, eligible for grant and renewal of these licenses are facilitated as envisaged in the online services being provided through NDAL-ALIS portal of Government of India.

The meeting was attended by Special DG, CID, Divisional Commissioner Jammu, Divisional Commissioner, Kashmir and all the District Magistrates of the UT.

ED attaches Rs 45 Cr assets of Former NSG Officer in Fraud-Linked Money Laundering Case

NEW DELHI, Jun 17 (Agencies): Assets worth more than Rs 45 crore of a former NSG officer and his family members were attached in a case linked to alleged forgery of tender documents issued for undertaking civil works at the garrison of the 'black cats' commando force in Gurugram's Manesar, the Enforcement Directorate (ED) said on Saturday.

A provisional order for attaching fifty-two movable and immovable properties worth a total Rs 45.20 crore under the anti-money laundering law has been issued against Praveen Yadav and his family members, the agency said in a statement.

Yadav had joined the National Security Guard

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BJP ready for assembly polls in J&K: Raina

SRINAGAR, Jun 17 (Agencies): The BJP on Saturday said it was ready for assembly elections in Jammu and Kashmir and appealed to the Election Commission to announce dates for the polls in the Union territory.

Addressing a party rally here, Jammu and Kashmir BJP president Ravinder Raina said, "Former chief minister Omar Abdullah accused us a couple of days ago of running away from elections. I request the EC with folded hands to announce the dates for elections in Jammu and Kashmir."

Raina said the party was confident of forming the government in Jammu and Kashmir as Prime Minister Narendra Modi had worked for peace in the Union territory and welfare of its people.

"BJP is completely ready for the assembly elections in JK. We are confident that the people of Kashmir will wholeheartedly vote for BJP



this time. The work done by Modiji for the poor and the underprivileged will make the people of Kashmir vote for BJP.

"BJP is ready for all elections — be it Lok Sabha, assembly, or local bodies. No one needs to be scared, the people have to decide and the verdict will come in the political battlefield. I am confident that BJP will form the next government in JK," he added.

Launching the party's "Har Ghar Chalo" campaign, Raina said the aim of the Modi government was to work for the welfare of the poor.

"We want the poor to be happy, we want to serve the poor. Everyone should feel this government belongs to

him, everyone should feel that they are getting justice," he said.

Making a pitch for the next year's Lok Sabha polls, Raina said, "We want BJP to win Lok Sabha elections from Kashmir."

He appealed to the people of Kashmir to give one chance to BJP. "We will work for development and welfare of the people. We will work for communal harmony and brotherhood," he added.

Talking to reporters after the rally, Raina said Modi has brought peace to Jammu and Kashmir which has made the BJP popular in the Union territory.

"Modi sahib has worked for the welfare of people of Jammu and Kashmir, brought peace to Jammu and Kashmir. It is the reason that BJP is moving ahead in JK," he said.

He said National Conference leader Omar Abdullah should know that elections are

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First Agniveer batch of J&K Light Infantry attested



SRINAGAR, Jun 17 (Agencies): The first batch of Agniveers of the Jammu & Kashmir Light Infantry was attested in a befitting ceremony on Saturday at the JAK LI Regimental Centre in Srinagar in the presence of their parents and instructors.

"The young boys have been transformed into confident, capable, smart, and proud soldiers and citizens," army said in a statement.

The ceremony commenced with Rashtriya Salute to National Flag followed by oath taking, parade review by the Commandant, piping of Agniveers and concluded with the Regimental Song and the

National Anthem with the Agniveers dedicating themselves with resolve to serve the nation.

"They commenced their rigorous training on January 1, 2023. Their training of 24 weeks has enhanced their physical fitness and endurance, sharpened their senses, made them mentally robust and taught them the skills of a soldier necessary to achieve victory in battle," the army said.

"The training also focused on building their character, imbibing regimental traditions, military history and ethos, camaraderie and above all an unrelenting spirit. The Agniveers will

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Illegal driving license racket involving J&K residents busted by Ahmedabad Police

AHMEDABAD, June 17 (Agencies): The Ahmedabad City Crime Branch officials have busted a gang which issued fraudulent driving licenses, using addresses of Indian security forces battalions, to residents of Jammu and Kashmir.

Acting on a tip-off from the Military Intelligence Ahmedabad, Pune Branch, the Deputy Commissioner of Police, Crime Branch, discovered that agents operating within Ahmedabad and Gandhinagar RTOs had connections with individuals from Jammu and Kashmir. These agents were reportedly fabricating driving licenses by submitting falsified documents to the RTO office.

On receiving this

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Sadhus from across India reach Jammu for upcoming Amarnath Yatra

JAMMU, Jun 17 (Agencies): Sadhus from across the country have started flocking to the winter capital Jammu to join the annual Amarnath pilgrimage which is scheduled to start in the Valley next month.

Over 200 Sadhus, including women, have arrived at their traditional Ram Mandir base camp in the old city's Purani Mandi area and are upbeat to offer their prayers at the 3,880-metre high holy cave shrine in south Kashmir Himalayas, housing the naturally formed ice-Shivling.

The 62-day long pilgrimage will commence on July 1 from the twin tracks — the traditional 48-km Nunwan-Pahalgam route in the Anantnag district and a 14-km shorter but steep Baltal route in the Ganderbal district.

The first batch of pilgrims, including a group of Sadhus, is leaving for the Yatra from Jammu on June 30.

"I am performing the Yatra for the first time and waiting eagerly to reach Kashmir, the name of which fills our chest with pride as Kashmir to Kanyaku-

mari is India," a 58-year-old sadhu from Andhra Pradesh, Vasudevanand Sarawari, said.

The sadhu reached the Ram Temple after conducting 'Char Dham', a pilgrimage of four holy places — Yamunotri, Gangotri, Kedarnath and Badrinath — by foot.

"I am thankful to my Lord for giving me an opportunity to seek his blessings by joining the Amarnath pilgrimage this year. One should perform the Yatra at least once in the lifetime," he said amid chants of "Bham Bham

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Deodorants! Body Washes! Body Mists!

SPRAY. REFRESH. REPEAT.

Your Ultimate Fragrance Destination!

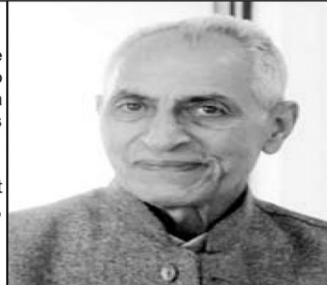
pahachaanmedics pahachaanmedics

https://pahachaanmedics.org

SCAN ME!

OBITUARY/10TH DAY KRIYA

With profound grief & sorrow, we regret to inform the sad demise of our beloved **Sh Rajinder Bindroo** S/o Late Sham Lal Bindroo original R/o Badiyar Bala (Srinagar), presently residing at C/o 512, Colonelis Colony, Sector-3, Bohri, Talab Tillo, Jammu.



Sh Rajinder Bindroo

CREMATION took place on 12th June at Jammu. **10th Day Kriya** will be held on 20th June at 8:30 AM at Muthi Ghat (near Directorate of Education Office, Jammu).

Grief Stricken

- Smt Kamta Bindroo (Wife)
- Sh G L Bindroo (Brother)
- Brother & Sister-in-law
- Sh A K Bindroo & Guddi Bindroo
- Smt Phoola Kaul (Sister)
- Daughters & Sons-in-law
- Smt Archana & Ashish K Chrangoo
- Smt Anjali & Vipin Kaul
- Smt Sunita & Ramesh Salman
- SAMAST BINDROO PARIVAR, CHRANGOOIS, KOULS, SALMANS, NAQAIBS, SELIS, BHATS AND GRAND CHILDREN**

TENTH DAY

With profound grief and sorrow, we regret to inform the sad demise of our beloved **Smt Asha Ji Bhat** W/o Sh Sham Lal Bhat Originally resident of Kandiwara Kokernag Kashmir A/p H.No. 102, Sector-1 Vivek Vihar Paloura Jammu who left for heavenly abode on 14-06-2023.



SMT ASHA JI BHAT

TENTH DAY will be performed on 23-06-2023 at Muthi Ghat near Director School Education Jammu at 8:30 AM.

GRIEF STRICKEN

- Sh. Sham Lal Bhat- **Husband**
- Sh. Satish Kumar Bhat- **Son**
- Smt. Lovely and Sh. Sunil Kumar Bhat - **Daughter-in-law & Son**
- Smt Sarla Bhat and Sh Rajender Kr Pandita - **Daughter & Son-in-law**
- Grand Children:** Simran, Simirriti, Priya, Aaliya, Shivam, Tanvi, Daksh
- MOB: 7051623113, 9149769493, 7889860812**

10TH DAY/KRIYA/UTHALA

With profound grief and sorrow, we inform that cruel death has snatched **Bal Krishan Chandan**, Director (Law Enforcement) Agriculture, who after brief illness left for heavenly abode on 7th of June, 2023.



BAL KRISHAN CHANDAN

10th Day will be performed on 16th of June, 2023 (10 AM) at our residence.

Kriya will be performed on 17th of June, 2023 (12 Noon) at our residence (H.No. 258/2, Upper Roop Nagar, Jammu, Near Rambatika Park).

Uthala will be performed on 19th of June, 2023 (5.00 PM to 5.30 PM) at App Shambhu Temple.

GRIEF STRICKEN

- Shanti Devi & Dwarkanath Sharma - Parents
- Neelam Sharma - Wife
- Ishaan Chandan - Son
- Anuradha - Daughter-in-law
- Imaan Chandan - Son
- Kamini - Trilochan Chandan - (Bhabi & Bhai)

TENTH DAY KRIYA

With profound grief and sorrow, we inform sad demise of our beloved mother **SMT. PUSHPA BAKAYA** W/o Late Sh. Sudershan Bakaya of Hawal Pulwama at present H.No. 277-F Sarwal Colony Jammu on 14-06-23.



SMT. PUSHPA BAKAYA

TENTH DAY KRIYA will be performed at 8 a.m on 23-06-23 (Friday) at Muthi ghat Jammu.

Grief Stricken

- Smt. Anju W/o Late Sh. Suresh Bakaya- **Son and Daughter-in-law**
- Smt. Kiran W/o Sh. Rakesh Bakaya- **Son and Daughter-in-law**
- Smt. Ratni ji W/o Sh. O.N. Koul- **Daughter and Son-in-law**
- Smt. Bitty W/o Sh. P. K Raina- **Daughter and Son-in-law**
- Smt. Neelam W/o Sh. Raja ji Bhat- **Daughter and Son-in-law**
- PH. 9596646166, 6006271320**

TENTH DAY KRIYA

Noble souls never die but destiny cannot be challenged

With profound grief and sorrow, we inform the untimely demise of our beloved **Sh Ashok Kumar Tikoo** S/o Late Bal Ji Tikoo R/o Durga Nagar, Jammu & presently at D-603, Aditya Celebrity Homes, Sector-76, Noida has attained Moksha on 9th of June, 2023 at Noida.



Ashok Kumar Tikoo
Beloved husband, father, brother and grandfather

The 10th Day Kriya will be performed on 18th June at Garh Ganga, Muradnagar at 8.30 am.

GRIEF STRICKEN

- Smt Indra Tikoo - **Wife**
- Daughter-in-law & Son
- Mrs Suneeta Tikoo & Vinod Tikoo
- Daughter & Son-in-law
- Mrs Anchal Tikoo Mohanty & Ranjan Mohanty
- Contact No. 9818165459, 8287783605, 9419379042**
- Deeply Remembered By:**
- Tikoo, Trakroo, Zutshi, Koul, Raina, Dhar & Ganjoo Family**

OBITUARY/10TH DAY KRIYA

With profound grief and sorrow, we regret to inform the sad demise of our beloved **Sh. Tej Krishan Kak** S/o Late Niranjan Nath Kak original R/o Sathu Barbarashah, Srinagar, presently residing at H.No. 91-E, Bharat Nagar, Talab Tillo, Jammu.



SH. TEJ KRISHAN KAK

CREMATION took place on 14th June, 2023 at Jammu. **10th Day Kriya** will be held on 22nd June, 2023 at 8.30 AM at Muthi Ghat (Near Directorate of Education Office Jammu).

GRIEF STRICKEN

- Smt. Prabha Koul - **Wife**
- Son & Daughter-in-law
- Sandeep Kak & Neelima Kak
- Daughter & Son-in-law
- Sulkhana Bhat & Sandeep Bhat
- Kak Family, Dhar Family, Koul Family
- Contact: 9225510080**

10th DAY KRIYA

It is only time which possess but memories remain each & every moment.

With profound grief and sorrow, we regret to inform the untimely demise of our beloved **Sh. Kanaya Lal Bhat** S/o Late Sh. Lamboo Dar Nath Bhat R/o Uttersoo, Anantnag presently residing at H/No 303, Lane O, Durga Nagar, Sec -2, Jammu on 15th-June-2023. **The TENTH DAY KRIYA** will be performed on 24th-June-2023 (Saturday) at Muthi Ghat 8:00 am



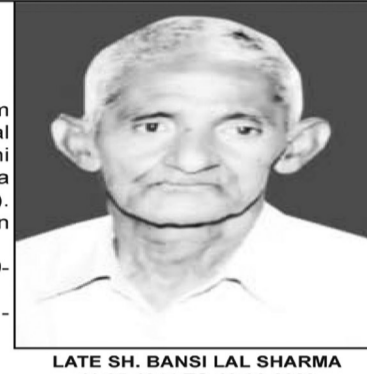
Sh. Kanaya Lal Bhat

GRIEF STRICKEN

- Vijay Bhat- **Wife**
- Sh. Srikanth Bhat- **Uncle**
- Sister-in-law
- Smt. Veena Bhat W/o Lt. Sh. Prithvi Nath Bhat
- Sh. Ramesh Kumar Bhat- **Brother**
- Smt. Shama Sathu- **Sister**
- Smt. Sheri Pandita- **Sister**
- Smt. Nancy Pandita W/o Sh. B. L. Pandita
- Anil Bhat & Anju Bhat- **Son and Daughter-in-law**
- Sunil Bhat & Arpana Bhat- **Son and Daughter-in-law**
- Simpay Qazi & Rohit Qazi- **Daughter and Son-in-law**
- Sheetu Bhat & Rahul Bhat- **Daughter and Son-in-law**
- Shallu Bhat & Sunil Bhan- **Daughter and Son-in-law**
- Neerav Bhat & Pankaj Koul- **Daughter and Son-in-law**
- Mob: 7889700394, 7006892495, 7889553407, 7889581654**

TENTH DAY/ KRIYA/RASAM PAGRI-(UTHALA)

With profound grief and sorrow, we regret to inform the sad demise of our beloved father **Sh. Bansilal Sharma (Retd. Master)** S/O Sh. Ludar Mani Upadhya R/O Main Road Ghagwal (Opp. Shiva Fast Food) District Samba on 09-06-2023 (Friday).



LATE SH. BANSI LAL SHARMA
11-05-1944 TO 10-06-2023
(RETD MASTER)

10th Day will be performed at our Residence on 18-06-2023 (Sunday).

KRIYA will be performed at our Residence on 19-06-2023 (Monday).

UTHALA (RASAM PAGRI) will take place on 21-06-2023 (Wednesday).

GRIEF STRICKEN:-

- Smt. Satya Devi- **Wife**
- SISTERS-IN-LAW AND BROTHERS:**
- Smt. Pushpa Devi & Late Sh. Shanti Sarup
- Smt. Kanta Devi & Late Sh. Ram Lal Sharma
- Smt. Pushpa Devi & Late Sh. Chaman Lal Sharma
- Smt. Bimla Devi & Sh. Kuldeep Raj Sharma
- SISTER AND BROTHER-IN-LAW:**
- Smt. Kanta Devi & Sh. Murali Lal Sharma
- DAUGHTERS-IN-LAW AND SONS:**
- Smt. Manju Bala & Sh. Ravinder Kumar Sharma
- Smt. Suneh Lata & Sh. Shiv Mohit Sharma

- DAUGHTERS AND SONS-IN-LAW:**
- Smt. Urmila Devi & Sh. Varinder Sharma
- Smt. Shashi Bala & Sh. Sohan Lal Khajuria
- Smt. Sudha Sharma & Sh. Sushil Sharma
- & (All UPADHYA FAMILY)
- Contact Nos.-7006353707 & 7006115441**

TENTH DAY KRIYA

WITH PROFOUND GRIEF AND SORROW WE INFORM THE DEMISE OF OUR BELOVED **SH. MAHARAJ KRISHAN DHAR (BOTALAL)** R/O NAI SARAK SRINAGAR/HMT PINJORE AND AT PRESENT PATEL NEOTOWN NOIDA EXTENSION ON 15TH JUNE 2023.



SH. MAHARAJ KRISHAN DHAR (BOTALAL)

10TH DAY KRIYA WILL BE PERFORMED ON 23RD JUNE AT MURADNAGAR GHAT GADHGANGA AT 8:30 AM.

GRIEF STRICKEN:-

- KRISHNA DHAR - WIFE**
- BROTHER AND BHABHI**
- T.K.DHAR & BITTI PYARI DHAR (9810122098)
- BITTI PYARI GARYALI (9990475847) - **SISTER**
- SUNITA DHAR (9899626440) - **DAUGHTER**
- DAUGHTER AND SON-IN-LAW**
- SUJATA BAKSHI & SUNIL BAKSHI (9810046440)
- SON AND DAUGHTER-IN-LAW**
- SANDEEP DHAR & GAYATRI DHAR (9643328531)
- GRAND CHILDREN:** TUSHAR BAKSHI (9871378627), ADYA DHAR, SUHANI DHAR
- DEEPLY REMEMBERED BY SAMAST DHAR'S, TAKU'S, BAKSHI'S, PUNJABI'S, CHANNA'S, GARYALI'S**

13th Day/Rasam Pagri

With profound grief & sorrow, we inform the sad demise of **Late Smt Ratna Devi** W/o Late Sh Padam Dev Singh Jamwal R/o H.No. 778, Subash Nagar, Jammu. **13th Day** will be performed on 18-06-2023 (Sunday) at 11 am at our residence.



Late Smt Ratna Devi

Rasam Pagri will be performed at our residence on 19-6-2023 at 12.00 Noon (Monday).

Grief Stricken

- Daughter & Son-in-law
- Jyoti Slathia (Lovely) & Pardeep Singh Slathia
- Contact : 9419204055**

BHOG & ANTIM ARDAS

With profound grief and sorrow, we regret to inform you the sad demise of our beloved father **S. Sujan Singh** S/o Late S. Gopal Singh R/o Rajpur Kamila, Nowshera District Rajouri who left us on 10 June 2023.



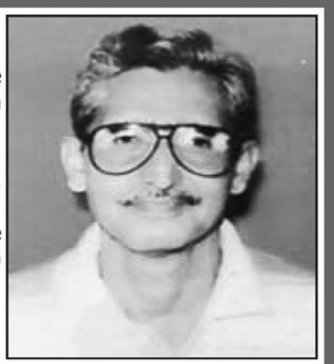
S. Sujan Singh

PROGRAMME:

- Arambh Shri Akhand Path** on 18-06-2023 at 9:00 am at our residence, Rajpur Kamila.
- Bhog Shri Akhand Path** on 20-06-2023 at 9:00am at our residence Rajpur Kamila.
- Antim Ardas/ Tenth Day** shall be performed on 20/06/2023 at Gurudwara Singh Shaba Rajpur from 10:00 AM to 12:00 PM.
- GRIEF STRICKEN:-**
- Sons & Daughter-in-laws**
- Sdmi Manmeet Kour and S. Anter Singh
- Sdmi Gurnam Kour and S. Raghbir Singh
- Sdmi Ravinder Kour and S. Kulbir Singh
- Sdmi Tarvinder Kour and S. Bhadur Singh

KRIYA/UTHALA

With profound grief & sorrow, we regret to inform the sad demise of our father **Shri Naresh Singh Pathania** who left for heavenly abode on 10-06-2023.



Shri Naresh Singh Pathania (AEE)

10TH DAY will be performed at our residence H No: 404, Anand Bhawan, Raghunathpura, Shiv Nagar, Udhampur on 19th June 2023 (Monday) at 11 AM.

UTHALA will be performed at Raghunath palace (opposite our residence) on 23rd June 2023 (Friday) between 4PM- 5PM.

GRIEF STRICKEN:

- Smt. Abhilasha Pathania (**Wife**)
- (**Son & Daughter-in-law**)
- Mr Vikramaditya Singh Pathania & Simmi Pathania (**Daughter & Son-in-law**)
- Vasundhara & Pradeep Samyal
- Shweta & Dipankar Sambyal (**Grandson & Grand Daughter-in-law**)
- Zorawar Singh Pathania & Srijana (**Grandchildren**) Aditya, Akanksha, Shauryaditya Singh Pathania, Kompal (**Great Grandson**) : Rudraveer Singh Pathania.
- Ph No: 9596859330, 9149783535, 9906341821**

TENTH DAY

With profound grief and sorrow we inform the sad demise of our revered **Karmyogi mother Mrs Vijay Laxmi** W/o Lt Sh Makhan Lal Koul of village Vesu Anantnag at present Lane No.3 Guraha Keran Barna Road, Banalab.



MRS VIJAY LAXMI

Tenth Day will be performed at Muthi Ghat on 20th June (Tuesday).

GRIEF STRICKEN:-

- Sister-in-law**
- Smt Shama Devi W/o Late Kashi Nath - 9595151766
- Son and Daughter-in-law**
- Pary Lal Koul (SBI) - 7698447447
- Mrs Sunana and Predman Ji Koul - 9796220709
- Mrs Veena and R K Koul - 7780992947
- Mrs Ranu and Rohit Koul - 9796436255
- Sister-in-law & Son-in-law**
- Mrs Nancy Koul - 9796207673
- Daughter and Son-in-law**
- Mrs Dazy Raina and Ashok J Raina (9419159591)
- Grand Children:** Sunasa, Shivani, Elish, Surbi, Adit, Kaya

TENTH DAY KRIYA

With profound grief and deepest sorrow, we regret to inform you about the sad demise of our beloved **Mrs. Girja Koul** W/o Shri Bhupender Koul originally resident of Zaidhar Mohalla Srinagar Kashmir, now at B-183 New Town Heights Society Sector 91 Gaurgon, on 09/06/2023.



MRS GIRJA KOUL

The TENTH DAY KRIYA will be held on 18/06/2023 at Shree Gauri Shanker Mandir G 257 + W7P New Palam Vihar Block T Sector 109 Gurugram Haryana 120017 at 8:00 am

GRIEF STRICKEN

- Bhupender Koul
- Ashish Koul
- Phoola Kaul, Satsish Kaul
- M.K.Kaul & Kishori Kaul
- Vijay Kaul & Kalpana Kaul
- Rakesh Kaul & Dolly Kaul
- AND SAMAST KUL PARIVAR, INCLUDING ALL RELATIVES DEAR & NEAR FRIENDS**
- MOB: 9650431535, 9667046887**

TENTH DAY

With profound grief & sorrow, we inform the sad demise of our beloved **Jatinder Singh** (Sub Inspector JKP) S/o Late Sh. Thakur Singh R/o Indri Jourian at present Mishriwala near Majestic Grand Banquet Hall.



Jatinder Singh
(Sub Inspector JKP)

Tenth Day will be performed on 15th June 2023 Thursday at our residence at 11:00 AM.

Kriya will be performed on 18th June 2023 Sunday at our residence from 11.30 AM to 2.00 PM.

GRIEF STRICKEN

- Ashok Kumar - **Wife**
- Dhanraj Singh Chib, PSI - **Son**
- Daughter & Son-in-law**
- Heena & Rajan Sambyal
- Daljit Singh Chib - **Brother**
- Mohinder Singh Chib - **Brother**
- Surjit Singh Chib - **Brother**
- Yudhvir Singh - **Brother**
- 9796441064, 9419110675, 9596124113**

Tenth Day Kriya

With profound grief and sorrow we inform the sad demise of our beloved **Miss Rajni Pandita** D/O Late Sh. Niranjan Nath Pandita originally from village Tril, District Anantnag, presently residing at H.No. 245, Sec-2, Anuradhapuram, Upper Barnai Jammu. She left for her heavenly abode on 13-06-2023.



Miss Rajni Pandita

10th Day Kriya will be performed on 22-06-2023 (Thursday) at 8:00AM Muthi Ghat near Directorate School Education, Jammu.

GRIEF STRICKEN :-

- Smt. Soni Pandita and Sh. Moti Lal Pandita (**Bhabi & Brother**)
- Smt. Prana Dhar & Sh. Tej Krishan Dhar (**Sister and Brother-in-law**)
- (Sister & Brother-in-law)**
- Smt. Bimla Dhar W/d of Sh. Late Durga Nath Dhar
- Smt. Veena Dhar & Sh. Ashok Dhar (**Sister & Brother-in-law**)
- Contact: 7006428622, 7889620901, 9682681608**

TENTH DAY/KIRYA

WITH PROFOUND GRIEF N SORROW, WE INFORM THE SAD DEMISE OF BELOVED **SMT SANTOSH SAMBYAL** R/O 117 BHAGWATI NAGAR CANAL ROAD JAMMU ON 7TH JUNE OF 2023.



Smt Santosh Sambyal

TENTH DAY WILL BE HELD ON 16 OF JUNE (FRIDAY) AT 11AM AT OUR RESIDENCE

KIRYA WILL BE HELD ON 19 OF JUNE (MONDAY)12 PM.

GRIEF STRICKEN

- DR DALIP SINGH SAMBYAL (HUSBAND)
- DAUGHTERS-IN-LAW AND SONS**
- SMT. SOMITA AND SH RANJIT SINGH SAMBYAL (SSP)
- SMT DEBASHREE AND SH RAJIV SINGH SAMBYAL (WING COMMDR.)
- DAUGHTER AND SON-IN-LAW**
- SMT ANU (MASTER) AND SH JAGDISH SINGH MANHAS (PRINCIPAL)
- GRAND CHILDREN:** AKSHATA ATHARV DEVI ARJUN HARDIK

TENTH DAY KRIYA

With profound grief and sorrow, we regret to inform the sad and untimely demise of our beloved **Sh. Jawahar Lal Hangloo** S/o Lt. Nand Lal Hangloo of Hangalgund, Kokernag, Anantnag at present Pandit Colony, Durga Vihar, Toll Post, Nagrota, Jammu on 14-06-2023.



SH. JAWAHAR LAL HANGLOO

10th Day Kriya will be performed at 9:00 AM on 23rd June, 2023 (Friday) at Muthi Ghat near the Office of DSE, Jammu.

GRIEF STRICKEN

- Smt. Vijay Hangloo - **Wife**
- Daughter-in-law & Son
- Smt. Surnty & Sh. Anand Hangloo
- Daughters & Sons-in-law**
- Smt. Anita & Sh. Anil Pandita
- Smt. Meenakshi & Sh. Shashi Bushan Dhar
- Sh. Brij Lal Hangloo - **Brother**
- Smt. Vijay Hangloo (Ushaji) - **Bhabi**
- Smt. Vijay Hangloo (Deepaji) - **Bhabi**
- Smt. Sumanji & Sh. Bansilal Hangloo - **Bhabi & Brother**
- Grand Children:** Pranav, Pratyush, Shrawan, Avni
- Samast Hangloo Parivaar, Friends & Relatives**
- Mob.No: 6005125277, 7006685204**

10TH DAY KRIYA

WITH PROFOUND GRIEF AND SORROW, WE INFORM THE SAD DEMISE OF OUR BELOVED MOTHER **SMT. KAMLA DEVI** (D/O LATE MUKUND

Yudhvir applauds wrestlers for reviving traditional sport

Dire need to divert youth's attention towards sports

Top News Report

JAMMU, Jun 17: Yudhvir Sethi, J&K BJP Vice President lauded the wrestlers for their efforts in preserving the traditional and thrilling sport of wrestling. He emphasized the need to regain the sport's lost prominence by harnessing the enthusiasm displayed by the younger generation.

Speaking at a function during the Danggal Championship organized by the Jagti Danggal Committee on the outskirts of Jammu, Sethi acknowledged the remarkable interest and encouragement wrestling receives among today's youth, despite the dominance of cricket and football in the sports landscape.

"The enthusiasm for wrestling among the youth is amazing and encouraging," Sethi remarked and commended the wrestlers for their dedication to the sport, which has allowed it to continue captivating audiences and attracting new participants.



In the Danggal, Wrestler Bhupinder from Punjab has won the Danggal title by defeating his opponent Benia Min Wrestler from Jammu. More than 82 fights were organized in the Danggal.

Sethi also highlighted the efforts of the Modi government in promoting sports across the country. He pledged to remain at the forefront of efforts to boost sports in his constituency, ensuring that talented individuals receive the recognition they deserve at the

state and national levels.

He also raised concern over the increasing drug activities in the society. He emphasized the dire need to redirect the attention of the youth towards sports as a means to combat this pressing issue, adding that engaging the youth in sports activities can play a crucial role in diverting their attention away from drugs and channeling their energy towards positive pursuits. "Sports not only promote physical fitness

and mental well-being but also foster discipline, teamwork, and a sense of purpose among the participants."

The senior BJP leader also reaffirmed his commitment to supporting initiatives that promote sports and nurture sporting talent in Jammu and Kashmir. He extended his congratulations to the competitors and organizers of the event, acknowledging their commitment to making the championship exciting and captivating through their exceptional performances.

Sethi also called upon parents, teachers and community leaders to actively encourage and guide the youth towards sports as a healthy and constructive outlet for their energy and aspirations. By fostering a sports culture and providing the necessary resources and support, Jammu and Kashmir can create a generation of resilient, disciplined, and focused individuals who are less likely to fall prey to the menace of drug abuse.

Gujjar United Forum felicitates students, UPSC aspirants, NEET qualifiers



Top News Report

SAMBA, Jun 17: Members of Gujjar United Forum Jammu today felicitated the students who successfully cleared the class 12th exams with good grades, UPSC aspirants, and NEET qualifiers.

The felicitation function was organized with a motive to inspire students and aspirants of civil services, and medical students so that they study hard to achieve

their goals.

On this occasion, President, Gujjar United Forum, Jammu, and State President Apni Party ST Wing, Saleem Choudhary with other dignitaries felicitated the students, UPSC aspirants, and NEET qualifiers.

In his address, Saleem Choudhary appreciated the students for their hard work and advised the young generation to follow their footsteps to

achieve their goals.

He asked the youth to involve themselves in professional education, skilled jobs, and sports activities so that their future can be secured. He said that the students at the younger age should be given guidance so that they work on it and achieve them accordingly in a planned manner.

"The parents and schools have the main role to shape the future of the students," he added.

The function was also attended by IRS Atul Choudhary, IAS Irfan Choudhary, DySP Usman Choudhary, Haji Allaha Rahim, Colonel Rashid, BMO Vijaypur Dr Qayum, Adv Mohammed Hussain as chief guest, guest of honour, and dignitaries.

Hari Singh, Rajni start blacktopping work in Jammu North Assembly

Call for Assembly elections in J&K

Top News Report

JAMMU, Jun 17: Hari Singh Chib, President DCC Jammu Rural along with Rajni Bala Corporator Ward No 60 and Som Nath Sharma, President BCC Patta Paloura today started black topping works of the road from Lower Roop Nagar Azad Colony to Raina Higher Secondary School Paloura including other adjoining roads in Jammu North Assembly Segment. The road work is estimated to cost Rs 25 lakh and will be executed through Public Works Department.

After starting the development work, Hari Singh Chib and Rajni Bala interacted with people of the area and listened to their grievances. The locals raised serious concern over non-availability of basic amenities like regular supply of water and electricity.

Speaking on the occasion, Hari Singh expressed disappointment with the present government's failure to provide basic amenities to the people. He also pointed out that Assembly elections in J&K have been due since 2019, but the BJP Government at the Centre has been hesitant to hold them for fear of



losing.

Hari Singh Chib emphasized that the government has been conducting other elections, such as ULB, Panchayat and Lok Sabha, so there is no legitimate reason to avoid holding Assembly elections in J&K. He believed that the BJP Government knows that the people of Jammu will not forgive them for betraying their trust and failing to provide basic necessities.

Chib anguished over lack of essential services like regular supply of water and electricity to the public. He questioned the meaning of celebrating nine years of Modi rule when the government has failed to provide even basic amenities to the common masses.

Hari Singh Chib called upon the BJP Government to take serious note of people's issues and address the concerns of the people. He asked the Central Government to hold Assem-

bly elections in J&K and provide basic necessities to the public.

Rajni Bala, in her address, asserted that the Congress Party can fulfill the aspirations of the people. She believed that the Congress party is the only one that can fulfill the aspirations of the people of Jammu and Kashmir. She asked people to lend their support to the Congress Party to ensure equitable development of the state.

Rajni Bala also highlighted the party's commitment towards the welfare of the people of Jammu and Kashmir. She informed that several developmental works, aimed at improving the lives of the people, are in the pipeline and will be executed in a phased manner.

Among those who were present include Sandeep Manhas, Madan Singh Chib, Ajmer Singh, Sher Singh, Harbans Lal, Tarun Vaid and others.

Mainly dry weather forecast as night temp rises in J&K

JAMMU, Jun 17

(Agencies): Amid forecast for mainly dry weather from June 18, minimum temperatures recorded an increase at most places in Jammu and Kashmir on Saturday.

A meteorological department official here said that Srinagar recorded a low of 16.0°C against 15.6°C on the previous night and it was above normal by 1.2°C for the summer capital.

Qazigund, he said, recorded a low of 13.4°C against 14.0°C on the previous night and it was above normal by 0.1°C for the gateway town of Kashmir.

Pahalgam, he said, recorded a low of 9.4°C against 7.8°C on the previous night and it was 0.9°C above normal for the famous tourist resort in south Kashmir's Anantnag district.

In Kupwara town, he said, the mercury settled at 12.2°C against 11.4°C on the previous night and it was 1.0°C below normal for the north Kashmir

area.

Kokernag recorded a low of 13.1°C against 13.4°C on the previous night and it was normal for the place, the officials said.

Gulmarg recorded a low of 8.8°C against 7.6°C on previous night and it was below normal by 0.5°C for the world famous skiing resort in north Kashmir's Baramulla district, he said.

Jammu recorded a low of 25.9°C against 24.5°C on the previous night and it was 0.4°C above normal for J&K's winter capital, he said.

Banihal recorded a low of 14.3°C (0.1°C above normal), Batote 16.2°C (0.2°C above normal), Katra 22.0°C (0.1°C above normal) and Bhaderwah 14.0°C (above normal by 0.3°C). Ladakh's Leh and Kargil recorded a low of 7.9°C and 11.7°C respectively, he said.

The MeT department has forecast isolated light rains in Jammu and Kashmir during next 24 hours and mainly dry weather thereafter for June 23.

One week Environmental Consciousness Drive at UIET, Kathua Campus concludes

Top News Report

KATHUA, Jun 17: Maiden One Week Environmental Consciousness Drive at University Institute of Engineering and Technology (UIET), Kathua Campus, University of Jammu concluded today wherein more than 200 earthen water pots were placed in the campus premises including academic block, administrative block and hostels.

Dr. Meenakshi Kilam, Rector, Kathua Campus, University of Jammu suggested everyone to come forward and participate in bringing the solution to the problems that are required in the transformation of the society. She added that one should always connect to nature and move from hurting the planet to healing it.

She further impressed upon such social activities and ways aimed at protecting the environ-



ment. She also encouraged everyone to take the responsibility of looking after our planet and actively contribute to its sustainability.

Dr. Sourabh Shastrri, I/c Coordinator, UIET, Kathua Campus, University of Jammu expressed gratitude to everyone who voluntarily participated in the act of social cause. Further, he said that it is necessary for one and all to actively promote sustainable and equitable development. Dr. Shivani Sharma and Ritu Sharma coordinated the drive.

Dr. Vivek Sharma, Amit Sharma, Dr.

Pankaj Khajuria, Dr. Seema Jamwal, Er. Sandeep Raj, Er. Amarjeet Chopra, Er. Rakshit Khajuria, Er. Komal Khadotra, Er. Sushant Gagal, Er. Rajan Verma, Er. Palvi Verma, Dr. Rubby Mahajan, Ritika Gupta, Dr. Nisha Choudhary, Er. Vishawjeet Singh, Er. Arooshi Mahajan, Er. Sourav Gupta, Er. Shivani Sharma, Dr. Sunny Sharma, Dr. Zahin Ansari, Gaurav Sharma, Ritika Goyal, Pranav Ratta, Tiharika Nath, Kamakshi and other teaching and non-teaching staff members of the campus contributed during the drive.

ABGRF honours Police Officers for combating bovine smuggling

Establish cattle ponds at district level; book bovine smugglers under PSA: Adv Chandel

Top News Report

UDHAMPUR, Jun 17: Akhil Bharatiya Gausaha Research Foundation (ABGRF), Jammu and Kashmir, on Saturday honoured police officers who contributed significantly towards combating cattle smuggling in district Udhampur.

The programme was conducted under the leadership of Jatinder Vermani, Vice President ABGRF J&K and Rahul Magotra District President Udhampur, under the supervision of P.S Chandel, Advocate, Convener ABGRF J&K.

The event was graced by the presence of numerous top-ranking police officials including SSP Udhampur Dr. Vinod Kumar, SP Anwar Ul Haq, DySP Udhampur Shahid Naheem, SHO Udhampur Raghuvver Singh, PSI Sattar Choudhary, PSI Raman Kumar, PSI Rahul Jamwal, PSI Sahil Singh Chib, PSI Kulwinder Singh, PSI Manveer Singh and PSI Kulbushan Singh. In addition to these officers, Navin

Kumar, Jatinder Kumar, Pradesh Sachiv Yuva and District President ABGRF Mahesh Banathia were also felicitated for their contributions in the fight against cattle smuggling.

The program was conducted under the guidance of Sunil Magotra General Secretary ABGRF and was attended by several dignitaries including Pradesh President Dr. Vikas Bhardwaj, Youth Wing President Vikram Mahajan and Mahants Vishal Giri, Ramesh Jangam and Basant Giri. District Vice President Jatinder Vermani, District President Rahul Magotra, VHP District President Sushant Sharma and Chhotu Magotra President of Ram Sewa Samiti were also present and praised the efforts of the police officers.

The Foundation aimed to combat the increasing problem of cattle smuggling in the area, and recognizes the invaluable contribution of police officers in this effort. The event was a great success, with all attendees pledging to continue

working towards a better and safe environment for all.

Advocate Chandel, in his address, has urged the government to provide around 200 kanals of land to establish cattle ponds at the district level in Jammu and Kashmir. He said these ponds would be used to manage the rescued bovines and help ease the burden on existing Gausahallas which are already overstretched. By doing so, the Police Department can also work without the added worry of managing the rescued

bovines, he added.

Expressing his deep worry, he drew attention of Police Department to the escalating issue of bovine smuggling. He emphasized that to tackle the alarming rise of repeat offenders involved in this criminal activity, once the Director General of Police (DGP) has adopted an uncompromising approach, instructing SSPs of J&K to charge such culprits under the stringent Public Safety Act. He asserted that the appropriate course of action would be to utilize

the Public Safety Act to prosecute bovine smugglers, so as to instill fear and discourage others from perpetuating this menace.

He also raised his serious concern over an issue of cattle roaming on city roads due to neglect by their proprietors. He called for legal action to be taken against such individuals under the provisions of Section 325 of the Municipal Act (III), as a measure to halt this harmful behavior.

Union Territory Of Jammu & Kashmir
OFFICE OF THE EXECUTIVE ENGINEER PWD(R&B) DIVISION KATRA
(Tele- Fax No. 01991-232043 E-mail address eeppwdkatra@gmail.com)

DATE EXTENSION NOTICE

S. No.	Name of work	Tender cost (Lacs)	No. of bids
1.	Repair/Construction of deep drain from Ram Darbar Dhaba to Pt. Meshi Dry Fruit Panthal Road W.No.04, MC Katra.	14.55	Nil
2.	Construction of lane and drain from shop of Dhyan Singh to Shiv Mandir near New Bus Stand, W.No. 2, MC Katra	8.02	2 bids
3.	Construction of lane from Railway Station Road to the house of Sh. Giridhari Lal, Phase-II, W.No. 2, MC Katra.	7.76	2 bids
4.	Construction of lane from the house of Sh. Bansil Lal to house of Raj Kumar W.No. 11, MC Katra.	12.00	Nil
5.	Construction of Nallah from the house of Bakhsh to house of Sunder Master, W.No. 7, MC Katra	3.00	Nil
6.	Construction of Drain near Shiv Temple, W.No.08, M C Katra.	2.43	Single bid
7.	Construction of Nallah in W.No. 08, M C Katra.	4.86	2 bids
8.	Repair & Renovation of lane and drain from Raghunath Mandir to Avtar Gupta House, W.No.05, M C Katra.	7.76	Nil
9.	Repair & Renovation of lane and drain with tile near shop of Jagdish Padha to G.H. School, W.No. 1, M C Katra	2.48	Nil
10.	Repair & Renovation of lane and drain from Vijay Kumar Purohit house to Trikuta Public School, W.No.10, M C Katra	3.87	Nil
11.	Repair and Renovation of lane and drain of Krishna Gali from Babu Ram House to end of lane, W.No.3, M C Katra.	10.52	Nil
12.	Repair of Drain near house of Ravi Sharma in W.No. 9 near Yog Ashram MC Katra.	1.98	Single bid
13.	Repair of Lane and Drain from Main Bazaar to Pardeep Kumar House, W.No.6, M C Katra.	5.22	Nil
14.	Repair/Renovation of lane from Sanju Hardware to Gopal Tailor by way of tile work in W.No.13, M C Katra	7.65	2 bids
15.	Repair/Renovation of lane and drain from Durga Bhawan to mid-day Residency W.No.3, M C Katra.	7.70	Single bid
16.	Repair/Renovation of steps on Bus Stand Counter No.02 near CHC Katra, W.No. 05.	2.67	Single bid

Due to No / Poor response received from the bidders, the dates for the tender invited vide this office e-NIT No. 18 of 2023-24 dated 29-05-2023 for the above cited works is here by extended as per below :-

1	Last date for downloading / submission of tender	20-06-2023 upto 1700 Hrs.
2	Date of opening of tender	21-06-2023 at 1200 Hrs.

No:- 1761-66
Dated:- 14-06-2023

sd/
[Er. Ashwani Kumar]
Executive Engineer
PWD (R&B) Division,
Katra

NORTHERN RAILWAY
Notice Inviting Tender

Dy. CEE/GSU/FZR acting for and on behalf of the President of India invites E-Tenders for the works as under. Bidders will be able to submit their original/revised bids upto closing date 12.07.2023 at 15.00 Hrs. only Manual offers are not allowed against this tender and any such manual offer received shall not be considered.

Tender No.	Name of work	App Cost (Rs.)	Cost of tender form (Rs.)	Date & time of submission of tender	Earnest Money (Rs.)	Completion period	Opening of tender	Website Particulars
27-TRD-GSU-T-101-2023-24	TRD work in c/w work of Direct reception and dispatch facility on Goods handling Line No.5 at Makhru on JUC-FZR section under SSE/P-way/LNK over Firozpur division	72,37,501.07p	NIL	Up to 12.07.2023 15:00 Hrs	1,44,800/-	09 Months	12.07.2023 after 15:00 Hrs.	www.ireps.gov.in

Note: # Tenderer(s) may please note that offers received without Bid Security either in cash through e-payment gateway or as Bank Guarantee bond from a scheduled commercial bank of India or as mentioned in tender documents (as per Annexure-21) valid for a period of 90 days beyond the bid validity period, will be considered as incomplete & invalid offer and for which contractor shall have no claim on Railway.

No. 27-TRD-GSU-T-101-2023-24 Dated: 16.06.2023

1862/2023

Serving Customers With A Smile

EDITORIAL

YOGA-A
DIVINE GIFT

Yoga is the best, safe, easy and healthy way to stay fit throughout life without any problem. All it requires is regular practice of body movements and correct ways of breathing.

It is composed of three main elements of the body; Regulates the communication between body, mind and soul. It regulates the functioning of all the organs of the body and protects the body and mind from troubles due to certain bad conditions and unhealthy life-style.

It helps in maintaining health, wisdom and inner peace. It fulfills our physical needs by providing good health, through knowledge it fulfills mental needs and through inner peace it fulfills spiritual needs, thus maintaining harmony among all of us.

Regular practice of yoga in the morning works to save us from innumerable physical and mental ailments. The various asanas of yoga create mental and physical strength as well as a sense of well-being. It sharpens the human mind, improves the intellectual level and helps in high level of concentration by keeping the emotions stable.

The feeling of goodness builds up a helping nature in man and thus, promotes social well-being. Improving the level of concentration helps in meditation and provides inner peace to the mind. Yoga is an applied philosophy that develops self-discipline and self-awareness through regular practice.

Yoga can be practiced by anyone, irrespective of age, religion or health conditions. It improves the sense of discipline and strength as well as provides an opportunity to live a healthy life without any physical and mental problems.

In order to promote its awareness all over the world, the Prime Minister of India, Narendra Modi, suggested to declare June 21 as the International Day of Yoga in the General Assembly of the United Nations, so that everyone can know about yoga. Go ahead and take advantage of it. Yoga is an ancient tradition of India, which originated in India and is continuously practiced by yogis for fitness and meditation.

Seeing the benefits of using yoga in close life, the assembly of the United Nation has announced to celebrate June 21 as International Yoga Day or World Yoga Day.

There are many types of Yoga like Raja Yoga, Karma Yoga, Jnana Yoga, Bhakti Yoga and Hatha Yoga. But when most people talk about yoga in India or abroad, they usually mean Hatha Yoga, which includes exercises like Tadasana, Dhanushasana, Bhujangasana, Kapalhati and Anulom-Vilom to name a few. Yoga is an important system of complementary or alternative medicine.

Once a person starts doing yoga on a regular basis, they soon start feeling its effects.

We cannot count the benefits of yoga, we can only consider it as a miracle that God has gifted to the human race. It maintains our physical well-being, reduces stress, controls emotions and also controls negative thoughts.

Due to which we develop a sense of well-being, mental purity, and self-confidence. There are innumerable benefits of yoga, we can say that yoga is a divine gift to humanity.

INTERNATIONAL YOGA DAY ON JUNE 21 YOGA FOR BEAUTY: SHAHNAZ HUSAIN



Deeply associated with Indian culture and spirituality, Yoga is undoubtedly one of the most healthy and trending practices worldwide.

Yoga is known to give you a flexible and fit body, But did you know your time on the mat can also help your skin? There are some yoga poses that can help you attain that charming glow on your skin.

Yoga is known to de-stress your body, reduce tension and bring flexibility. There are many poses that also take care of your skin and give you a natural glow and texture.

A basic pranayama daily can help to firm up and tighten the skin. It can also boost collagen and reduce the appearance of fine lines.

The practice can improve flexibility, strength, sleep quality, and your well-being overall.

When an individual performs yoga, the blood circulation in their body gets improved, which means more oxygen & lesser free radicals. Also, fresh blood imparts a warm glow to the cheeks. Alongside this, yoga flushes out toxins, and the body is toned.

With more and more people understanding the benefits of yoga in various aspects of their life, from fitness to overall gut, mental, and body health, I would like to introduce you to our favorite side of yoga as beauty buffs – the skin benefits!

Here are few asanas to practice regularly to achieve a healthy, rejuvenated glow on your skin.

Padmasana, which means "Lotus throne," is an asana that helps you relax your mind.

Lotus pose is an established meditative asana in Hindu, Jain, and Buddhist traditions where a person sits in a cross-legged posture placing his/her feet on the opposite thighs.

Padmasana calms down your brain and relieves your stress making it amazing for healthy glowing skin. Padmasana also relieves menstrual pain. It relieves your stress and improves blood circulation, making it amazing for healthy glowing skin. When the blood flow in your skin is improved, it glows naturally and it gets easier for the skin to absorb the nutrients you consume from food. Proper circulation also detoxes your skin which solves problems like excess oil or dryness.

The lotus pose also encourages the digestive process and tones sacral nerves by increasing the flow of blood.

Tadasana-----

This basic posture contains the secrets

of how to hold yourself in countless other poses.

Known as Mountain Pose, it acts as the foundation for all other standing yoga postures. It helps to concentrate on deep & rhythmic breathing which is one of the essential components for healthy skin.

This asana is vital for all those who wish to have a radiant and glowing complexion by practicing yoga poses.

This asana can be practiced any time of the day. The foundational posture asks you to stand upright with your feet facing forward parallel to each other and your arms at your sides, palms facing forward. But there's actually a lot to pay attention to in the basic pose.

It is best to avoid this asana if you are experiencing Headaches, Insomnia and Low blood pressure.

Halasana-----

This yoga pose is effective in improving the overall blood circulation of the body. It helps you feel relaxed and calm, and the positive effective reflects on your skin too.

If you have trouble sleeping this asana will definitely help you since it improves blood circulation of all over your body giving you calm and relaxed body which will reflect on your face and skin. It is also called as Plow pose, and it is the best as an for attaining naturally healthy glowing skin. It assists in improving individual's digestive process which is vital for the glowing and healthy skin. It also heals lower back and hip pain and boosts the metabolism.

Halasana also works on your core muscle to give you a toned abdomen.

Lying on your back, raise both legs above the stomach. Bend your body and try to extend your legs above the head to touch the ground with the toes. Hold this posture for 10-15 seconds, relax for a minute and repeat again.

Cobra Pose or Bhujangasana

This type of asana reflects a cobra's posture - one which has a raised hood. It's a great asana for increasing flexibility and strength in your back, arms, and shoulders.

Practicing this pose every day will also help you stay relaxed and elevate your mood, leading to smoother skin. If you find your skin rough and often feel stiff, then Bhujangasana or simply known as the Cobra Pose is for you. This yoga pose helps reduce the stiffness in the back and shoulders.

Lie flat on your stomach and place your head on the ground.

The hands are placed near the body while palms touch the ground. The legs are to be kept straight and palms firmly pressed against the floor. The arms should be straightened as one inhales and the chest lifted, as one follows the upper back. The hips are to be kept steady and this position is to be retained for a duration of fifteen to twenty seconds and then released.

Doing this pose helps with premature ageing, acne, psoriasis and helps in improving your overall skin and body health.

Anulom Vilom Pranayama or The Nadi Shodhan pranayama- Pranayamas are the most effective way of keeping the skin young and healthy. They ensure proper

blood circulation and keep the skin glowing.

Pranayama is a breathing exercise that helps clear blocked energy channels called nadis and thus calming the mind. Alternate nostril breathing helps to purify the blood and oxygenation is better resulting in a natural facial skin glow.

Pranayama or breath control is a purification technique which directly targets your respiratory system and corrects its functioning by removing unwanted energy blocks.

Regular yoga practice pranayama, and meditation aid you in reverse the signs of ageing including wrinkles, saggy skin, crow's feet and fine lines amongst other.

Pranayama helps purifying the blood because of the increased intake of oxygen, which is very crucial for improving immunity. Yoga is one of the most effective and time-tested natural immunity boosters that can lead to a healthy, sickness-free body.

Mindfulness meditation can have benefits for health and performance, including improved immune function, reduced blood pressure and enhanced cognitive function.

Those who regularly practice yoga and meditation have a certain glow about them that comes from within and radiates outward. Yoga helps lower stress hormones that compromise the immune system, while also conditioning the lungs and respiratory tract, stimulating the lymphatic system to oust toxins from the body, and bringing oxygenated blood to the various organs to ensure their optimal function which helps us to remain healthy and attain inner beauty.

Mindfulness meditation can have benefits for health and performance, including improved immune function, reduced blood pressure and enhanced cognitive function. Meditation produces more antibodies in people. It significantly increases left-sided, anterior brain activation (pattern indicating positive emotions) in meditators (compared to non-meditating controls) and that this activity was associated with the rise in antibodies.

The practice of yoga may greatly aid in helping you look more youthful and more refreshed.

I have always said that a strong immune system, good health and beauty are complementary to each other. Unless you are healthy from the inside, you cannot reflect true beauty. For a flawless skin, shiny hair and a slim figure, good health must be on top of the list. In fact, I promoted the Ayurvedic principles of holistic health, with yoga as an integral part of the program. This concept of holistic beauty care was unique and caught on worldwide. In fact, I believe that yoga is very relevant to our modern lifestyle, in terms of both health and beauty. Personally, it has been a part of my life and I have experienced its numerous benefits.

The appeal of Yoga lies in the fact that it helps both body and mind. It not only works on all the muscle groups, but also increases vitality, tones the internal organs, stimulates the nerve centres, relieves stress and clears the mind which boost immunity and gives you attractive personality and beauty from within.

Although it is an ancient Indian discipline, it has also gained relevance as a means of attaining a well-balanced personality and delaying the visible signs of ageing. The other important aspect of Yoga is that it involves breath control and specifies the inhalation and exhalation of breath during the exercises. Thus, it helps oxygenation which boost immunity imparts a feeling of physical and mental exhilaration. This is so important for beauty, because feeling good is an integral part of looking good.

Yoga improves blood circulation, including the circulation of blood to the skin surface. This is so important for the good health of the skin, as it helps to supply essential nutrients to the skin. It also promotes the removal of toxins through the skin which boost immunity. This is so important, especially in cases of skin congestion. It tones the skin, improves oxygenation to the skin, imparts a beautiful glow and keeps the skin youthful and free from problems. The same goes for the hair. Yoga helps to promote blood circulation and oxygenation to the scalp and hair follicles. This helps to supply nutrients in the bloodstream to the hair follicles. It promotes hair growth and keeps the scalp healthy.

When we talk of beauty, we do not talk only about the beauty of the face. It also includes the figure, giving it suppleness, good posture and grace. Where the appearance is concerned, a slim figure can take years off and helps in staying youthful for a longer time. It supplies oxygen to every tissue and this, itself makes way for both health and beauty. If you are leading a life that does not provide enough physical activity, you are actually encouraging ageing. Exercise is a potent remedy for pre-mature ageing, not only because it strengthens the body, but also keeps it looking trim, fit and enhances immunity in body. The yogic asanas are designed to keep the spine and joints flexible and supple. They make the body strong and agile, tone the muscles, improves blood circulation, imparts vitality and enhances both beauty and good health.

Many beauty problems are triggered off by stress. Since yoga helps to induce relaxation and reduce stress, it certainly helps in dealing with stress-related conditions like acne, hair loss, dandruff, etc. Studies conducted on those who practice yoga have shown that positive changes also occur in the personality, in attitudes, emotional stability, self-confidence. It has a direct effect on the mind, emotions and mood. In fact, it is a regular stress-buster and puts the glow back on the skin. You will feel instantly rejuvenated and good about yourself.

Indeed, the benefits of Yoga reflect as external beauty. For a flawless skin, shiny hair and a slim, graceful figure, make yoga a part of your daily life.

(The author is an international fame beauty expert and is called the herbal queen of India)

Hail our brilliant babus... thanks for running India

By: Shobha De

Thank God for the babus. Babudom in India has been the one constant that citizens have grown accustomed to over decades. Like we are accustomed to flooding during the monsoons, potholes, train accidents and other disasters. Personally speaking, I like babus and respect the breed. They are bright, ambitious, cunning, cruel, self-seeking, pompous and... priceless! They know their power over our lives, and if you ever need them to help out, you can be sure they will... If the approach is right. The babu network is awe-inspiring. No matter which batch and cadre the person belongs to, once a babu, always a babu. All it takes is a couple of phone calls to friends in high places (seniors at the LBSNAA -- the apex training institute for the civil services), or a terse order to juniors still doing the slog years in some godforsaken taluka. A "contact" will always be located and put to work. Hierarchy dictates everything. It's a closed group. A clique. A bureaucratic "mafia" -- the babus are the only ones in the country who are experts at getting the wheels within wheels to move. Rules and regulations, laws and policies... Babudom is a one-stop shop -- you definitely need at least one good babu on your team. My pick is Upamanyu Chatterjee... but he has retired. He is brilliant, cute, irreverent and charming. English August remains my all-time permanent favourite. What a book! Scathing and truthful, wicked and unputdownable. Wonder of wonders, Upamanyu Chatterjee wasn't sacked back then

or charged with some unpardonable crime. Oh ho... what am I saying? It was a different zamana. The political overlords of the time actually read literary books and possessed a sense of humour. Sarcasm, wit, sexual frustration, masturbation (thank you, English August) was seen in the right context and... ignored! Of course, Upamanyu was given unimaginative postings (Joint secretary at the Petroleum and Natural Gas Regulatory Board), but his fabulous book, filled with insights and irony, continues to wow readers. And should be made compulsory reading at the prestigious LBSNAA in Mussoorie, where tomorrow's bureaucrats receive the best training for the job and shine wherever they go. Yes... they are staggeringly intelligent. I can vouch for it, having met a few recently while holidaying in Mussoorie.

Nine years ago, for some bizarre reason, someone had made the monumental error of inviting me to address the IAS probationers. We were a motley group of writers and I was as amused as I was thrilled. My real interest was to visit Landour close by, and enjoy chai at Char Dukaan. Of course, I was also interested in interacting with the bright-eyed young probationers, but was wondering what to say to these folks who were a thousand times better read, better informed and better everything than poor ole me! Well, thrown into the deep end by former ambassador and now respected author Amit Dasgupta, I did my clumsy bit and spoke from the heart, talked about my own bureaucratic family and how I had let my father down by flatly refusing to appear for the madly

competitive UPSC entrance exam, which I would have flunked anyway. Whatever I blabbered to the attentive probationers must have been okay, for -- wait for this -- nine years later, as my husband and I warmed ourselves next to a roaring sign, and sipped a hot toddy on the lawns of the historic Savoy Hotel (established in 1902), four or five young things from the next table sauntered up and greeted me cheerily. Imagine! They were from the same LBSNAA batch I had talked to nearly a decade ago -- call that a coincidence? Hell, ya!

I stared at them disbelievingly -- one guy in a group of four women. He resembled a cricketer and was affectionately addressed as "Eye Candy" by the ladies -- his batchmates. All of them were back in their old haunt for a leadership course, before being shunted out to higher responsibilities, possibly at the Centre. Mr Eye Candy was relaxed and confident enough to take the ribbing with a grin and a shrug. The ladies were ummmm... let me be disgustingly sexist and just say it... seriously hot! Yup. Skinny jeans, leather bomber jackets, red lipstick, boots -- like, wow! One was a district magistrate, and the others were in equally impressive posts. But what all of them had in common was confidence-plus, based on their experience and knowledge base. I heard amusing stories about dealing with local goondas, egotistical chief ministers, assorted gangsters and godmen. They were vocal and outspoken about their political views, and flatly stated: "We take an oath to the nation... not a political party. We don't have a gender. We are IAS officers."

I came back to Mumbai, all gung-ho and stary-eyed about the future of India being in capable, competent hands... these guys were seriously awesome. Not only did they know their stuff, they took their responsibilities seriously. Then -- boom -- I read a news report about a naughty, power-mad food inspector in Chhattisgarh, and my faith in the system got hilaaoed yet again. Imagine the sheer audacity of Rajesh Vishwas (the food inspector), who drained 4.1 million liters of water out of the reservoir of a dam to recover his pricey, brand-new mobile phone! The level of arrogance displayed by Shri Vishwas is disturbing enough, but to let him off with a measly fine (Rs 53,092) after such a flagrant misuse of power is to diminish his crime. And a criminal offence it is! The blessed phone lay submerged for four days, and this dimwit believed it would still work! An inquiry has been ordered... blah blah blah. But nothing will come out of it in all likelihood. 4.1 million liters of water were wasted by one man -- that's an abomination! How did it happen in the first place? Why was he not stopped by whosoever he ordered? That's the power of babudom! It underscores acts of impunity, big and small. And little or no action is ever taken against government officials guilty of such acts.

Despite this appalling incident in Kanker, after meeting the bright sparks of LBSNAA for a "fireside chat" in Mussoorie, I retain my respect for their abilities to administer as unwieldy and as complex a nation as India. It's a job. And someone's gotta do the dirty work, right?

Aakash BYJU'S felicitates top performers in NEET UG 2023 from Jammu

Top News Report

JAMMU, Jun 17: Aakash BYJU'S, India's leader in test preparation services, on Saturday felicitated its students from Jammu who were among the Top rank holders in the NEET UG 2023 entrance examination.

Registering one of the best results, around 1,06,870 students from Aakash Institute, have qualified the prestigious NEET UG Examination 2023 nationally. A total of 708 Aakashians have cleared the NEET examination from Jammu.

Notable achievers who were felicitated today are Aarush Gupta who scored 678 marks and secured AIR 1803, Rifaaqat Ghani scored 670 marks with AIR 2884 and Saqib Mahmood scored 657 marks AIR 5166 amongst others.

This year Aakash Institute stu-



dents have secured an impressive number of 5 students from across India in the Top 10 of NEET UG 2023; 29 in Top 50; and 56 in Top 100 and a whopping 381 in Top 1000 in General Category. 17 students became State/UT Toppers of Karnataka, Odisha, West Bengal, Rajasthan, Uttar Pradesh, Gujarat, Delhi, Madhya Pradesh, Haryana, Andaman and Nicobar Islands, Jammu and Kash-

mir, Uttarakhand, Tripura and Chhattisgarh. 94,762 students qualified from classroom program while 12,108 students qualified from Digital and Distance Learning programs.

On the occasion, Parmeshar Jha, Regional Director, Aakash Educational Services Limited (AESL) said "We congratulate the students for their exemplary feat. Their achievement speaks volumes of their hard work and

dedication. The credit goes to the efforts put in by the students, proper guidance by the faculty and as well as the quality test preparation imparted at the institute. I would also like to extend our gratitude to the parents for being a constant support to their children. I wish them all the best for their future endeavours"

NEET is conducted annually by National Testing Agency as a qualifying test for students who wish to pursue undergraduate medical (MBBS), dental (BDS) and AYUSH (BAMS, BUMS, BHMS, etc.) courses in government and private institutions in India and also, for those intending to pursue primary medical qualification abroad.

20.87 lakhs students were registered for NEET(UG) and 20.38 lakhs students were appeared. Out of 11.46 students qualified NEET(UG) examination.

Shiv Sena holds protest, seeks restoration of democracy and statehood



Top News Report

JAMMU, Jun 17: Shiv Sena (Uddhav Balasahab Thackeray) Jammu and Kashmir unit and their allies staged a unique protest outside the Election Commission office Jammu, begging for the rights of restoration of democracy and return of statehood, marking the completion of five years of non-democratic government in Jammu and Kashmir.

Led by Manish Sahni, president Shiv Sena J&K and Kerni Sena, Sanik Samaj Party and some social activists

gathered holding placards with slogans.

In his address, Sahni said that after the following the collapse of the PDP-BJP coalition government in June 2018, the entire tenure of a democratic government, has been ruled by governors and lieutenant governors.

Sahni remembers the words of Acharya Chanakya (Jis desh ka raja vyaparee ho-Janata banee bhikhar-ee), the people of Jammu and Kashmir today forced to beg for the restoration of their constitutional rights.

He said perhaps due to the poor condition of the State BJP, the elections are not being given green signal.

Sahni said that Union Home Minister Amit Shah is visiting J&K on 23rd June.

If the promise of returning statehood is not fulfilled soon, Shiv Sainiks will oppose his visit by tying black bands.

On this occasion spokesperson from kerni Sena Hoshiar Singh, SSP Pathania, social activist Satish Poonchi Strongly criticized the central government and seeks for statehood and early elections.

Charman Rakesh Gupta, Vice president Sanjeev Kohli, General Secretary Vikas Bakshi, president Kamghar wing Raj Singh, secretary Mamta Devi, Shashi Pal, Mangu Ram, Bablu and others were present.

Peace on borders ensured economic progress: Khatana

Top News Report

NEWSHERA, Jun 17: BJP MP Rajya Sabha Er. Gulam Ali Khatana has said that peace on borders has resulted into economic progress in the border areas and people are now reaping the benefits by leading a peaceful life and indulging in daily chores without any fear. He said that peace on borders has been ensured by the tireless efforts of PM Narendra Modi who has shunned the policies of appeasement.

Addressing various programmes including beneficiary Sammelans, Sampark Se Samarthan and BJP party leaders

at Dabbar Seri, Lam, Bakori Budhal in Rajouri border district as part of 9 Saal Bemisaal on completion of 9 years of Modi govt, MP Gulam Ali said that people living on borders lived a life under fear of shelling, terrorist violence, firing from across the border but PM Modi ensured that cross border shelling and firing ends and people live in peace. He said that on the other hand Modi govt. launched major economic initiatives, road and rail connectivity besides Atma Nirbhar Bharat, Make in India, Start up initiatives which gave boost to economic activity and job creation



in the country.

He said that Ayushman Bharat scheme is a blessing for the poor who can now get treatment in best hospitals upto 5 lakh rupees free of cost. Otherwise people would beg for medical treatment and many would die in har-

ness. The scheme has been implemented without any discrimination against any religion caste, rich or poor.

Er. Gulam Ali urged the people to strengthen the hands of PM Modi for a rich prosperous and developed India.

Prominent among

others present were Neena Sharma, district president, Jugal Dogra, Sangeeta Sharma DDC, Neena Sharma BDC, Maqsood Choudhary, Dimple Sharma, Sarpanch, Ravinder Sharma Mandal president, Kasturi Lal and Rakesh Raina.

University of Philippines confers honorary degree to Heeralal Chitrakar

Top News Report

JAMMU, Jun 17: The Global Nation Open University of the Philippines honored Heeralal Chitrakar of Jodhpur with the honorary degree of Doctor of Art's for his outstanding contribution to painting.

The university conferred this honorary



degree to Heeralal through virtual means. The university is recognized by many countries. The licensee is an

entity approved by the Government of the Philippines. Heera Lal is a social worker who teaches children the art of selfless art and before that he has received many honorary degrees.

His fans congratulated him on his achievement and encouraged him to make his Jodhpur Rajasthan proud.

Yoga workshop organised at GDC Kishtwar



Top News Report

KISHTWAR, Jun 17: Yoga Workshop was organised by NSS and NCC Unit of Govt Degree College (GDC) Kishtwar on Saturday under the patronship of Dr. Jyoti Parihar, Principal GDC Kishtwar.

This event was organised with an aim to increase awareness regarding the benefits of Yoga.

Yoga guru Prof Lekh Raj Niralawa was the key resource person of the event.

He gave a lecture explaining the importance of yoga and encouraged students to include Yoga in their daily life for a healthy body, mind, and soul. He also demonstrated various pranayams and yoga Asanas like Aulom Vilom, Bhramri, Bhastrika, Surya

Namaskar, Tadasana, Shashankasana, Bhujangasana, Trikonasana, Vrikshasana, etc. Students also performed various Asanas and Pranayams.

The session was also followed by healthy interaction between the yoga instructor, staff, and students. All the teaching, non-teaching staff, and students were present during the event.

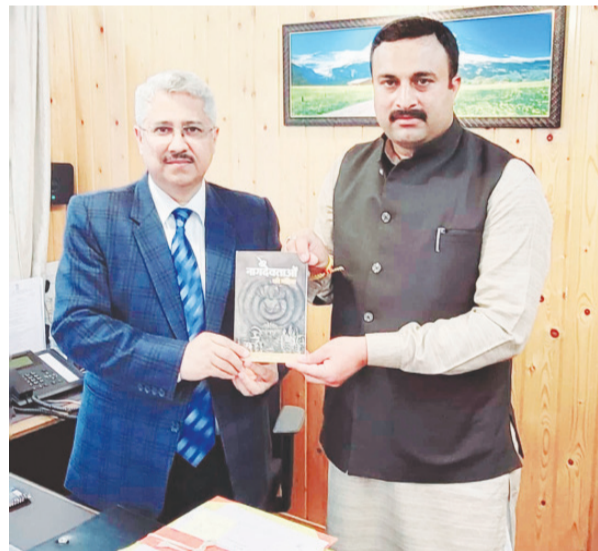
Mahant Rohit Shastri meets Dr. Bhandari

Top News Report

JAMMU, Jun 17: To promote Devvani Sanskrit, Mahant Rohit Shastri, President Shri Kailakh jyotish avim Vedic Sanathan trust met Dr. Mandeep Kumar Bhandari, Principal Secretary to the Lieutenant Governor and presented him the self-written book "Nagvevataon ki Mahima."

On this occasion, Mahant Rohit told him that due to lack of Sanskrit institutions in the state of Jammu and Kashmir, Sanskrit students are not getting enough opportunities and facilities.

Especially for the students of remote areas like Udhampur, Ramban, Ramnagar, Doda, Reasi etc., this opportunity to study Sanskrit has become



a distant dream. One of the main reasons is that every year around 300 applications are received in Shri Mata Vaishno Devi Sanskrit Gurukul Katra and the Shrine Board administration admits only 30 students, while around 270 students are deprived of study-

capacity of the institution can be increased significantly. Central Sanskrit University (earlier Rashtriya Sanskrit Sansthan), New Delhi, is the nodal agency of the Ministry of Education, Government of India for Sanskrit language. Under the scheme this University provides recognition and financial assistance to Sanskrit Schools / Gurukuls / Pathshalas of India. Ninety-five (95) percent of the financial needs of the recognized Adarsh Sanskrit College is funded by this. The University already is funding 5 Adarsh Sanskrit Colleges in Bihar, three in Uttar Pradesh, two in Himalayan Pradesh, two in West Bengal, two in Haryana, two in Tamil Nadu, two in Manipur and one each in some other states. But, there

is no Adarsh Sanskrit Mahavidyala (College) in the state till date.

Therefore, "Shri Mata Vaishno Devi Sanskrit Gurukul" located in Katra, equipped with educational and material resources, operated by Shri Mata Vaishno Devi Shrine Board, should be recognized as "Adarsh Sanskrit Mahavidyalaya". With this, not only the Shrine Board will get sufficient financial relief, but the Sanskrit lovers of the state of Jammu and Kashmir will also get immense cognitive benefit from it.

Therefore, if Shri Mata Vaishno Devi Sanskrit Gurukul gets the status of Adarsh Sanskrit College, then it is possible to restore the lost Sanskrit philosophy in the state.

Aryan Oriental Convent School students flagged off for Trekking

Top News Report

JAMMU, Jun 17: Kiran Jamwal, Principal of Aryan Oriental Convent Higher Secondary School, Udhampur flagged off the 3rd group comprising 45 students including 21 girls of the school for the Dharamshala Himalayan Trekking Programme being organized by Tawi Trekkers J&K in the Dauladhars of Kangra district of Himachal Pradesh. Chairman of the school Upkar Singh Jamwal along with two teachers Mohd Arif Wani and Shilpa also accompanied the group led by Sonam Sidharth and



Siksham Verma, both senior organisers of the club.

Meanwhile, the 2nd group of trekkers of Oriental Academy Sr. Secondary School, Jammu reached back Jammu after a thrilling experience of a trek from Mcleodganj to Flag point on the Dharamkot to Triund

trek and enjoying visits to Bhagsh Nag, Water fall, Dharamkot (mini Israel) Dal Lake besides Dalai Lama temple in Macleodganj, Dharamshala Cricket Stadium, Tapovan., Chamunda Devi and Nagini Devi. The highlight of the programme, of course, was a visit to a sprawling tea garden and a tea

manufacturing company where they learned the complete process of production of tea.

It may be mentioned here that Tawi Trekkers J&K has been organizing Himalayan Trekking Programmes in Dalhousie -Chamba, Kullu-Manali and Dharamshala areas of Himachal Pradesh since

1994. Over the years these programmes have emerged as the most popular activity of the club for students during summer vacations in which over 15000 boys and girls have participated so far.

The aim of the club to organize these short treks for budding trekkers is to "Catch Them Young" and imbibe in their minds a spirit of adventure, love for nature and above all a supreme sense of self confidence so as to mould them into bold and responsible future leaders/builders of the country.

JKBS hails appointment of Advocate Shubham Kaith as Standing Counsel



Top News Report

JAMMU, Jun 17: Members of Jammu and Kashmir Batwal Sabha (JKBS) at their special meet held in Surya Vihar here on Saturday strongly hailed the

appointment of Advocate Shubham Kaith as Standing Counsel.

They said, "It's indeed a big moment for all of us and great honour for our community. He is known for his legal acumen and would leave an indelible impression in his new assignment."

"I'm confident that Shubham will not leave any stone unturned to justify his new assignment", said Advocate Shashi Kumar.

Agreeing with him, JKBS General Secretary R.L.Kaith said that Shubham would be a big asset for the government being a most competent lawyer. He has a unique argument style and convincing power which would help the government.

All present in the meet conveyed their congratulations to SSP M.L.Kaith on his son's achievement and best wishes for the new beginning of his life.

Actor Rajeev Khandelwal, seen as an antagonist in the film *Bloody Daddy*, says with some training he could very well be part of a Punjabi film

Summer started with a bang for actor Rajeev Khandelwal. An ardent traveller, he was to make another trip to Ladakh but changed plans overnight realising one could get visa on arrival in Jordan. The next day he was off to his long-awaited destination enjoying the mud baths and floating in the Dead Sea!

Closer home, June saw the release of the film *Bloody Daddy* and his fans appreciated him getting into the antagonist's shoes. Happy at the feedback, Rajeev reveals how he said no to the film when the director Ali Abbas Zafar first broached the idea. "I wasn't sure if I was ready to play an antagonist. My fans have seen me in a certain mould. Ali insisted that makes the film a must for me because one should always do the unexpected."

Tough going

Its wasn't an easy ride though as right before an important action sequence, Rajeev tripped and injured his knee with the doctor recommending a surgery. "Since that was not an option immediately, I wound up in high knee braces to complete the three-day sequence." While



many see acting as a glamorous job, Rajeev insists, "Usually people think that actors sit in their big vanity vans and body doubles do the stunts. The reality is different though."

Little before this he played Dr. Shekhar Tripathi in *Salaam Venky*, which he labels as another heartening experience. "It was a lovely role of a doctor, but in *Bloody Daddy* it is totally opposite. My next that comes out this year is entirely in a different league," says the actor, who would be seen in a Dharma series next!

Twenty one years in industry, Rajeev has kept himself rele-

vant through his stint on television, films and now OTT. "That is the way of life, every five or six years things change, as long as one has talent and is ready to put in effort it's all good." What amuses him though is the current social media bandwagon. "Earlier people's work was seen, now social media followers have taken precedence," he laughs.

Over with OTT binge phase, Rajeev keeps his cinema outings for special films. "I don't watch many films, even lesser series now. I have been through my days of spending days binging on one series after another, and now stay away lest I be

pulled in that loop again."

TRAVEL BUG

Travel, however, is something he loves. Forty one countries ticked, his target is to complete a hundred. "I love going to different places, meeting new people, establishing bonds where no one has an idea who you are... That gives me a high! He is as fond of exploring India and has checked out almost every state. I love my time in Himachal. My best travels however have been to the North East part of our country, and Leh-Ladakh." His another vice, or call it a virtue, is organic farming. He has a home in Goa with a farm, even in his Mumbai home he grows fruits and vegetables.

Rajeev also has a special connection with Punjab. His father being in the Army, he has done part of schooling from Chandigarh and Jalandhar. "We lived for a while in Chandigarh, our home was in Sector 38 then. In Jalandhar Cantt I spent three years of my later school years. I had friends who taught me Punjabi well. "With some training I could very well be part of a Punjabi film," says Rajeev. Looking forward!

Minissha Lamba expresses love for her character in *Badtameez Dil*



After making a mark at the Cannes Film Festival 2023, direc-

tor Anurag Kashyap and actor Sunny Leo Amazon MiniTV's rom-

com drama series *Badtameez Dil* revolves around two polar opposite individuals in love and their journey to figure out life together. It gives us a peek into the complexities of human relationships and love. Featuring Riddhi Dogra and Barun Sobti, the series also stars Minissha Lamba, who plays Riddhi's cheerful sister, Hailey.

Talking about her character, Minissha says, "Hailey is one in a billion. She is that excellent friend everyone would like to have. I would ask the audience to live vicariously through her and to be a part of her unique relationship rules." She adds, "I surely would love to have her as my BFF!" Created by Ekta R. Kapoor and produced by Tanveer Bookwala, *Badtameez Dil* is currently available on Amazon miniTV. ne, on Wedne

Sunny Leone to appear on 'Bigg Boss OTT' season 2, it's like homecoming for her

Finally, the 'Bigg Boss OTT' is returning for the second season. This season is making waves and has the nation abuzz ever since its announcement. Bollywood diva Sunny Leone is all set to appear on Salman Khan's *Bigg Boss OTT 2*.

Speaking on her appearance, Sunny Leone shared her excitement and said in a statement, "Coming on *Bigg Boss OTT* will be like a homecoming for me. There are so many memories that come rushing back as this was one of the turning points in my career. I have been closely following the show and am all charged up to take it



to the next level. So, wait and watch, everyone, this season will be even more sunny!"

The actress who started her journey in Bollywood post her entry in 'Bigg Boss Season 5' back in 2011 has fasci-

nated the audience with her acting and dance moves. If reporters to be believed she is going to be one of the panellist on the show's premiere.

Season 2 of *Bigg Boss OTT* will start streaming from June 17.

Kangana Ranaut wants to get married and have a family, but...

Actor Kangana Ranaut, who is currently busy promoting her upcoming production 'Tiku Weds Sheru' talked about her marriage plans.

Talking exclusively to ANI on Wednesday, Kangana said "There's a time for everything and if that time has to come in my life then it will come. I do want to get married and have my own family... but, at the right time it will happen." Helmed by Sai Kabir Srivastav, the film stars Nawazuddin Siddiqui and Avneet Kaur in the lead roles and is all set to stream on the OTT platform Amazon Prime Video from June 23.

Kangana shares new pictures from the promotion of the film.



Recently, the makers of the film unveiled the official trailer, which received a good response from the audience.

The trailer showcased the ups and downs in the

lives of an unconventional couple -- a junior artist and an aspiring actor, who begin their mad-cap journey as they hustle together to achieve their ambitions in the city of dreams,

Mumbai.

Sharing what made him say yes to the film, Nawazuddin earlier said, "Tiku Weds Sheru is a comedy-drama that weaves elements of real-life struggles that people go through with a unique love story. Tiku and Sheru, are very different personalities who have a common dream. What excited me about Sheru is that while personifying challenges faced by individuals aspiring to achieve success in the entertainment industry, he is relatable, brings his own set of quirks, and stands out as an endearing character."

Meanwhile, talking about Kangana's work front, she will be next seen in the upcoming

period film 'Emergency' in which she will be seen portraying the role of late Prime Minister Indira Gandhi.

'Emergency' marks her first solo-directorial film. The film also casts Anupam Kher, Mahima Chaudhry, Vishal Nair and Shreyas Talpade in prominent roles.

Also, she will be seen headlining 'Chandramukhi 2'. Helmed by P Vasu, the film is the sequel to the blockbuster hit Tamil horror comedy 'Chandramukhi' which starred Rajinikanth and Jyothika in the lead roles.

In 'Chandramukhi 2' Kangana will portray the role of a dancer in the king's court, known for her beauty and dance skills.

Vaani Kapoor gets new 'Sarvagunn Sampanna' co-star, deets inside

Actor Ishwak Singh has come on board for Vaani Kapoor-starrer 'Sarvagunn Sampanna'.

As per a statement, Ishwak has completed shooting for his part in the film.

"Ishwak has consistently delivered stellar performances in his previous projects, and we believe he is the perfect fit for this role. His chemistry with Vaani Kapoor will undoubtedly captivate audiences, and we are excited to present their fresh pairing onscreen," a source quoted in the statement said.

The project will mark the directorial debut of Sonali Rattan.

'Sarvagunn Sampanna' will supposedly be set in the 90s with Vaani essaying the role of a porn star lookalike.

The film promises to be a laughter-filled ride with a unique storyline set in the 90s. The film blends comedy and social commentary, offering a fresh perspective on contemporary issues with a touch of nostalgia.

The official announcement regarding the project is awaited.



Celesti Bairagey believes the industry is a tough place to survive



Actress Celesti Bairagey, who was last seen in *Rajjo*, believes it is tough to make a place for oneself in the industry. She says, "There is population explosion in terms of actors. However, I strongly believe that every character is destined to be played by a particular actor. In an audition, if you can portray the character that the writer or director is looking for, the role is yours. There are many people willing to work who are ready to take your position. It is indeed a cut-throat competition. But, at the same time, we need to get into the skin of the character."

She adds, "When you have references and personal relationships with people related to your work field, you definitely do get calls for a role. But merit remains the most important factor. Casting couch, power games, lobbying, and nepotism still exist, although I personally have not experienced any of them."

Liza Ray learns to cherish and prioritise health, spiritual growth and happiness above everything

Lisa Ray has been a prominent public personality both in the entertainment industry and in philanthropy. From battling cancer at the age of 37 to writing a book at the age of 46, Ray has always been a fighter. Her most recent Instagram post is all about her struggles and remarkable life path. In this post, Liza describes how she rejected societal expectations and embraced her own path to happiness. She has surmounted obstacles, chased her aspirations, and found a new sense of purpose because of her firm dedication.

"Got married to my habibi at 40 (because it never occurred to me not to)

Welcomed our glorious twin girls at 45 (because we have the technological advancements to assist a cancer survivor having children)

First book published at 46 (because it's been my dream to be a published writer since I was a kid - and because telling your own story is essential)

Co-founded an art tech



platform at 50 (because I love art and now we have the disruptive tech to re-imagine how art is shared, bought and enjoyed)

Lived in 5 diverse cities post marriage across Asia (because why would you remain in one place if you have the opportunity to experience more?)

Healed and learned to cherish and prioritise health, spiritual growth

and happiness above everything (because this process is lifelong)

Worked on a hit OTT show, playing a super fun, unconventional character at 49, that suddenly made me hot with Gen Z (only after the producer-friend pinned me down with the promise of a female led set)

Learned tennis at 42 (because, why not?) This after getting diag-

nosed with cancer at 37. (Blessings come in many disguises)....."

Recalling the diagnosis of Multiple Myeloma, Lisa expressed, "This particular chapter comes post a diagnosis of Multiple Myeloma - a blood cancer - and a thriving career in front of the camera that while it afforded a level of fame and independence, nearly killed me. The business of entertainment is not aligned with my values and inner life.

But it has given me a platform to say: Society's rules? WHAT RULES?

If it has never occurred to live on your own terms, WHY NOT?" she wrote

Liza's note is worth reading and can inspire others to question the existing quo, follow their passions, and carve their own unique pathways in life. Lisa Ray's incredible journey serves as a beacon of hope and inspiration for all of us, showing us that it is never too late to redefine our lives, chase our aspirations, and live authentically.

In Gujarat, Shah to conduct aerial survey of areas affected by cyclone Biparjoy, hold review meet

BHUJ, Jun 17 (Agencies): In the wake of Cyclone Biparjoy, Union Home Minister Amit Shah arrived in Gujarat's Bhuj on Saturday to take stock of the situation.

The home minister, accompanied by Gujarat Chief Minister Bhupendra Patel, is set to conduct an aerial survey of the cyclone-affected areas of the state.

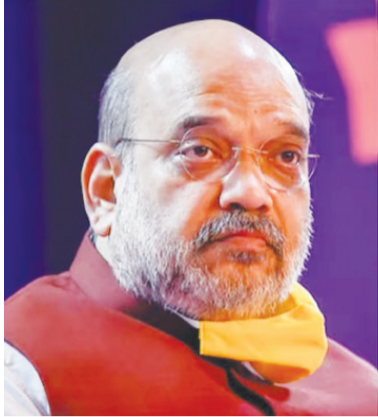
Shah will also hold a review meeting in Bhuj following the aerial survey.

Both ministers will also assess the surveillance conducted from Delhi for the past three days.

As Cyclone Biparjoy weakened and moved towards south Rajasthan on Friday after ravaging the Kutch and Saurashtra regions, the Gujarat government is facing the immediate challenge of restoring electricity in some 1,000 villages and clearing roads of fallen trees.

While the cyclone weakened after making landfall on the Kutch coast of Gujarat on Thursday evening, the India Meteorological Department (IMD) said that northern Gujarat should brace for heavy rainfall.

There was no loss of life on



account of cyclone Biparjoy (which means calamity in Bengali) in Gujarat, the government said.

Advance planning and mass evacuation of over one lakh persons helped the state achieve "zero casualty", Chief Minister Bhupendra Patel was quoted as saying in a press release.

To restore electricity, 1,127 teams are working in the districts of Kutch, Devbhumi Dwarka, Jamnagar, Morbi, Junagadh, Gir Somnath, Rajkot and Porbandar, said the release, adding that the forest department teams removed 581 fallen trees from the roads.

Among 1,09,000 persons shifted from coastal areas to temporary shelters, there were 10,918



children, 5,070 senior citizens and 1,152 pregnant women, the government release said.

The cyclone made landfall along the Saurashtra-Kutch coast near Jakhau around 6:30 pm on Thursday, bringing incessant rains and wind speeds as high as 140 kmph.

The landfall was over by 2.30 am on Friday, and several parts of Kutch, as well as Devbhumi Dwarka, Jamnagar, Rajkot and Morbi districts in Saurashtra regions, were battered with very heavy rainfall of 100-185 mm on Friday accompanied by strong wind of up to 95 kmph, the State Emergency Operation Centre (SEOC) said.

In all, 175 talukas of the state received some amount of rain-

fall during the day, it said.

The storm caused extensive financial loss to the state power utility Paschim Gujarat Vij Company Limited with 5,120 electricity poles getting damaged, relief commissioner Pandey said.

As many as 4,600 villages were left without power, but electricity supply was restored in 3,580 villages, he added.

At least 23 people were injured due to cyclone-related incidents while many houses were also damaged, he said.

Gujarat also experienced strong surface wind of up to 35-45 kmph gusting to 55 kmph on Friday.

North Gujarat districts such as Banaskantha, Patan, Mehsana and Sabarkantha witnessed strong surface winds of 65-75 kmph gusting to 85 kmph.

Parts of Jamnagar, Kutch, Devbhumi Dwarka, Rajkot, and Morbi received heavy rainfall in six hours since Friday morning, data provided by the SEOC showed.

The cyclone is now headed towards south Rajasthan and the NDRF has already positioned a team in Jalore as heavy rains may lead to flooding, an official told agency.

2 injured as security forces, mobs clash in Manipur's Imphal; attempts at torching houses of BJP leaders



IMPHAL, Jun 17 (Agencies): Two civilians were injured as mobs clashed with security forces overnight in Imphal town and attempts were made to torch the houses of BJP leaders, officials said on Saturday.

In separate incidents, automatic gunfire was reported from Kwakta in Bishnupur district of Manipur and Kangvai in

Churachandpur district through the night.

An attempt was also made to loot Iringbam police station in Imphal West. However, no weapons were stolen.

Army, Assam Rifles and Manipur Rapid Action Force held joint marches till midnight through the state capital to halt rioters from congregating.

A mob of approximate-

ly 1,000 people came together to try and burn down buildings near the palace compound.

RAF fired teargas and rubber bullets to disperse the crowd.

Another mob tried to set the house of Biswajeet, an MLA, on fire. An RAF column, however, dispersed the crowd.

Another mob surrounded the BJP office after midnight at Sinjema, but could not do any harm as an Army column dispersed it.

Similarly, a crowd tried to vandalise the home of Sharda Devi, BJP (women's) president near Porampet in Imphal around midnight. Security forces managed to disperse the youth.

Gujarat: One dead, policemen injured as mob hurls stones to oppose plan to raze dargah

JUNAGADH, Jun 17 (Agencies): One person died apparently after being hit by a stone, while at least five police personnel were injured in Gujarat's Junagadh city after a group of people hurled stones and torched a vehicle to oppose the civic body's plan to raze a dargah to clear "encroachment", officials said on Saturday. The incident occurred on Friday night near Majevali Darwaja in the city, during which the police lobbed tear-

gas shells and baton-charged the protesters to control the situation, and later rounded up 174 people, they said.

The exact reason behind the civilian's death would be known after the post-mortem, but the police suspect that he died after being hit by a stone hurled by the mob. "On June 14, the Junagadh Municipal Corporation issued a notice to a mosque near Majevali Darwaja to produce documents regarding the ownership

of land. Agitated over the notice, around 500-600 people gathered near the religious structure and blocked roads on Friday night," Superintendent of Police Ravi Teja Vasamsetty said.

DSP of Junagadh and other staff, who were present at the site, tried to convince them. After nearly an hour-long deliberations aimed at finding a peaceful resolution of the matter and clearing the protesters' road blockade, some stones were thrown at

the police staff around 10.15 pm, he said.

Shouting slogans, some people, agitated over the notice to the dargah, charged towards the police personnel and tried to attack them, he added.

Police lobbed teargas shells and baton-charged to disperse the unruly crowd. Junagadh DySP, three sub-inspectors and two other police personnel were injured in the incident, but all of them are out of danger, he said, adding that a

mob also set a vehicle on fire. "A civilian died and it appears that stone-pelting was the cause of his death. But we are waiting for a post-mortem report to know the exact cause. Police teams rounded up 174 people in a combing operation," Vasamsetty said.

Police personnel are deployed in the area to avoid any further untoward incident and efforts to nab all those involved in the clash are being taken, he said.

3 killed, 10 injured as Delhi-bound passenger bus collides with stationary truck in MP

MORENA, Jun 17 (Agencies): Three people were killed and around 10 injured, two of them critically, after a Delhi-bound passenger bus collided with a stationary dumper truck in Morena district of Madhya Pradesh, police said on Saturday.

The incident occurred on Friday night near Baba Devpuri under Saraychhola police station limits, an official said.

"A sleeper coach bus going to Delhi from Gwalior collided with a stationary truck. Three persons were killed and around 10 suffered injuries. Two of them were critically injured and taken to Gwalior for treatment," SP Shailendra



Singh Chouhan said.

The bus driver, a passenger and a helper of the dumper truck were killed, he said.

19-year-old arrested for sending woman's morphed photos to her fiancé to break engagement

NEW DELHI, Jun 17 (Agencies): A 19-year-old youth was arrested from Bihar for allegedly creating a fake social media profile and sending vulgar messages and morphed photos of a woman to her fiancé and family, police said on Saturday.

The accused has been identified as Shubham Kumar, a resident of Makar Saran in Bihar, they said.

On March 20, a woman



filed a complaint here alleging that her fiancé and family received her morphed photos and

vulgar messages from a fake social media id which led to their engagement being

called off, a senior police officer said.

During investigation, it was found that Shubham created the fake id and allegedly sent them the messages.

He was apprehended from Muzaffarpur, Deputy Commissioner of Police (Dwarka) M Harsh Vardhan said.

Shubham said he is in a relation with the woman's sister-in-law who, due to some family reasons, asked him to

ensure the engagement is cancelled, police said.

In order to defame her, he created the fake id and sent vulgar messages and morphed photos of the complainant to her fiancé.

Objectionable material has been recovered from his mobile phone, and investigation is being carried out to corroborate the claims about the sister-in-law, the DCP said.

Mamata govt, poll body move SC challenging court's order on central forces' deployment

KOLKATA, Jun 17 (Agencies): The West Bengal government and the State Election Commission on Saturday jointly moved the Supreme Court challenging the deployment of central forces during panchayat polls in the state, ordered by the High Court.

According to sources within the Commission, the decision was made after senior officials of the State Election Commission and the government held a meeting with the state's legal advisors on Friday.

The Calcutta High Court had directed the SEC to requisition and deploy central forces across West Bengal for the Panchayat elections in the state within 48 hours on Thursday.

The division bench,

presided by Chief Justice T S Sivagnanam, had directed the SEC to follow the requisition orders for all the districts that were rocked by violence over filing of nominations for the July 8 Panchayat elections. It was noted during the hearing that no appreciable steps were taken since the order was passed on June 13.

Opposition leaders, including BJP's Suvendu Adhikari and Congress MP Adhir Ranjan Chowdhury, had approached the court to request the deployment of central forces to ensure peaceful elections. They cited instances of widespread violence during the municipal elections in 2022 and the Kolkata Municipal Corporation elections in 2021 as grounds for their peti-



tion. Meanwhile, violence continued to plague various parts of West Bengal during the nomination filing process. Since June 9, when the filing commenced, incidents of violence have disrupted the process in different regions of the state.

The opposition parties, including BJP, Congress, and CPI (M), have accused the ruling TMC of employ-

ing strong-arm tactics to prevent opposition candidates from submitting their nominations.

Clashes erupted in South 24 Parganas and Bankura districts with supporters from opposing parties engaged in hurling bombs and vandalizing cars in their attempts to obstruct each other's nominations. Similar confrontations unfolded in the Canning area. The miscreants resort-

ed to bomb attacks and stone-throwing, prompting the police, including the Rapid Action Force (RAF), to employ tear gas shells to restore order. Around seven individuals were detained for their alleged involvement in the violence. At least three more persons were later detained in Indas, Bankura district, in connection with the disturbances.

The state is preparing for its three-tier panchayat elections, which encompass a substantial electorate of approximately 5.67 crores. Voters will exercise their democratic right to elect representatives for nearly 74,000 seats across zilla parishads, panchayat samitis, and gram panchayats.

21-Year-Old From Bihar Dies By Suicide In Kota After Poor NEET Result

KOTA, Jun 17 (Agencies): A 21-year-old medical education aspirant from Bihar allegedly committed suicide here after failing to get desired marks in the National Eligibility-cum-Entrance Test (NEET) in two successive attempts, officials said on Saturday.

Roshan (21), a resident of Samastipur district, was found dead Thursday evening by his brother Suman who also prepares for competitive exams in Kota but resides separately, they said.

Police said no suicide note has been recovered from Roshan's room in Mahaveer Nagar Police station area, but they believe he hanged himself from the ceiling fan apparently because he failed to qualify NEET-UG with

good marks even at his second attempt.

The NEET results were announced earlier this week.

Roshan and his brother Suman had been preparing for the entrance exam and living at separate locations in Mahaveer Nagar area, circle officer of the area DSP Harshraj Singh told.

Roshan had gone to his uncle's place in Delhi and returned to Kota on Thursday morning after which he spoke to his mother, Singh said.

Later in the day, when his parents called, Roshan did not respond after which they asked Suman to go to his PG and check.

When Suman reached there, he found his brother's body hanging from the ceiling fan in his room on the 3rd

floor of the building, the CO said.

He was rushed to a hospital where he was declared brought dead, the officer added.

Roshan had been preparing for the NEET-UG for two years in Kota, and he scored 400 marks out of 720 in this edition of the NEET-UG, the officer said.

Police said they have lodged a case under section 174 of CrPC (enquire and report on suicide) to probe the incident. They said his family reached Kota Friday afternoon and the body was handed over to them after post-mortem.

This is the 12th case student suicide in Kota in the past six months. At least 15 students took to the extreme step in 2022.

Competition shouldn't veer into conflict, says US state secy Blinken ahead of China visit

WASHINGTON, Jun 17 (Agencies): US Secretary of State Antony Blinken said that his coming visit to China aims to open up better communications "by addressing misperceptions and avoiding miscalculations."

"Intense competition requires sustained diplomacy to ensure that competition does not veer into confrontation or conflict," Blinken said.

"That is what the world expects of both the United States and China."

Blinken will hold talks Sunday and Monday in Beijing on the first trip by a top US diplomat in nearly five years.

The trip was rescheduled after the United States cancelled a planned Beijing visit by Blinken in February after Washington said it detected -- and later shot down -- a Chinese spy balloon.

The first goal of the trip to China, Blinken said in a press conference, is "to establish open and empowered communications, so that our two countries responsibly manage our relationship."

He said the aim was also to set the record clear on US interests and values, and to explore areas of possible cooperation, including on global economic



stability, fighting drug trafficking, and climate and health issues.

He added he would raise the issue of US citizens detained by China.

China has detained a number of US citizens on various charges, including Kai Li, a businessman accused of spying in 2016, and David Lin, an America pastor held since 2006.

Blinken was speaking in a joint press conference with visiting Singapore Foreign Minister Vivian Balakrishnan.

Balakrishnan said the Asian region had its eye on US-China relations, calling it "the challenge of the century."

"This is a very important and critical moment, not just for the

United States and China," he said.

"The rest of the world will be watching. So we hope and believe that you will be able to manage the differences," he said.

The visit comes as relations between the two superpowers have been particularly strained, on the issue of Taiwan, on China's ambitions to expand its political and security influence around the globe, and on economic relations.

Washington officials recently said China has set up intelligence operations in Cuba, just off the southeastern US coast.

And on Thursday a major US cybersecurity firm, Mandiant,

said online attackers with clear links to China are behind a vast cyber espionage campaign targeting US government agencies.

Earlier this week Daniel Kritenbrink, the top State Department official for East Asia, stressed that the United States was "realistic" about what Blinken could achieve in China.

"We're not going to Beijing with the intent of having some sort of breakthrough or transformation," Kritenbrink told reporters.

In Beijing Friday, Chinese foreign ministry spokesperson Wang Wenbin said the United States needs to work together with China to improve relations, Xinhua reported.

"The United States views China as its 'primary rival' and 'the most consequential geopolitical challenge.' This is a major strategic misjudgement," said Wang in a press briefing.

He stressed that competition was not a zero-sum game and that US demands should not deprive China of its legitimate right to development.

"This is not 'responsible competition,' but irresponsible bullying. It will only push the two countries towards confrontation and create a divided world," said Wang.

Arnold Schwarzenegger says he'd 'absolutely' run for US President in 2024 if he were eligible



LOS ANGELES, Jun 17 (Agencies): Hollywood veteran Arnold Schwarzenegger has said that he would run for the US president in 2024 and also win the race if he was allowed by the Constitution.

During his appearance on Max and CNN's "Who's Talking?" interview series, Schwarzenegger was asked whether he would throw his name into the race for US president if he were eligible.

"Well, yes, of course. I mean, I think the field was wide open in 2016.

And I think the field is open right now. I mean, think about it. Who is there? There really isn't a person who can bring everyone together.

"Who is here today that people say, 'Okay, he's not too old or he's not too this or too that,' or is that because it's now a question about who you vote against rather than who you vote for?" the 75-year-old actor said.

The action movie star is no stranger to US politics, as he served two terms as governor of California from 2003

to 2011.

When the host asked him whether he would run for the presidency in 2024, the actor replied, "Absolutely. Put me in because it's a no-brainer. I see so clearly how I could win that election." Schwarzenegger said he could see many people voting him into office.

"It's like me and California. When (I) was running for governor, it was clear that people were looking for a new answer, not a right-wing or left-wing politician, but someone who could bring the nation together and doesn't see the other party as the enemy," he added.

Schwarzenegger was born in Austria and is ineligible for the US president post because the Constitution requires the nation's top leader to be a "natural-born citizen."

King Charles III Saddles Up For Birthday Parade

LONDON, Jun 17 (Agencies): Trooping the Colour, the annual military parade to mark the British sovereign's official birthday, takes place on Saturday, with King Charles III inspecting troops on horseback.

The colourful display of regimental precision and pageantry is the first of 74-year-old Charles's reign, and also the first time a ruling monarch will ride at the event since his mother Queen Elizabeth II in 1986.

Charles's actual birthday is on November 14 but British sovereigns celebrate twice -- once in private and again in public.

The June parade tradition began in 1748 under King George II, who wanted a celebration in better summer weather, as his own birthday was on October 30. The televised event gets under way from 10:00 am (0900 GMT), with a procession from Buckingham Palace to Horse Guards Parade in central London.

Some 1,400 soldiers, 400 musicians and 200 horses are taking part, led in the parade by Juno, a 10-year-old shire mare, alongside three other Drum Horses -- Perseus, Atlas and Apollo.

Drum Horses are the most senior animals in the army and hold the rank of major.

They are traditionally named after figures from Greek mythology.

The minutely choreographed event has its origins in the display of colours

or flags of different regiments to allow their soldiers to identify them in battle.

The 1st Battalion Welsh Guards will troop, or parade, their colour up and down the ranks this year.

Highs of 25 degrees Celsius (77 degrees Fahrenheit) are forecast, but troops will likely feel hotter in their ceremonial black bearskin hats and thick red tunics.

Charles's eldest son and heir, Prince William, inspected troops from the Household Division group of senior regiments last weekend, and the high temperatures saw several soldiers faint.

As Prince of Wales, William is honorary colonel of the Welsh Guards.

After inspecting the troops and taking a royal salute, Charles -- who as head of state is commander-in-chief of the armed forces -- will lead soldiers back to the palace.

He will then join other senior members of the royal family to watch a fly-past of some 70 military aircraft over the British capital, after a 41-gun salute from nearby Green Park.

Bad weather cut short a planned fly-past at Charles's coronation on May 6.

Last year's Trooping the Colour was the last for the late queen, and formed part of four days of events to mark her record-breaking 70th year on the throne.

It was one of her final public appearances before her death, aged 96, in September.

Amid Ukraine counterattack, Putin says first batch of nuclear weapons moved to Belarus

MOSCOW, Jun 17 (Agencies): Russia has already stationed a first batch of tactical nuclear weapons in Belarus, President Vladimir Putin said. Putin said his deployment of tactical nuclear weapons to Belarus was a reminder to the West that it could not inflict a strategic defeat on Russia, reported news agency.

Addressing Russia's flagship economic forum in St Petersburg, Putin said, "I see no need for Russia to resort to nuclear weapons for now. These would only be used if Russia's territory or state was threatened."

Belarus is a key Russian ally and served as a launchpad for Putin's full-scale invasion of Ukraine in February last year. Moscow's first deployment of such warheads - shorter-range nuclear weapons - could potentially be used on the battlefield.

"As you know we were negotiating with our ally, (Belarusian President (Alexander) Lukashenko, that we would move a part of these tactical nuclear weapons to the territory of Belarus - this has happened," Putin was quoted by agency as saying.

"The first nuclear warheads were delivered to the territory of Belarus. But only the first ones,



the first part. But we will do this job completely by the end of the summer or by the end of the year."

Talking about Ukraine's counteroffensive measures, a defiant Putin said, "Russian forces in Ukraine had so far not had any meaningful success. Kyiv's forces were suffering heavy losses and had "no chance" against Russia's military."

Here are the top 5 developments in the story:

The Russian leader's comments follow claims from Belarusian President Alexander Lukashenko this week that his nation received the first part of the "bombs and missiles from

Russia," as per reported by The Hill.

"We have missiles and bombs that we have received from Russia," adding, "The bombs are three times more powerful than those [dropped on] Hiroshima and Nagasaki," Lukashenko was quoted as saying by Fox News.

The deployment of nuclear weapons to Belarus comes at a time when Ukraine has upped the ante against Russia and its forces are advancing in southern sectors of their counter-offensive against Russian occupation troops. Ukrainian forces around the devastated city of Bakhmut, captured by Russia

last month, were trying to push Russian forces out from the outskirts of the town.

Criticising Putin's decision, the US government said there is no indication the Kremlin plans to use nuclear weapons to attack Ukraine. "We don't see any indications that Russia is preparing to use a nuclear weapon," US Secretary of State Antony Blinken said after Putin's comments, BBC reported.

The Russian leader announced in March he had agreed to deploy tactical nuclear weapons in Belarus, pointing to the US deployment of such weapons in a host of European countries over many decades. The Russian step is nonetheless being watched closely by Washington and its allies as well as by China, which has repeatedly cautioned against the use of nuclear weapons in the war in Ukraine.

Tactical nuclear weapons are small nuclear warheads and delivery systems intended for use on the battlefield, or for a limited strike. They are designed to destroy enemy targets in a specific area without causing widespread radioactive fallout, BBC said in a report.

Pak PM Asks Nawaz Sharif To Return To Pakistan, Be PM For 4th Time: Report

"You will see that the map of politics will change when Nawaz Sharif returns to Pakistan," Shehbaz Sharif said.

ISLAMABAD, Jun 17 (Agencies): Pakistan's Prime Minister Shehbaz Sharif today urged Pakistan Muslim League-Nawaz (PML-N) chief Nawaz Sharif to come back and lead the election campaign in the country as well as also become the PM for the fourth time, Pakistan's Geo News reported.

While addressing the central general council meeting of the party, PML-N, Sharif said that he was waiting for his elder brother to return to Pakistan and then hold the party meeting so he could hand over the PML-N's presidency back to him.

It is pertinent to mention that Nawaz Sharif has been in self-imposed exile in London since November 2019 owing to health reasons.

"The election commission's sword was hanging which is why this meeting was held," the Prime Minister added.



Premier Shehbaz was given the PML-N's presidency after his predecessor - Nawaz, the three-time prime minister - was disqualified by the Supreme Court and barred from holding any party office, according to Pakistan's Geo News.

He also said that the PML-N needed young leadership, and commended Maryam Nawaz for

her hard work.

"You will see that the map of politics will change when Nawaz Sharif returns to Pakistan," Shehbaz Sharif said.

This statement came a few weeks after Pakistan President Arif Alvi signed the Supreme Court Review of Judgements and Orders Act 2023, clearing the first step for Nawaz Sharif

to exercise the right of appeal against their lifetime disqualifications within 60 days.

Under this new law, now an appeal can be filed against the court decisions in cases under Article 184(3). The law now applies to past verdicts as well, Pakistan's Samaa News.

Pakistan Supreme Court disqualified Nawaz Sharif in the Panama Papers case on July 28, 2017.

Pakistan's top court banned him from holding any public office for life for hiding unpaid salary from his son in the Panama case.

A year later, the court while announcing the verdict on petitions challenging the Elections Act 2017 said that a person disqualified under Articles 62 and 63 cannot serve as the head of a political party, Pakistani news channel Geo News reported.

At least 25 killed in rebel attack on Ugandan school near Congo border

KAMPALA, Jun 17 (Agencies): Ugandan police say at least 25 people have been killed in a suspected rebel attack on a school near the Congo border.

Police said in a statement Saturday that the Allied Democratic Forces carried out the attack late Friday night on a school in the border town of Mpondwe.

Lhubirha Secondary School, which is privately owned, is located about 2 kilometres (1.2 miles) from the Congo border.

"A dormitory was burnt and a food store looted. So far 25 bodies have been recovered from the school and transferred to Bwera Hospital," the statement said, adding that eight others are in critical condition.

The statement said Ugandan government

troops tracked the attackers into Congolese territory.

It was not immediately clear if all of the victims were students.

The local Daily Monitor newspaper, citing unnamed security sources, reported that the attackers "abducted several" others before fleeing. Winnie Kiiza, an influential political leader, condemned the "cowardly attack" on Twitter. Kiiza, a former lawmaker from the region wrote, "Attacks on schools are unacceptable and are a grave violation of children's rights," adding that schools should always be "a safe place" for every student.

The Allied Democratic Forces, or ADF, is accused of launching many attacks on civilians in recent years,

notably on civilian communities in remote parts of eastern Congo.

The ADF has long opposed the rule of Ugandan President Yoweri Museveni, a U.S. security ally who has been in power since 1986.

Established in the early 1990s in Uganda, the ADF later was forced to flee into eastern Congo, where many rebel groups are able to operate because Congo's central government has limited control there.

The ADF has ties with the Islamic State group. Ugandan authorities for years have vowed to hunt down the ADF's fighters at home and abroad.

In 2021, Uganda launched joint air and artillery strikes in Congo against ADF rebels -- against the ADF.

Dr. Jitendra inaugurates Free Telemedicine StartUp Mobile Camp "Doctor on Wheels" at Billawar

Top News Report

KATHUA, Jun 17: Union Minister of State (Independent Charge) Science & Technology; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh today said, under PM Narendra Modi, India had surprised the world by administering 220 crore Covid vaccine doses through a fully digital platform (COWIN), not even imagined by the developed western countries.

Dr. Singh was speaking after inaugurating Free Telemedicine StartUp Mobile Camp "Doctor on Wheels" at block Mandli in Billawar.

Dr. Jitendra informed that this is the 3rd phase of first-ever mobile telemedicine service being provided in Jammu & Kashmir purely from non-government sources. The first



phase covered more than 60 villages in remote Gandoh in district Doda and the second phase covered far-flung villages situated along International Border in district Kathua previously deprived of adequate medical services.

The Minister said, the free telemedicine mobile camp today at Mandli in Billawar is being run by two StartUp groups belonging to North India and South India, each respectively.

Dr Jitendra said, this free telemedicine facility at Billawar today will overcome the problems of 'Accessibility, Availability and Affordability'. He said, all the three obstacles like quality of services, doctors and assistance, distance of travelling and cost of consultation/treatment are targeted and solved efficiently through this facility. Ordinarily, a metro hospital will cost a patient more than fifty thousand and may take two to

three weeks time. This type of free telemedicine mobile camp will solve all the problems especially for those having weak socio-economic background, Dr. Jitendra Singh added.

Emphasising that India today is technologically at par with the most developed countries of the world, Dr. Jitendra Singh asserted that such telemedicine services as provided today are at par with the ones provided anywhere in the world and the advanced robotic surgeries would also be done in future using telemedicine services.

The mantra of PM Narendra Modi 'Seva, Samparan and Start-up' is being followed in these free telemedicine mobile services with extraordinary medical facilities for people with low socio-economic background as this government is dedicated to the poor, said Dr. Jitendra Singh.

PIB Jammu organizes Rural Media Workshop at Doda on 9 years of government



Top News Report

DODA, Jun 17: Press Information Bureau (PIB), Jammu, Ministry of Information & Broadcasting, Government of India on Saturday organized a Rural Media Workshop (Vartalap) at district Doda.

These Rural Media Workshops are being organized by PIB to build a direct interface between the Government and the journalists working at district and sub-district levels across Jammu division.

Deputy Commissioner, Doda, Vishesh Paul Mahajan who was the chief guest on the occasion said, Media being the fourth pillar of democracy must be balanced, unbiased and should be at the forefront to highlight developments across various sectors going on in the district. A journalist must maintain checks and balances and should do the responsible reporting at all costs.

Senior Superintendent of Police, Doda, Ab. Qayoom said, the biggest role of media is to bring in transparency and accountability in the system as media is the torch bearer of the society. The good and bad of the society

can be brought to the public only with the help of media, Sh. Qayoom added.

Joint Director PIB, CBC J&K, Ladakh Region, Ghulam Abbas in his address said, path breaking reforms and the phenomenal infrastructural development has taken place in the nine years of the government under PM Narendra Modi. The development journalism plays a vibrant role in the development of the district as people get to know about various schemes, policies and programs of the government only through media, Abbas added.

Additional Superintendent of Police, Doda, Shakeel-ul-Rehman informed about the police reforms brought about in last nine years by the government and said, be that the introduction of modern weaponry, armoured vehicles, CCTV surveillance in the detection of crimes and the traffic management system, every other reform has been brought in to make police modern by providing technology and other things.

District Information Officer, Doda, Mohamad Ashraf threw light on the development across

various sectors brought about in Doda from last nine years, Idrees Lone, General Manager, DIC Doda spoke about the various reforms brought about in the industrial sector across India and in district Doda, Anil Gupta, Chief Agriculture Officer, Doda, threw light on the agriculture related initiatives taken by the government in district Doda from last nine years and Tawseef, TSWO spoke about the Direct Bank Transfer and its implications on the social welfare schemes of the government.

The technical sessions were followed by interactive question-answer sessions in which journalists talked to the experts and cleared their doubts regarding various schemes and programmes. The journalists also thanked PIB for organising the workshop and expressed hope that more such workshops will be conducted in future.

Besides media of district Doda, the Vartalap was attended by Media & Communications Officer, Sheikh Mudasir Amin, FPO, CBC Udhampur, Khursheed Yousuf, FPA Udhampur, Gurnaam Singh and FPA Doda, Vikram Upal.

Continuous infiltration bids an attempt to keep "terrorism alive" in J&K: DGP

Top News Report

SRINAGAR, Jun 17: Jammu and Kashmir's Director General of Police (DGP) Dilbag Singh on Saturday said that of late, continuous infiltration bids are being made along the LoC in J&K in a bid to keep the "terrorism alive." He said terrorism was dying down in J&K but some successful infiltration bids have taken place in Rajouri-Poonch areas in which some militants managed to sneak in who targeted civilians and security forces.

Talking to reporters on the sidelines of Jashn-e-Dal program in Srinagar, DGP Singh said that for the first time after a long gap, people of J&K are reaping the peace dividend's as children are going to school, business activities going on without disruptions and



tourists arriving in large numbers.

"Terrorism is dying a slow death but some attempts from across the LoC are being made continuously to push in terrorists just to keep the terrorism alive. Security forces have foiled majority of infiltration bids this year but yes, some terrorists have managed to enter into this side from Rajouri-Poonch and Kupwara sectors. They targeted civilians and security forces recently," he said, adding that

operations are on to track these groups and very soon they will be zeroed in.

He said recently six infiltration bids were foiled and yesterday (June 16), five terrorists were killed along the LoC in Jaramugund area of Kupwara district from whose possession a large quantity of arms and ammunition was recovered. "It was only yesterday, another bid was foiled in Poonch sector where a group of terrorists were pushed

back and not allowed to enter into this side," the DGP said, as per KNO.

Asked whether the continuous infiltration bids was a violation of existing Ceasefire pact, the J&K police chief said the agreement is being followed in spirit by either sides, but "there are some efforts to push in militants into this side to keep the pot boiling."

To a query about arrangements for the upcoming Yatra, the DGP said that all the security arrangements are being done to ensure smooth and peaceful pilgrimage. "We will ensure every pilgrim goes back with great memories," he said.

The DGP said that on great thing was that the people of J&K have rejected the violence and living a peaceful life. On narcotics and addiction

of large number of J&K youth towards drugs, he advocated a social initiative by civil society to curb the menace apart from the ongoing war against drugs by police.

Earlier, addressing the gathering, he said Jashn-e-Dal is an opportunity to showcase Kashmir's hospitality. "Some 600 children having interest in water sports are participating in the event. We want to provide them a platform at national and international level," he said, adding that Dal lake is not just beautiful but peaceful as ever. "People are roaming around and planning their trips without fear," he said. The DGP said that some elements are still hatching conspiracies to disrupt peace but "police is active and fighting on all fronts to foil such plans."

FROM PAGE 1

CS visits sites of ongoing Sgr Smart City works

the city thereby enhancing its appeal for all the residents and tourists.

On visit to Dal Lake, Dr Mehta inspected the work of lake front development along Northern Foreshore Road of the Lake from Nishat to NaseemBagh including pedestrian walkway. The development also has components of cycle track construction & viewing decks.

The Chief Secretary highlighted the need for connecting all the houseboats with the STPs. He directed for utilizing the 36 MLD capacity of Sewage Treatment optimally and connect all the 900 houseboats in the lake with the Sewage lines forthwith.

The Chief Secretary also examined the works for upgradation and redevelopment of NishatBagh precinct including allied road works, pathways, plaza, wooden deck and landscaping of its surroundings including that of the development of Shalimar canal.

The Chief Secretary was informed that the development of the footpath including its finishing, cycle tracks, green spaces, landscaping and undergrounding of electrical cables etc is the part of the project at Foreshore Road. The project is to be completed at a cost of Rs 32.50 Cr.

The Chief Secretary was assured by the executing agencies that they are committed to complete all these projects at the earliest. They apprised him that they would enhance the pace of work on each site. They further said that they shall work day in and day out for meeting all the deadlines set by him during the visit.

On the occasion he was apprised that out 137 SSCL works, 66 stands completed and the work is going on more 77 projects. These projects will not only upgrade infrastructure only but would also improve quality of life of the citizens.

ED attaches Rs 45 Cr assets of Former NSG Officer in Fraud-Linked Money Laundering Case

(NSG) on deputation from the Border Security Force (BSF) and was posted as a team commander (equivalent to deputy

commandant rank) at the garrison of the commando force located at Manesar in Gurugram, near Delhi, it said.

The alleged fraud in the name of giving NSG contracts came to the fore in January last year after the Gurugram Police arrested the NSG officer who was allegedly posing as an IPS officer working in the commando force, his wife Mamata Yadav, sister Rituraj, who was working as a manager in the Axis Bank sector 84 branch in Gurugram, and a few others, the ED said.

The police filed a total of five FIRs against the accused that also included Dinesh Mohan Sorkhi, Kamal Singh, Koshia Enterprises Pvt Ltd, Naveen Khatodia, Axis Bank and unidentified persons, it said.

The agency said probe found that Praveen Yadav opened a "forged" bank account in the name of EMD (earnest money deposit) for central warehouse NSG, Manesar with Axis Bank, Gurugram and had given forged documents to all the complainants (interested contractors) projecting these as documents to have been issued by the force for upcoming tenders for works at NSG campus.

"Through various accounts maintained by Praveen Yadav including bank account in the name of EMD for central warehouse NSG Manesar, he received money fraudulently from the complainants and cheated them," the ED alleged.

This money has either been "layered" through various bank accounts or invested in the trading accounts or been used for making payments for the purchase of movable and immovable properties with the help of Mamata Yadav, Rituraj Yadav, Naveen and Dinesh Kumar, it said.

The ED said it was found that the accused "diverted" the funds to purchase land and luxurious cars.

The NSG is a federal contingency force mandated to undertake counter-terrorism, counter-hijack, VVIP security and other specific security tasks and its armed commandos are known as 'black cats' due to the black coloured uniform worn by them.

BJP ready for assembly polls in J&K: Raina

announced and conducted by the Election Commission and not by the prime min-

ister or a political party.

First Agniveer batch of J&K Light Infantry attested

undergo another seven weeks of intense training before they join their units located across the country."

The army added, "In addition to military training, the Agniveers received instructions on varied subjects which empower them to be responsible, wholesome and contributing citizens of our great nation. They embody teamwork, leadership, and dynamism. Their discipline, vibrance, dedication and determination to persevere against all odds is the spirit of a confident generation which will carry the nation in the 21st century. They have chosen a path, a way of life which is demanding, yet extraordinary and glorious and today they realised their dreams against all odds thus, setting an example for the youth of our nation in general and Kashmir in particular and will save as role models for the future 'Agniveers'."

Illegal driving license racket involving J&K residents busted by Ahmedabad Police

information, the police inspector M.S. Trivedi of the crime branch spearheaded a private investigation. Legal action has since been initiated against the accused individuals, Santosh Singh Madhavsingh Chauhan and Dhaval Vasantakumar Rawat.

Chauhan was working as an RTO agent in Gandhinagar in 2015. It was here he started fabricating driving licenses for various Indian security force personnel. His connections in Jammu and Kashmir, who weren't employed by any Indian security forces, would supply him with the necessary identification details. These details were then used to create fraudulent documentation, which were uploaded to the RTO website to obtain the driving licenses.

Rawat, who worked with Chauhan for two years, was also implicated in the scam. He

was privy to Chauhan's tactics and started operating on a similar modus operandi, colluding with a contact in Jammu and Kashmir. He digitally created false documents, uploaded them to the RTO site, and received driving licenses bypassing the usual verification process.

The duo has been implicated in creating over a thousand illegitimate licenses, charging between Rs 6000 and Rs 8000 per license. They would accept payments through digital platforms like Google Pay. Both the accused are currently in custody as the investigation continues.

The accused, Dhaval Vasantakumar Rawat, collaborated with Santosh Singh Chauhan for two years and gained intimate knowledge of the fraudulent driving license operation, from which Chauhan was earning a significant income. Rawat was involved in distributing these false licenses, often dispatching them to the addresses of security force battalions, under the direction of Ayan Umar, a co-conspirator based in Kashmir.

Umar would provide Rawat with the Aadhaar card and photograph of the individual for whom the driving license was intended. Subsequently, Rawat would digitally create a series of documents on his laptop - including a service certificate, defense motor driving license book, confirmation letter, and an Army canteen card.

Sadhus from across India reach Jammu for upcoming Amarnath Yatra

Bhole" and "Har Har Mahadev" from his fellow sadhus, staying in small groups inside a large hall at the temple complex, in praise of Lord Shiva.

Authorities have beefed up security across Jammu and Kashmir in view of the Yatra from Lakhampur - the gateway to Jammu and Kashmir bordering Punjab - to the cave shrine including various base camps enroute for a peaceful pilgrimage.

"I am satisfied with all the arrangements. I paid my obeisance at Mata Vaishno Devi shrine after reaching here some days back. Jammu and Kashmir is an abode of holy

places and we, in Andhra Pradesh, have high esteem for the region," he said.

Purnima, a resident of Assam, said she has been religiously visiting the cave shrine every year for over the past 13 years, barring one year break due to the Covid-19 pandemic.

"When I was seven-year-old, I was not able to speak or walk and my mother took a pledge to undertake Amarnath Yatra till I am cured. She used to take me to the shrine on her back and after 10 years of pilgrimage, I regained the strength to walk and speak as well," she said, expressing her excitement to embark on the Yatra once again.

Kanchan Chohan, a Sadhvi from Indore, said she had renounced the worldly life and is looking for peace. "This is my first yatra and I will come again and again till my last breath." Radey Sham Maharaj, the priest at the temple said, so far 207 Sadhus and Sadhvis have reached the Ram Temple for the Yatra.

"Like yesteryears, all arrangements for the devotees for their lodging and boarding at the temple have the capacity to accommodate over 2,000 Sadhus," he said.

"Besides food and shelter, medical facilities and proper sanitation will be ensured in active coordination with the district administration so that there is no inconvenience to the sadhus," the priest said.

He said coolers and air conditioners are available in good numbers to help the sadhus to beat the heat.

"The registration counter will be opened (by the authorities) on June 30 to facilitate the sadhus," he said.

Many of the sadhus have already conducted the Yatra many times and said they will pray for everlasting peace while paying obeisance at the shrine.

3.0 magnitude earthquake Hits J&K's Ramban

national highway, an official of the meteorological department said.

He said the depth of the earthquake was five kilometers below the surface at a latitude of 33.31 degrees north and a longitude of 75.19 degrees east.

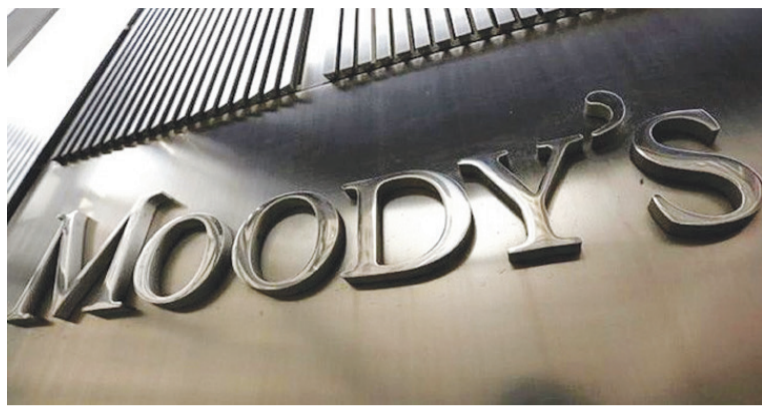
India Strongly Pitches For A Sovereign Rating Upgrade In Talks With Moody's

S&P and Fitch rate India 'BBB-' and Moody's at 'Baa3', the lowest investment grade.

NEW DELHI, Jun 17 (Agencies): India strongly pitched its case for a sovereign rating upgrade as Chief Economic Advisor V. Anantha Nageswaran and senior government officials met executives of Moody's Investor Services. The government is hopeful of an upgrade after discussing various rating parameters such as the budget, disinvestment targets, and borrowings, according to a senior government official who spoke on the condition of anonymity. S&P and Fitch rate India 'BBB-' and Moody's at 'Baa3', the lowest investment grade. The outlook is stable. The official also highlighted that other emerging economies, were rated higher than India.

Moody's acknowledged the positives of the Indian economy, but a rating action won't be a knee-jerk reaction, the same official quoted earlier said.

According to a second official, who also spoke on condition of anonymity, these meetings happen every year and are a series of interactions that take place over the course of the



year.

They are not intended to compare countries' ratings and question the methodology, the person said. Instead, it is a forum to explain the government's assessment of the economy to help the credit agencies make their assessments. The meeting was held in a cordial atmosphere, the official said.

Sustained Growth Momentum

The Indian economy is estimated to grow 7.2% in FY23. The momentum has sustained, with the risks being more evenly balanced now than a few months before, the CEA had said in May after the Q4 GDP rose 6.1%.

India is performing well as compared with other emerging economies and a few advanced economies as well who are battling inflation, he said.

CPI Inflation moderated to 4.25% in May, a 25-month low, falling well within the RBI tolerance band of 2-6%. There are signs of growth in private investment and capital formation and the development of India's digital public infrastructure, he said.

For FY24, both the RBI and the Finance Ministry have pegged growth at 6.5%.

CEA Nageswaran Leading Charge

India has been battling for a positive revision by S&P, Fitch,

and Moody's.

The chief economic advisor has been on a pan-India tour, meeting industry associations in Lucknow, Kolkata, and Chennai over the past week regarding the growth prospects and the sustained growth outlook for India. Nageswaran expects that India's FY23 growth projection will be over 7.2% when the final estimates firm up in FY26.

India will aim to stick to its fiscal deficit glide path, he said while speaking in Lucknow on June 9. The government hopes to achieve a fiscal deficit of 4.5% of the GDP by FY26, which is a key consideration as India pitches for a higher rating.

According to him, "...there is no second opinion on achieving the fiscal deficit number and getting a better credit rating." "This is not a question of prestige but about putting more money in the hands of the people, as a better credit rating would bring down interest rates," he said.

"A change in credit rating from even 'BBB-' to 'BBB+' could reduce the cost of borrowing by 100 bps," he told the gathering in Lucknow.

Germany hails EU deal on renewable energy raising target for 2030 to 45 per cent

BERLIN, Jun 17 (Agencies): Germany's economy minister welcomed a deal Friday among European Union countries to increase by more than a third the bloc's renewable energy target for 2030.

Representatives of the 27 member states approved a package raising the current goal of 32 per cent to 45 per cent by 2030. About 22 per cent of the EU's total energy consumption came from renewables in 2021, meaning the new target will double the amount in less than a decade.

The deal includes a number of exceptions to cover the interests of various member states, including specific clauses on hydrogen production.

"The new European rules will trigger an investment boom for renewables and make it legally binding," said Economy Minister Robert Habeck, whose

portfolio includes energy and climate.

Russia's war in Ukraine has accelerated the EU's green transition. The bloc reduced its dependency on Russian fossil fuels and increased its renewable energy use over the past year.

Under the new rules, countries that fail to add enough solar, wind and other forms of renewable energy each year could be fined by the EU. The share of renewables must increase by 0.8 percentage points annually until 2025, after which it will have to rise by 1.1 percentage points.

This will amount to more than 100 gigawatts of new wind and solar capacity installations across the bloc each year, Habeck's office said.

The energy, housing, industrial and transport sectors will each have specific targets for renewable energy use.

The agreement had been held up by France and several eastern European countries demanding that hydrogen produced with nuclear power should be counted toward renewable energy targets. The German government, which opposed this, said that will now not be the case, though there will be "a bit more flexibility" on hydrogen targets for countries that meet their renewable energy goals.

Separately, countries agreed to introduce binding quotas for the use of e-fuels — made using renewable energy — in the aviation sector, starting with a share of 1.2% in 2030 that rises to 35% by 2050. Bio-fuels made from waste products and other renewable resources will need to make up a further 35% of aviation fuels used by the mid-century.

RBI imposes Rs 20 lakh penalty on Manappuram Finance

MUMBAI, Jun 17 (Agencies): The Reserve Bank has imposed a penalty of Rs 20 lakh on Manappuram Finance for non-compliance with certain provisions of the NBFC norms.

This penalty on the Thrissur-based gold loan company, which by AUM is the second largest such pure-play lender, is based on the deficiencies in regulatory compliance and is not intended to pronounce upon the validity of any transaction or agreement entered into by the company with its customers, the central bank said.

The Reserve Bank of India (RBI) conducted a



statutory inspection of the company concerning its financial position as of March 2021, and an examination of the risk assessment report, inspection report, supervisory letter, and all related correspondence pertaining to the same, had revealed non-compliance with the aforesaid directions to the extent it did not classify certain gold

loan accounts with overdue of more than 90 days as non-performing assets.

It also did not ensure maintenance of the mandated loan-to-value ratio in certain accounts during FY21.

Further, the regulator said the penal action is based on the unsatisfactory response from the company.

Facebook plans to lower minimum age for Quest account to lure preteens into virtual reality

NEW DELHI, Jun 17 (Agencies): The corporate parent of Facebook and Instagram plans to open a digital gateway for kids as young as 10 years old to enter virtual reality through the Meta Quest headset, despite rising concerns about children spending too much time on social media.

Meta Platforms, which oversees a social media empire created by Facebook founder Mark Zuckerberg, disclosed it will lower the minimum age for a Quest account from 13 years old to 10 years old in a Friday blog post. The Menlo Park, California, company framed the change coming later this year as a family-friendly way for more people to explore artificial realms that Zuckerberg touts as the "metaverse."

The move to lure preteens into a virtual world filled with digital avatars and other technological fabrications comes just weeks after U.S. Surgeon General Vivek Murthy called upon tech companies



and lawmakers to take steps to protect children from the potentially harmful mental and emotional effects of too much exposure to social media.

Both Facebook and Instagram for years have been under fire for using tactics that get kids hooked on social media at a young age, undercutting their real-life relationships with friends and families while exposing them to the risk of online bullying and abuse by sexual predators.

In its blog post, Meta said that parents will retain control over their children's accounts for the Quest 2 and Quest 3 headsets and promised that preteen access will be limited to "age-appropriate" apps deploying virtual reality, or VR.

Preteens won't be able to have a Quest account without explicit approval from their parents and all apps used on the platform will require parental consent, too, according to the company, which is recommending the younger age group be limited to a two-hour daily time limit on the headset.

Other safeguards will include setting all pre-teen accounts to a private setting by default and a pledge not to show them any ads that generate most of Meta's revenue.

"We're building this with our Responsible Innovation Principles and our commitment to building safe, positive

experiences for young people at the forefront," Meta wrote in the blog post.

The company also is providing parents with extensive guidance when assessing whether they should allow a 10- to -12-year-old to use a virtual reality headset. One section of the guide cites "a growing body of research examining the positive effects of VR in medical/clinical contexts, including interventions to support the development of social competence skills, to distract from painful or anxiety-inducing medical procedures, and to support specific skill development in specialized populations," such as children with cerebral palsy.

By expanding the potential audience for the Quest, Zuckerberg appears to be taking another significant step toward his goal of sculpting the metaverse into a sphere that eventually will be as popular as Facebook and Instagram have become since he started the

company in a college dorm room nearly 20 years ago.

The metaverse so far has mostly been a digital ghost town, even though millions of Quest headsets have been sold. The Meta division that oversees the Quest headset and Metaverse lost \$13.7 billion last year while bringing in \$2.2 billion in revenue.

What's more, Meta is facing formidable new competition from Apple, which last week unveiled a headset called Vision Pro that's capable of thrusting users into virtual settings, too. The high-end headset, priced at \$3,500, received enthusiastic responses in carefully staged demos, but it won't be in stores until sometime early next year. Meta already has announced the next Quest headset will cost USD 500 as a way to get more people to buy it before the Vision Pro is released and now is taking steps to get preteens on board.

Study shows HIV can lie dormant in brain



NEW YORK, Jun 17 (Agencies): HIV can lie dormant in the brain, and discontinuation of treatment can reignite the progression of infection to AIDS, finds a study.

As a part of its life cycle, the human immunodeficiency virus-1 (HIV) inserts a copy of its DNA into human immune cells. Some of these newly-infected immune cells can then transition into a dormant, latent state for a long period of time, which is referred to as HIV latency.

Although current therapies, such as current antiretroviral therapy (ART), can successfully block the virus from replicating further, it cannot

eradicate latent HIV. If treatment is ever discontinued, the virus can rebound from latency and lead to AIDS.

Scientists have been searching for where exactly these latent cells are hiding in the body.

The research, published in the Journal of Clinical Investigations, confirms that microglial cells — which are specialised immune cells with a decade-long lifespan in the brain — can serve as a stable viral reservoir for latent HIV.

"We now know that microglial cells serve as a persistent brain reservoir," said first author Yuyang Tang, Assistant Professor of Medicine in the Division of Infectious Diseases and member

of the University of North Carolina HIV Cure Center.

"This had been suspected in the past, but proof in humans was lacking. Our method for isolating viable brain cells provides a new framework for future studies on reservoirs of the central nervous system, and, ultimately, efforts towards the eradication of HIV," Tang added.

Now that the researchers know that latent HIV can take refuge in microglial cells in the brain, they are now considering plans to target this type of reservoir.

Since latent HIV in the brain is radically different from the virus in the periphery, researchers believe that it has adapted special characteristics to replicate in the brain.

"HIV is very smart," said senior author Guochun Jiang, Assistant Professor in the UNC Department of Biochemistry and Biophysics.

"Over time, it has evolved to have epigenetic control of its expression, silencing the virus to hide in the brain from immune clearance. We are starting to unravel the unique mechanism that allows latency of HIV in brain microglia."

Lifestyle, not being 'morning' or 'evening' person, impacts longevity, research says

Results showed that compared to morning types (13,123 participants), night owls (9,853) were younger and drank/smoked more

NEW DELHI, Jun 17 (Agencies): A 37-year long study on nearly 23,000 Finnish twins has found that lifestyle choices such as choosing to smoke or drink impacted one's health, more than one's tendency to be a 'morning' or 'evening' person or chronotype, impact health.

The study, however, showed that evening types had a slightly increased risk of dying than morning types, even as staying up late at night was found to have little impact on how long a life 'night owls' lived.

"Our findings suggest that there is little or no independent contribution of chronotype to mortality," said author Christer Hublin, from

the Finnish Institute of Occupational Health in Helsinki.

"In addition, the increased risk of mortality associated with being a clearly 'evening' person appears to be mainly accounted for by a larger consumption of tobacco and alcohol. This is compared to those who are clearly 'morning' persons," said Hublin.

This research, co-led by Jaakko Kaprio, from the Finnish Twin Cohort study at the University of Helsinki, followed 22,976 men and women aged 24 years and from 1981 to 2018, taking into account education, daily alcohol consumption, smoking status and quantity, BMI, and sleep duration. It is published in the journal Chronobi-



ology International.

At the start of the study, the twins were asked to pick from four possible responses: 'I am clearly a morning person'; 'I am to some extent a morning person'; 'I am clearly an evening person'; 'I am to some extent an evening person'. In 2018, when the study ended, the researchers checked with the nationwide registers for partici-

While the researchers found the chance of dying from any cause to be 9 per cent higher among 'definite' night owls compared to early birds, smoking and alcohol had largely caused these deaths, not chronotype.

This finding was highlighted by the fact non-smokers were at no increased risk of dying, they said.

The causes of deaths from alcohol included related disease as well as from accidental alcohol poisoning. 7,591 of the twins in the study had identified as 'to some extent' and 2,262 as 'definite' evening types. The figures for morning types were 6,354 and 6,769, respectively.

Match made in heaven

Satwik-Chirag stun top seeds to make semifinals; Srikanth bows out

JAKARTA, Jun 17 (Agencies): India's Satwiksairaj Rankiredy and Chirag Shetty shocked top seeds Fajar Alfian and Muhammad Rian Ardianto to sail into the men's doubles semifinals as HS Prannoy beat Kodai Naraoka to enter the last-four stage of the men's singles competition at the Indonesia Open here.

The seventh-seeded duo of Rankiredy and Shetty displayed a flawless game to outwit Indonesia's Alfian and Ardianto 21-13 21-13 in 41 minutes.

Seventh seed Prannoy prevailed over the third-seeded Naraoka 21-18 21-6 to book his semifinals berth. Prannoy will now take on top seed Viktor Axelsen of Denmark, who mauled Chinese Taipei's Tien Chen Chou 21-5 21-19.

However, Kidambi Srikanth bowed out after going down fighting to



China's Li Shi Feng in the quarterfinals. The first Indian to take the court, Srikanth lost 14-21 21-14 12-21 in one hour and nine minutes to the world No. 10.

The win enabled Feng to restore parity in the head-to-head record against Srikanth, which stands at 1-1 now. Srikanth runs out of steam

In the first game, it was

the Chinese who came out on top despite a sluggish start.

World No. 22 Srikanth opened up an early 2-0 lead before Feng bounced back with five straight points, with the Indian guilty of committing too many unforced errors.

The initial lead was all Srikanth could manage as Feng upped his game to take an 11-7 lead at

the break.

Feng's court coverage and anticipation was way better than Srikanth's, who made a number of mistakes near the net.

Barring a few glimpses of his old self, Srikanth looked completely off-colour as Feng continued to increase his lead, executing drop shots with precision and body smashes to easily

pocket the first game.

After a close contest initially in the second game, it was Srikanth who bounced back in style with perfect smashes and wore out the Chinese by playing from front to back of the court to take an 11-6 lead.

Srikanth relied on his aggressive play near the net to take points and eventually closed out the second game in his favour to level the scores.

However, the Indian failed to continue in the same vein in the decider as Feng raced to a five-point lead at the mid-game interval, when the Chinese received medical attention on his heavily strapped left foot.

The injury hardly affected his game as Srikanth failed to close the gap in the third game.

Haryana's Anjali makes golden return



BHUBANESWAR, Jun 17 (Agencies): Returning to the action after nearly four years following an injury lay-off, Haryana's Anjali Devi recorded a stunning personal best time to win the women's 400 metres gold in the National Inter-State Championship here today and assured

herself of a spot in the Asian Games-bound Indian contingent.

The 24-year-old Anjali, who last ran a 400m race in October 2019 at the Indian Open Championships in Ranchi, clocked 51.58 seconds to beat staminate Himanshi Malik (51.76s) to the gold medal at the Kalinga Stadium on the

second day of the competitions. Anjali, whose personal best is 51.53s, breached the Asian Games qualifying time of 52.96s by nearly one-and-a-half second.

Andhra Pradesh's Jyothi Yarraji, the national record holder in the 100m hurdles, became the fastest woman of the championship as she ran 11.46s to win gold in the net to take points and eventually closed out the second game in his favour to level the scores. However, the Indian failed to continue in the same vein in the decider as Feng raced to a five-point lead at the mid-game interval, when the Chinese received medical attention on his heavily strapped left foot. The injury hardly affected his game as Srikanth failed to close the gap in the third game.

Sethi casts doubts over Pak's WC participation

LAHORE, Jun 17 (Agencies): Pakistan Cricket Board's chairman Najam Sethi today cast fresh doubts over the team's participation in the ODI World Cup in India, saying it is "subject to government approval", putting the ICC in a bind before the schedule for the mega event is finalised.

Sethi's comments came after every stakeholder, including Asian



Cricket Council's (ACC) chief Jay Shah, agreed to organise the upcoming Asia Cup in a hybrid model as proposed by the PCB chief.

"As far as India and Pakistan go, neither the PCB nor the BCCI can take decisions. The respective governments only can take decisions," Sethi said during a press conference. "It's our government who has to decide, just like when it comes to India, it's their government that decides when they go to play. There is no point asking us if we will play in Ahmedabad."

AFC Asian Cup: Time for U-17 boys to rise and shine

PATHUM THANI, Jun 17 (Agencies): A year and a half of hard work will be put to test as India eye a winning start against Vietnam in their AFC U-17 Asian Cup opener here today.

India head coach Bibiano Fernandes, having helped the team reach the semifinals in 2018, stressed on the importance of inculcating a winning culture in the boys.

"Of course, improvement in the players is key, but winning is always important. We want to develop and cultivate top players, and we cannot do that if we are not winning," said



Fernandes. "Winning matches and qualifying for the FIFA U-17 World Cup is most important. If

we don't play the World Cup at this age, we can't develop as a footballing nation. Development

is on our mind, but we also focus on winning."

India had also faced Vietnam in 2018 and won 1-0 after an 86th-minute penalty by Vikram Partap Singh.

India have trained in Spain and Germany in the lead-up to the tournament, playing matches against the youth sides of Real Madrid, Atletico de Madrid, Getafe CF, UD Levante, VfB Stuttgart and FC Augsburg. But the group stage will pose a different challenge as India have been clubbed alongside Vietnam, Uzbekistan and Japan in Group D.

Root holds England together

BIRMINGHAM, Jun 17 (Agencies): A superb century from Joe Root, his first against Australia since 2015, helped England race to 393/8 before declaring on the opening day of the first Ashes Test, a move that did not bear fruit as the tourists held firm to finish on 14/0 at stumps.

It was a bold move to declare after 78 overs of a first innings, the earliest any team has ever declared in an Ashes series, but it's not out of character for this team. That is now five first innings declarations from England in 14 Tests.

A thrilling opening day, however, belonged to Root, who, as all eyes were on England's free-scoring batters to see



whether they would stick with their attacking principles, proved his more reserved approach is still as effective as 'Baz-ball'.

"Once Joe had got his 100, there were quite a few shots being played, so we sort of sensed it (the declaration) was coming," Australia's Josh Hazlewood said.

Many experts predicted in-form England, who had scored at almost five runs per over in 11 Test wins from 13 under Brendon McCullum and skipper Ben Stokes, would struggle to still score freely in an Ashes series against such a strong Australian bowling attack. 78 England's was a

bold move to declare after 78 overs of a first innings, the earliest any team has ever declared in an Ashes series

But such doubts were quickly put to bed as Zak Crawley hammered a boundary off the first ball of the innings. It was in stark contrast to the first ball of the last Ashes series, when Mitchell Starc clean bowled England opener Rory Burns, ahead of Australia's rampant 4-0 success.

Root joined Crawley at the crease after the dismissals of Ben Duckett and Ollie Pope, with Crawley reaching his 50 off just 56 balls.

Brief scores: England: 393/8 decl (Root 118*, Bairstow 78; Lyon 4/149); Australia: 20/0.

12-Year-Old English Cricketer Hogs Limelight After Claiming Double Hat-trick In Single Over



BROMSGROVE, Jun 17 (Agencies): Cricket is an amazing game! From batting masterclass to sen-

sational bowling to breathtaking fielding, it certainly has everything to impress the spectators. It is the impact of back-to-back outstanding performances from players and teams that records are made and broken every now and then, be it in international cricket, domestic or local tournaments. As of latest, an England teenager has become the talk of the town after claiming six wickets in six balls while bowling for Bromsgrove Cricket Club against Cookhill this month.

12-year-old junior player Oliver Whitehouse was on top of his game during the clash against Cookhill as he claimed a double hat-trick in one over to stun the crowd.

"It's just unbelievable," the teenager told BBC.

"The first ball I didn't expect to happen as I thought I was going

to bowl a wide," Whitehouse said, adding, "I just couldn't believe it, I got six wickets in an over. It's just unbelievable."

Meanwhile, his mother Pippa said: "It was just unbelievable and every time someone was being bowled out his friends were giving him high fives and racing round. It was lovely."

Talking about world cricket, Australia kicked off their Ashes 2023 campaign against England at Edgbaston on Friday. Host skipper Ben Stokes won the toss and opted to bat against Australia.

The Pat Cummins-led side was crowned with the World Test Championship title after beating India by 209 runs in the final recently. The game was dominated by the Pat Cummins-led side for the majority part and India barely had their moments of joy.

Trent Alexander-Arnold gives England something different in midfield: Coach Gareth Southgate

LONDON, Jun 17 (Agencies): Trent Alexander-Arnold's goal-scoring performance in midfield against Malta was praised by England coach Gareth Southgate, who said the 24-year-old gives England "something different" in the position. Alexander-Arnold scored a stunning long-range goal and made an excellent pass to set up the opener as England cruised to a 4-0 victory, maintaining their unblemished start to Euro 2024 qualifying and keeping them top of Group C.

Under Southgate, the 24-year-old has struggled to hold down a starting spot and has only earned his 19th cap since making his debut in 2018, with the England coach preferring Reece James, Kyle Walker, or Kieran Trippier at full-back.

It was his first appearance in an advanced role for England since being used as a play-



maker against Andorra in 2021. However, following his outstanding performance on Friday, Southgate stated that he wants to tap into Alexander-Arnold's creativity.

Southgate praised his adaptability and said his starring performance proved he could play the role, revealing that he first told him about his plans to use

him there four weeks ago in a phone call.

"I've got no questions in my head he can do it," Southgate said. "It's just learning some nuances of the role, without the ball especially, but he's very keen."

"We talked about it four weeks ago on the phone and he's excited about it. He showed

exactly what we think he could be capable of and he gives us something different to our other midfielders.

"Inevitably, a lot of what happens is going to be dependent on his club. The fact he's been playing partly in there with the ball, albeit a bit deeper, has helped his transition."

Alexander-Arnold, wearing the number 10 shirt, said he hoped it would help him secure a regular spot in Southgate's team.

"I haven't played it too much, but it feels comfortable," he said. "It feels natural. It's somewhere I can see myself playing. I want to make sure I am regularly on the team sheet, and that was a good foundation to build on."

"The role I've been playing with club football, it's opened a new avenue for me. It's still early doors, it's only one match, but it's important that when I get the opportunity, I take it."

'MS Dhoni Took Permission From Me': Suresh Raina On Veteran's Inclusion In CSK's Playing XI



CHENNAI, Jun 17 (Agencies): The MS Dhoni-led Chennai Super Kings took a tough call towards the end of IPL 2021 by dropping their star player Suresh Raina to make place for Robin Uthappa. It was a match against Delhi Capitals that saw CSK's then new recruit Uthappa getting a chance. He was traded to the side from Rajasthan Royals ahead of IPL 2021. Back then, Dhoni had informed at the toss that Raina was injured. However, the player never returned into CSK's playing XI for the remainder of the season.

During an interaction with Robin

Uthappa, Raina revealed that giving an opportunity to the right-handed batter was a tactical move and that CSK skipper Dhoni consulted him for it.

"When MS Dhoni and I talked, I suggested him that 'you should try Robin Uthappa'. He (Dhoni) took permission from me to play you and I said him that 'he is the guy to give you the final, trust me'," Raina told Uthappa on JioCinema.

Raina added that he missing out on the final XI 'was not in the dictionary of Dhoni', but the batting southpaw convinced his skipper by saying that Uthappa deserved to be in the team.

"MS Dhoni said that 'see we have played since 2008 but I want to win this season. Now, you tell me what to do'. I said 'play Robin at number 3 and make sure he is in the playing XI till final. If you win, CSK will win. Whether I play or him, Robin and Raina are same'," the CSK great added.

While Uthappa scored 115 runs across four matches in IPL 2021 with a strike rate of 136.90, CSK went on to win the title by beating Kolkata Knight Riders by 27 runs in the final.

APACMC asks Govt to revoke decision of charging electricity bills

Top News Report

JAMMU, Jun 17: All Party Action Committee Migrant Camps (APACMC) comprising of camp people from Migrant Camps of Jagti, TRT Nagrota, Purkhoo, Butanagar appealed to the Government to revoke the decision of charging electricity bills after thirty three years from migrant languishing in Camp of Jammu Distt.

The Speakers before press disclosed that the Home Department during December 2018 had refused to release funds in electricity head from Security and Relief Measure Funds for migrants living in camp, and this order after sleeping over the matter for about four and half years, the UT Bureaucracy published the implementation of this order on 23-05-2023, letter written by the Relief and Rehabilitation Commissioner



Migrants to the Managing Director JPDC, for charging bills to consumers livings in Migrants Camps.

In this context the speakers disclosed that due to failure of Govts either at Center or at State/UT, regarding working out a concrete permanent rehabilitation policy back for valley, the displaced community stand facing humiliated exile-

ment, and the Govt. of India remained sustaining all the expenses of displaced community up to date, and it is beyond our thought that how the billing of electricity charges, are now being tried to thrust on us, adding salt to the wounds of exiled community.

The All Party Action Committee Migrant Camps since issuance of this draconian order,

have jointly joined to lodge protests for revoking of this order as our so called allotted flats are containing temporary accommodation, ration card temporary, each movement temporary, and we in one voice resolve that either this order be revoked or a permanent rehabilitation policy for our resettlement back in village be declared forthwith and we warn the authorities that if our demand is not fulfill within a couple of days, we shall be compelled to think for marching towards Lal Chowk Srinagar, along with our families, besides before that lodging protest rally in Camps and thus for any risen Law and Order Problem, the Govt. shall be personally responsible.

However, they appealed the Lt. Governor Manoj Sinha to intervene into the matter so as to save them from lodging the protest.

Dimple seeks assembly elections in J&K



Top News Report

JAMMU, Jun 17: Sunil Dimple, President Mission Statehood led

a protest demanding assembly elections in J&K. Addressing the protesters Sunil Dimple

alleged there is no democracy in J&K, after abrogation of Article 370 the BJP is running away from the assembly elections.

He said the BJP has backstabbed the Jammu and Kashmir people, by the abrogation of Article 370 and demolition of J&K state.

Other leaders present in the protest include Ram Kapoor, Dev Raj Ashok Khana, Raju Kumar, Vicky, Jetinder and Babu.

SMVDSB secures hat-trick by winning first position in 4th 'National Water Awards-2023'

Top News Report

KATRA, June 17: In recognition of the significant strides made by Shri Mata Vaishno Devi Shrine Board (SMVDSB) to promote water conservation and proper management of water in the category of 'Best Institution for Campus Usage', bagged in a row the First Prize for the 3rd time in the 4th 'National Water Awards-2023', thereby securing a hat-trick.

The Vice President of India, Jagdeep Dhankhar conferred the 4th National Water Awards today at an award distribution ceremony being organised at Plenary Hall, Vigyan Bhawan, New Delhi by the Department of Water Resources, River Development, and Ganga Rejuvenation (DoWR, RD & GR) under the Ministry of Jal Shakti. A total of 41 winners including Shri Mata Vaishno Devi Shrine Board, covering 11 categories from various states across the country selected on the

basis of their work.

National Water Awards (NWA) have been instituted to recognize and encourage exemplary work and efforts made by States, Districts, individuals, organizations, etc across the country in attaining the vision of a 'Jal Samridh Bharat'. Besides, it seeks to create awareness among people about the importance of water and motivate them to adopt best water use practices.

The prestigious award was received on behalf of the Shrine Board by Sh. Anshul Garg, Chief Executive Officer, Shri Mata Vaishno Devi Shrine Board who thanked the Union Ministry of Jal Shakti for recognising the work done by the Shrine Board for water conservation and proper water management successively for the 3rd time, adding that this award will encourage and motivate Shrine Board for continuing in its endeavour to adopt and promote best water usage practices also in future.



The Shrine Board besides making concerted efforts to provide the best possible facilities to the pilgrims under the chairmanship of Hon'ble Lieutenant Governor, JK UT, inter alia, taking continuing initiatives and adopting best water management practices and techniques for water conservation. These include the construction of water harvesting ponds, afforestation drives in Trikuta Hills, installation of Water ATMs, recycling of sewage treatment plants, water for reuse in flushing of toilet blocks, installation of waterless urinals and rooftop rainwater harvesting etc. In addition, the Shrine Board has been planting more than 1.50 lakh seedlings

every year in the forest area for retention of water and prevention of soil erosion.

Banganga river rejuvenation also remained a focus area for Shrine Board wherein water management and environment management are taken together for implementation to restore the lost ecology of the polluted stretches of the river by construction of drainage with sewer network system with interceptor chambers to divert polluted water.

Noteworthy, that the Shrine Board has been awarded consecutively for the past many years in recognition of its initiatives taken in varied spheres. This included the 'Best Swachh Iconic Place' award under the initiative of Swachh

Bharat Mission of Government of India in 2019, while in 2017 the Board received the 'Special Swachh Iconic Place' award under Swachh-ta Hi Seva' campaign of the Government of India.

In 2018, the board was awarded the Cleanest Religious Place award by the India Today Group and bagged the First Prize in the 2nd and 3rd 'National Water Awards' in the category of 'Best Institution/ Resident Welfare Association/ Religious Organisation for Successful Campus Usage'.

Earlier this year, Shri Mata Vaishno Devi Shrine Board was also felicitated at the Jal Prahari Samman Samroh-2023 held in the month of April at New Delhi.

Movie "Sabse Mehnga Bhagwan" based on Gou Mata's devotion: Braham Jyot



Top News Report

JAMMU, Jun 17: BJP Senior leader and Prabhari BJP OBC Morcha Jammu Kashmir Braham Jyot Satti appreciated the work of the team of movie "Sabse Mehnga Bhagwan" at Goushala, Shakti Nagar Jammu. Movie has been released on YouTube.

Shamsher Prajapati (State Secretary OBC), Raman Chalgotra (State Secretary), Ashok Salgotra (dist President OBC), Sanjay Verma (Mandal President obc bakshi nagar), Rakesh Chalgotra (President Vishwakarma Sabha) and Film crew were present on the occasion.

Madlsa Devi, Anoop Sharma, Pooja Sharma, Sanjay Puri, Sumit Sharma, Rakshan Chalotra and actors of this movie Rakesh Chalotra,

Palvi Sharma, Tarun Sharma, Mamta Bharti were present on the occasion.

He appreciated the concept of the movie which is based in devotion of Gou Mata and he appealed to the public to support Local Artists.

Speaking on the occasion Braham Jyot said as the concept of this movie is based on Gou Mata so we promoted this movie at Goushala after taking the blessings of our sacred animal cow.

He said In Hinduism, the cow is considered a sacred animal and symbolizes wealth, strength, and motherly love. It is believed to be the earthly representative of the divine and nourishing Mother Goddess, who represents fertility and bountifulness.

He extended greetings to the whole team of this movie and said

"Sabse Mehnga Bhagwan" movie is revealing merits of Gou Mata's worshipped which is sacred animal in our hindu methodology. As we support Bollywood, Punjabi cinema and south Indian cinema we should also support our local artists who are putting their best efforts to entertain us.

He said the whole team of this movie has put their best efforts to make this movie a family show and also the music and songs of this movie are very delightful and amazing.

He said BJP always stands for our public and no doubt our youngsters are doing their best in every field even our dogri artists are bringing laurels by their performances at International/National levels and our artists will achieve more milestones in future also.

Army organises mega blood donation in Pampore



Top News Report

SRINAGAR, Jun 17: Army's 50 (RR) Rastriya rifles organized a mega blood donation camp in collaboration with Govt Sub Distt hospital pampore at Army Camp Pampore wherein total 30 personnel donated blood including five civilians.

The event, held to commemorate the importance of donating blood and was aimed to raise awareness. The slogan for this mega camp was "Give Blood Give Plasma, Share Life, Share often".

The jawans, officers and local youths total in 30 number have donated the blood for a good cause as day to day there are announcements to get that dearth full filled so The Army's 50 RR has chosen this voluntary initiative to donate blood.

On the occasion Medical officer Dr. Isma said that blood donation is good to have a healthy life ahead. "If your blood can save any human means he saved humanity" she added that arrangements made is of an excellent standard and 50 RR organised such mega medical camp where more than 30 points of blood have been collected for needy people.

The officers and jawans were happy after they donated blood which is given for a cause to save humanity and humans as well.

Modi govt reinstated basic principles of Indian constitution: YV Sharma

Top News Report

JAMMU Jun 17: Narendra Modi government reinstated the basic principles enshrined in Indian constitution as envisioned after the nation achieved freedom from the British rule in 1947, said YV Sharma, J&K BJP Spokesperson in a press conference at party headquarter, Trikuta Nagar, here on Saturday.

He was accompanied by party Media Incharge Dr. Pardeep Mahotra and Cell convenor Mukherjee Sharma. Sharma said that PM Modi has sincerely tried and succeeded in reaching up to masses and to provide them with the basic needs like food, residence, electricity, water, safety, health, cleanliness, roads, transport, education, equality and other necessary requirements.

Modi government has worked on internal and external security, rich heritage of India, promoted self reliance, permanent inclusive, progressive and sustained development, long term vision.

Modi government has com-



pleted its nine years in the service of the nation ensuring all round development in the Nation. Modi government has provided equal rights and opportunities to the underprivileged sections those who were neglected for decades by the successive governments. Modi government has given focus on scholls, colleges, universities, Medical Colleges, AIIMS, IITs, IIMs.

People beneficial schemes like Ayushman and Jana Aushadhi Kendras has provided relief to crores of people. Modi government has provided liberal funding to strengthen the local representatives of public like Panchs, Sarpanchs, Councilors. Roads, railway infrastructure up to Kashmir, increasing tourism sector.

Modi government has successfully combated Corona, Ukraine Conflict, China aggression, Pakistan sponsored terrorism, drug menace. Modi government has ensured recognition to rich cultural heritage like yoga Diwas.

Union government is making every possible effort to ensure that "A" class road & train connectivity is available to the people of the UT. Qazigund to Srinagar & Srinagar bypass are almost a dream come true.

The circular road in Jammu is nearing completion & several sections of the same have been thrown open for the commuters. Construction of the Delhi - Amritsar - Katra highway. The canal - Muthi flyover on the Jammu - Akhnour - Rajouri/Poonch

NH has changed the face of the area.

The upcoming flyover connecting 4th bridge over tawi river & to the Muthi flyover & back to the NH via Satwari.

There are around 20 number road tunnels (small & big) coming up in J&K as part of the infrastructure upgrade. The Banihal railway tunnel is also ready.

Delhi - Jammu - Srinagar - Baramulla railway line is likely to be commissioned in the first quarter of 2024 or may be even earlier.

In next few years these stations will add more than 3000 Mega Watt of generating capacity to the kitty of the UT of J&K. Names of some of the projects under construction are Rattle, Kwar, Kiru, Pakkal Dool.

The facility of aayushman cards has been extended to every person in J&K as a special cases & this facility had proved to be a boon to thousands of patients in the UT.

AIIMS is also on way to completion in Vijayapura area of Jammu that will prove to be a boon not only to the people of

J&K but also to the people of the nearby bordering states of Punjab & Himachal Pradesh.

Jammu has the distinction of having an IIM & an IIT in addition to the already existing Central University. There has also been a comparative calm in the Kashmir Valley.

The Gol & UT governments need to be congratulated for holding successfully the G20 tourism summit in Srinagar & G20 youth programme in the Jammu University.

It is because of the far sightedness of the Modi government that the era of hartals, bandh-calendar, stone throwing & the like have come to a halt in the Kashmir Valley & people are able to go about their businesses 365 days a year. This is a marked change since the tuning down of article 370 & 35A in J&K. We are sure that under the capable leadership of the PM J&K will see a dawn of peace & tranquility in the UT of J&K & where the migrants of 1989/90 are able to return to their homes & hearth in the Valley to lead a normal life.