TOP NEWS OF J&K



JAMMU, MONDAY, JUNE 26, 2023

Daily Evening Newspaper

ENTERTAINMENT

JAMMU, Jun 26

(Agencies): Pakistan

Occupied Jammu and

Kashmir (POJK) is, was

and will remain a part of

India and the Pakistan

government will achieve

nothing by repeatedly

claiming PoJK, Defence

Minister Rajnath Singh

said in Jammu on

He emphasized that

illegal occupation of the

PoJK does not make

locus standi of Pakistan.

"A unanimous resolu-

tion has been passed in

the Parliament of India

regarding PoJK that it is

a part of India only. Not

one but at least three

proposals of this inten-

tion have now been

passed in the Parlia-

Defence Minister was

addressing a "security

conclave" organized at

ment," Singh said.

Monday.

16

Olivia Colman in talks to join **Paddington 3**

NATIONAL

Electricity usage above 200 units in Delhi to cost more, Atishi slams Centre **INTERNATIONAL**

18

South Korea To Modernize Private Education Amid "Killer Ouestions" Debate



e-paper: www.topnewsjk.in

RNI No. JKENG/2010/39369

PoJK is, was and will remain a part of India,

says Rajnath Singh in Jammu

Regd. No. JK-435

| 7

Vol.-14 Issue-174 Pages-12 Rs.-2/-

BRIEFLY

Jammu-**Srinagar National Highway** blocked for traffic due to landslides after heavy rainfall

JAMMU, Jun 26 (Agencies): The Jammu-Srinagar National Highway has been closed for vehicular traffic due to landslides and shooting stones at Mehar, officials said on Monday.

"NH-44 blocked due to landslide/shooting stones at Mehar. People are advised not to travel till restoration," Jammu and Kashmir Traffic police said in a tweet.

The traffic police said that the clearance work was in progress.

The Jammu-Srinagar National Highway is the lifeline of the Kashmir valley and the main road link connecting Kashmir with the rest of the

Kashmir-bound trucks laden with essential supplies and other vehicles pass through the highway and fruit carrying trucks from Kashmir head for the rest of the country through this

Schools closed till class 10 amid heavy rainfall in Ramban

RAMBAN, Jun 26 (Agencies): District administration Ramban of Jammu and Kashmir has ordered for closure of all schools, upto class 10 for the day amid ongoing heavy rains across the district.

Deputy Commissioner (DC) Ramban, Mussarat Islam ordered the closure of the schools up to class 10.

However, teachers will attend to their duties.

"In view of heavy rains and the warning of flash floods, all schools up to the secondary level (Class 10) shall remain closed in Ramban district today (June 26). Teachers will attend to their duties," Mussarat Islam

Vehicular traffic has been disrupted on the Jammu-Srinagar National Highway in the Mehad area of Ramban due to shooting stones and landslides since early morning.

On Saturday, the Indian Meteorological Department (IMD) declared the onset of monsoon over Jammu and Kashmir.

Govt transfers two JKAS officers

JAMMU, Jun 26 (Agencies): The Jammu and Kashmir Government has ordered the Turn to page 9

Police identified the Dar, a resident of Khan-

Jammu University on will raise demand to go with India," Singh said. internal and external dimensions of the coun-Speaking on the abrotry's defence mechagation of Article 370 in J-K, he said that BJP nism, with a particular abrogated the article and "A large part of Jammu did justice to the people and Kashmir is under the of Jammu and Kashmir

> treated for decades. "Because of Article 370 and 35A, the common people of Jammu and Kashmir were kept away from the mainstream of

who were been unfairly

the country for a long time, it was a hindrance in taking action against any anti-national force," he said.

He further said that the general public is happy with the decision of abrogation of Article 370. "The trouble is only for those whose shop of hatred and separatism is getting closed," Singh said.

"We have managed to stop the funding of terrorism, stopped the supply of weapons and drugs and along with the elimination of terrorists. the work of dismantling the network of underground workers working here is also going on," he added.

He further said that the Joint Statement issued by Prime Minister Modi with US President Joe

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"LG's Mulaqaat" | LG Sinha **Interacts With Citizens Who Had** Filed Complaints On JKIGRAMS



Top News Report

SRINAGAR, Jun 26: Lieutenant Governor Shri Manoj Sinha interacted with citizens who had filed complaints on JKIGRAMS, during "LG's Mulaqaat"- Live Public Grievance Hearing programme, at the Civil Secretariat.

Interacting with the people, concerned **Deputy Commissioners** and Senior Superintendents of Police through Video Conferencing, the Lt Governor took appraisal of the action taken on the grievances received from the citizens.

"The administration represents the aspirations of all the citizens and every section of our vibrant society. Timebound delivery of services, prompt and effective redressal of grievances form the core of administration's development initiatives," the Lt Governor said.

The Lt Governor directed the Deputy Commissioners to constructively engage with citizens, prioritize concerns of the poor and needy and resolve all issues in a transparent manner.

For maintenance of parks and other such public properties, we **Turn to page 9**

NIA conducts searches at several locations in Kashmir in terror-related

case

SRINAGAR, Jun 26 (Agencies): The National InvestigationAgency (NIA) is conducting searches in more than half a dozen places in four Jammu and Kashmir districts as part of an investigation in a terrorrelated case, officials said on Monday,

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HM Amit Shah, Karan Singh discuss J&K's political, developmental scenario

SRINAGAR, Jun 26 (Agencies): Union Home Minister Amit Shah called on former Sadr-e-Riyasat, Dr Karan Singh during his two-day visit to the Union Territory over the weekend and discussed "present-day political and develop mental scenario".

focus on J-K.

occupation of Pakistan.

People on other side are

seeing that people are

living their lives peace-

fully in J-K. People living

in POJK going through a

lot of suffering and they

"During his tour of Srinagar, Shah paid a courtesy call on Dogra Scion, Statesman and former Sadr-I-Riyasat,



Dr. Karan Singh at his residence, Karan Mahal on Gupkar Road," said Singh, in a statement issued today. Shah was accompanied by Lt. Governor

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Rains lash J&K, more showers predicted: MeT

JAMMU, Jun 26 (Agencies): Rains lashed Jammu and Kashmir bringing respite from the heat wave conditions even as the weatherman predicts precipitation during the next few davs.

IMD has declared the arrival of Monsoon in Jammu and Kashmir and parts of Ladakh and

conditions are favourable for further strengthening of Monsoon during next few days. MeT office said.

J&K is very likely to receive moderate to heavy showers (in spells) mainly during June 26-27h and light to moderate rain during June 28-29h. It will also provide respite from the

heat wave till the next prolonged dry spell.

The MeT office said today the weather generally remains cloudy with intermittent light to moderate Rain while moderate to heavy showers at some places In plains of Jammu region in morning hours during the next 24 hours

It has also released an

advisory that rain may lead to localised flash flood & mudslide in vulnerable spots, especially in Jammu region and water level in rivers, streams and nallas are also expected to rise.

People have been requested to remain cautious and alert during the active phase of

Turn to page 9

will be constructed at cost of Rs 938 Crore in Jammu JAMMU, Jun 26 (Agenthe outskirts of Jammu.

New High Court building

cies): Jammu and Kashmir and Ladakh have a joint High Court and two benches. One is in Srinagar and the another

The Jammu bench was located in the Mubarak Mandi complex in Jammu till the 1990s. In the year 1994, the High Court Complex was shifted from here to Janipur Jammu, the Janipur Court Complex premises, which is an area of several thousand kanals of land, apart from the High Court, the District Complex, the Advocate General's office, the Judicial Academy and the Registrar's Office are also located there.

Now the administration has decided to shift the High Court building from Janipur and construct a new building in the Raika Jungle area on

On June 28, the Chief Justice of India, Justice DY Chandrachud will lay its foundation. This high court complex equipped estimated to cost Rs 938

This is being considered as an important step towards reforming the judicial structure in Jammu and Kashmir. To make the visit of the Chief Justice of India to Jammu and Kashmir a success, the Registrar General High Court and the Principal Secretary Chief Justice have formed several committees which are busy round the clock.

Sources told a vernacular news network that this new court complex will be one of the best High Courts in the country. There will be 35 courtrooms, which can

be later extended to 70 courtrooms. This complex will be

made environmentfriendly. It has been designed by famous Chauhan who has designed many High Courts including Delhi High Court, metro stations and malls. Its construction will be supervised by the High Court judges through the Jammu and Kashmir Project Construction Corporation and the Public Works Department.

The new court complex has three auditoriums, an administrative block. a mediation centre, a medical centre, a computer centre, a judges' library, chambers for 1,000 lawyers, facilities for litigants, food courts,

an archive section,

Turn to page 9

Man held with 380 fake gold biscuits in Baramulla



SRINAGAR, Jun 26 (Agencies): Police on Monday claimed to have arrested a man alongwith 380 fake gold biscuits in Jammu Kashmir's Baramulla district. accused as Javid Ahmad pora Baramulla who was nabbed during checking at Khanpora Bridge.

The accused was coming from Baramulla market towards Khanpora, and upon seeing the police checking party tried to flee from the spot but was apprehended tactfully.

During his search, 380 fake gold biscuits weighing 380 grams were recovered from him and he was taken into custody immediately.

A case under relevant sections of IPC registered in Police Station Baramulla and investigations set in motion, police added.



SHRADDHA KRIYA/PUNYA KSHETRA

WITH DEEP SADNESS, WE WOULD LIKE TO INFORM PASSING OF OUR BELOVED MR. PRADMEN KRISHAN KOUL (KATAAL), SON OF PREM NATH KOUL. ORIGINALLY FROM GOGJI BAGH/CITY DRUG STORE, SRINAGAR, AND NOW RESIDING IN FARIDABAD.

SAPINDIKARAN SHRADDHA WILL BE PERFORMED AS FOLLOWS:

THE 10TH DAY KRIYA WILL BE HELD ON 29TH JUNE AT 11 AM AT MURADNAGAR GANGA GHAT (CHOTTA HARIDWAR).

11TH DAY KRIYA ON 30TH JUNE FROM 10 AM TO 5 PM. 12TH DAY KRIYA AND SHANTIPAATH ON 1ST JULY FROM 11 AM TO 1 PM AT FOREST CLUB (FLAT 201, BARBERRY TOWER, OMAXE FOREST SPA, SURAJKUND ROAD, SECTOR 43, FARIDABAD)

GRIEF STRICKEN:

PUSHPA KOUL (WIFE),

PAYAL & SANTOSH KUMAR (DAUGHTER & SON-IN-LAW), ANJALI & PURAN KOUL (DAUGHTER-IN-LAW & SON), ARNAV, PRANIT, ASHWIN (GRANDSONS),

SISTERS - THUSU, KHAZANCHI, & KAUL FAMILY IN-LAWS - WALIS, PAJANS FAMILY OM SHANTI SHANTI SHANTI.

KOUL (KATAAL)

MR. PRADMEN KRISHAN

MOB: 9818552773,

6594474044

TENTH DAY KRIYA

With profound grief & sorrow, we regret to inform the sad demise of our beloved Mr Arvind Wali S/o Late Sh Avtar Krishan Wali R/o Rehari Colony, near JK Board of School Education, Jammu on 18 June 2023. Tenth Day shall be held on 27 June 2023 (Tuesday) at 8:00 AM near Director School Education, Muthi, Jammu.

GRIEF STRICKEN

(Bhabis & Brothers) Jyoti & Dr Pardeep Wali (SKUAST-J)- 9419143057, 9419209092

Renuka & Ashwani Wali- 9810447923 (Daughters & Son-in-law)

Mansi & Neeraj Sharma- 7889472539

Aarti & Aniket Bangroo

WALI, KOUL, SHARMA, DHAR, RAINA, PESHIN, BANGROO PARIVAR

10TH DAY AND KRIYA

With profound grief and sorrow I regret to inform about the sad demise of my father SH. NANAK CHAND ABROL (RETD. ASI FROM J&K POLICE DEPARTMENT) who left for heavenly abode on 15-06-2023.

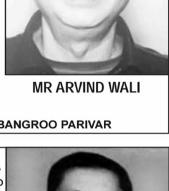
10TH Day will be held on Saturday 24-06-2023 at Arya Samaj Mandir near Sabji Mandi Udhampur at 11.30 AM

Kriya will be performed on Tuesday 27-06-2023 at Devika Ghat from 11:00 A.M **GRIEF STRICKEN**

Smt. Vijay Abrol (Wife)

Prop.M/S Vikas Ornaments Udhampur

Contact No.94191-58290



SH. NANAK CHAND **ABROL**

(Retd. ASI, JKP Deptt.)

BHOG AND ANTIM ARDAAS Nith profound grief & sorrow, we inform the sac demise of our beloved Capt Pritpal Singh S/o Late Tarlok Singh Adol R/o 610-E, Sainik Colony Jammu. Arambh Shri Akhand Path Sahib on 26-06-2023 a 10:00 AM at our residence.

BHOG SHRI AKHAND PATH SAHIB at our residence on 28-06-2023 (Wednesday) at 10:00 AM.

KIRTAN AND ANTIM ARDAAS at Gurudwara Singh Sabha, Sainik Colony, Sector-A, Jammu from 11 AM-12:30 PM followed by Guru Ka Langar

GRIEF STRICKEN Sdr Paramjit Kour **-Wife**

Son and Daughter-in-law Gagandeep Singh and Sdr. Venus Kour Dhanupratap Singh and Sdr. Arpanjit Kour

Daugthers and Son-in-law Sdr. Rattandeep Kour and S. Ravinder Singh Sdr. Harmanpreet Kour and S. Tajveer Singh

Sdr. Tandeep Kour and S. Jaswinder Singh **Brothers and Sister-in-law** Late S. Baldev Singh and Sdr. Pushpinder Kour S. Surinder Singh Adol and Sdr. Daya Kour ate S. Gurdeep Singh and Reva Sasan

Sisters Sdr. Surieet Kour

Sdr. Harjinder Kour



CAPT PRITPAL SINGH

Brothers-in-law and Sisters-in-law

Sdr. And S. Inderjeet Singh

Sdr. And Late S. Ajeet Singh

Sdr and S. Balbir Singh

Sdr and S. Pritpal Singh Sdr and S. Rajinder Singh

Sdr. Manjeet Kour and Late S. Waryam Singh

Grand Children Bandgi, Shaina, Manraj, Minerva, Sarbgun,

Ryan, Hargun, Amitesh Contact No: 9419198479

Obituary/Tenth Day Kriya

With profound grief we regret to inform the sad demise of our beloved Daddy Ji Shri A.K. Zutshi (Kher) S/o Late Pt. Shiv Jee, originally from Vicharnagh, Srinagar Kashmir presently residing at B3-304, Saviour Park, Mohan Nagar, Ghaziabad, on 24th June 2023.

Tenth Day Kriya will be performed on July 3rd 2023 (Monday) at Gang Nahar, Muradnagar, followed by assembly at residence at 10 AM.

Grief Stricken: Mrs Champa (Wife)

Kanta Ji & Pran Nath (Bhabhi & Brother)

Shyama Ji Dhar (Sister) Bimla Ji & Bhushan Lal (Bhabhi & Brother)

Reena & Sanjay Pandita (Daughter & Son-in-Law) Sunaina & Ankit (Daughter & Son-in-law) Shalini & Sudhir (Daugther-in-law & Son)

Samast Parivaar

9818611686, 9910532261, 9958664373, 60055509484, 9871755139

TENTH DAY/KRIYA

With profound grief and sorrow, we inform the sad demise of our beloved father Sh. Vakil Singh Slathia S/o Late Sh. Abdul Singh R/o Gurha Slathian Mandi Udh.

TENTH DAY shall be performed on 27-06-2023 at 9 a.m. KRIYA will be performed on 30-06-2023 at our residence.

Grief Stricken Smt. Sarla Devi- Wife

Son and Daughter-in-law Sh. Yashpaul Singh and Neelam Devi

Sh. Sanjay slathia and Neha Jamwal

Son-in-Law and Daughter Sh. Navneet Singh and Ruhi Slathia

Deeply Remembered by Kids of the Family

Tanish Slathia, Pari Slathia, Hardik Slathia and Dev and Shiv



Shri A.K. Zutshi (Kher)

(Daddy Ji)

Sh. Vakil Singh **Slathia**

TENTH DAY KRIYA

Our Beloved **Sh. Jawahar Lal Handoo** (Central Ban of India) S/o Late Sh. Niranjan Nath Handoo R/o Nai Sarak, Ganpatyar, Srinagar / Kamdhenu Homz Akhnoor Road, Jammu left for his heavenly abode on 17.06.23

at Gurgaon, Haryana.

TENTH DAY KRIYA will be performed on 26th June Monday 9 AM at Shri Gauri Shankar Mandir G257+W7P New Palam Vihar Block T Sector 109,Behind DHBVN Office Gurugram, Haryana followed by assembly at 10.30 AM at residence Sushan Apartments, Flat no C 64 Tower C Sushant Lok ector 43 Block C Gurugram, Haryana GRIEF STRICKEN:

Mrs. Veena Handoo - Wife (9103535468) Brothers and Bhabhies
Mrs. Usha & Mr.Makhan Lal Handoo Mrs. Chandra & Dr. Ashok Chandra Sisters & Jija ji Mrs. Kirti & Mr. Autar Krishan Zadoo

Mrs. Dulari Handoo
Sisters-inLaw & Brothers-in-Laws Mrs. Saroj & Mr. R N Handoo Mrs. Janak & Mr. Ratten Lal Handoo

Brother in Law Sh. Prithvi Nath Raina

Sh. Soom Nath Raina & Mrs. Shyama Raina

Sins 300m Nati Maha & Miss Shyama Maha Sons & Daughters-in-Law Anil Kumar Handu (9999001249), Saroj Razdan (9871648626), Sunil Handoo (9899264149) Rajni Wanganoo (9999246671) Grand Children: Anisha Handoo & Aryan Handoo

SH. JAWAHAR LAL HANDOO

□MAY GOD BLESS YOU□

CDR Sahil Sagoch

10TH DAY/KRIYAWith profound grief and sorrow, we inform the sad demise of CDR Sahil Sagoch S/o Ved Prakash R/o H.No. 73 Lane 1, Sect B1 Laxmipuram, Chinore (Bantalab), Jammu. 10TH DAY shall be performed on 25th June at 12 noon at Aap Shambhu Mandir Roopnagar.

Kriya on 28th June at 12 noon and Uthala shall be performed at 5pm on 28-6-2023 at residence.

In grief

Shweta Sagoch- Wife

Ved Prakash- father Late Smt. Urmila Devi- Mother

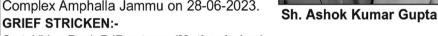
Rahul Sagoch- Brother Pradeepika Sagoch- Bhabhi

Mob. 9419753488, 9622452463

10TH DAY/KRIYA/UTHALA

With profound grief & sorrow, we regret to inform the sad demise of our beloved Sh. Ashok Kumar Gupta (Akhnoor wale), who left for heavenly abode on 17-06-2023.

The Tenth Day will be held on 25-06-2023 at 11:00 AM at Mahajan Sabha Shalamar Road. Kriya (12 noon)/Uthala (5pm) will be performed at Trikuta Yatri Niwas, Ved Mandir Complex Amphalla Jammu on 28-06-2023.



Smt. Vidya Devi, BJP veteran (Mother in law)

Smt. Manju Gupta (Wife)

Smt. Chanchal Gupta W/o Late Sh. Kuldeep Gupta (Bhabhi and Brother) Smt. Kanchan W/o Sh. Kewal Gupta (Bhabhi and Brother)

Smt Deepika Mahajan and Sh Pawan Gupta (Daughter and son in law) Er Sahil Mahajan (Son)

Er Rahil Gupta (Son)

Myraa and Inaya (Grand daughters)

Mob: 7006224664, 7889519466

OBITUARY & TENTH DAY KRIYA

With utmost grief we inform the sad demise of our father Sh. Omkar Nath Koul originally from Tankipora Dadi Kadal Srinagar Kashmir presently residing at 760, Pocket E, Mayur Vihar Phase II, New Delhi.

10TH DAY KRIYA will be held on Friday 30th June 2023 at 8:30 AM, Muradnagar Ghat, UP. The assembly will be followed at the residence. IN GRIEF:

Umashori Koul (Wife)

Osheen, Neha, Mohit, Nishant

Tej Krishan Koul & Asha Ji (Brother & Babhi) Kuldeep Kr. & Baby Chirvi Koul (Son & Daughter in law) Ashok & Kiran Khah (Daughter & Son in law) Dilip & Nimmi Bindroo (Daughter & Son in law) Ashok & Rekha Gulla (Daughter & Son in law) Sunil & Anju Mantoo (Daughter & Son in law) Grand-children: Mehak, Ankur, Vinod, Abner, Manisha,



Grief Stricken -Koul's Rayu's & Chirvi's Mob: 9711422979, 9818444024

SH. NANAK CHAND

ABROL

SHRI JANKI NATH

BAKSHI

10TH DAY AND KRIYA

With profound grief and sorrow I regret to inform about the sad demise of my father SH. NANAK CHAND ABROL (RETD. ASI FROM J&K POLICE DEPARTMENT) who left for heavenly abode on 15-06-2023.

10TH Day will be held on Saturday 24-06-2023 at Arya Samaj Mandir near Sabji Mandi Udhampur at 11.30 AM

Kriya will be performed on Tuesday 27-06-2023 at Devika Ghat from 11:00 A.M

GRIEF STRICKEN Smt. Vijay Abrol (Wife)



With profound grief and sorrow we inform the sad demise of our beloved "BHIJAN" Shri Janki Nath Bakshi husband of Gopishori Daughter of Late. Smt Indrawati & Late Shri Pram Nath Pandita of Nahama Handwar

Kashmir. Mourning from Malun Side is being observed at H.No:-680, Sector-3, Vinayak Nagar Baisakey Coloney Muthi Jammu.

Tenth Day Kriya will be performed at Murad Nagar Ghat on 1st July 2023 GRIEF STRICKEN:

Sister-in-law Smt. Asha Rani W/o Late Shri Bansi Lal Pandita Sisters-in-Law & Brothers-in-Law Smt Usha Jee & Shri Moti lal Pandita Smt Bita Jee & Shri Ashok Krishan Pandita

Sister-in-law Smt. Shama Jee W/o Late Shri O.P.Pandita Sister-in-law & Brother-in-Law Smt Sarla Ji & Shri Saroop Nath Ganjoo Cell No:- 91149886527, 9796480217, 7780972475



MOURNING FROM

AUGHTER/SON IN LAW H.NARINDER SHARMA AND SMT JYOTI

H.PAWAN SHARMA AND SMT.ARTI SHARMA H.MANOJ SHARMA AND SMT.PANKAJ

UMMAL IDNAM

MALUN SIDE With profound grief and deep sorrow we inform the sad demise of our beloved brother-in-law, Prof. Babooji Salman S/o Late Shri Dina Nath Salman commonly nown as Baisaabji" was originally from Rainawari and at present residing at 1/592, Alpha II, (Behind Astha Hospital) Greater Noida has gone on heavenly abode a 06-30 AM on 25/06/2023.

GRIEF STRICKEN: Dr Omkar N Tiku & Dr Jvoti Mrs Bhimla Tiku W/o Late S N Tikoo N Tiku and Santosh

L N Tiku and Raini



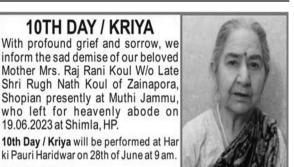
Newplot, Jammu on 27-06-2023 from 11 AM onwards. Deeply Missed and Remembered by:

Sons & Daughter-in-law Subhash & Ranjana Puri

Vijay & Sangeeta Puri Vinay & Vandana Puri

Suresh Puri Daughters & Son-in-law







TENTH DAY KRIYA

Ms. Sunita and Mr. Rakesh Bhatt

10TH DAY / KRIYA

19.06.2023 at Shimla, HP.

Daughter & Son-in-law

Samast Koul Pariwar

Mob:9911116744, 9818115744

Grief Sticken: -

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Ashok & Kiran Khah (Daughter & Son in law) Dilip & Nimmi Bindroo (Daughter & Son in law) Ashok & Rekha Gulla (Daughter & Son in law) Sunil & Anju Mantoo (Daughter & Son in law) **Grand-children:** Mehak, Ankur, Vinod, Abner, Manisha Osheen, Neha, Mohit, Nishant





TENTH DAY/ANTIM ARDAS

Grief Striken Koul's Rayu's & Chirvi's

M) 9419182311.

With profound grief and sorrow, we inform the sad demise our beloved **Sdn Amar Kour** Wife of Late Gurbaksh Sing R/o House No. 553 Main road Digiana Pulli, who left us for heavenly abode on 18/6/2023. Arambh Sri Akhand Path Sahib on 25/6/2023 at their re

dence Digiana at 9 am.

Bhog Sri Akhand Path Sahib on 27/6/2023 at their redence Digiana at 9 am.

Antim Ardas and Guru Ka Langer 12 noon at Rani Tala

Digiana, Jammu. GRIEF STRICKEN (Sons and Daughter in laws)
Rajinder Kour and S Kamaljeet Singh
Neerja Bakshi and S Gurkirt Singh (Katty) (Daughters and Son in laws) Avtar Kour W/o Late Avtar Single Avain Not Wild Lea Avain Jingil Taranjeet Kour and S Harbhajan Singh M/S Sukhmani Construction Co. (MES CONTRACTOR) M/S Shesh Paul Gupta (MES CONTRACTOR) M/S Raman Construction Co. (MES CONTRACTOR)



Sh Hitaeshwar Singh

TENTH DAY KRIYA

With profound grief and sorrow we inform the sac demise of our beloved Sh Hitaeshwar Singh (Happy) S/o Darshan Singh R/o Panjgrair

10th Day wil be performed on 25-6-2023 10AM at our residence Panjgrain. Kriya will be performed on 28-6-23 Wednes GRIFF STRICKEN

Father & Mother Smt Suman Devi & Darshan Singh

Madhu Bala Sister & Brother in law Smt Nilakshi Singh (Neeru) & Govind Singh (Bindu)

TENTH DAY KRIYA

Tenth Day Kriya of **Smt. Nancy Mujoo** Wife of Sh. Pran Nat Mujoo resident of KM20 1705 Jaypee Kosmos, Sector 134 Nodia-201304, will be performed on Thursday 29th June 2023 8:30am at Upper Ganga Canal Road, MURAD NAGAR (Chhot Haridwar) GRIEF STRICKEN Pran Nath Mujoo Pran Nath Mujoo Dulari & Chand Ji Kaul Veena & Bhushan Lal Mujoo

Veena & Brushan Lan-Tosha Kaul Kalpana & Balraj Singh Anjalee & Ajit Raina Vanita & Rajiv Kaul Shivani & Pankaj Mujox Priyanka & Sanjay Dha

Also, BHANS RAZDANS, GARYALIS, RAINAS, THUSOOS, KACHROO & SARAFS



SMT. VIDYA DEVI

IROTHER/BABHI

IH MADAN LAL SHARMA AND SMT. SRESHTA SHARMA (BROTHER/BABHI)

IH RAVI SHARMA AND SMT.REETA DEVI (BROTHER/BABHI)

IONIOAUGHTER IN LAW

IH. ISHAAN SHARMA (SIO LATE ASHOK SHARMA) AND SMT.PALLAVI SHARMA

IH. SHANLEV SHARMA (SO LATE ASHOK SHARMA) (SON/DAUGHTER IN LAW)

IH. SANJEEV SHARMA AND SMT. ANJU SHARMA (SON/DAUGHTER IN LAW)

IH. BOOPESH SHARMA AND SMT.YANDHANA SHARMA (SON/DAUGHTER IN LAW)

IH. BOOPESH SHARMA AND SMT.RAKHI SHARMA (SON /DAUGHTER IN LAW)

IH. VIMAL SHARMA AND SMT.SANJINI SHARMA (SON/DAUGHTER IN LAW)

JAUGHTER/SON IN LAW





Prof. Babooji Salma

CHOUBARSI The CHOUBARSI of our beloved mother Late Smt. Vidya Puri W/o Late. Sh. Badrinath Puri will be observed at our residence H.No. 298-B, Last Morh to Sarwal,

Lt. Romesh & Rama Puri

Krishna & Lt. Satya Paul Khajuria Promila & Aiay Sharma



Late Smt. Vidya Puri

Marginalised sections living a wretched life: Harsh Dev

TOP NEWS REPORT

GHORDI, Jun 26: Continuing with his mass contact programs in remote hills of Chenani constituency even in torrential rain, Harsh Dev Singh, former minister and NPP President today visited several hilly areas of Nala Ghoran Panchayat including Kothi, Bhai, Janaidi and Thill and took stock of the problems faced by the inhabitants of the said difficult and inaccessible areas. Braving the vagaries of inclement weather, he visited several habitations of nomads, STs, Gaddis Kolis and other marginalised classes who had been deprived of basic civic amenities including health care, power, water, road connectivity and had no access with the rest of the civilisation.

Traversing through the forests and flooded streams, Harsh Dev Singh reached out to



the places which no leader had visited since decades after indepen-

Interacting with the people of said villages, Singh shared their concerns of deprivation and neglect at the hands of successive regimes. The people came out with their grievances against the government and pointed out that not even the civil servants or any other government functionaries from R+B, PMGSY, Jal Shakti, or Power department had ever visited the said areas which were deprived of connectivity and cut off from rest of the world.

They made a fervent appeal for providing road connectivity to Bhai, Janaidi, upper Kothi which had been totally disregarded by the government as well as the civil administration. They called for construction of footbridges and culverts in view of frequently flooded nallahs and streams in the said hilly areas. Non availability of staff and absence of any kind of medical facility had further aggravated the woes and suffering of the said people.

Speaking on the occasion Singh, assured them to take up their issues at the top most

persistent suffering and incarceration since decades. He accused the mandated leaders of the past of exploiting the gullibility of these poor people during elections. obtained their votes and subsequently left them at the mercy of God. He said that the BJP had won five consecutive elections from the said area including the BDC, DDC, MLA and MP but the people were made to live wretched lives in the view of the gross neglect. He called upon the officers of various government departments to visit the said areas so that they could appreciate the concerns of these people and take immediate measures for redressing their grievances. "We appeal to Lt. Governor to depute a special task force for ascertaining and ameliorating the lot of people inhabiting such locations", NPP

Awareness Programme on Polytechnic College Admissions & Scholarship Schemes held

TOP NEWS REPORT

JAMMU, Jun 26: Er K.S. Bhatia, Registrar JK BOTE recently organized an informative awareness programme in his office chamber at Jammu, focusing on admissions in polytechnic colleges of UTs of JK and Ladakh.

The event aimed to familiarize students and their parents with the various scholarship schemes available including Pragati, Saksham, SC/ST, and Minority scholarships. Detailed discussions were held to outline the eligibility criteria for each scholarship.

ria for each scholarship. During the programme, Registrar JK BOTE emphasized the significant benefits of pursuing a three-year diploma, particularly in the field of engineering, immediately after completing the 10th grade. The objective was to encourage the students to consider this alternative educational path rather than opting for traditional academic education.

Polytechnic colleges

of UTs of JK and Ladakh offer an unique opportunity for students to gain practical skills and industry-specific knowledge providing a solid foundation for a successful career in engineering and related fields. By enrolling in a polytechnic program, students can acquire hands-on experience, enabling them to excel in their chosen

disciplines.

One of the key aspects covered in the awareness program was the availability of various scholarships schemes. The Pragati and Saksham scholarships schemes, whereunder Rs 50,000 per year scholarship is designed to support female and physically challenged students pursuing technical education, empowering them to overcome financial constraints and achieve their career goals. Additionally, scholarships are available for students belonging to SC/ST and Minority communities, ensur-

ing equitable access to

quality education.

The eligibility criteria for these scholarships were explained in detail, with an emphasis on encouraging eligible students to apply and take advantage of these financial aid opportunities. The scholarships aim to make education accessible to all deserving students, irrespective of their socio-economic background.

Registrar JK BOTE expressed their commitment to providing quality education and equipping students with the skills necessary to thrive in the ever-evolving job market. They encouraged parents and students to consider the long-term benefits of a polytechnic education and highlighted the potential career prospects that await successful graduates as after completing Diploma students are also eligible for direct entry into second year of B. Tech. programs under Lateral Entry Scheme /PMSS. In addition to the above,

it was also stated by the Registrar JKBOTE that all the affiliated polytechnics by the JKBOTE are committed to providing quality technical education and promoting skill development. They offer various diploma programs, including engineering, with a focus on practical training and industry-oriented learning. The institution strives to equip students with the necessary skills and knowledge to succeed in their chosen fields.

The awareness program concluded with an interactive Q&A session, where participants had the opportunity to address their queries and concerns. The attendees left with a better understanding of polytechnic college admissions, scholarship opportunities, and the advantages of pursuing a diploma in an engineering field. For further information, interested individuals can contact Registrar JK BOTE at 9419147552.

BJP fails to redress issues: JKRCEA



TOP NEWS REPORT

JAMMU, Jun 26: JKRCEA showed concern against the misguiding given by the state politicians and central leadership of the ruling party to the masses through their

media management. There seems one man army led by LG and misguided by few IAS/IPS lobby close to the present LG. Pertinently, LG Manoj Sinha is a seasoned politician and an engineering graduate from an institute of excellence and in spite of that he is being befooled by the J&K Bureaucracy on many aspects related to various constitutional and social aspects pertaining to SCSTOBCs of

JKUT.
The deliberate attempt to ignore commoners, business class and

others in all aspects of life has put heavy toll on native of J&K. Even the politicians from ruling party are being ignored by the LG and his coterie what to talk of seasoned opposition leaders from NC, PDP, Congress and JKNPP.

Even in Kashmir, the leadership created by the ruling party against the local leadership are also not being heard.

In fact after 370 abrogation, the socio-educational and economic condition of all including marginalized communities have further deteriorated in J&K. Local BJP leaders as well as, SCSTOBC leaders have been relegated to inferior position and they look helpless.

Prof. G.L. Thapa, while further elaborating on the plights of SCSTOBCs of J&K

said that through this forum for the last so many years, they are putting forth grievances of SCSTOBCS of J&K into the notice of ruling dispensations in terms of betrayal with these communities in the name of extension of all constitutional rights, dictatorship and misgiving of the J&K bureaucracy, harassment of employees at work places, killing of reservation in employments in J&K, in spite of constitutional backing, Non- implementation of Mandal Commission report, wrong report by BC Commission headed by retired justice G.D. Sharma, bias by recruitment agencies.

Er. Joginder Pal, C.R.Munday, Dr. V.D.Triyal, T.C. Bavouria, G.L. Rahi, M.L. Banalia, Haji Fotedar, B.R. Banalia, Abdul Majid Malik, Kewal Fotra, Raj Kumar Bhagat, SardariLal, Romesh Kumar, Vishal Bhagat, Rakesh Attri, Manoj Kumar, Sohan Badgal, Kewal Krishan Fotra, M.R. Bangotra, Sunesh Bhagat, Baldev Raj, Des Raj, Bhadur Lai, R.C. Bhasin and many others attended the Press Conference.

Address people's issues to alleviate their suffering on priority: Jan

TOP NEWS REPORT

leader urged.

POONCH, Jun 26: The Provincial President Youth of Jammu and Kashmir National Conference, Jammu region, Ajaz Jan visited Village Arai in Mandi Tehsil of district Poonch and participated in the Urs.

On the occasion, Sayeed Perr Anayat Bukhari prayed for peace and progress of the country in general and J&K in particular. Jan also prayed for the longevity of Dr Farooq Abdullah and Omar Abdullah, former Chief Ministers of Jammu and Kashmir. Many people from across Jammu and Kashmir participated in the Urs.

After that, Jan visited Village Barachar (Markot) and inspected the newly constructed road in the village. He mentioned that the road work in Village Barachar was started in 2009 during the regime of National Conference but was halted due to severe reason. The work was finally completed in 2023. The people of Village Barachar expressed their gratitude to the former MLA for this accomplishment and said that they can finally use the road to reach the village.
During the interaction with people of Village Barachar, Jan noted that people there are not receiving ration for a long time for BPL fami-

Substandard material is being used in laying PHE pipes. The water pipes are also not being laid as per the specification in Mandi and Poonch Furthermore, he raised concerned over the deplorable condition of roads in remote areas of district Poonch.

Jan also noted that people residing in far-flung areas were still struggling for basic necessities like water, electricity, and health-care. He criticized the government for not taking people's issues seriously. He observed that the administration was in deep slumber and no one was taking care of the people's issues.

Jan appealed to the Lt Governor to take note of people's issues and issue necessary directions to the appropriate authority concerned to address the grievances without further delay.

Those who accompanied are Mohamad Rustam, Mohd Bashir, Khalil Chowan sarpanch and Shamim Shah Naib Sarpanch.

Tarun honoured with International Yog Bharti Award 2023

TOP NEWS REPORT

JAMMU, Jun 26: Tarun Sharma honoured with International Yog Bharti Award 2023 by Sahara Charitable Trust. Tarun Sharma is an active social worker, founder and President of Nat Manch, actor, Director, Writer, renowned Martial artist and also

actively associated with various Social

, cultural and Sports organizations.

He is working for the welfare of society on various issues like Plastic Waste Management Programme, Blood donations, free medical camps, Swacch Bharat Abhiyan, plantation drives, Save water, creating awareness for improvement of the status of women, free coaching classes to poor students, free self defence training for girl child & women, drugs awareness camp with theme "Say No to Drugs" and environ-

mental awareness programmes. In the pandemic time of COVID-19, he did an excellent humanitarian service for the welfare of society by his work.



Till now he has donated 11 times blood and planted more than 2000 saplings. Tarun Sharma honoured for best Yoga , Social work and accomplishments demonstrated in his lifetime career.

Tarun Sharma said that he will continue his work for the welfare of the society till his last breath and try to work in all those sectors where the society need us. Tarun sharma thank to Sahara Charitable Trust for this bonour

Harsh Dev serious contender for J&K Chief Minister: Ankit

TOP NEWS REPORT

UDHAMPUR, Jun 26: Ankit Love, chief patron of Jammu and Kashmir National Panthers Party (JKNPP), praised Harsh Dev Singh, state president of JKNPP, for leading brave protests in Udhampur over the weekend despite the heat wave.

Love said that "Harsh Dev Singh was by far the best man alive to be the next Chief Minister of Jammu and Kashmir. Harsh Dev actually cares for the people from the bottom of his heart, and has been fearless in his pursuit for justice and infrastructural develop-

ments across J&K."
Harsh Dev led hundreds of JKNPP members through the streets and bazars of Udhampur on Saturday.

Despite the scorching summer heat, they passionately chanted against growing failures of the government. The procession made stops at the PHE department and Power department. Where Harsh Dev personally confronted officials, and made them hear individual grievances of protestors including severe power cuts and those being

billed for electricity use, without having received any power connection

whatsoever.

The protestors also brought to attention the abject failure in delivering water supply to remote villages in the district.

The protest concluded with an ad hoc meeting offered by Deputy Commissioner (DC) Sachin Kumar Vaishy, who despite having heavy police guard, respectfully received Harsh Dev and hosted over 150 of the protestors inside the DC secretariat assembly hall.

In a meeting that lasted nearly an hour, a memorandum pertaining to public demands was submitted to DC Vaishy. Harsh Dev and Sachin Kumar Vaishy co-chaired the meeting, allowing members of JKNPP protest present to individually speak and discuss their grievances.

DC Vaishy agreed to provide better sewerage, stray dog recuse and litter collection across Udhampur town, especially at Devika Ghats.

He further agreed to expedite pension payments for a blind man from Haridwar that were over 6 months delayed. Vaishy offered to add more permanent bus routes, clear a back log of MGN-REGA payments form 2017, posting teachers to rural area schools, resolve issues in food ration distribution, and to expedite the repair and construction of dangerous gaps in the mountainous road from Udhampur to Ghordi.

"Only Harsh Dev Singh, has the capacity and experience to deliver results, even with no elected assembly in place. He has served over 18 years as an MLA, and during his visionary tenure as education minister built over 11,000 new schools in just three years, a world record. There is no reason now that Panthers party cannot realistically win enough seats to be a member of a coalition government again. This time there is the serious possibility of at least the first two years of coalition government seeing a Harsh Dev Singh chief ministry, and the first to originate from Udhampur. The people want a change," Love said.

MVO, JMC discusses animal welfare issues with animal activists

TOP NEWS REPORT

JAMMU, Jun 26: MVO, JMC Dr. Sushil Kumar Sharma convened a meeting in his office chamber with animal activist/ lovers/ volunteers who are working day and night for the cause of speechless creatures.

During the meeting threadbare discussions were held on various issues of animal welfare and animals protection rights.

MVO, JMC briefed about the various animal welfare activities being carried out by the JMC and informed that till date more than 33,000

street dogs have been sterilized / vaccinated within JMC limits and during the year 2022-2023, 3190 number of different kinds of stray animals were rescued and treated at MACC, Roop Nagar by the JMC. He sought suggestions and coordination from the animal activist/ lovers/ volunteers for the effective implementation of Animal Birth Control Programme so that dog population of Jammu city can be stabilized in a time bound manner.

In order to implement ABC programme effectively and timely

rescue of sick/ Injured stray animals, it was decided in the meeting that different levels of coordination committees involving animal activist/ lovers/ volunteers and resident welfare associations will be constituted to monitor and supervise these activities at ground level for the better care and welfare of street animals. All these committees will also work to sensitize, inform and educate the community about the effectiveness of ABC programme in helping to reduce the dog population growth as well as in eradicat-

ing rabies in Jammu city. MVO, JMC further disclosed that JMC will soon have the facility of ultrasound, X-ray and blood analyzer for providing better health care diagnostic to the ailing stray animals admitted in MACC, Roop Nagar. Also JMC is going to purchase more number of hydraulic cattle catcher and dog catcher vehicles so that every rescue call can be attended in a time bound manner.

In the meeting various suggestions have also been putforth by the participants for the cause of animal welfare and MVO, JMC assure that JMC

will considered them in a phase manner. All the animal activist/ lovers/ volunteers present in the meeting took plague to work in close coordination with JMC so that sterilization/ vaccination of all the street dog population present in Jammu city could be ensured in a time specific period.

During the meeting Namrata Hakhoo, Founder / Chairman of Street Animal Foundation Trust, Jammu, Retired Colonel Rajeshwar Sabarwal, Animal Right Activist Muneesh Sharma and Anmol Mahajan were also present.

EDITORIAL

CASTEISM-A CURSE

In every society some social arrangements are made to determine the role and status of the members and for social control. These systems are found in some form or the other in every society of the world. The caste system of Indian is a major institution of that social system.

In very ancient times, the caste system was determined in our country according to merit and deeds and it was considered very useful and necessary for social welfare. What was the meaning of Varna at that time and what was the form of that system? There are differences among scholars in this regard. It is certain that India's Varnashram system was created to run life systematically both at the level of individual and society. The division of illusion and duty was his main objective.

In Manusmriti, the representation of the duties of each Varna is available. There is neither a constitution for the rights of the Varnas, nor has there been any discussion of their relative importance. The system aimed at the division of labor has been supported by many thinkers even in the modern period.

After independence, casteism has emerged as a curse. Its disgusting form is visible at the time of elections. Every person declares himself against casteism, curses casteism to the fullest, but while getting votes, he definitely calls out the name of the caste community.

The selection of the candidate for the election is done keeping in mind that how many votes are there for which caste in the concerned constituency and how many votes can be obtained by appealing to the caste-community? A person elected in the name of casteism carries with him a bag of casteism.

He wants to do good to his men on the basis of casteism, demands their representation etc. The caste system which was there before independence has now become casteism. It gave rise to untouchability at the social level. It has a reputation for individual-level untouchability. Castes are ending, casteism is flourishing. The roots of casteism are getting deeper day by day in the name of reservation.

There is no doubt and controversy that many defects have come in the caste system and because of them there have been and continue to be obstacles in social progress, but only by abolishing the caste system, our freedom from all socio-cultural curses is possible. Will not happen.

Our political leaders are giving shelter to casteism behind the shield of opposing the caste system. This is encouraging class antagonism and a kind of civil war is being invited. The events taking place in response to the announcement of the implementation of the recommendations of the Mandal Commission are proof of this.

It is sure that there is no future left for the caste system in its present form, but it should also be understood that to get rid of it, the path of political casteism is neither suitable nor going to give desired results.

Modi's Mission America: The dragon in the room

By: Sanjaya Baru

Two high-level interactions last week between the United States and two major Asian nations will be remembered for some time as marking a new low in America's global standing. First, the visit of US secretary of state Antony Blinken to Beijing and, in particular, his submissive manner in the imperious presence of China's President Xi Jinping. Second, the visit of Prime Minister Narendra Modi to Washington DC and, in particular, the exuberant reception he received, both in the White House and at the

US Congress, despite questions about where India's plural, liberal and secular democracy and its institutions are now headed.

Mr Blinken bowed before Xi and in a subsequent long interaction with the media declared that (a) the United States was not engaged in the geo-economic containment of China; (b) the US sticks firmly to its "One China" policy and does not support Taiwan's independence; (c) that US business leaders he met in Beijing want to "grow their business" in China and that his government would support them; and (e) that the US seeks greater people-to-people interactions, encouraging resumption of travel of tourists and students.

That this happened on the eve of Prime Minister Narendra Modi's visit to the United States may have its own angle, though few have so far linked the two. Perhaps to disabuse Indians of any such thoughts, President Joe Biden balanced out Mr Blinken's gestures by calling President Xi a "dictator". That may have satisfied some Indians who are now desperately trying to ignore the thaw in US-

China relations, but then they could not ignore former US President Barack Obama calling out the Modi government for its treatment of the minorities and their attitude to democratic freedoms at home.

Whatever reservations American political leaders may have about Mr Modi's Hindutva, their fear of a rising China and the Eurasian alliance of China and Russia have prompted them to reach out to India. In 1998 President Bill Clinton had no hesitation sharing with his Chinese counterparts a confidential communication from Prime Minister Atal Behari Vajpayee that named China as the nuclear adversary that prompted India's decision to come out of the nuclear closet. This pleased Beijing and embarrassed New Delhi.

During President Barack Obama's first term in office a senior state department official told me, expecting I would convey this to Prime Minister Manmohan Singh, that India should "get real about China". He meant come to terms with China's progress and power, and the consequent gap between the two Asian neighbours, and not pretend to be in the same league. When President Biden met Prime Minister Modi in the White House's Oval Office, the dragon loomed so large that the US was ready to open its treasure chests to India.

The "deliverables", as they are called, from the Modi visit are significant and of value to India. At what price and on what terms these deliverables will be delivered remains to be seen.

Equally relevant would be how resourceful Indian engineers and technologists would be in accessing these technologies, in "learning by doing", and ultimately making India more self-reliant and less dependent on the US or any other country for that matter. Can US-India "co-production" eventually help make India truly "atma nirbhar"? That would be the Indian objective, as indeed it was China's when the United States and China were allies. Would the US make the "mistake" with India that it made with China, namely, make the technologically dependent eventually independent?

That would, however, depend on the quality of investment India would make in becoming a more self-reliant technological power. Prime Minister Modi very grandly declared that AI stands for "America and India" cooperation in the field of "artificial intelligence". It is not clear whether such cooperation would in fact empower India by contributing to its "atma nirbharata" or would merely increase the flow of bright young Indians to research institutions in the United States

One of the odd things about the Indian demand on the US government for increased visas is that it in fact facilitates the "brain drain" out of India with little reverse flow from the US to India. The thousands who cheer Prime Minister Modi every time he goes to the US are quite happy to remain in the US, contributing to America's "atma nirbharta" in dealing with a rising China. Their patriotism ends with chanting mantras and slogans.

Important as the new agreements are, one must recognise that there is a fundamental difference between the "historic" significance of what Prime Minister Manmohan Singh was able to achieve in 2006 and what Mr Modi has done

through this visit to the US. Sealing a defence and technology deal where the US plugs gaps in India that a half century of domestic effort has not been able to, as in the development of the jet engine, is so obviously different from getting the US to come to terms with India's indigenous effort in emerging as a nuclear power.

The deliverables from Mr Modi's visit to Washington DC, that commit the US to helping India become a more robust technological and defence power, are what the US can do for India in facilitating India's rise as a geo-economic power. India becoming a nuclear weapons power, and indeed space power, was about what India could do on its own to emerge as a global geopolitical entity. The global community came to respect India for the latter. It will view the former with sympathy, knowing well that India remains wary of the dragon in its neighbourhood.

If in the coming decade the Indian political, administrative, business and intellectual leadership make good use of the opportunity presented by Western concern with the rise of China, in the manner in which the Chinese leadership used Western concern about the power and influence of the former Soviet Union in the 1970s and 1980s, then this could be a decade of opportunity for India. On the other hand, if we persist with policies that accentuate inequities and inequalities, divide society along ethnic, caste, communal and linguistic lines, and encourage Indian talent and enterprise to migrate to the West, even the best of bilateral relationships can do little for India's development.

Padma Shris for 2 British friends; 'poor' Boris can't come to House

By: Kishwar Desai

Just when the Indian tourists were getting used to our scorching summer, it rained. Not much — but enough to restore our faith in the whimsical English weather. Rain did not prevent the Indian cricket team from losing. But then the English team lost as well to Australia. So normality was restored.

There was a lovely open air gathering at the Taj in London to meet the delegates from the CII with a full-fledged presence from the UK side as well. The Indian high commissioner, Vikram Doraiswamy, was there, as was the House of Lords Foreign Office Minister, Lord Tariq Ahmad, who told us about his visit to Jodhpur where his grandfather came from. Another Partition narrative!

We have also had a lecture by Shashi Tharoor, MP, as well as a visit by Karan Johar. These events were both held in the committee rooms of Parliament and well attended. So, it is all systems go. It is an Indian summer out here, yet again.

The Indian high commission had an impressive ceremony to bestow Padma Shri awards on two British friends of India. They were the late Peter Brook who was a theatre genius and producer as well as a film maker. Peter Brook also made the memorable dramatisation of the

Mahabharata 25 years ago. The high commissioner introduced Simon Brook, son of Peter Brook who received the award on his father's behalf.

The other Padma Shri was given to Barry Gardiner, MP, who has been promoting Indo-British friendship in the UK Parliament. Barry, a Labour MP, has been our friend for some years. He gave a nice speech on the appreciation he has for India and the brighter prospect for the friendship as Labour Party is expecting to win the next election in 2024.

The programme also had excellent music on the violin, sarangi and tabla.

What is it about the tragic Titanic wreck that keeps the imagination going - and for people to try to find more answers about it? The ship sank in 1912, more than 110 years ago and 1,500 lives were lost. But the recent explorative trip in the Titan during which British businessmen Hamish Harding and Shahzada Dawood died in an implosion has its own romantic horror. To add to the irony, they paid \$250,000 each to be on that journey. An expensive and needless death leading to hours spent speculating over what their last moments may have been like, two miles below sea level. Many have now stated that this was a horrible misadventure, a catastrophe they could have predicted, but as the investigations proceed – will it stop others from being fascinated by the original Titanic and now the Titan? Probably a film is already in the offing linking the two disasters.

But our economy and politics are also in trouble over the last few months. Inflation is persistent, interest rates are high and somehow it is difficult for Prime Minister Rishi Sunak to give any good "bad" news, except when it concerns former Prime Ministers. Strikes continue in rail transport and now even among doctors. Inflation has put up the mortgage rates people pay for their houses and this has caused much trouble.

And now we have, as a distraction, the astonishing and sad saga of Boris Johnson, a former Prime Minister, being charged with having lied to Parliament and suspended for 90 days. This was linked to office parties held as is often the case on Fridays, at the end of work hours and birthdays and farewell occasions for colleagues.

The problem was that these were held during the pandemic when the government had asked all people to observe social distancing. So the Prime Minister not only broke his own rules but then said he had not done so when asked in Parliament. This was a serious breach. A parliamentary committee was tasked to examine this and concluded that the Prime Minister had indeed

lied. Anticipating trouble, Mr Johnson had already resigned as MP. It was a rare piece of political theatre. No doubt someone will make a play out of it and — it will be in the West End perhaps as a musical before long! We have not had a Prime Minister expelled from Parliament ever before.

He has even been denied the parliamentary pass which ex-MPs automatically get so they can revisit their old haunts. Somehow this last seems far too vindictive — as many who attended the parties are not being treated in the same manner. But then, they were not asked in Parliament about it.

We have had a very unusual anniversary to celebrate this week. Seventy-five years ago, a large ship, Windrush, brought many people from the West Indies to settle and work in UK. They were all, of course, Black. They arrived full of hope. They had been loyal subjects of the Empire and some had even served in the War. But the first 25 years were difficult for them as racism was rife. Now — they have settled and London as well as the rest of the country has become much more tolerant. The Caribbean presence is everywhere - in Parliament, in the arts, in universities. The same can be said of Indian immigrants who came from East Africa 50 years ago. London is a multi-racial, multi-coloured city.

GDC Kathua observes International Day against Drug Abuse & Illicit trafficking



TOP NEWS REPORT

KATHUA, Jun 26: On the occasion of International Day against Drug Abuse and Illicit trafficking a pledge taking ceremony and informative lecture was organised in the college premises.

Before taking pledge NSS volunteers and students were apprised with the menace of drug abuse in the society.

On this occasion, Senior Most NSS Prog officer Prof Manmohan Singh delivered an informative lecture regarding drug abuse and its ill effects.

In his address to the volunteers and students, he apprised them with the importance of the day.

He said that International Day against Drug Abuse and Illicit Trafficking, or World Drug Day, is marked on 26 June every year to strengthen action and cooperation in achieving a world free of drug abuse. The aim of this year's cam-

Khyber Cement announce

paign is to raise awareness about the importance of treating people who use drugs with respect and empathy; providing evidencebased, voluntary services for all; offering alternatives to punishment; prioritizing prevention; and leading with compassion.

The campaign also aims to combat stigma and discrimination against people who use drugs by promoting language and attitudes that are respectful and non-judg-

He further added that this year World Drug Day is a call to raise awareness about the negative impact of stigma and discrimination on people who use drugs and their families, raise awareness about the AIDS and hepatitis epidemics among people who use drugs and expand and strengthen HIV and hepatitis prevention programmes, promote evidence-based, voluntary services for all people who use drugs, educate about drug use disorders, available treatments and the importance of early intervention and support, advocate for alternatives to imprisonment for drugrelated crimes, such as community-based treatment and services, combat stigma and discrimination by promoting language and attitudes that are respectful and nonjudgmental and empower young people and communities to prevent drug use and addiction.

Volunteers and students took pledge and committed to carry forward this campaign in their localities also. An appeal to become youth ambassador for this campaign was also offered to the vol-

Pledge was read out by Senior Most NSS Volunteer Umesh Sharma. The event was organised under the patronage of Principal Prof Seema Mir and supervised by

1st win registered by fearless Knight **Team at Sports Stadium Bulandpur**

TOP NEWS REPORT

DODA, Jun 26: The match played between Fearless Knight Team and Assar Team At Sports Stadium Bulandpur.

The Assar team Captain won the toss elect to bat first, and set a target 97 runs in 10 overs in front of the Fearless Knight Team.

Vikas Captain Manhas and Ashok Sharma handled the innings to open for the Fearless Knight team, after. Vikas Manhas scored 25 runs in 9 balls, Ashok Sharma scored 32 runs in 11 balls , Salaman Sheikh scored 7 runs in 03 balls Shakeel Mir scored 5 runs in 3 balls

, Harjot Singh 8 runs in 3 balls and Sonu Sharma remained not out in his innings he scored 11 runs in 03 balls and Ashok Sharma was awarded a Man of the Match he

scored 32 runs. When the Fearless Knight Team was Bowling, Harjot Singh took 1 wickets in 2 overs and gave 18 runs. Sonu Sharma gave 14 runs in 2 overs and

er he not out, Surinder 2 scored in 4 balls, for his team.

Just like that, the Fearless Knight Team said that we will keep contributing to our team and we will win upcoming matches in this Bulandpur Cricket Tournament . The Fearless Knight team had a great victory in which they won match and registered first match at Sports Stadium Bulandpur, Firdous Ahmed organizer told that we are conductthem from 1994 to til date and children from different places come here to play. Bulandpur is a beautiful place where there is a dense forest around and many people come here for sightseeing and people who just enjoy cricket come here. Organizer Firdous Ahmed said that if the Doda administration invests some money here and builds a better stadium, then in the coming times the children here would be seen playing in the IPL

or growing up.

NSS Program officers Prof Manmohan Singh, Dr Suresh Sharma and Dr Neha Bandral. Leprosy awareness programme

mega plantation drive

TOP NEWS REPORT SRINAGAR, Jun 26: Cement Company Takes Strides Towards Sustainability, Contributing to Climate Change Mitigation and Biodiversity Conservation in Kashmir Valley by aiming to plant over

50,000 trees.

After successfully planting over 25,000 trees in the Khanmoh region of Kashmir, Khyber Cement, a leading company in the cement industry, has recently announced a mega tree plantation initiative in Jammu & Kashmir. The company now aims to up the game and aims to plant over 50,000 trees in the scenic Kashmir Valley, specifically in Khanmoh village, Srinagar. This ambitious

project is driven by Khyber Cement's commitment to mitigating the adverse effects of

climate change.

The company firmly believes in adopting community-centered solutions that genuinely address social, environmental, and ethical challenges. By doing so, they aim to create shared value, foster trust, and enhance the overall well-being of society.

Umar Tramboo, the Director of Khyber Cement, expressed his enthusiasm for the mega plantation drive, emphasizing the company's dedication to restoring lush landscapes, preserving biodiversity, and combating the negative impacts of climate change.

held at Gandoh **TOP NEWS REPORT**

DODA, Jun 26: To raise awareness about Leprosy eradication, the District Leprosy Society Doda on Monday organized an awareness programme at Village Bhatyas and Jakyas in Medica Block Gandoh District Doda.

The awareness programme was held under the supervision of Chief Medical Officer Doda Dr Ab Hamid Zargar, whereas the team from CMO Office Doda was headed by Medical Officer Leprosy Dr Javed Ahmed Parray along with staff from District Leprosy Unit Doda.

During the camp, the team visited the house of suspected cases for their follow up and

further management besides screening of suspected cases were also done by the team on the occasion.

Dr Javed Ahmed Parray and Surinder Singh Bijyal (PMA Supervisor) while speaking on the occasion informed the public that the main objective of organizing awareness programme is to create awareness among masses on Leprosy, to reduce stigma and discrimination in community and for early detection of Leprosy cases. They sensitized the people that Leprosy disease is totally curable at all stages and is not a communicable disease and signs and symptoms help to detect the

Leprosy cases. The department also distributed Information Education and Communication material on the disease among the general public.

On this occasion, the staff of NTPHC Jakyas including Medical Officer Dr Farhat Abass also extended their support in making the awareness camp successful.

took 1 wickets, Ravi

gave 14 runs in 2

overs taken 1 wicket.

Shakeel Mir gave 28

runs in 2 overs and no

wickets found, Naveen

gave 11 in12 overs

and No wicket found,

Salman Sheikh Gave

11 runs in 1 overs

taken 1 wicket this was

Fearless Knight Team

Yasir Butt 39 runs in

21 balls while opening

for the Assar team,

Jaffer scored 31 runs

for his team and got

out, Kamran 18 runs

for his team and wheth-

bowling performance

Those who were part of the team included Surinder Singh Bijyal (PMA Supervisor), Ram Raj (PMA), besides Joginder Singh (PMA), Shafqat Hussain (MTS) and concerned Staff of NTPHC Jakyas and ASHAs of the area.

Free Medical camp held

TOP NEWS REPORT

ing this tournament on

HANDWARA, Jun 26: A Medical camp was organized by Department of Ayush, Kupwara in collaboration with Army Camp Magam at YC Magam as a unique gesture to alleviate hardships of local populace from remote areas of North Kashmir's Kupwara district. Magam Army Camp of Indian Army and Department of Ayush came together to conduct a medical camp for local people of Magam, Nilipora and surrounding areas which was inaugurated by District Ayush Officer Dr Farooq

The camp was organized at Magam Nau Jawan Club wherein 08 Medical Officers, 01 Homeopathy Doctor, 01 Gynaecologist Doctor and 01 Pediatric Doctor from Department of Ayush, Kupwara worked tirelessly

to provide medical support to 258 patients including 130 males, 65 females and 63 children. Besides routine medical checkup, special emphasis was laid on screening people for Tuberculosis, Diabetes and Anemia screening in vulnerable age groups for life style diseases. Cupping Therapy was given to Locals having musculoskeletal disorders.

Besides medical consultations from the Medical Officers and check-ups, medicines were also provided to the people free of cost. Advise and awareness drive on Herbal medicines, COVID, AIDS, Tuberculosis, Family planning and Immunisation was also imparted. Community leaders expressed their satisfaction and happiness over the initiative taken by Indian Army and Department of Ayush, Kupwara.

DAK holds condolence meet to mourn demise of Dr Gulzar

TOP NEWS REPORT

SRINAGAR, Jun 26: Doctors Association Kashmir (DAK) on Monday held a condolence meeting at Government Medical College (GMC) Srinagar to mourn the sad demise of noted Gastroenterologist Dr Gulzar Ahmad Dar who breathed his last yesterday at SKIMS hospital. He was 42.

Paying rich tributes to the deceased, DAK members prayed for eternal peace to the departed soul and expressed heartfelt sympathies to the bereaved family.

Saddened over the death, President DAK Dr Nisar ul Hassan said medical fraternity stands in solidarity with the bereaved family in this moment of grief.

He said it is a great loss to the medical fraternity and his death has resulted in a great void in the field of medi-

A medical luminary, Dr Gulzar had graduunderwent post graduation in medicine from SKIMS and after completing his DM was working as Assistant Professor in the department of gastroenterology at SKIMS hospital. The DAK President

ated from GMC Jammu,

said Dr Gulzar was a compassionate and empathetic doctor and had attained great respect from his patients.

"His contributions in the field of medicine will be remembered for a long time," he said.

Calling the death as an irreparable loss, Dr Hassan said medical fraternity has lost a gem of a person in the demise of Dr Gulzar.

Born in Boh Noorabad Kulgam, Dr Gulzar was a man of impeccable integrity.

"He was a noble soul and always stood a helping hand to the needy and poor. He will be sorely remembered by everyone whose lives he touched," said Dr Nisar.

CMO Doda reviews progress of health indicators

TOP NEWS REPORT

DODA. Jun 26: The Chief Medical Officer Doda Dr Ab Hamid Zargar on Monday convened a meeting of BMOs and other health staff of the District to review the progress of different indicators of health facilities in the district.

Earlier, the DPM Doda Jahangir Mehta and Mohammad Faheem (District Finance & Logistic Consultant) gave a detailed powerpoint presentation and highlighted the targets and achievements under various parameters of the health department in the district.

The CMO reviewed threadbare various issues pertaining to achievement of targets with regard to health and took a detailed work wise review of all health parameters including e-Sahaj, HMIS RCH, Branding Status of HWCs under Ayushman Bharat, RBSK, NQAS, NP-NCD, IHIP IDSP etc

The CMO after reviewing present status of health indicators, directed the BMOs and other concerned to work with added dedication and achieve cent percent targets.

He also asked the concerned to update the timely data on all health portal besides ensure timely reporting of each health formats. Further CMO Doda, asked the



BMOs to take extra efforts to strengthen the health institutions they are heading and directed them to ensure smooth functioning of all men and machinery available in their hospitals.

The CMO urged upon health functionaries to come up to the expectation of the patients and focus on quality assurance, accessible, affordable healthcare in the

Further, the CMO Doda said that health care is the top most priority and advised the health staff to uphold the grace of this noble profession, the BMOs were directed to ensure functionality of all staff to deliver their best services in their respective areas.

Among others present in the present were BMO Assar Dr Tanveer Ahmed, BMO Gandoh Dr Ghansham Singh, Dr Javed Parray, DPM NHM Jahangir Mehta, Ashiq Hussain (DAC), Mohd Faheem (I/c NCD), Rishi Kumar Pandita (Head Phst), C K Shan (DMEO NHM), Mashhood Latif (BMEO Ghat), Irfan Thukar (BMEO Thathri) and Faizan A Tramboo (Distt. Media Coordinator).

LLB 1st Semester students demand fair treatment and completion of Constitutional Law Syllabus

TOP NEWS REPORT JAMMU, Jun 26: The

students enrolled in the LLB 1st semester at the esteemed Department of Law, Jammu University, have come forward with serious concerns regarding their constitutional law course. It has been alleged that since the commencement of the semester, their assigned teacher for constitutional law has failed to conduct any classes, leaving the students without proper guidance and instruc-

tion in this vital subject. Despite repeated pleas to the department and the Vice Chancellor, the students have been deprived of an alternative faculty member to address their academic needs. Incredibly, the Department of Law is now proceeding to announce

the datesheet for the 1st semester exams, which are set to commence on 18th July, without ensuring the completion of the constitutional law

syllabus. The students believe that this situation is highly unjust and compromises their academic progress and overall learning experience. It is their firm belief that examinations should only be conducted after the necessary classes have been completed and adequate instruction has been provided to enable them to perform to the best of their abilities.

In light of these concerns, the students of the Department of Law humbly request the administration of Jammu University to take immediate action to address the demands.

Figure it out: Walk some, swim a little, lift shopping bags and eat wisely, celebs spell out tips and tricks to keep fit while on a summer vacay

GOOD things come to those who sweat, they say. But in the summer, when one is perspiring continuously, it gets tough to maintain the motivation level to workout. Couple it with summer travel plans, it's a double whammy for the weak willed. Worry not, we ask celebs how they maintain their envious fitness levels through the sun, rain and summer vacay!

Do it smartly

Summer days are hot and humid and maintaining fitness is all about exercising smartly. I choose to train indoors or if outdoors, then it's only swimming. I also reduce the intensity of my workouts. I do shorter cardio sessions and focus more on stretching and mobility. I am a true water baby and love pool workouts.

I do not diet on vacations, but I am very mindful about what I eat. I am active through the day and I walk as much as possible. I guess that does it for me. Also, I like to carry my own shopping bags, now that's a great workout on vacations! My body is conditioned today after years of discipline. I can now comfortably take a few days off here and there and not worry too much about gaining weight or losing muscle. I know when I get back I will train hard and be back in a couple of days. —Shefali Jariwala

Gymming and dieting

I drink lot of water to keep myself hydrated. I eat light and exercise at least four times in a week. Outdoor workouts are



difficult due to heavy rains in Mumbai. So, mostly it's gyms. On non-rainy days I go for walks. I maintain my routine while I am travelling. Most hotels have well-equipped gyms and almost all hotels have gardens too where one can walk. If I eat a proper lunch then it's just soup or salad at dinner time. — Sanchita Banerjee

Salad days are here

The monsoon brings heat and humidity, and also plenty of fresh juices, fruits and salads. Before you think of workout, it's important to be hydrated. Also, wear light clothing to prevent excessive sweating as it drains your energy. Training outdoor in hot and humid climate may cause

sun stroke or heat stroke. So, I prefer to workout indoors. My exercise includes working out in the gym, dance classes and MMA training. I always carry my food measuring scale along with me whenever I travel so that I know how much I am eating. Enjoy the travel, but don't use it as an excuse to pile on calories.

-Ruhaan Saapru Sweat it out

In the summer, it is easier to stay fit because when you do any form of cardio, you sweat a lot. I like to work out in open spaces than air-conditioned gyms. It feels refreshing post a good sweat-out session. I am a vegetarian and that helps me to maintain my food intake when I

am travelling. The most important thing is to sleep well. Good metabolism is the key to burn fat. Good sleep and the right diet along with a good moderate workout is the key to maintaining good fitness. —Sudhanshu Pandey

Rely on discipline

Hot and humid days are indeed uncomfortable but it's still better than the extreme dry heat of Dubai where I was. Not only an actor but everyone, irrespective of age, should try to stay fit and healthy. I do meditation and yoga at home and exercise at the gym. All my fitness routines are indoors largely. While travelling I make sure to visit the hotel gym. My diet consists of lots of fruits, salads and regular protein shakes. My fluid intake becomes much more during the summer. Self-discipline is the only way to stay fit. One must ensure to continue with daily fitness regime and eat the right food. It's important to keep yourself properly hydrated. —Lokit Phulwani

Mixing yoga with cardio

I try to follow a comprehensive fitness plan. I do a mix of yoga and gym three days each to ensure body flexibility. I never take any artificial supplements. I have only real protein which you get in paneer and sprouts. Despite being a vegetarian, I manage to have all necessary proteins and vitamins. I do a full body health check up every six months. Meditation is a beautiful way to calm yourself. —Nikhil Nanda

Billie Eilish opens up about being hurt by body-shaming critics



Singer-songwriter Billie Eilish has shared that cruel comments about her body have dented her confidence and that her younger self would not have been able to cope if she had discovered fame earlier. The 21-year-

old American singersongwriter has been in the spotlight since 2016 when she was just

14-years-old. But being in the public eye has seen Billie being subjected to vicious and cruel comments about her appearance over the years. Hitting back at some of the criticism, the No Time To Die singer admits that body shaming and bitter comments have left her feeling hurt.

During an interview, she said: "I don't even know. It's tough, man. Honestly, nobody can say anything about my body that I don't have a stronger opinion about. I also think that if I was younger, like if the internet talked about me the way they do now when I was like 11, I don't think I would be able to exist, to be honest." She added: "I like myself more than I used to, and I'm more interested in how I feel than how they feel."

She explained that she tried to find a balance away from the toxic comments by spending time with her friends and walking her dogs. Billie previously explained that removing social media apps from her phone had also helped her navigate the abuse that is directed towards her online.

She previously said on the Conan O'Brien Needs A Friend podcast: "I don't look at it anymore. I deleted it all off my phone, which is such a huge deal for me."

Ruhi Singh receives love and appreciation from fans for her performance in Social Currency

Ruhi Singh's performance in Netflix's Social Currency has captivated the audience.

In response to the overwhelming love from fans, Ruhi says, "I am deeply touched by the incredible support and messages from fans all over the world. Your kind words mean the world to me. Social Currency was an incredible experience, and I'm overwhelmed with the love you have shown me. Thank you for believing in me, and I will continue to work hard and strive to bring you more captivating performances in the future.'



Kamal Haasan joins Project K team

Taking to Instagram, Prabhas, on Sunday shared an announcement video of the Vikram actor joining the cast of Project K.

He captioned the video, "A moment that will be etched in my heart forever. Honored beyond words to collaborate with the legendary @ikamalhaasan sir in #ProjectK. The opportunity to learn and grow alongside such a titan of cinema is a dream come true moment." Helmed by Nag Ashwin, the film s all set to hit the theatres or January 12, 2024.

Confirming the news, Haasan said in an official statement, "Fifty years back when I was a dance assistant and an assistant director the name Ashwini Dutt loomed large in the production sector. Both of us are coming together after 50 years. A brilliant director from our next generation is at the helm. My costars Prabhas and Deepika are



also of that generation. I have worked with Amit ji before. Yet, every time it feels like the first time. Amit ji keeps reinventing

himself. I am also emulating that inventive process. I am eagerly waiting for Project K. Whatever position the audience place me

at, my primary quality is that I am a film buff. That quality will keep applauding any new attempt in my industry. Let mine be the first applause for Project K. With our director Nag Ashwin's vision I am sure that applause will echo across our country and the world of cinema.'

Director Nag Ashwin also shared his excitement about Kamal Haasan joining the cast of the film. He said, "For an actor like Kamal sir, who has done so many iconic roles, it's a huge honour to attempt to do some thing new. We are all super excited and privileged that he agreed to come onboard and complete our world."

Project K is a bilingual film shot simultaneously in two languages i.e Hindi and Telugu across various locations. The film will also mark Deepika's debut in the Telugu film market.

Disha Patani is also a part of Project K.

Olivia Colman in talks to join Paddington 3



Oscar-winning actor to join the cast of Pad-Olivia Colman is likely dington 3. Ben Whishaw

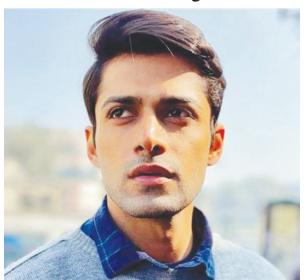
has long voiced the titular bear, who in the past films was seen getting into adventures with the Brown family.

Exact plot details are being kept under wraps but the movie will see Paddington travel from his home in London to his native home of 'darkest Peru. Olivia's character will run a retirement home for bears in

Paddington in Peru will be the feature debut of Dougal Wilson, the award-winning commercial and music video director. The shooting will take place in London and Peru.

StudioCanal will release Paddington in Peru in the U.K., France, Australia/New Zealand, Germany, Benelux, and Poland. Sony Pictures holds rights for the rest of the world, excluding Russia, China and Japan.

Mohit Kumar joins the cast of Sony SAB's Vanshaj



Sony SAB's family drama, Vanshaj, gives the viewers a glimpse into the extravagant lifestyle of the Mahajan family. Mohit Kumar will soon be introduced to the show as the rebellious son of Vidur (played by Aliraza Namdar). Vidur is the right-hand man of the Mahajan family and is known for his loyalty. In contrast, despite being raised amidst the Mahajan family, Neil harbours a deep-rooted hatred towards them.

Talking about his role, Mohit Kumar says, "Neil is a rebel but shares a unique bond with his father, Vidur, and although they mean the world to each other, their loyalties differ. I am eagerly looking forward to bringing the various facets of Neil's character to life."

Reena Kapoor remembers her engagement day

Star Bharat's Ashao Ka Savera... Dheere Dheere Se narrates the stories of women in society, especially those who are widows. Actress Reena Kapoor plays the character of Bhavna in the show. While shooting for a particular proposal scene, Reena remembered an incident from her personal life. She says, "I have a

funny memory of my engagement ring. I am a little practical, but my husband is romantic. I had an arranged marriage, and when we both had to buy rings for each other, the discussion started on what size and design to buy, so I said, instead of getting stuck in these rounds, my husband should buy his ring from Delhi and I'll buy mine from Mumbai, and we will wear them on the day of engagement.

After our conversa-



tion, we called each other the next morning and thought it would be really awkward for us to buy our own rings."

Since then, she has never taken her ring off. She adds, "Even if I am shooting a scene, I somehow hide it well."

PM Modi chairs high-level meeting on Manipur

Sources say the meeting takes place after Union Home Minister Amit Shah briefs PM Modi about the developments relating to Manipur

NEW DELHI, Jun 26 (Agencies): Prime Minister Narendra Modi, soon after his arrival from his two-nation (US and Egypt) visit, on Monday chaired a highlevel meeting on the prevailing situation in Manipur.

Sources said the meeting took place after Union Home Minister Amit Shah briefed PM Modi about the developments relating to Manipur.

Sources said the meeting presided over by PM Modi was attended by senior cabinet ministers, including Nirmala Sitharaman and Hardeep Puri besides Union Home Minister



Shah. Senior officials of the Union Ministry of Home Affairs (MHA) and intelligence agencies were also present, they

Shah's briefing to PM Modi comes a day after Manipur CM N Biren Singh met Shah on Sunday. During this, Singh had said that the situation in the state is now under control and would improve soon.

Shah had emphasised the importance of peace in the entire Manipur during that meeting. Singh tweeted after their meeting that the home minister "assured that the central government will take all possible steps to bring normalcy in Mani-

Before that an all-party meeting on the Manipur violence was held on Saturday wherein the Opposition criticised Modi for travelling while violence in Manipur continued.

NEW DELHI, Jun 26 (Agencies): Union Home Minister Amit Shah on Monday asserted that the Narendra Modi government will root out the menace of drugs from India and will not allow the smuggling of narcotics through the country.

In a video message on the International Day Against Drug Abuse, Shah said the home ministry has adopted a zero-tolerance policy against narcotics and the results of this approach have started coming in.

Shah said, "We have

Modi govt to root out drugs

says Amit Shah

from India; not allow smuggling

of narcotics through country,

decided that we will not allow any kind of narcotics trade in India nor will we allow any drugs to be smuggled through India."

He further said, "I fully believe that with coordinated efforts, we will be successful in rooting out the menace of drugs

and achieve our goal of a drugs-free India. We will not rest until this fight against drugs is won."

The war against drugs has been continuing, Shah said, and because of this coordinated action, narcotics worth Rs 22,000 crore were seized between 2014 and 2022. This is 30 times higher than the drugs worth Rs 768 crore that was seized between 2006 and 2013, he added.

He said cases against drug peddlers have increased by 181 per cent -- from 1,257 cases between 2006 and 2013 to 3,544 between 2014 and 2022.

Besides, he said, six lakh kilogrammes of drugs have been destroyed in the country since June 2022.

PM to flag off five Vande Bharat Express trains tomorrow

NEW DELHI, Jun 26 (Agencies): Prime Minister Narendra Modi will flag off five Vande Bharat Express trains at a public programme organised at Bhopal's Rani Kamalapati Railway Station on Tuesday.

The five Vande Bharat trains include Rani Kamalapati-Jabalpur Vande Bharat Express, Khajuraho-Bhopal-Indore Vande Bharat Express, Madgaon (Goa)-Mumbai Vande Bharat Express, Dharwad-BengaluruVande Bharat Express, and Hatia-PatnaVande Bharat Express.

Rani Kamalapati-Jabalpur Vande Bharat Express will connect

Mahakaushal Region (Jabalpur) to the Central Region (Bhopal) of Madhya Pradesh. With improved connectivity, tourist places like Bheraghat, Pachmarhi, Satpura will also be benefitted. The train will be faster by about thirty minutes as compared to the existing fastest train

in the route. Enhancing the connectivity of Malwa Region (Indore) and Bundelkhand Region (Khajuraho) to Central Region (Bhopal), the Khajuraho-Bhopal-Indore Vande Bharat Express will benefit important tourist sites like Mahakaleshwar, Mandu, Maheshwar,

Khajuraho and Panna. The train will be about two hours and thirty minutes faster than the fastest existing train on the route.

Meanwhile, the Madg-

aon (Goa)-Mumbai Vande Bharat Express will be Goa's first Vande Bharat Express, which will run between Mumbai's Chhatrapati Shivaji Maharaj Terminus and Goa's Madgaon station. It will help save about one hour of journey time, when compared with the current fastest train connecting the two places.

Dharwad-Bengaluru Vande Bharat Expresswill connect three important cities in Karnataka



- Dharwad, Hubballi and Davangere, with state capital Bengaluru; benefitting tourists, students, industrialists and others in the region.

Compared to the existing fastest train in the route, this train will be faster by about thirty minutes.

Meanwhile, Hatia-Patna Vande Bharat

Express will be the first Vande Bharat for Jharkhand and Bihar. Enhancing connectivity between Patna and Ranchi, the train will be a boon for commuters. It will help save about one hour and twenty five minutes journey time, when compared with the current fastest train connecting the two places.

Electricity usage above 200 units in Delhi to cost more, Atishi slams Centre

People of Delhi get free electricity on monthly consumption of 200 units

NEW DELHI, Jun 26 (Agencies): Power consumers in Delhi with monthly usage of over 200 units will have to pay more after an 8 per cent hike in the power purchase adjustment cost (PPAC), prompting Minister Atishi to allege that electricity is getting costlier in the city due to the Centre's "mismanagement".

Atishi, the power minister in the city government, told reporters on Monday that the hike will not impact consumers whose electricity consumption is 200 units or below. There will be an 8 per cent hike in PPAC surcharge in power bills of those consumers who do not get subsidy, she said.

"I just want to tell the consumers that only the Centre is responsible for this hike. It has forced the use of imported coal, which is 10 times costlier than domestic coal. This is despite no lack of coal mines or availability of coal in the country," she said. The PPAC is revised every



three months and it can increase or decrease depending on the prevailing prices of fuel such as coal and gas used in power generation.

Harish Khurana, the BJP's Delhi unit spokesperson, however, blamed the hike on a "nexus" between the discoms and the AAP government.

"The AAP is shamelessly claiming that the PPAC increases in the summer and decreases in the winter every year. The reality is that the PPAC was hiked from 16 per cent to 22 per cent last year and it has again been hiked," Khurana claimed.

The people of Delhi get free electricity on monthly consumption of 200 units. Those consuming 201-400 units get 50 per cent subsidy.

Atishi alleged, "I want to say that if the electricity is getting costlier in Delhi, it is only because of the Centre's mismanagement."

Noting that discoms are allowed to increase or lower the PPAC for three-month periods, Atishi said, "The prices of electricity have been increased because, due to the Centre's mismanagement, there is an artificial shortage of coal in the country for the first time in the last 70 years, shooting its prices (up)."

The Centre has "forced" coal buyers to purchase at least 10 per cent imported coal, which costs 10 times more than Indian coal. Domestic coal is priced around Rs 200 per tonne while the imported variety costs Rs 25,000 a tonne, the Delhi Power Minister claimed.

"We want to know from the Centre if there is a nexus with coal importers which is why coal buyers are being forced to purchase imported coal at 10-times higher prices," she asked.

12 die as 2 buses collide in Odisha's Ganjam

BERHAMPUR, Jun 26 (Agencies): Twelve members of a marriage party were killed and seven others injured as their bus collided headon with another bus in Odisha's Ganjam district, police said on Monday.

The accident occurred on Sunday night near Digapahandi area on Berhampur-Taptapani road, around 35 km from here, when the bus with the wedding party members on board collided with another

passenger vehicle, Berhampur Superintendent of Police Saravana Vivek M said.

After attending a wedding ceremony at Berhampur, they were returning to Khandadeuli near Digapahandi when the accident took place.

A team of police personnel rushed to the spot and rescued the injured persons and shifted them to hospitals, the SP said.

"Seven members of a family and their relatives were among the 12 deceased," another police officer said.

The injured persons are undergoing treatment at MKCG Medical College and Hospital here and Digapahandi Hospital, he said.

"Two of them have been shifted to SCB Medical College and Hospital, Cuttack," the officer said.

Meanwhile, the special relief commission has sanctioned Rs 30,000 to each of the injured for their treatment.

Man lynched by 'cow vigilantes' on suspicion of transporting beef in Maharashtra's Nashik: 11 held

MUMBAI, Jun 26 (Agencies): A 32-yearold man was lynched 'cow vigilantes' on suspicion of transporting beef in Maharashtra's Nashik district, police said on Monday.

This is the second incident in Nashik in nearly two weeks of killing of a person by 'cow vigilantes'

The latest incident took place at around 5.30 pm on Saturday near Gambhirwadi on the Ghoti-Sinnar Road in Igatpuri area of Nashik, located more than 150 km from Mumbai, an official said.

Eleven persons have been arrested in this connection, the Ghoti

Mob attacks BSF outpost in Meghalaya's East

police said.

Two men from Kurla area in Mumbai, who in a car were attacked allegedly by a group of 10 to 15 'cow vigilantes' with steel rods and wooden sticks, the official said.

The two men, Afan Ansari (32) and his associate Nasir Qureshi (24), who were on way to Mumbai, received serious injuries in the attack, he said.

Both were rushed to SMBT Hospital in Dhamangaon area where Ansari was declared dead during treatment, the official said, adding the other injured person was undergoing treat-

Based on Qureshi's complaint, the Ghoti police have arrested has been registered on charges of murder, he said.

The meat samples have been sent to a forensic lab for testing and further probe is under way into the case, he said.

On June 8, three men transporting cattle on a tempo were attacked allegedly a group of 'cow vigilantes', police earlier said.

The body of one of them, identified as Lukman Ansari (23), was recovered from a gorge at Ghatandevi in Igatpuri area on June 10, they said.

Mumbai building collapse: 2 bodies recovered from debris

MUMBAI, Jun 26 (Agencies): A 94-yearold woman and a man aged 56 were found dead on Monday in the debris of a groundplus-three storey building which collapsed in Ghatkopar area of Mumbai the previous day, a civic official said.

A portion of the building located in Chittaranjan Nagar of Rajawadi Colony in suburban Ghatkopar collapsed at around 9.30 am on Sunday.

Later, three persons were safely rescued and efforts were under way to bring out two persons trapped there, the official said.

While removing the debris, fire personnel found two persons on



Monday. They were rushed to a hospital where doctors declared them "brought dead," he

said. The deceased have been identified as Alka Mahadev Palande and Naresh Palande, the official said.

After the incident on Sunday, fire brigade, police, civic personnel and a team of the National Disaster Response Force

(NDRF) had rushed to the spot to carry out rescue work.

In another incident on Sunday, a 70-year-old man and a 65-year-old woman died and two persons were injured after a part of the balcony of a building collapsed in Vile Parle area here.

Mumbai and its suburbs have been receiving moderate to heavy rain since Saturday.

Khasi Hills, 5 injured: Officials SHILLONG, Jun 26 (Agencies): At least 5

persons, including 2 BSF personnel, were injured when villagers attacked a border outpost in Meghalaya's East Khasi Hills district on Sunday night, officials said. The incident took

place around 10 pm at Umsyiem village near Dawki town, 100 km south of the state capital, when a mob attacked the outpost, officials said on Monday.

BSF Meghalaya Frontier inspector general Pradip Kumar told agency, "In the last few days, we seized a number of items meant to be smuggled to Ban-



gladesh and identified the smugglers. Due to this, they led a mob to attack the outpost forcing the BSF to retaliate by firing in the air."

In a statement, the BSF said they seized clothes

worth over Rs 2.7 lakh meant for smuggling. "The BSF foiled two

smuggling bids on Sunday. In the morning, they seized clothes worth Rs 2.21 lakh at Umsyiem village. At

night, the BSF seized sarees worth Rs 50.000 dumped by smugglers in the same village," a BSF spokesperson said.

The BSF suspected that the smugglers brought the crowd in retaliation to the seizure and gheraoed the outpost.

At least 2 BSF personnel were injured after they were hit by stones pelted by the mob, he said, adding some of the villagers tried to enter the outpost forcefully but they were pushed back.

An evewitness, who claimed that three villagers were also injured in the face-off, said the incident took place when a vehicle with three occupants allegedly broke down near the outpost.

"This infuriated the

BSF who accused the trio of being smugglers and charged them. The news of the attack spread and nearby villagers came to their rescue," he said. The villagers also

accused the BSF personnel of being drunk on duty, which was refuted by the IG. Kumar said local police

and senior BSF officials rushed to the spot to contain the situation.

The BSF has initiated an internal inquiry to probe into the matter, he added.

Don't spend energy on criticising India: Former US religious freedom body head to Obama

WASHINGTON, Jun 26 (Agencies): Former Commissioner of the US Commission on International Religious Freedom, Johnnie Moore, on Monday reacted to former US President Barack Obama's remarks about the rights of Indian Muslims.

Johnnie Moore said that the former US President should spend his energy on complimenting India more than criticising the country.

"I think the former president (Barack Obama) should spend his energy complimenting India more than criticizing India. India is the most diverse country in human history," said Johnnie Moore, the former Commissioner of the US Commission on International Religious Freedom.

He added that India is not a perfect country, just like the US, but its diversity is its strength. "It's not a perfect country, just like the US is not a perfect country, but its diversity is its strength... Even in that critique. President Obama couldn't help but also compliment PM Modi,



and I certainly understand why, having spent some time with

Soon after PM Modi and US President Joe Biden addressed a joint press conference in Washington DC, ex-President Barack Obama said that if he had a conversation with Modi, he would discuss the rights of ethnic minorities in India and what would happen if their rights were not protected.

"If I had a conversation with Mr Modi – who I know well – part of my argument would be that if you do not protect the rights of ethnic minorities in India,

then there is a strong possibility India at some point starts pulling apart. And we have seen what happens when you start getting those kinds of large internal conflicts. That would be contrary to the interests of India," he said in

Union Finance Minister Nirmala Sitharaman on Sunday reacted sharply to remarks made by former US President Barack Obama on the state of ethnic minorities in India.

an interview with CNN

Hitting back, Sitharaman said six Muslim-dominated countries were bombed due to Barack Obama. "It was surprising that

when the PM was visiting the US, a former US President (Barack Obama) was making a statement about Indian Muslims," she said.

"I am speaking with caution, we want a good friendship with the US. But comments come from there about India's religious tolerance. Perhaps 6 Muslim-dominated countries were bombed due to him (Obama),' she added.

"From Syria to Yemen to Saudi to Iraq, did bombing not take place? A war-like situation was developed in 7 countries back then, and 26,000 bombs were dropped. When such leaders comment on India's religious tolerance, who will take them seriously?" she added.

At a press conference at the White House in Washington, PM Modi said that "there is absolutely no space for discrimination" in India.

PM Modi's statement came in response to a question by a journalist about the steps being taken by the government to improve the rights of Muslims and other minorities.

Russian defence minister makes first appearance on TV since Wagner crisis



MOSCOW, Jun 26 (Agencies): Russian state television on Monday broadcast footage of Defence Minister Sergei Shoigu inspecting Russian troops, in his first public appearance since a failed mutiny by Wagner forces.

Shoigu, the target of fierce criticism by the mercenary group's chief Yevgeny Prigozhin went to a command post for Russian forces in Ukraine and held a meeting there with the leader of one of the units, according to images shown by the broadcaster.

During the meeting, the minister highlighted "great efficiency in the detection and destruction" of Ukraine's weapons systems and soldiers, the Ministry of Defence said in a press

release. The footage shows Shoigu listening to a report being presented on the area's military situation, studying maps and taking a helicopter

ride to inspect Russian positions.

Wagner mercenaries headed back to their base on Sunday after Russian President Vladimir Putin agreed to allow Prigozhin to avoid treason charges and accept exile in neighbouring Belarus.

The agreement brought an end to an extraordinary crisis after the private army, led by Putin's former close ally, tried to storm Moscow.

Prigozhin has repeatedly blamed Shoigu and Valery Gerasimov, chief of the general staff, for his fighters' deaths.

Prigozhin was last seen late Saturday in an SUV leaving Rostov-on-Don, where his fighters had seized a military headquarters, to the cheers of some local

Russia suffers legal setback in **Australian Embassy standoff**

CANBERRA, Jun 26 (Agencies): Russia's bid to build a new embassy near Australia's parliament suffered a legal blow on Monday when the country's highest court denied a request for temporary protection against eviction.

Australia has blocked Russia from building a new embassy in the capital Canberra, a stone's throw from Parliament House after intelligence agencies warned it could be used as a base to spy on law-

Russia's embassy last week launched a lastminute injunction to temporarily hold on to the land while despatching a mystery diplomat to squat on the site as the legal tussle played

Australia's high court ruled on Monday morning that Russia had to temporarily vacate the site until the case

returns to court for more detailed legal arguments, local media

reported. The Russian embassy said it had "no comments" on the ruling. Russia bought the

lease to the land from the Australian government in 2008, and in 2011 was granted approval to build its new embassy there.

But the Australian government announced last week it was tearing up the lease

Australia's parliament passed laws specifically aimed at stopping

a Russian embassy from being built on the

site, which sits about 400 metres (440 yards) from the parliamentary precinct.

"The government has received very clear security advice as to the risk posed by a new Russian presence so close to Parliament House," Australian Prime Minister Anthony Albanese told reporters.

"We are acting quickly to ensure the lease site does not become a formal diplomatic presence," said Anthony Albanese.

Myanmar burns \$446 million worth of seized drugs as illicit trade booms in Southeast Asia

BANGKOK, Jun 26 (Agencies): The authorities in Myanmar destroyed more than USD 446 million worth of illegal drugs seized from around the country to mark an annual international anti-drug trafficking day on Monday, police said.

The drug burn came as U.N. experts warned of increases in the production of opium, heroin and methamphetamine in Myanmar, with exports threatening to expand markets in South and Southeast Asia.

Myanmar has a long history of drug production linked to political and economic insecurity caused by decades of armed conflict.

The country is a major producer and exporter of methamphetamine and the world's secondlargest opium and heroin producer after Afghanistan, despite repeated attempts to promote alternative legal crops among poor farmers.

In the country's largest city, Yangon, a pile of seized drugs and precursor chemicals worth USD 207 million was inciner-



The destroyed drugs included opium, heroin, methamphetamine, marijuana, kratom, ketamine and crystal meth, also known as ice.

The burn coincided with the UN's International Day against Drug Abuse and Illicit Traffick-

Authorities also destroyed drugs in the central city of Mandalay and in Taunggyi, the capital of eastern Shan state, both closer to the main drug production and distribution areas.

Last year, authorities burned a total of more than USD 642 million worth of seized drugs.

Experts have warned that violent political unrest in Myanmar following the military takeover two years ago, which is now akin to a civil war between the military government and its pro-democracy opponents has caused an increase in drug pro-

The production of opium in Myanmar has flourished since the military's seizure of power, with the cultivation of poppies up by a third in the past year as eradication efforts have dropped off and the faltering economy has pushed more people toward the drug trade, according to a report by the U.N.Office on Drugs and Crime earlier this

Estimates of opium production

were 400 metric tons (440 tons) in 2020, rising slightly in 2021, and then spiking in 2022 to an estimated 790 metric tons (870 tons), according to the report.

The U.N. agency has also warned of a huge increase in recent years in the production of methamphetamine, driving down prices and reaching markets through new smuggling routes.

The military government says some ethnic armed organisations that control large swaths of remote territory produce illicit drugs to fund their insurgencies and do not cooperate in the country's peace process as they do not wish to relinquish the benefits they gain from the drug trade.

Historically, some rebel ethnic groups have also used drug profits to fund their struggle for greater autonomy from the central government.

Most of the opium and heroin exported by Myanmar, along with methamphetamine, goes to other countries in Southeast Asia and China.

Australia Plans To Fine Tech Giants Upon Failure To Tackle Disinformation

(Agencies): Tech giants could face billions of dollars in fines for failing to tackle disinformation under proposed Australian laws, which a watchdog on Monday said would bring "mandatory" standards to the little-regulated sector.

Under the proposed legislation, the owners of platforms like Facebook, Google, Twitter, TikTok and podcasting services would face penalties worth up to five percent of annual global turnover -- some of the highest proposed anywhere in the world.

The Australian Communications and Media Authority, a government watchdog, would be granted a range of powers to force compamation or disinformation from spreading and stop it from being monetised.

"The legislation, if passed, would provide the ACMA with a range of new powers to compel information from digital platforms, register and enforce mandatory industry codes as well as make industry standards," a spokesperson told agency.

The watchdog would not have the power to take down or sanction individual posts.

But it could instead punish platforms for failing to monitor and combat intentionally "false, misleading and deceptive" content that could cause "serious

harm". The rules would echo

legislation expected to come into force in the European Union, where tech giants could face fines as high as six percent of annual turnover and outright bans on operating inside the bloc.

Australia has also been at the forefront of efforts to regulate digital platforms, prompting tech firms to make mostly unfulfilled threats to withdraw from the Australian market.

The proposed bill seeks to strengthen the current voluntary Australian Code of Practice on Disinformation and Misinformation that launched in 2021, but which has had only limited impact.

Tech giants including

Adobe, Apple, Facebook, Google, Microsoft, Redbubble, TikTok and Twitter are signatories of the current code.

The planned laws were unveiled Sunday and come amid a surge of misinformation in Australia concerning a referendum on Indigenous rights later this year.

Australians will be asked whether the constitution should recognise Aboriginal and Torres Strait Islanders and if an Indigenous consultative body should be created to weigh in on proposed legislation.

The Australian Electoral Commission said it had witnessed an increase in misinformation and abuse online about the referendum

process.

Election commissioner Tom Rogers told local media on Thursday that the tone of online comments had become "aggressive".

The government arques that tackling disinformation is essential to keeping Australians safe online, and safeguarding the country's democracy.

"Mis and disinformation sows division within the community, undermines trust and can threaten public health and safety," Minister for Communications Michelle Rowland said Sunday.

Stakeholders have until August to offer their views about the legisla-

South Korea To Modernize Private Education Amid "Killer Questions" Debate



SEOUL, Jun 26 (Agencies): South Korea's government is due to unveil plans on Monday aimed at curbing the country's burgeoning spending on private education, which has been blamed for being a major factor behind the country's declining fertility rate.

The move comes as President Yoon Suk Yeol this month criticised college entrance tests that incorporate questions not in the curriculum at public schools, including some that have been dubbed "killer questions" due to their complexity.

South Koreans spent a record 26 trillion won (\$19.97 billion) on private education last year, despite a declining student population, a joint report by the education ministry and the government statistics bureau showed

Nearly eight in 10 students take part in private education such as cram schools, known as "hagwons", according to the report.

This heavy reliance on private education has helped result in South Korea having the world's highest cost of raising a child, according to a report last year, and the world's lowest

birth rate. Shares of educationlinked companies in South Korea fell early Monday on caution ahead of the government's announcement.

Woongjin Thinkbig fell more than 2% to near five-month lows, while Multicampus and Mega-StudyEdu lost about 1%

The education ministry is expected on

each.

Monday to define and give examples of "killer questions" and order them to be removed from this year's tests, which are scheduled for November.

Public schools do not normally cover such questions, opening the door for "hagwons" to promote their ability to teach students the skills to solve them.

Proponents of such questions say they help colleges select candidates in a competitive environment, but Yoon cited the issue of fairness, noting not every family could afford to pay for expensive extracurricular classes.

Shin So-young, an activist at civic group, The World Without Worry About Private Education, said the changes planned by authorities may not be enough to contain the high competition in the education system.

"The government needs to come up with a broader plan that addresses the question of how to alleviate this excessive competition to get into a few of the best universities," said Shin.

Lightning strikes kill 10 as pre-monsoon rains lash Pakistan's eastern Punjab province ISLAMABAD, Jun 26 The strikes on Sunday The Pakistan Meteororains could trigger flash September.

(Agencies): Lightning strikes across Pakistan's eastern Punjab province killed at least 10 people, officials said Monday as heavy premonsoon rains lashed the region.

mainly took place in the Sialkot and Sheikhupura districts of Punjab. Lightning strikes are frequent across Pakistan, especially in Punjab's mountainous areas and plains.

logical Department said more rains were expected this week, bringing some respite from the ongoing heatwave.

The National Disaster Management Authority warned the ongoing flooding.

Every year, many areas of Pakistan struggle with the annual monsoons, drawing criticism for poor government planning. The season runs from July through

Last summer, floods triggered by rains killed 1,739 people across Pakistan.

The deluge displaced about 8 million people and caused USD 30 billion in losses.

H&FW Dept organizes awareness programme on World Drug Day

Top News Report

LEH, Jun 26: The Health and Family Welfare Department under District Mental Health Programme organised an Awareness and Individual Counselling Programme on the occasion of International Day Against Drug Abuse and Illicit Trafficking/World Drug Day at Government Boys Higher Secondary School Leh on Monday.

Chief Medical Officer, Leh, Dr Norzin Angmo; District Health Officer, Leh, Dr Jamila; Psychiatrist, Dr Padma Angmo; Principal BHSS, Tsewang Dolma; Teachers of BHSS, besides Tele MANAS Staff and Students of the school were present on the occasion.

Psychiatrist, SNM Hospital Leh, Dr Padma Angmo highlighted the importance of organising the International Day

CMO Leh Dr Norzin Against Drug Abuse and Illicit Trafficking.

She also spoke about the theme for this year which is 'People First: Stop Stigma and Discrimination Strengthen Prevention'.

Explaining the theme, she said that to stop any bad habit, people need to stop stigmatisation and discrimination in order to strengthen the prevention. She asked the students to get help from counsellors through Tele MANAS toll-free helpline number 14416.

Angmo while interacting with the students also focused on calling the toll-free no of Tele MANAS for any counselling related to mental health.

Counsellor Tele MANAS, Dr Dawa also highlighted the importance of mental health and stressed availing the benefits of Tele MANAS services.

Principal BHSS, Tsewang Dolma thanked the Health Department for organising the awareness programme lies. The programme aimed to create awareness about the harmful effects of drug abuse and illicit trafficking and to provide psychological support and guidance to those who need it. The programme

children and their fami-

also received positive feedback from the students and teachers who participated in it. They appreciated the initiative taken by the Health Department and expressed their interest in learning more about mental health issues. The programme was

part of the activities planned by the health department to mark the International Day Against Drug Abuse & Illicit Trafficking, which is observed every year on June 26. The day aims to raise awareness about the global problem of drug abuse and illicit trafficking and its impact on society.

Yasar Choudhary attends tournament at Sarthal



Top News Report

BANI, Jun 26: Apni Party President Kandi, Yasar Choudhary on Monday attended a historic tournament in Sarthal that was organised to promote the place on tourism map. Yasar was the Guest of Honour on the occasion.

In his address, he hoped that these types of tournaments will bring Sarthal to the tourism map of Jammu and Kashmir.

He said that the Bani has huge potential to

attract tourism that needs to be explored by the authorities in Kathua.

He said that sarthal in Lowang Panchayat has no development and proper approach road to the villages. The poor developmental infrastructure has become a cause of concern for the huge population in Lowang Panchayat.

"The spots could not be developed or explored which needs Govt attention," he said, and demanded that the tourism sector if developed would enable youth to get jobs and give a boost to the local economy.

He demanded that the electricity be round the clock and raised the issue of mobile connectivity. He demanded that mobile towers need to be installed in sarthal and its remote areas to improve mobile connectivity.

Kathua Campus organises Academic Excellence Webinar aged everyone, especially

at their school. She said

that Higher Secondary

School students are

more prone to drugs

and related practices

and such awareness is

the need of the hour for

Meanwhile, individual

counselling sessions

were held for the stu-

dents by the counsellors

The Awareness and

Individual Counselling

Programme was part of

the National Health Mis-

sion's efforts to promote

mental health and well-

being among school

of Tele MANAS.

the student.

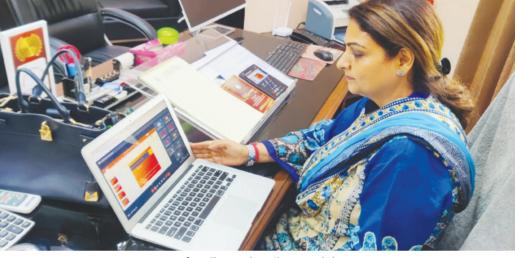
Top News Report

KATHUA, Jun 26: Under the newly launched Expert Lecture Series, University Institute of Engineering and Technology (UIET), Kathua Campus (JU) organised an Academic Excellence Webinar (3rd in the series) on the theme "Emergence of Cyber Laws in the Era of ICT" by Dr. Amit Guleria (HOD) from Dr. B. R. Ambedkar National Law University Sonepat, Harvana.

Dr. Amit Guleria discussed the various emerging trends and challenges associated with cyber laws in the era of ICT. During his talk, he opined that in today's rapidly advanced digital landscape, the significance of understanding and implementing cyber laws cannot be overstated. He highlighted various aspects of cyber laws including their origins, global legal frameworks, key legislation, and the latest developments in the field. Further, he explained the comprehensive understanding of the legal facets surrounding ICT, along with a detailed discussion on cybercrimes, data protection, privacy rights, intellectual property, digital governance, and cybersecurity. Dr. Guleria also emphasised the critical importance of cyber laws to safeguard individuals, organisations, and the government from cyber threats and ensure responsible digital practises. He further stressed the importance of cyber laws in the present era, when the world is interconnected with IOT devices. He added

that the emergence of cyber

laws is not only crucial but



also inevitable. At last, he touched upon the measures to be taken by individuals so as not to become victims of cybercrime.

Dr. Meenakshi Kilam, Rector, Kathua Campus (JU) admired the guest speaker and expressed gratitude for discussing the crucial topic with the students of the Campus. She added that cyberspace is not free from dangers and the commission of crimes. Further, she stressed that there is a need for ethical guidelines and regulations to ensure

responsible and transparent use of these technologies while minimising potential harms. She said that with the increased use of ICT, there is a need for legal frameworks that protect and ensure a safe and secure online environment for all. She encour-

the students, to actively participate in shaping the future of cyber laws, underscoring the importance of collaborative efforts in creating a safe and secure digital environment. She also emphasised that these types of events must be organised more often to inform the students regarding extremely important topics.

Dr. Sourabh Shastri, I/C Coordinator, UIET, Kathua Campus (JU) introduced the eminent speaker and thanked him for sharing insightful knowledge with the students of the Campus. He further said that the aim of organising the webinar on such a burning topic is to make the new generation aware of the latest laws, procedures and security measures that can be taken to prevent cybercrimes in the era of ICT.

Er. Shivani Sharma coordinated the whole programme, and Er. Arooshi Gupta delivered a vote of thanks.

Er. Sandeep Raj, Dr. Seema Jamwal, Er. Amarjeet Chopra, Dr. Shivani Sharma, Dr. Rubby Mahajan, Er. Komal Khadotra, Er. Sushant Gagal, Er. Rakshit Khajuria, Er. Rajan Verma, Er. Sarvadaman Sharma, Er. Archana Salaria, Er. Himani Khajuria, Er. Pallvi Verma, Ritu Sharma, Ritika Gupta, Dr. Nisha Choudhary, Er. Vishavjeet Singh, Er. Vedika Khullar, Er. Sourav Gupta, Dr. Sunny Sharma, Pranav Ratta, Ritika Goyal, and other teaching faculty of the Campus have also attended the webinar.

FROM PAGE 1

Pojk is, was and will remain a part of India, says Rainath Singh in Jammu

Biden has made it clear that India has changed the mindset of the whole world including America on the issue of terrorism.

"The countries that use terrorism as a state policy have to understand very well that this game is not going to last long, today most of the big countries of the world are united against terrorism," he said.

The minister also said that despite "perception differences" with China, there are some agreements and protocols following which the armies of both countries patrol at borders. "Our other neighbour country is China. Even with China, many times there are differences on some issues. It is true that there is a perception difference regarding the border with China for a long time. Despite this, there are some agreements and protocols following which the armies of both countries patrol at borders. These agreements were made in the time of Narasimhrao ji, Atalji and in the time of Dr Manmohan Singh ji on the basis of the consent of both the countries," he said.

He also said that the dispute in East Ladakh in 2020 arose because Chinese forces ignored the "agreed protocols".

"The reason for the dispute that arose in East Ladakh in the year 2020 was that the Chinese forces ignored the Agreed Protocols. Chinese Army PLA tried to make some changes on LAC in a unilateral manner which was thwarted by Indian troops," he added.

Singh further said that under the leadership of Prime Minister Narendra Modi, the government started effective action against terrorism and for the first time not only the country but the world came to know what is the meaning of Zero Tolerance against

"AFSPA has been removed from large parts of North East as we have successfully controlled the problem of insurgency in North East India. I am waiting for the day when there will be Permanent Peace in J-K and there will be a chance to remove AFSPA from here too," he said.

"LG'S Mulaqaat" | LG Sinha **Interacts With Citizens Who Had Filed Complaints On JKIGRAMS**

also seek the participation of residents. We are committed to the goal of providing a better quality of life to our citizens and community participation would play a key role in cleanliness of parks and public spaces, he added.

The Lt Governor also took a strong note

of fake complaints on JKIGRAMS. This practice needs to be stopped. The platform is meant for providing hassle-free public services and to identify deficiencies, if any, to achieve the objective of peoplecentric governance. Through public outreach programmes, we need to sensitize and encourage people to file genuine grievances for more transparent, accountable and citizen-friendly governance, the Lt Governor directed the officials.

Responding to a complaint of Sh Mohd Afzal Bhat from Bandipora regarding dysfunctional well in his locality at Odina Sonawari, the Lt Governor directed the concerned Chief Engineer to make alternative arrangements to provide sufficient water supply to the residents of the affected area till the new well is being made func-

On the grievance pertaining to incomplete building of the Government Girls School Dab Ganderbal, the Deputy Commissioner briefed the Lt Governor that the school has been shifted to new building and funds have also been released to ensure availability of sanitation facilities and installation of fences.

Somraj from Jammu drew the attention of the Lt Governor on the issue of reinstallation of hand pumps at Bhagwati Nagar area. The Lt Governor sought details on the issue and instructed the Deputy Commissioner to take effective measures to resolve the same at the earliest.

On the grievance of one complainant namely Sh Irfan Ali from Poonch regarding dilapidated condition of the road in his village Kangra Galhuta Mendhar, the Princi-

pai Secretary, Public vvorks (R&B) briefed the Lt Governor that DPR for the said road has been prepared and work will start once all the official procedure completed.

Later, the Lt Governor chaired a meeting to review arrangements by District Administrations for Eid-ul-Adha festival and Shri Amarnath Ji Yatra.

Traffic is a major issue particularly in Ramban, Anantnag and Udhampur, especially Ramban being the most vulnerable area. A comprehensive traffic plan should be executed to ensure seamless traffic movement during the Shri Amarnath ji Yatra, the Lt Governor said.

Deputy Commissioner Ramban and SSP Ramban briefed the chair on the condition of critical stretches and the contingency route being identified to divert the traffic.

IGP Traffic also informed the chair that bottlenecks have been identified and viable solutions are being explored for smooth traffic movement during the yatra period.

Rehana Batul Commissioner/Secretary, Public Grievances conducted the proceedings of the LG's Mulaqaat.

R K Goyal, Additional Chief Secretary, Home Department; Dr Mandeep Kumar Bhandari, Principal Secretary to Lt Governor; Administrative Secretaries; Divisional Commissioners, Deputy Commissioners, SSPs, HoDs and other senior officers were present during the interaction, in person and through virtual mode.

NIA conducts searches at several locations in Kashmir in terror-related case

June 26, 2023.

The NIA is carrying out searches in the Bandipora, Kulgam, Pulwama and Shopian districts of the Valley, the officials said. Further details are awaited, they added.

HM Amit Shah, Karan Singh discuss J&K's political, developmental scenario

Manoj Sinha. "The elder son of Dr. Karan Singh and former MLC, Vikramaditya Singh received the Home Minister at their residence and was also present during the

meeting," added the statement. "The Home Minister Amit Shah, who was on a two-day visit to UT of J&K visited former Sadr-e-Riyasat Dr. Karan Singh on the last day of his visit, and discussed the present day political and development scenario in J&K and of the nation."

Pertinently, Chief Secretary, A.K. Mehta and Divisional Commissioner Kashmir, V.K. Bidhuri had also called on Dr. Karan Singh recently and held discussions in Srinagar.

New High Court building will be constructed at cost of Rs 938 Crore in Jammu

and a total of 35 judges and staff. It will also be equipped with accommodation, Judicial Academy, convention facilities, a helipad, a fire station, a transport facility centre, etc.

Apart from this, there will be sports, gym and yoga centre facilities for judges and lawyers. The project is targeted to be completed in one and a half years. Sources said that all NOCs (No Objection Certificates) have already been obtained from the Department of Wildlife and Forests.

It should be noted that in the place where this court complex is to be built, there is a forest, for this the matter went to the National Green Tribunal where the High Court filed a reasonable reply, after which the decision came in favour of the High Court.

On the other hand, the lawyers of Jammu are not in favour of shifting the High Court complex from Janipur, most of the lawyers say that it will greatly affect their work.

The Jammu and Kashmir High Court Bar Association Jammu has also constituted a 34-member advisory committee of lawyers which will decide on a permanent strategy against this decision, the important meeting of the committee will be held on Sunday at the High Court Janipur.

Meanwhile, environmental activists and many political and social figures have also expressed their objection to the construction of the High Court in Raika forest.

Rains lash J&K, more showers predicted: MeT

monsoon in J&K.

Srinagar recorded rainfall of 26.8 mm, Qazigund 50.2 mm, Pahalgam 10.7 mm, Kupwara 3.7 mm, Kokernag 20.4 mm, Gulmarg 12.2 mm, Jammu 41.2 mm, Banihal 32.8 mm, Batote 62.2 mm, Katra 30.8 mm, Bhaderwah 10.2 mm and Kathua 108.8 mm during the past 24hours till 0830hours today.

Srinagar recorded a low of 17.6 degree Celsius against 19.8 degree Celsius the previous night and it was 0.3 degree Celsius above normal for the summer capital of Jammu and Kashmir.

Qazigund on Srinagar-Jammu national highway had a low of 16.6 degree Celsius against 17.8 degree Celsius and it was 0.9 degree Celsius above normal for the gateway of Kashmir.

Tourist hot spot of Pahalgam in south Kashmir settled at 13.8 degree Celsius against 13.1 degree Celsius and it was 3.1 degree Celsius above normal for the valley

Kokernag had a low of 16.3 degree Celsius against 18.1 degree Celsius and it was 1.0 degree Celsius above normal for the picnic spot of south Kashmir while frontier Kashmir district of Kupwara experienced 15.4 degree Celsius against 19.2 degree Celsius the previous night and it was 1.8 degree Celsius above normal.

Gulmarg had a low of 11.0 degree Celsius against 4.6 degree Celsius the previous night and it was 0.4 degree Celsius above normal for the famous skiing resort of north Kashmir's Baramulla district, the MeT office said.

Govt transfers two JKAS officers

transfers and postings of two Jammu and Kashmir Administrative Service (JKAS) offi-

cers, with immediate effect. As per GAD order, Dharam Paul, JKAS, Deputy Director of Libraries in Jammu, has been transferred and posted as Deputy Director (Audio-Visual) in the Directorate of Information, J&K, against an available vacancy.

Sensex, Nifty gain as consumer goods shares rise; Shree Cement plunges

The S&P BSE Sensex was up 0.13 per cent to 63,061.68 at 9:30 am, while the NSE Nifty 50 gained 0.18 per cent to trade just short of 18,700.

NEW DELHI, Jun 26 (Agencies): Benchmark stock market indices opened marginally higher in early trade on Monday despite negative sentiments. This was due to gains in fast-moving consumer goods (FMCG) stocks.

The S&P BSE Sensex was up 0.13 per cent to 63,061.68 at 9:30 am, while the NSE Nifty 50 gained 0.18 per cent to trade just short of 18,700.

Most of the sectoral indices were in positive territory, with the Nifty FMCG index gaining over 1 per cent. Nifty Auto and Nifty Pharma were also top gainers. The top five gainers on the Nifty 50 were Adani Enterprises, Tata Consumer Products, Cipla, UPL and Hero MotoCorp. On the other hand, the top losers were TCS, BPCL, Tata Steel, Bharti Airtel and NTPC.

Among individual stocks, ICICI Securities shares gained as much as 14.9 per cent in early trade after the brokerage said its board will consider a delisting proposal on June 29.

On the other hand, shares of Shree Cement slumped as much as 10 per cent after a report related to tax evasion, following surveys by the Income Tax department in Rajasthan.

Ameya Ranadive, research analyst at Choice, said, "In the previous close, the BSE Sensex sank 260 points to 62,979, while the Nifty50 fell 106 points to 18,666 and formed a bearish candlestick pattern on a daily basis. When the Nifty's daily data is examined, it is clear that the index attempted but failed three times to surpass its all-time high."

"Thus, selling pressure started to build, which caused the price to close near the 20-day EMA of 18,667. The Nifty has constantly been above the 20-day EMA throughout the current bull run. The relative strength index (RSI) for the day fell below 60 and is now trading at 55," he added.

"A double top price pattern with a neckline close to 18,650 has appeared on an hourly time scale. If the Nifty declines below this level, there may be a potential pullback below the sturdy support level of around 18,400. Market investors will closely watch global indications, particularly those related to interest rate changes and economic indices, in the next week."

India slips to 40th spot in world competitiveness ranking, but there's a bright spot

India witnessed improvements in government efficiency but slightly underperformed in business efficiency, infrastructure, and economic performance.

NEW DELHI, Jun 26 (Agencies): India slipped three spots to secure the 40th position in the latest world competitiveness ranking published by the International Institute for Management Development (IMD). The annual report by IMD's World Competitiveness Centre (WCC) revealed that India, despite the drop, still held a better position compared to the years 2019-2021 when it was consistently ranked 43rd.

Denmark, Ireland, and Switzerland claimed the top three positions, while the Netherlands secured the fifth spot, followed by Taiwan, Hong Kong, Sweden, the USA, and the UAE in the rest of the top 10.

The IMD report highlighted that India witnessed improvements in government efficiency but slightly underperformed in business efficiency, infrastructure, and economic performance when compared to other countries. Exchange rate



stability, compensation levels, and advancements in pollution control were the top three contributing factors that positively impacted India's score.

Challenges for Indian economy

The report emphasized the challenges faced by India in 2023, which include sustaining high GDP growth, managing financial market volatility, controlling inflation and fiscal deficit, accelerating digital transforma-

tion, and mobilizing resources for infrastructure development.

The rankings also reflected the competitiveness improvements of economies that reopened later after the COVID-19 pandemic. Thailand, Indonesia, and Malaysia witnessed upward movement in the ranking, while early-opening economies like Sweden and Finland experienced a setback.

Despite the drop in rankings, India's positioning in the

World Competitiveness Ranking is considered valuable for evaluating contrasting business environments, aiding international investment decisions, and assessing the impact of public policies. The report also serves as an indicator of the quality of life in each country assessed.

The IMD World Competitiveness Yearbook, first published in 1989, analyzes and benchmarks the competitiveness of 64 countries worldwide using a combination of surveys, statistical data, and trends. It evaluates how countries manage their competencies to achieve longterm value creation.

India's drop in the ranking underscores the importance of addressing the areas of improvement highlighted in the report. By enhancing business efficiency, infrastructure development, and economic performance, India can strive for higher competitiveness in the global landscape.

CIAL plans to launch five mega projects this year, targets a turnover of Rs 1,000 cr

KOCHI, Jun 26 (Agencies): The Cochin International Airport Limited (CIAL) has said it will commission five mega projects this year, including a new import cargo terminal, by September.

The airport board, which on Monday said it would achieve a turnover of Rs 1,000 crore in the ongoing financial year, an increase of nearly 30% from last year,

Chief Minister Pinarayi Vijayan, who serves as the chairman of the company, chaired the board of directors meeting of CIAL and approved the financial numbers for 2022–23.

As per the approved balance sheet, CIAL posted a net profit of Rs 267.17 crore for 2022–23 on an operating profit of Rs 521.50 crore.

CIAL posts the highest dividend of 35% to the investors, subject to the endorsement of the Annual General Meeting to be held on September 28, 2023.

"This is the highest-ever dividend offered by CIAL in its 25 years of operational history," the CIAL, which is celebrating its



silver jubilee year this year, said. Approving the blueprint for the future infrastructure development plan, CIAL said the new import cargo terminal, aiming to achieve an increase in cargo handling capacity of 150%, is planned for inauguration by September this year.

It is also decided to commence work on four infrastructure development projects.

These include the foundation stone laying for the expansion work project of Terminal-3 at an estimated cost of Rs 500 crore, the commissioning of the new cargo terminal, the beginning of city-side infrastructure projects; a transit accommodation facility at T2, a commercial zone near T3, and a tourism project at the CIAL Golf Course, and completing the projects in a time-bound manner.

In 2022–23, CIAL registered a turnover of Rs 770.90 crore as against the previous year's figure of Rs 418.69 crore.

The operating profit (profit before interest, depreciation, and tax) was Rs 521.50 crore, and the net profit was Rs 267.17 crore.

This also marks a record financial performance in the 25-year operating history of the company.

CIAL handled 89.29 lakh passengers and 61,232 aircraft movements during the period under review.

CIAL registered a loss of Rs 85.10 crore during the fiscal 2020–21

It made a strong comeback by focusing on generating new revenue streams from the non-aero sector and undergoing major financial restructuring.

As a result, the consolidated financial performance of the CIAL group of companies increased, resulting in a record profit (after tax) of Rs 267.17 crore from the huge loss.

Chief Minister Pinarayi Vijayan, also the chairman of the company, ministers and directors P Rajeev and K Rajan, chief secretary VP Joy, directors, E K Bharath Bhushan, M A Yusuff Ali, N V George, E M Babu, P Mohammadali, managing director of CIAL S Suhas, and company secretary Saji K George attended the board meeting.

Infosys signs \$454 million deal with Danske Bank to boost digital capabilities



BENGALURU, Jun 26 (Agencies): India's second-ranked IT services provider, signed a \$454-million deal with Denmark's Danske Bank, it said on Monday, days after bigger rival Tata Consultancy Services announced a mega-contract amid a slowdown in the IT services industry.

The deal, which includes Infosys acquiring Danske Bank's IT centre in India, is for five years with an option to renew for one more year for a maximum of three

times, Infosys said in a regulatory filing. "Infosys will collabo-

rate with Danske Bank to strengthen their core business with greater digital, cloud and data capabilities," said Infosys CEO Salil Parekh. Infosys expects the

Infosys expects the transactions to be completed before the second quarter of this financial year.

Shares of the Bengal-

financial year.

Shares of the Bengaluru-headquartered company were little changed
after the deal announcement. The stock is down
about 15% so far this

a finite number of eggs,

and as time passes,

both the quality and

quantity of eggs are

compromised. Hence, it

is always better to freeze

sooner rather than later.

year, compared with a little-changed Nifty IT index.

The deal comes as Indian IT services companies face demand challenges in their key markets - the United States and Europe - where clients have cut spends amid worries about recession.

Infosys in April forecast revenue growth would hit a six-year low this fiscal year on slowdown worries.

Rival TCS signed a contract worth 840 million pounds with British pension scheme Nest for an initial tenure of 10 years last week.

That deal came on the heels of TCS terminating a \$2-billion contract with insurance provider Transamerica, citing reasons that included a challenging macro environment.

Fruits With Milk And Other Food Combinations You Should Avoid For Better Health

NEW DELHI, Jun 26 (Agencies): Combining a few nutrients can help in the absorption of the other like vitamin D and calcium, iron and vitamin C and more However several food combinations can cause discomfort and health issues. As we know, we should not consume curd with milk. Similarly, more food combinations should be avoided. These poor combinations can either cause digestive issues or restrict the absorption of nutrients present in the food. To help you avoid these nutritionist Nmami Agarwal took to Instagram and shared a list of foods that should not be eaten together. Worst food combina-

tions you should be avoiding

1. Fruits with meals
We often eat fruit with
meals to add a sweet
taste to our meals. However, the nutritionist suggests that you should
not be consuming fruits

with your meals.

When consumed together, you may face digestive issues. Fruits should be consumed



separately as a snack. Make sure that there is enough time between meals and fruits.

2. Fatty meats and cheese

When consumed with cheese, fatty and processed meats can significantly increase your intake of saturated fats and sodium. This can increase the risk of heart disease and can also affect your overall health.

"Opt for leaner meats and choose lower-fat cheese options to balance your meals," Nmami recommended.

3. Milk with citrus fruits Citrus fruits like oranges contain acids. If combined with milk, this acid can curdle the milk and result in digestive issues. So, avoid consuming them together and ensure enough gap between the consumption of these two.

4. Iron and calcium Iron and calcium are two crucial nutrients for the human body. But when consumed together, your body won't be able to absorb both nutrients.

For better absorption of both, combine iron with vitamin C and calcium with vitamin D.

The nutritionist further added that these combinations may not be harmful in small amounts or for everyone. But should be avoided as much as possible.

Incorporating a diverse and balanced diet, including a variety of foods, can help prevent nutritional deficiency for optimal health.

Female Fertility: 5 Myths About Egg Freezing Debunked

Egg freezing helps preserve a woman's egg reserve by allowing her to freeze and store healthy eggs for future use.

NEW DELHI, Jun 26 (Agencies): In recent vears, we have witnessed a slew of conversations revolving around egg freezing, with scattered correct and incorrect information loosely available in the public domain. It has not only created ambiguity but also raised concerns about the procedure. As egg freezing is still a relatively new concept, several misconceptions may influence one's decision to secure their chance of fertility with it. Several celebrities like Priyanka Chopra, Upasana Kamineni, Mona Singh and Ekta Kapoor, among others, have made headlines by choosing egg freezing. With increasing popularity, people must burst the bubble of myths and be accurately informed about the concept. People may think it is a process to delay pregnancy, while it is a way to plan your life and parenthood better. By debunking these myths

and providing accurate



information, people can understand the benefits of egg freezing and make informed decisions that align with their life goals.

Here are some of the myths about egg freezing:

1. Egg freezing will finish the egg reserve

Egg freezing helps preserve a woman's egg reserve by allowing her to freeze and store healthy eggs for future use. Contrary to the myth that it depletes a woman's egg reserve, the stimulation medica-

tions used during the process can preserve a portion of her existing egg reserve by preventing eggs that would naturally be lost in a menstrual cycle from being discarded. By preserving eggs at a younger age through freezing, women can potentially increase their chances of successful pregnancy in the future as their ovarian reserve naturing

2. Egg freezing is a treatment for women in their mid-30s or later Women are born with

rally declines with age.

The idea behind egg freezing is to preserve your fertility when your eggs are at their prime quality. If you know you might want to get pregnant after your mid-30s, aim to freeze your eggs now-don't wait for their quality to decline.

3. Egg freezing is a surgery that may leave scars or marks on your body

The idea behind egg freezing is degree at their prime quality. If you know you might want to get pregnant after your mid-30s, aim to freeze your eggs now-don't wait for their quality to decline.

3. Egg freezing is a surgery that may leave scars or marks on your body

Egg freezing is a very simple ultrasound-guided procedure that takes

ed procedure that takes merely 5 minutes. It doesn't involve a surgical knife and leaves no marks. It is a personal choice that is available to any woman who wishes to preserve her fertility.

4. Egg freezing is too expensive

It is one of the biggest myths about egg freezing. The cost of egg freezing is less than undergoing other procedures or having no chance of getting pregnant. Financially, egg freezing may end up being a good investment. When you freeze your eggs, you may avoid the need to spend lakhs later on repeated IVF treatments.

5. Egg freezing guarantees pregnancy success

Pregnancy success depends on several factors. Freezing your eggs alone may not ensure it. While egg freezing can increase the chances of having a biological child, it does not guarantee pregnancy success if other factors are not supportive. The quality of the frozen eggs remains the same as at the time of freezing.

In conclusion, debunking the myths surrounding egg freezing is crucial for women to make informed decisions. It is imperative to consult with a specialized doctor and conduct thorough research before making any plans.

Protesting wrestlers rule out hitting roads again, say will fight against WFI chief in the court now

A few minutes after posting the statement, Vinesh and Sakshi tweeted that they are taking a break from social media for a few days

NEW DELHI, Jun 26 (Agencies): A day after asserting that they could hit the streets again to resume their agitation against WFI chief, the protesting wrestlers said that the fight against Brij Bhushan Sharan Singh will be fought in the court and not on roads.

Vinesh Phogat, Sakshi Malik and Bajrang Punia posted identical tweet where they said the government has fulfilled its promise of filing a chargesheet against Singh.

"In this case, the wresters' will continue till we get justice but it (fight) will be in court and not on road," the statement on twitter road.

"Regarding the reform in WFI, the election process, as promised, has begun.

We will wait for fulfilment of promises made by the government regarding the July 11 elections." A few minutes after posting the statement, Vinesh and Sakshi tweeted that they are taking a break from social media for a few days.

In a live address on social media, the trio of Vinesh, Sakshi and Bajrang had attacked



former wrestler and now BJP leader Yogeshwar Dutt for questioning the IOA ad-hoc panel's decision to grant them exemption from Asian Games trials.

In that near 40-minute address, the wrestlers had asserted that their fight against Singh will continue and they will deliberate how to continue this fight after evaluating the chargesheet filed against Singh.

"People are asking us why are we silent. The time (to suspend protest) was till June 15

protest) was till June 15.
This fight will continue, whether it is on the mat or off the mat, but the fight for justice will continue," Vinesh had said, "Till Brij Bhushan is not put behind bars,

he doesn't pay for his sins, it will continue.

We are waiting for a copy of chargesheet. We will evaluate if it is strong enough for justice. Whether we will sit on road or put our lives at stake, we will decide. That's why we are silent. Our fight has not ended," she had said.

Vinesh also alleged that Dutt was targeting them because of his self interest.

"You (Dutt) had scared wrestlers that's why they did not come in the second protest (from April 23). You put pressure on them that they will lose their jobs.

People told us that they were

with us but they have compulsions that they can't come," Vinesh

"I will tell you why you are doing this. Brij Bhushan might have offered you the post of WFI President and that's why you have sided with him." After being removed from Jantar Mantar on May 28, the wrestlers had suspended their protest till June 15 after getting assurance from Sports Minister Anurag Thakur that a chargesheet will be filed against Singh by then and none of his family members will be allowed to contest WFI elections.

The wrestlers, who got massive support from farmer leaders, khap panchayats and several other organisation, sat on Jantar Mantar for 38 days before Delhi Police detained them for violating law and order on May 28.

They first came to Jantar Mantar on January 18 and suspended their three-day sit-in after Thakur promised to probe their allegations of sexual harassment and intimidation against 66-year-old Singh, who is a six-time BJP MP.

Queen of greens: Haryana's Diksha Dagar holds nerve on final day to win second Ladies European Tour title



CZECHIA (CZECH REPUBLIC), Jun 26 (Agencies): The talented Diksha Dagar cruised to her second Ladies European Tour title as she grabbed a commanding four-shot win at the Czech Ladies Open here.

This was Diksha's 79th start on the LET and she now has two individual wins and nine top-10 finishes, four of which have come this season. The 22-year-old southpaw won her first LET title back in 2019 in her rookie year. In 2021, she was part of the winning team at the Aramco Team Series in London.

Starting the day with a five-shot lead, Diksha, who hails from Jhajjar in Haryana, duly delivered

the win with no hiccups.
Diksha shot a 3-under
69, which included four
birdies and just one
bogey, on the third and

Thailand's Trichat Cheenglab made a valiant charge on the final day with a 64, but her first two rounds of 73-70 meant she started the final day nine shots behind Diksha.

final day.

The 22-year-old Indian was steady throughout her final round as she finished at 13-under. Trichat finished with a total of 9-under and was sole second, while Frenchwoman Celine Herbin was third at 8-under.

After three top-10 finishes in her last four starts, Diksha finally forced the door open

with a stunning performance that was highlighted by a bogey-free 7-under 65 in the second round. She made 13 birdies, an eagle and just two bogeys in 54 holes.

Diksha now becomes the second Indian to win a title this year. Aditi Ashok won the Kenya Ladies Open earlier this season. Aditi and Diksha are the only Indians to have tasted success on the LET.

Diksha, who was born with a hearing impairment and has been wearing hearing aids since the age of six, has overcome the hurdles amazingly well with the support from her family. Her father Col Narinder Dagar is also her mentor, coach and caddie.

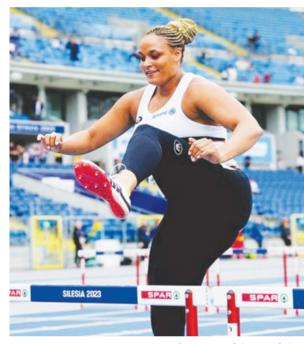
Diksha is a two-time medallist — silver in 2017 and gold in 2021 — at the Deaflympics. She also participated at the Tokyo Olympics, becoming the first-ever golfer to compete at both the Deaflympics and the Olympics.

Thrower overcomes hurdles to save team

Shot putter Jolien Boumkwo runs 100m hurdles to save Belgium from disqualification

CHORZOW, Jun 26 (Agencies): Belgium shot put and hammer throw champion Jolien Boumkwo displayed great team spirit at the European Championships when she stepped up outside her event and ran a 100 metres hurdles race to save her team from getting disqualified. Boumkwo appeared all smiles when she carefully attempted each hurdle in a video that went viral, after she stepped in when Belgium's two hurdlers had to pull out due to injury. Had no Belgian athlete competed in the event, the team would have been disqualified.

The 29-year-old finished the race without knocking any of the hurdles down in 32.81 seconds, 19 seconds after



Spanish sprinter Teresa Errandonea who won with 13.22. Boumkwo was applauded by the audience and congratulated by her rivals as she earned two points for the team. The points could be crucial as the bottom three countries will be relegated from Division 1.

Citing toxic culture within team, rifle coach Joydeep Karmakar resigns

NEW DELHI, Jun 26 (Agencies): One more coach has quit, citing the toxic environment within the Indian shooting team. Joydeep Karmakar, the 50 metres rifle chief coach, has resigned after not hearing about his contract renewal from the National Rifle Association of India (NRAI).

This is the third instance in a month that a coach of the team has resigned owing to contractual delays or disagreement with the new high performance director of the team, Dr Pierre Beauchamp. In May, India's Australian trap coach Russell Mark and skeet coach Lauryn Mark, who was also the high performance manager of the team, had resigned from their posts over delay in contract renewal. In the letter. Russell had called



Beauchamp's plans a "useless data collecting programme".

Karmakar confirmed that he had sent in his resignation to NRAI secretary general K Sultan Singh on June 10.

"It is true that I have resigned. I had not heard from the NRAI about the new contract and also I wanted to get away from the toxic environment within the team," Karmakar told The Tribune today.

Though the 2012 Olympian did not take Beauchamp's name, he said there was a lot of backbiting and scheming in the present setup that has the potential to ruin the team's prospects at next year's Paris Olympics.

"During the World Championships, where I met Luciano Rossi (current ISSF president who was contesting for the post back then) for the first time and was just exchanging pleasantries. All that I was hearing about was lies and unpleasant gossips, and felt it was getting uncomfortablly toxic and thankless in return of my

honest efforts. Hence, I

decided it was the right time to leave," he said.

Karmakar was also upset that the NRAI replaced his name with that of Manoj Kumar as the chief coach of the team for the Baku World Cup last month.

Interestingly, Karmakar was manhandled in front of the whole team by Beauchamp during the Cairo World Cup last year.

The NRAI secretary too confirmed the development. "Yes we have received his letter but we have not acted upon it," Singh said.

Rana back in Manu's corner

While some coaches are making a beeline for the exit gates, a familiar face, Jaspal Rana, has returned to the ranges. Importantly, he is back helping Manu Bhaker.

The duo had a public

falling-out before the Tokyo Olympics when Rana insisted that Chinki Yadav, another one of his trainees, be selected for the 25m pistol event instead of Manu. Manu took up the matter with the then NRAI president Raninder Singh, and pistol coach Ronak Pandit was tasked to train her till the Olympics

However, Rana is back in her corner, which has coincided with a dip in her form ahead of the trials to select the Asian Games team. "I was never away. I am always available to help shooters," Rana said.

When asked who brought the two together again, he retorted, "It does not matter who calls first, the idea here is to help. She is my protege. How can I turn my back on her?"

SAFF Championship: Lebanon move closer to semifinals

BENGALURU, Jun 26 (Agencies): Lebanon moved closer to the semifinals of the SAFF Championship with a commanding 4-1 victory over Bhutan here.

Lebanon came into the match as the favourites and they underscored that status with chilling authority, slamming in four goals in the first half itself. With six points and a match to go against Maldives on June 28, Lebanon are on top of Group B and that much nearer to a lastfour berth. Bangladesh and Maldives have three points apiece and they are also in the race to enter the semifinals. With two defeats from as many matches, Bhutan are out of contention.

On a night when the skies opened up with vengeance, Lebanon went ahead as early as in the 11th minute through



Mohamad Sadek. Ali Al Haj swelled the scoreline to 2-0 in the 23rd minute, beating a diving Bhutan goalkeeper T Dendup with a sweet first-touch shot from inside the box. Lebanon seemed to have perfectly

understood the group equations as they pressed on for more goals and the third goal came in the 35th minute. Khalil Bader latched on to a shot from Mahdi Zein to beat the oncoming Bhutan custodian to make

it 3-0.

Lebanon refused to take the foot off the pedal and made it 4-0 in the 43rd minute when an unmarked Mahdi slammed the ball into the net off a cross. In the second half, however, Bhutan managed to find some footing and add to the working minutes of the Lebanese defenders. Chencho Gyeltshen forced his way into the Lebanon box and eked out a penalty after he was fouled.

However, a poor effort saw the opportunity getting dusted. But the Bhutan forward atoned for that lapse in the 79th minute when he outwitted Lebanese goalkeeper Antoine Aldouary at the end of a very fine solo run. But Lebanon had already managed to inflict irrevocable damage by then.

Shooters Ganemat, Kynan set for Asiad and World Championships



26 (Agencies): After a series of trials and competitions, India's shotgun shooters are set for bigger challenges. The National Rifle Association of India, the governing body of the sport in the country, has proposed a list of shotgun shooters (trap and skeet) for the upcoming World Championships and the Asian Games.

NEW DELHI, Jun

The list includes shooters like Ganemat Sekhon, Angad Vir Singh Bajwa, Prithviraj Tondaiman and Kynan Chenai, to name a few. All of them practically picked themselves with their performances during the trials in recent months. Some of the familiar names who

narrowly missed out are Manavjit Singh Sandhu (trap) and Mairaj Ahmad Khan (skeet).

Ganemat has been one of the noteworthy shooters in the skeet section. In 2021, she became the first woman from the country to capture an individual medal (bronze) in the said discipline. Earlier this year, she bettered that effort with a silver medal during the Almaty World Cup. Given Ganemat's and the rest of the shooters' promise, the team is carrying high hopes. "The shooters have improved and have put up noteworthy performances in recent times. We are hopeful of putting up a strong show and winning a few quotas," a national coach, who has been guiding the shooters up close, said.

The World Championships is scheduled to be held in Baku (Azerbaijan) from August 14 to September 1 while the Asian Games is slated to be held from September 23 to October 8 in Hangzhou, China. The upcoming events are important given the fact there will be quotas on offer. India have won three quotas so far with one coming in the shotgun section.

Trap shooter Bhowneesh Mendiratta, who won a quota for the country in the World Championships, was placed fourth after the latest trials. His omission is not a worry for India as the likes of Prithviraj and Kynan, who competed in the 2016 Rio Olympics, will get a chance to earn a ticket to Paris. Prithviraj, Kynan and Ganemat will also be participating in the mixed team events during the Worlds.

Tennis Roundup: Carlos Alcaraz wins Queen's title, reclaims throne

LONDON, Jun 26 (Agencies): Spain's Carlos Alcaraz fired a Wimbledon warning as he comfortably beat Alex de Minaur 6-4 6-4 to claim the Queen's Club title today and return to world

In baking temperatures, the 20-year-old had too much firepower for his wily Australian opponent as he claimed his first grasscourt title in impressive fashion.

It was only Alcaraz's third tournament on grass, but the way he marched through the draw augurs well for his prospects at Wimbledon where he will be

seeded No. 1.

De Minaur, the first Australian to reach the London final since Lleyton Hewitt in 2006, had

chances for a break of serve when leading 4-3 in the opening set but could not take them. Alcaraz then broke serve in the following game before wrapping up the set on serve.

De Minaur double-faulted to hand over a service game early in the second set and there was no way the muscular Spaniard was going to pass up the opportunity to claim the title.

"So many legends have won here so to see my name on the trophy surrounded by great champions, it's amazing," reigning US Open champion Alcaraz said.

"I started the week not too well, but I adapted my movement and I ended the week with a lot of energy," he added.

Handicrafts, Handloom Directorate, NIFT unveil packaging prototypes for Jammu Handicrafts

Initiative will enhance sales, earnings of artisans, weavers: Rohit Kansal

TOP NEWS REPORT

JAMMU, Jun 26: Union Additional Secretary, Ministry of Textiles and Director General NIFT, Rohit Kansal, and Secretary in Industry & Commerce Department, Smita Sethi today attended unveiling ceremony of packaging prototypes and craft document for Handicrafts and Handloom products of Jammu region at JLN Udyog Bhawan Jammu.

The event was organized under the guidance of Vikramjeet Singh, Commissioner Secretary, Industries & Commerce.

Dr Javid Ahmed Wani, Director National Institute of Fashion Technology, Srinagar, apprised the artisans and weavers from Jammu, Samba and Kathua districts of the packaging project through a detailed comprehensive presenta-



Other dignitaries present on the occasion were Director Handicrafts and Handloom, Jammu, Dr. Vikas Gupta, MD JKTPO Khalid Jahangir and other officers of the Industries and Commerce department.

Another important aspect of the event was unveiling of the craft document exhibiting the crafts of Jammu division by the dignitaries.

The event was aimed to create a strategic

and attractive packaging design solution for branding Handicraft and Handloom items of Jammu division viz Basohli Painting. Basohli Pashmina. Phulkari Products, Calico Printing and Lathe cum Lacquer. The project envisions evolving a roadmap to create unique and sustainable packaging to add value to the artefacts of the

Jammu cottage indus-

try, to give a unique

packaging presentation to create a benchmark having international standards and to determine the unique selling point of chosen Jammu Handicrafts and Handloom goods.

The artisans and weavers of Jammu division were enthusiastic and grateful to the department of Handicrafts & Handloom, Jammu for providing such suitable packaging for their handmade products.

Speaking on the occasion, Rohit Kansal appreciated the efforts of Directorate of Handicrafts & Handloom. Jammu and NIFT Srinagar as having professionally, designed packaging prototypes, in tune with the marketdemand. It would definitely increase the sales of the products viz-a-viz wage earnings of the artisans and weavers of Jammu region, he

NHM releases ranking of Public Health facilities on JK e Sahaj for May 2023

TOP NEWS REPORT

SRINAGAR, Jun 26: National Health Mission J&K today released ranking of Public Health facilities on Hospital Management Information System (JK e Sahaj) for the month of May 2023.

In first phase of implementation, about 578 facilities have been covered under this initiative and will be further extended to other facilities in phased manner.

In the category of

Associated Hospitals of Government Medical Colleges, the first rank has been clinched by Chest Disease Hospital Jammu followed by GMC Udhampur, SMGS Hospital, Jammu; AH GMC Rajouri, and Government Medical college, Jammu. The bottom five in this category included Super Speciality, Srinagar, GMC Handwara, Children Hospital Bemina, Srinagar, Kashmir Nursing Home, Srinagar and Jammu, Government

Dental College.

In the category of District Hospitals, first rank has been secured by DH Samba followed by DH Reasi, DH Shopian, Government Hospital Gandhi Nagar, Jammu and DH Bandipora. The bottom five in this category included DH Kulgam, MCCH Anantnag, DH Ramban, DH Budgam and DH Ganderbal.

In the category of Community Health Centres (CHCs), CHC Dooru got the first rank followed by CHC Marh, CHC Shangus, CHC Gool and CHC Banihal. The bottom five in this category included CHC Nowshera, CHC Taryath, CHC Rohama CHC Kangan and CHC Khansahab.

In the category of Primary Health Centres (PHCs) and UPHCs, first rank has been clinched by PHC Sallar followed by PHC Mattan PHC Achabal, PHC Aishmugam and PHC Safapora. The bottom five in this category included PHC Thakra-

kote, PHC Teetwal, PHC Massu ,PHC Machil and PHC Keran.

JK e-sahaj (Electronic System for Automation of Hospital Administration J&K) initiative was formally launched on 4th November 2022 as part of Jashn-e-Sehat, by Lieutenant Governor, for different types of facilities i.e. Tertiary care, District Hospitals, Community Health Centres, Primary Health Centres and some New Type PHCs. JK E -Sahaj has been integrated with Rapid Assessment System (RAS), 104 Centralised Health Helpline for outbound calling and RCH portal of MoHFW, Govt. of India.

The ranking has been done on the basis of registration, conversion of **EMR** (Electronic Medical Record), registration of IPD patients and Patient feedback uploaded on the portal of JK e Sahaj for the month of May 2023, on real time basis. The detailed list of facilities has been shared on NHM website.

CEC Gyalson reviews District Capex Budget 2023-24, SDP works

TOP NEWS REPORT

LEH, Jun 26: Chairman/CEC, LAHDC Leh, Adv Tashi Gyalson chaired a meeting to review the status of District Capex Budget 2023-24 and the works under the Special Development Package (SDP) being executed by the various departments.

The meeting deliberated on the physical and financial status of various ongoing and new works under the Capex Budget and SDP of respective departments in a detailed sector and block-wise manner focusing on the DPR and Accord of Administrative Approval (AAA).

CEC Gyalson instructed the concerned officers to get AAA's for the new works at the earliest and directed to expedite all works to complete as per the scheduled timeline considering the short working season in the region.

Additional District Development Officer, Leh; District Superintending Engineer, PWD (R&B), Leh; SE PDD; Internal Audit Officer, LAHDC Leh; Executive Engineer, R&B

(Construction Division); Xen I&FC: Xen PDD; Xen PWD Nubra; Xen Igoo Phey; Xen PWD Nyoma; Xen SSD Khaltse; Assistant Executive Engineers from concerned departments besides other concerned officers/officials from Planning department attended the meeting.

GDCW Kathua celebrates International Day against Drug Abuse & Illicit Trafficking

TOP NEWS REPORT

KATHUA, Jun 26: The NSS unit and Red Ribbon Club, of Govt. Degree College for Women (GDCW) Kathua in collaboration with Jammu and Kashmir Aids Control Society under the banner of Azadi Ka Amrit Mahotsav and Presidency of G20 celebrated the "International Day against Drug Abuse and Illicit Trafficking" on 26th June, 2023. The Programme was

organized under the Patronize of Dr Savi Behl, Principal of the college.

On the occasion, an awareness lecture was organized on this occasion. Dr Arun Dev Singh NSS Programme Officer of Red Ribbon Club delivered a lecture on the topic and made the NSS volunteers and the students aware.

In his speech, he highlighted the need to create awareness about the drug menace in the society. He also talked about the present status of drug menace in India and in particular, Kathua district.

Most addicts are between the age group of 15 and 35, and many are unemployed. He further mentioned how the COVID-19 has disrupted the lives of people and presented unique challenges for people



orders and in recovery. Indian Govt has already started worldwide programmes to eliminate abuse of Drugs from the society and Ministry for Social Justice and Empowerment itself disclosed in the report that 272 districts are most affected in India and many programmes are being conducted in all over India to curb drug users and drug peddlers. He revealed in his lecture that the Police is working in India efficiently and he also disclosed that the district Kathua is much affected because its border is connected with Punjab.

He further suggested the students of the college that they should be vigil-lent and alert all the times and if anybody comes into their notice they should immediately share information to the nearby Police station or

dial on number 100 and he also conveyed them that the police provides services for the identification, treatment, and rehabilitation of addicts through volunteer organizations. He also emphasized the role of society in curbing drug addiction issues.

He motivated the students to adopt healthy life style and refrain from drugs. He reiterated that the students can play a pivotal role in creating awareness about drug-de-addiction in the society.

He emphasized upon the need to raise mass awareness against the drugs abuse and its ill effects. Further, he talked in detail about the ill effects of use of drugs. He briefed that the Drug menace is one of the major challenges in the society. It's not only ruins the abuser but also the family and the whole society. It

can be eradicated only through awareness and prevention, and our fight is with the drug menace, not with the addicted persons.

He appealed each and every one to join hands in the fight against the drug menace. He exhorted upon the need to rise against drug abuse and enhance cooperation to achieve a drug-free society.

The Faculty members present on this occasion were Prof. Ashwani Khajuria, Prof. Ravinder Kaur, Prof. Pankaj Nandan, Dr. Babita Jamwal, Dr. Naresh Sharma, Prof. Raj Kumari, Prof. Pallavi, Dr Rajni Khajuria, Dr. Vaishno Devi, Dr Surekha, Dr Mukesh, Dr Varchaskam, Prof Satish Khajuria, Dr. Usha Kiran, Dr. Ritu Raj, Dr. Anupam and others. A total of 100 students attended the lecture.

Had Sardar Patel been given a free hand, J&K would have been a part of India: Rajesh

TOP NEWS REPORT

JAMMU, Jun 26: National Democratic Party Indian (NDPI) J&K UT Chief while highlighting the achievements of last nine years said Prime Minister Narendra Modi sincerely worked for the betterment of the people of J&K and it was with his efforts that many dream changing projects and schemes which were abandoned for decades together by previous rulers were taken up in hand by Modi Government as its first preference.

PM Modi has removed all the hurdles and payed way for the development, peace, prosperity and progress of J&K in the last nine



years and the work is still on making it imperative to highlight all this in an ostentatious manner to convince one and all to support him for pacing up the progress of the region and allowing the Modi Government to start working full throttle added Gupta.

Rajesh Gupta said during an interview with a local news channel that the new political culture brought in by Prime Minister Narendra Modi coupled with the tremendous pace in development has broken the mental and physical barriers, and united the country.

NDPI leader said that Sardar Vallabhbhai Patel played a pivotal role in the integration of more than 560 princely states to constitute the post-independence Indian Union. Unfortunately, Patel was not allowed to handle Jammu & Kashmir because the then Prime Minister Jawaharlal Nehru thought that he knew J&K better. Later, Nehru also declared a unilateral ceasefire and thus prevented Indian forces from retrieving back the present 'Pakistan occupied Jammu Kashmir'(PoJK) from the Pak intruders, he said.

The NDPI president further said, had Sardar Patel been given a free hand, the history of Indian subcontinent would have been different. PoJK would not have been there, whole of Jammu & Kashmir would have been a part of India and this issue would not have lingered on for so many decades, he said.

The anomaly of Article 370 and 35A, said Gupta, persisted for more than 70 years and the nation had to wait to come and do the course correction.

162 Bn CRPF holds free Medical Camp in Kargama



TOP NEWS REPORT

HANDWARA, Jun 26: A free Medical health check-up camp was organized in Kargama Handwara under the Civic Action Programme by 162 Battalion Central Reserve Police Force (CRPF) in Tourist Reception centre Kargama Handwara, during which free medicines were distributed here.

The camp was inaugurated by Commandant 162 Battalion Vinod Kumar, Second

in Command Rajiv Kumar, Assistant Commandant R K Malik, Dr Ajay Medical Officer 162 Battalion, Sarpanch Kargama and other degnitries were present on this occa-

During this camp Dr Ajay Medical officer 162 Battalion CRPF were present.

During the medical camp a number of people including women, children and senior citizens of the area visited to take

advantage of the camp. Commandant 162 Battalion CRPF said while talking to media, "CRPF runs various schemes for assisting the needy and merging with the local and for having better coordination with them.

Commandant said today we have organised a free medical camp and consultancy for those who require medical assistance and you see a large number of people turned up in the programme.

The aim of such programmes is to have good relations with locals and also help them in difficult times. It's a continuous process and 162 Battalion is periodically conducting community outreach programs in one or other way. In the past also such free medical camps were organised in Kupwara district.

Meanwhile the locals extended gratitude to 162 Battalion for conducting the medical camp in the area.

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