

# TOP NEWS OF J&K

JAMMU, FRIDAY, JUNE 30, 2023

Daily Evening Newspaper



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**Judge rejects Donald Trump's request to toss out defamation claims by columnist**



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## BRIEFLY

### Night temp drops as rains lash parts of J&K

SRINAGAR, Jun 30 (Agencies): Amid forecast for isolated to scattered light rain and thunderstorm in the next 24 hours, the minimum temperature recorded a drop in Jammu and Kashmir on Friday, officials said. Also rains lashed parts of J&K during the last 24 hours till 0830 hours today with Srinagar recording traces, Pahalgam 13.2 mm, Kupwara 0.6 mm, Gulmarg 0.4 mm, Batote 0.9 mm, Bhandarwah 1.4mm and Kathua 3.0 mm.

A meteorological department official here said that Srinagar recorded a low of 18.3°C against 20.3°C on the previous night and it was 1.2°C above normal for the summer capital.

Qazigund, he said, recorded a low of 16.6°C against 17.5°C on the previous night and it was 1.1°C above normal for the gateway town of the Kashmir Valley.

Pahalgam, he said, recorded a low of 11.2°C against 13.2°C on the previous night and it was 0.4°C above normal in the famous tourist resort in south Kashmir's Anantnag district.

Kupwara town, he said, the mercury settled at 15.7°C against 17.1°C on the previous night and it was above normal by 0.2°C for the north Kashmir area.

Kokernag recorded a low of 16.3°C against 16.7°C on the previous night and it was 1.4°C above normal for the place, the officials said.

Gulmarg recorded a low of 11.0°C against 12.2°C on previous night and it was 0.1°C above normal for the world famous skiing resort in north Kashmir's Baramulla district, he said.

Jammu recorded a low of 27.1°C against 26.2°C on the previous night and it was 1.5°C above normal for J&K's winter capital, he said.

Banihal recorded a low of 17.6°C (1.5°C above normal), Batote 17.7°C (0.2°C above normal), Katra 23.5°C (above normal by 1.5°C) and Bhandarwah 16.8°C (0.8°C above normal). Ladakh's Leh and Kargil recorded a low of 9.8°C and 13.4°C respectively, the official added.

### 23-year-old dies after slipping into Shrunz fall

SRINAGAR, Jun 30 (Agencies): In a tragic incident, a 23-year-old boy slipped to death in the Shrunz fall in north Kashmir Baramulla district on Friday.

Quoting an official, Agency reported that Javid Ahmad Ganie s/o Abdul Majeed Ganie R/o Posnaga Kreeri slipped into the Shrunz fall.

He said that the body was retrieved by the locals and immediately

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## LG Sinha flags off 1st Batch of 3,488 Amarnath Pilgrims from Jammu base camp

### Top News Report

JAMMU, Jun 30: Jammu and Kashmir Lieutenant Governor Manoj Sinha flagged off the first batch of pilgrims for the annual Amarnath Yatra from the Bhagwati Nagar camp here early on Friday morning.

Amid multi-layer security, the first batch of more than 3,488 pilgrims left for the twin base camps in Kashmir to undertake the onward journey to the 3,880-metre-high cave shrine of Lord Shiva in the south Kashmir Himalayas.

The pilgrims were escorted by CRPF troopers with area domination being done by the Army and police on the highway.

The 62-day-long pilgrimage will commence from Kashmir on Saturday on the twin tracks



of the traditional 48-km Nunwan-Pahalgam route in Anantnag district and the 14-km shorter but steep Baltal route in Ganderbal district.

As many as 3.5 lakh pilgrims have already registered for the

Yatra so far and the number is expected to increase, officials said.

Jammu Deputy Commissioner Avny Lavasa said 33 accommodation centres have been set up in Jammu while Radio

Frequency Identification (RFID) tags will be issued at the registration centres.

Five counters have been established for the tatkal registration of the pilgrims at Vaishnavi Dham, Mahajan Sabha, Panchayat Ghar and two at Geeta Bhawan and Ram Mandir for the registration of saints.

Getting an RFID tag is mandatory, the official said.

"The Amarnath Yatra started from Jammu today with the flagging off ceremony by the lieutenant governor. The first batch of pilgrims left for Amarnath," BJP leader Devender Singh Rana told reporters here.

He said the administration has made arrangements for the best facilities for the smooth conduct of the yatra.

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## Carrying RFID cards must for Amarnath Yatris for safe Journey: J&K Govt



JAMMU, Jun 30 (Agencies): Authorities have directed Amarnath Yatris to collect Radio Frequency Identification (RFID) cards from the designated locations in Jammu and Kashmir before embarking on the Pilgrimage.

The Authorities have cautioned pilgrims not to travel without it.

"It is mandatory for all the yatris to wear the RFID card issued by Shri Amarnathji Shrine Board (SASB) at all times during the yatra", a communiqué said and added "No Yatri shall be allowed to enter the yatra area without RFID card".

The RFID Arbirer Technology Card is equipped with the Radio frequency and linked with the Aadhar card of the yatris which enables every pilgrim to remain traceable if lost the way during the trekking. And it also helps to detect the yatri's identity.

Jammu and Kashmir government has issued guidelines for

the pilgrims who are scheduled to undertake Amarnath Yatra this year and have asked yatris to follow them for their safe journey.

Directorate of Information and Public Relations Government of Jammu and Kashmir has issued necessary guidelines for the Amarnath Yatris through front page advertisements in Friday Newspapers with the headlines "Do's for the yatris" and "Don't's for the yatris".

The annual 62-day-long Amarnath Yatra begins from July 1 from the twin routes of Pahalgam in south Kashmir and Baltal route in Central Kashmir Ganderbal District amid adequate facilities put in place beside made unprecedented security arrangements.

The first batch of 3,488 pilgrims were flagged off by Jammu and Kashmir Lieutenant Governor Manoj Sinha from Bhagwati Nagar Yatri Niwas base camp in Jammu on Friday.

The Yatris have been asked to wear comfortable clothes during the yatra period and advised to put on trekking shoes, walk slowly while ascending and take time to acclimatize themselves with the high altitude atmosphere.

Yatris have also been asked to drink an

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## IPS officer named as accused in Rs 10 Lakh bribery case in Punjab

CHANDIGARH, Jun 30 (Agencies): Senior IPS officer Inderbir Singh has been named as an accused in an FIR pertaining to an alleged bribery of Rs 10 lakh to let off a suspected drug supplier in Punjab's Tarn Taran district last year, an officer said on Friday.

The name of Inderbir Singh, a deputy inspector general of police, was added to the FIR registered initially on June 30 last year, Senior Superintendent of Police of Vigilance Bureau (Amritsar Range) Varinder Singh said.

The FIR was regis-



tered under sections 213 (taking gift, etc. to screen an offender from punishment), 214 (offering gift or restoration of property in consideration of screening offender), 120-B (criminal conspiracy) of the IPC and relevant sections of the Narcotic Drugs and Psychotropic Substances

Act and the Prevention of Corruption Act.

The case was registered following the arrest of one Surjit Singh with 900 gram opium by personnel of the Bhikhiwind police station in Tarn Taran.

Another person, Pishora Singh, was also allegedly held with 250 gram of opium.

Later, the police arrested deputy superintendent of police Lakhbir Singh for allegedly accepting a bribe of Rs 10 lakh from Pishora for not naming him in the FIR.

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## Amarnath Yatra security convoy mishap leaves DSP, three others injured



UDHAMPUR/JAMMU, Jun 30 (Agencies): A deputy superintendent of police (DSP) was among three persons injured when a vehicle, which was part of the Amarnath security convoy, skidded off the Jammu-Srinagar nation-

al highway in Udhampur district on Friday morning, officials said.

The first batch of over 3,400 Amarnath pilgrims left for the twin base camps in Kashmir to undertake the pilgrimage to the 3,880-metre

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## PAN-Aadhaar linking is not mandatory for J&K



### Top News Report

JAMMU, Jun 30: The Income Tax Department has given exemption to some categories for PAN-Aadhaar Linking, for which the deadline is not 30th June 2023.

The Income Tax Department has given a deadline of June 30, 2023, to link Aadhaar card and PAN card (PAN-Aadhaar Linking). If a person does not link Aadhaar and PAN card by the June 30 deadline, then their PAN will become inactive.

That is, they are required to submit a PAN card as an important document for many

government and non-government works.

Although the Income Tax Department has given exemption to some categories for whom the deadline for linking Aadhaar card and PAN card is not 30th June 2023.

As per section 139AA of the Income Tax Act, 1961, every person who has been allotted PAN as on July 1, 2017, and is eligible to obtain an Aadhaar number, shall link his Aadhaar with PAN within the deadline of June 30. It is necessary to do.

If this does not happen, then the person's PAN card will become inac-

tive. If the Income Tax Department has extended the deadline of this link like it has been extended many times in the past, then till the next date, you will get time to link PAN Aadhaar card.

The mandatory requirement of linking Aadhaar with PAN does not apply to the categories which include Residents of the states of Assam, Jammu & Kashmir and Meghalaya; on-Resident Indians (NRIs) as per the Income Tax Act, 1961; any person who was of the age of 80 years or more at any time during the previous year; and persons who are not citizens of India.

Those who fall in any of the aforesaid categories are not required to link their PAN with their Aadhaar till June 30, 2023. But they can voluntarily link both the documents if they want. Apart from these four categories, it is mandatory for all persons to link their Aadhaar with their PAN card by June 30.

## JK, Ladakh to have 677 New Petrol Pumps

SRINAGAR, Jun 30 (Agencies): As many as 677 new petrol pumps will be set up in Jammu and Kashmir and Ladakh Union Territories to cater to the increasing fuel demand, media reports said.

Indian Express reported that India's BPCL and HPCL, the leading PSU



Oil Marketing Companies (OMCs), would be

setting up 677 new petrol pumps, with 643 new fuel stations in Jammu and Kashmir Union Territory. Of the 643 new petrol pumps, 342 would be set up in the Jammu region and 301 in Kashmir. In Ladakh, a total of 34 new fuel stations would be set up.

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**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.



MR. PRADMEN KRISHAN  
KOUL (KATAAL)

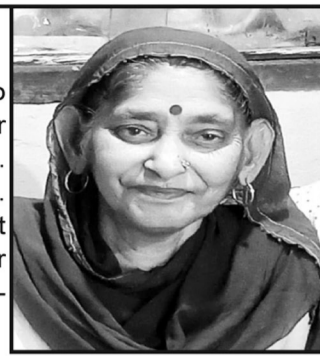
MOB: 9818552773,  
6594474044

**FIFTH DAY**

With profound grief and sorrow, we regret to inform the sad & sudden demise of our beloved sister **Smt. Vijay Lakshmi** W/o Sh. Jagdish Gupta R/o Mandir Wali Gali Rajpura. **Fifth Day Ritual** will be held on Saturday (1st July, 2023) at Trikuta Yatri Niwas, Ved Mandir Road, Near Petrol Pump, Ambphalla Jammu-180005 from 10.00 AM to 11.00 AM.

**GRIEF STRICKEN**

Lt. Sh. Shiv Darshan Gupta & Smt. Sunita Gupta  
Sh. Naresh Gupta & Smt. Sunita Gupta  
Sh. Mahesh Gupta & Smt. Anjali Gupta  
**Mob.No: 9419232714, 7889861816**



SMT. VIJAY  
LAKSHMI

**IN LOVING MEMORY OF**

**Late Prof. (Dr) Sarabjeet Kaur Reen**  
One year has passed since you left for your eternal journey. We miss your warm personality, inner beauty, grace and charm. Our gratitude to you for having been a part of us and contributed so much in a short span. The void you have left behind will remain forever. However, we find comfort and solace in your courage, love, and beautiful memories.

**Arambh Shri Akhand Path Sahib** at our residence 100/B Sainik Colony on Friday, June 30, 2023, at 9:30 AM.  
**Bhog Shri Akhand Path Sahib** at our residence 100/B Sainik Colony on Sunday, July 2, 2023 at 9:30 AM.  
**Kirtan and Antim Ardas** at Gurudwara Singh Sabha, Sainik Colony from 10 AM to 12 Noon followed by Guru Ka Langar.

**DEEPLY MISSED AND REMEMBERED BY :-**

Satinder Singh Reen (Husband)  
Ratibhav Singh Reen (Son)  
Uddhav Singh Reen (Son)  
**Brother-in-law & Bhabi**  
Ravinder Singh Reen and Late Ranbir Kaur  
Tejinder Singh Reen and Satinder Kour  
Capt Sher Singh Reen and Pawanjit Kour  
**Brother-in-law & Sister-in-law**  
Kuldeep Singh Bains H/o Late Balbir Kour (Bitti) and Mrs. Channo  
Jatinder Singh Bains and Soninder Bains  
Abinandan Singh and Arvinder Kour  
**(Brother & Bhabi)**



Late Prof. (Dr) Sarabjeet  
Kaur Reen

Manpreet Kour and Amolak Singh  
**(Sister & Brother-in-law)**  
Hanswahini Nayyar & Jasdeep Singh  
Nayyar **(Niece & Son-in-law)**  
**Entire Reen Family**  
and all relatives & friends.

**FIFTH DAY**

With profound grief and sorrow, we regret to inform the sad demise of our beloved Sister **Lt. Smt. Satya Devi** W/o Lt. Sh. Madan Lal Gupta R/o Katra on 29-06-2023.

**Fifth Day** will be performed on 01-07-2023 (Saturday) from 10 am to 11 am at Mini Green Land Palace, Lower Roop Nagar Jammu.

**GRIEF STRICKEN**

Sheetal Gupta  
Chanchal & Sham Lal Gupta  
Rajni & Bindravan Gupta  
**Mob: 9419965580, 9796222035, 7780914155**



Lt. Smt. Satya Devi

**TENTH DAY KRIYA**

With profound grief and sorrow we inform the sad demise of our beloved **Smt. Roopa Raina (Pyari)** W/o Shri Hriday Nath Raina, on 22-06-2023.

**Tenth Day Kriya** will be performed on 01 July 2023 (Saturday) at 8 AM at Muthi Ghat (near Directorate of School Education), Jammu.

**GRIEF STRICKEN:-**

Hriday Nath Raina (Husband) - 9419108001  
**(Sister-in-law and Brother-in-law)**  
Smt. Raj Rani Raina and Late Sh S.N Raina  
**(Brother-in-law and Sister-in-law)**  
Sh P.L. Raina & Smt Krishna Raina  
**(Sister-in Law and Brother-in-Law)**  
Smt. Krishna & Shri M K Dhar  
**(Son and Daughter-in-Law)**  
Sunil & Sunita Raina 7006109558  
**(Daughters and Sons-in-law)**  
Nimmi & Rabinder N Kaul - 9810618706  
Anjali & Vinay Nehru - 9818662347  
Sunita & Late Sh. Vinod Wali - 7678599654  
**And Rainas, Kauls, Dhars, Mattoos, Qazis, Walis, Nehrus**  
**Res: 36/54 Ashok Nagar, Opposite Canal Power House, Canal Road, Jammu**



Smt Roopa Raina

**10TH DAY / KRIYA**

With profound grief and sorrow, we inform the sad and untimely demise of our dear Karmyogi Father **Sh. Vijay Raina** S/o Late Sudershan Raina erstwhile resident of Sallar, Pahalgam, Anantnag, Kashmir at present resident of H.No. 117, Lane 3, Vikas Colony, Paloura, Jammu on 25th June, 2023.

**Tenth Day Kriya** will be performed at Muthi Ghat, Near Directorate of School Education Jammu on 4/7/2023 (Tuesday) at 8.00 am sharp.

**GRIEF STRICKEN**

Sh. Moti Lal Raina (Brother)  
Smt. Nirmala Koul (Sister)  
Smt. Savita (Wife)  
**(Son & Daughter-in-law)**  
Shubam Raina & Purva Raina  
Sumit Raina (Jannu) - (Son)  
Smt. Sunaina Pandita & Sh. Ankush Pandita (Daughter & Son-in-law)  
**Children : Ajay, Palvi, Pehar (Peenu)**  
**Contact No.: 9149966930, 9549333678, 7006198457**



Sh. Vijay Raina

**TENTH DAY KRIYA**

With profound grief and sorrow we inform about sad demise of our beloved **Mrs Mohini Kaul** W/o Late B.N Kaul R/o 429-A Luxmi Nagar, Sarwal Jammu.

**TENTH DAY KRIYA** will be performed at Muthi Ghat Near Director, Education Deptt on 2nd July, Sunday at 9.00 AM.

**DEEPLY MOURNED BY**

Inder Kaul & Suman Kaul 9419890226, 9781701221  
Veer Kaul & Pammy Kaul (London)  
B.K Dulloo & Santosh Dulloo - 9417004692, 9465805204  
Vijay Tikoo & Rajni Tikoo - 9871095533, 8826011006  
Sandeep Razdan & Nidhi Razdan - 9860606158, 9860373228  
Asha Jee Kaul- 9906780715  
Pran Nath Kaul-7719419770  
Sheela Bhan -6006837796



MRS MOHINI KAUL

**MOURNING FROM MALYUN SIDE/ 10TH DAY KRIYA**

With profound grief and deep sorrow, we inform the sad demise of our dear **Mrs. Mohini Kaul** D/o late Narian Joo Shishoo of Sheshyar Habba Kadal at Sarwal, Jammu.

The **Mourning** shall take place at 429-A, Luxmi Nagar, Sarwal.

**10th Day** will be performed on 2nd July, 2023.

**GRIEF STRICKEN**

Shishoo's, Kotrus



Mrs. Mohini Kaul

**FIFTH DAY/ TENTH DAY/ KRIYA KARAM & UTHALA**

With profound grief we regret to inform untimely demise of our beloved **Late Mrs. Shivem Thakur Khajuria** D/o Sh. Shakti Singh W/o Sh. Aditya Khajuria. State Awardee, was pursuing LLB second year from Jammu University from Dogra Law College. She topped in all the law colleges in Jammu University, expired on 25-06-2023. She is now in the lap of God Shiva Baba. All the death ceremonies will be performed at our residence H.No. 45 Lane No. 5, Karan Nagar, Mandia, Palace Road, Jammu UT of Jammu & Kashmir & the information will be provided to near and dear ones.

**Fifth Day** will be on 28th June, 2023 at 10 AM. **10th Day** will be on 4-7-2023 at 10 AM & **Kriya Karam** on 5-7-2023 at 10 AM & **Uthala** will be on 5-7-2023 at 4 PM.

**GRIEF STRICKEN**

Divi Khajuria - Daughter  
Smt. Barito Devi - Dadi  
Smt. Mitu Rajput (Mother) W/o Late Sh. Shakti Singh  
Bhawani Thakur - Brother  
Rajogni BK Palvi Thakur - Sister  
Sh. Aditya Khajuria - Husband  
Sh. Vijay Thakur - Tahya  
Smt. Chandra Lakhta - Tahya  
Smt. Krishna Sambhyal - Bua  
Sh. Colonel Kamal Singh Sambhyal - Fufa  
Sh. Sunil Singh Sambhyal - Cousin Elder Brother  
Smt. Anju Sambhyal - Cousin Bhabhi  
Phone No: 9419138206, 9484149885, 6062241942



LATE MRS. SHIVEM  
THAKUR KHAJURIA

**10TH DAY/KRIYA**

With profound grief and sorrow, we inform the sad demise of our beloved **Ashok Kumar Baru** S/o Late Smt. Sita Devi & Lt. Sh. Krishan Chand Baru R/o Jhajar Kotli on 21-06-2023.

**TENTH DAY** will be performed at our residence on 30-06-2023 (Friday) from 11 AM

**KRIYA** will be performed at our residence on 01-07-2023 (Saturday) from 1 PM.

**GRIEF STRICKEN**

Smt. Neelam Baru (Babi) - Wife  
Daughter & Son in law  
Smt. Ritu & Sh. Vijay Kermi  
Daughter in law & Sons  
Mrs. Arni & Aman Baru  
Mrs. Sakshi & Raman Baru  
Ashish Baru - Son  
Grand Children  
Pari, Pari, Amayra  
Bhabhi & Brothers  
Smt. Pushpa Baru W/o Lt. Sh. Chuni Lal Baru  
Smt. Ranu Baru W/o Lt. Sh. Tirth Ram Baru  
Smt. Lalita Baru W/o Lt. Sh. Mooli Raj Baru  
Smt. Tripta Baru W/o Sh. Mukh Raj Baru  
Smt. Neelam Baru W/o Sh. Ravi Kumar Baru



ASHOK KUMAR BARU

AWADH TRAVELS B C ROAD  
BARU TRAVELS B C ROAD  
MOB: 9419264337,  
990606234, 990606339

**OBITUARY**

With profound grief & sorrow, we inform the sad demise of our beloved mother **Smt Sudershan Pargal** W/o Sh. Kaushal Kumar Pargal presently residing at Ward No. 4, Krishna Colony, Kathua.

**TENTH DAY** will be performed on 30th June 2023 (Friday) 10.30 Onward at HAPPY PALACE, Krishna Marg, Kathua.

**Kriya & Uthala** 3rd July 2023, Time : 4:00 PM at Happy Palace, Kathua.

**GRIEF STRICKEN:-**

Sh. Kaushal Kumar Pargal - Husband  
Brother in law & Bhabhis  
Sudesh Pargal  
Pushpa Pargal  
Ramesh Pargal & Ved Pargal  
Prem Pargal  
Son and Daughter-in-Law  
Ashish Pargal & Nisha Pargal  
Daughter and Son-in-Law  
Minakshi Gupta & Rajesh Gupta  
Manisha Gupta & Sanjeev Rai Gupta  
GRAND CHILDREN  
Et. Tuskar, Dr Deepanjali, Monarch, Mayank, Mindul



Smt Sudershan Pargal

CONTACT NOS : 9419119156,  
9419210403, 9419121843, 8879621388

**10TH DAY/KRIYA**

With profound grief and sorrow, we inform the sad demise of our beloved **Shashi Pal Sharma** S/o Lt. Sh. Jai Karan Sharma R/o 73-PI/Ext-1-A Trikuta Nagar Jammu on 21-06-2023.

**Tenth Day** will be performed at Panch Mandir Sec-5, Trikuta Nagar on 30-06-2023 (Friday) Jammu from 10:30 AM.

**Kriya** will be performed at our residence on 73-P Ext-1-A Trikuta Nagar on 01-07-2023 (Saturday) 11:30 AM.

**Grief Stricken :-**

Smt. Chander Sharma (Wife)  
Mr. Janat Sharma (Son)  
Daughter & Son in law  
Smt. Prachi Sharma & Yashul Sharma  
Bhabhi & Brothers  
Lt. Smt. Shashi Sharma & J.R. Sharma  
Smt. Geeta Sharma & S.C. Sharma  
9419109159, 7006721529, 9906015924, 9622151329



S.P. Sharma  
(Dev Officer)  
LIC of India  
14-12-1960 to 21-6-23

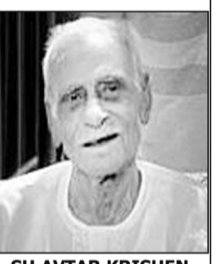
**OBITUARY/TENTH DAY KRIYA**

WITH PROFOUND GRIEF AND SORROW WE REGRET TO INFORM THE SAD DEMISE OF **SH AVTAR KRISHEN TANGNOO** S/O LATE NAND LAL TANGNOO EARST WHILE RESIDENT OF BAYAR ALIKADAL.

**TENTH DAY KRIYA** WILL BE PERFORMED ON 1st July 2023 AT GANG NEHAR MURADNAGAR FOLLOWED BY ASSEMBLY AT A 15 HARMUKH APARTMENT ALFA 1 GREATER NOIDA AT 12 NOON.

**GRIEF STRICKEN**

SUSHEELA TANGNOO (WIFE)  
PINKY & UMESH TANGNOO (DAUGHTER IN LAW & SON)  
**TANGNOOS, KAULS, KHASHUS, MOZAS, MONGAS, MUNSHIS, SALMANS**  
9958073227, 9643174431, 9588619441,  
9419106893, 9924053311, 9599430558



SH AVTAR KRISHEN  
TANGNOO

**CHOUBARSI**

Four years have passed since you left us in deep pain & sorrow. Your memories are still fresh & felt everywhere. You will remain in our hearts throughout our life.

**Choubarisi** of our beloved **Smt Godawari Rani** W/o Late Sh. Purshotam Singh Jammwal R/o Ward No. 13, Shakti Nagar, Dhar road, Udhampur will be performed on first of July 2023 (Saturday) at our residence followed by prasad.

**GRIEF STRICKEN :-**

Sons & Daughter-in-laws  
Bireshwar Singh Jammwal (PDD) & Veena Jammwal  
Chander Dev Singh Jammwal (MES) & Vandana Jammwal  
Pooja Jammwal W/o Late Parveen Singh Jammwal (JK Bank)

Daughters & Son-in-laws  
Kumud Rani W/o Late Naryan Singh Pathania (JKP)  
Vijay Jammwal & Sukhdev Singh Batoria (GMC)  
Sushma Jammwal & Rangji Singh Jammwal (LIC)  
Archana Jammwal & Prakash Singh Jammwal

Grand Children : Meenu, Gudiya, Smiley, Swati, Goldy, Abhi  
Grand Children : Meenu, Gudiya, Smiley, Swati, Goldy, Abhi  
Ananya, Vipul, Rishabh, Chinu, Atul, Ankit, Ayushi-Akshar.



Smt Godawari Rani

Great Grand Children :  
Asher, Daarvi, Tarush, Anika etc.  
Mobile : 7006018036, 9419647693

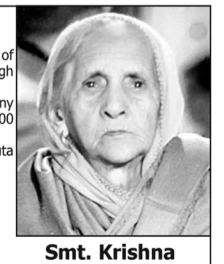
**10TH DAY & KRIYA**

With profound grief and sorrow, we inform the sad demise of our beloved **Smt. Krishna Devi** W/o Late Sh. Khajoor Singh R/o Gurha Slatia Mandi Sani on 21-06-2023.

**Tenth Day** will be performed at 129 B, Parveen Colony Trikuta Nagar Extn 1A on 30-06-2023 (Friday) from 10:00 AM to 12:00 Noon.

**GRIEF STRICKEN**

Son and Daughter-in-law  
Mrs. Sushma Slatia & Mr. Mahatam Singh  
Daughter and Son-in-law  
Mrs. Santosh & Mr. Balwan Singh Jammwal  
Mrs. Soma Devi & Kinar Singh Jasrotia  
Mrs. Kanta & Sagar Singh Charak  
Grand Son & Daughter-in-law  
Mrs. Shayana Rajput & Nikhil Slatia  
Grand Daughter & Son-in-law  
Mrs. Shikha Slatia & Amit Jammwal  
Mrs. Sheetal Slatia & Vivek Singh



Smt. Krishna  
Devi

**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. Shri Jee, originally from Vicharnag, Srinagar, Kashmir presently residing at B3-304, Saviour Park, Mohan Nagar, Ghaziabad, on 24th June 2023.

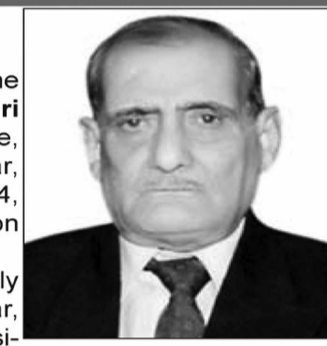
**Tenth Day Kriya** will be performed on July 3rd 2023 (Monday) at Gang Nahar, Muradnagar, followed by assembly at residence at 10 AM.

**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 (Daughter-in-law & Son)

**Samast Parivaar**

RSVP  
9818611686, 9910532261, 9958664373, 60055509484, 9871755139



Shri A.K. Zutshi (Kher)  
(Daddy Ji)

**OBITUARY/MOURNING FROM MALUN SIDE**

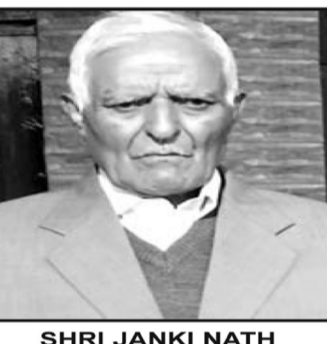
With profound grief and sorrow we inform the sad demise of our beloved "BHIJAN" **Shri Janki Nath Bakshi** husband of Gopishori Daughter of Late. Smt Indrawati & Late Shri Pram Nath Pandita of Nahama Handwar, Kashmir.

**Mourning from Malun Side** is being observed at H.No.-680, Sector-3, Vinayak Nagar, Baisakey Colony 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



SHRI JANKI NATH  
BAKSHI

**TENTH DAY/KRIYA & UTHALA**

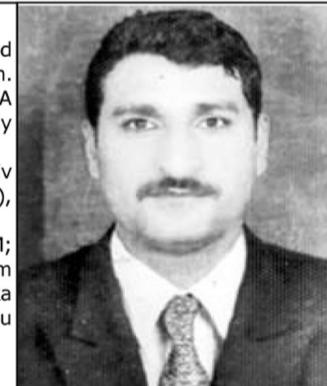
With immense grief and deep sorrow, we are devastated to inform that our beloved **Sh. Adv. Kabla Singh** S/o Sh. Kapoor Singh R/o Sector 4, Sharika Vihar (Behind JDA Quarters), Lower Roop Nagar, Jammu, left for heavenly abode on 21-06-2023.

**TENTH DAY** shall be performed on 30-06-2023 at Shiv Mandir, Sector 4, Sharika Vihar (Behind JDA Quarters), Lower Roop Nagar, Jammu, at 11:00 AM.

**KRIYA** shall be performed on 03-07-2023 at 12:30 PM; and **UTHALA** shall be performed on 03-07-2023 from 4:00 PM to 5:00 PM at our residence at Sector 4, Sharika Vihar (Behind JDA Quarters), Lower Roop Nagar, Jammu at 12:30 PM.

**IN GRIEF:**

Smt. Priyanka Bhou (Wife)  
Rimsha Oshin (Daughter)  
Rudradaman Singh (Son)  
Smt. Rajni Bhou (Mother-in-law)  
**CONTACT NO.: 7889605765, 9906908168**



SH. ADV. KABLA  
SINGH

**10TH DAY AND UTHALA**

With profound grief and sorrow, we regret to inform the sad demise of our beloved **Ashok Kumar Gupta** S/o Late Sh. Dharam Chand Mahajan R/O 103/7, Talab Tillo Jammu who died on 20th June, 2023.

**Tenth Day** shall be performed at Mahajan Hall, Opp. Police Post, Talab Tillo, Jammu on 29th June 2023 (Thursday) from 10AM to 11AM.

**Kriya** shall be performed at our residence 103/7, Talab Tillo, Jammu on 2nd July 2023 (Sunday).

**Uthala** shall be performed on 3rd July 2023 Monday at Mahajan Hall, Opp. Police Post, Talab Tillo, Jammu from 4PM to 5PM.

**GRIEF STRICKEN:**

Brothers & Bhabhis  
Sh. Mohan Lal Gupta & Smt. Soma Devi.  
Sh. Tilak Raj Gupta & Smt. Darshana Devi  
Mr. Raj Gupta (Son)  
Mr. Aman Gupta & Mrs. Renu Gupta (Son & Daughter in law)  
Miss. Nikita Mahajan (Daughter)  
9018729199, 7889509100, 9419199329.



Ashok Kumar Gupta

**10TH DAY/KRIYA**

With profound grief and sorrow, we inform the sad demise of our beloved **Shashi Pal Sharma** S/o Lt. Sh. Jai Karan Sharma R/o 73-P/Ext-1-A Trikuta Nagar Jammu on 21-06-2023.

# Shri Shiv Shakti Vaishno Sewa Mandal starts 27th Vishal Bhandara at Amarnath Yatri Niwas

Provide full support to organizations backing 62-Day Amarnath Yatra: Rajiv to Govt

**TOP NEWS REPORT**

JAMMU, June 30: Shri Shiv Shakti Vaishno Sewa Mandal commenced its 27th Vishal Bhandara today at the base camp of Amarnath Yatri Niwas, Bhagwati Nagar Jammu. The event aims to serve the devotees of Bhagwan Shiva who have embarked on the sacred journey to seek His blessings.

The inaugural day of the Vishal Bhandara witnessed esteemed personalities gracing the occasion.

Rajiv Mahajan, President of Shri Ram Sena, was the chief guest, who, in the presence of Adv Sanjeev Sareen and members of the Sewa Mandal, performed the Aarti of Bhagwan Shiv. Subsequently, he commenced the Langar,



a community kitchen, which will cater to the nourishment needs of the Amarnath Yatri throughout the duration of the yatra.

During his address, Mahajan emphasized the importance of extending full support to organizations like Shri Shiv Shakti Vaishno Sewa Mandal, which actively contribute to

the smooth conduct of the Yatra. He appealed to the government to provide comprehensive cooperation to such organizations, recognizing their crucial role in facilitating a successful and hassle-free pilgrimage experience for devotees.

Additionally, Mahajan called upon social and political organizations

to step forward and extend their unwavering support throughout the entire duration of the Yatra. He highlighted the significance of collective efforts and solidarity in ensuring the smooth functioning of the pilgrimage, emphasizing that the active participation of all stakeholders is essential for its success. Sharma ji, Organizer

of Shri Shiv Shakti Vaishno Sewa Mandal, Delhi, emphasized that the Mandal has been organizing Langar for the past 27 years. The Langar serves as a humble effort to provide sustenance and solace to the devoted pilgrims of Bholenath who have traveled from various parts of the country to seek the divine darshan of Lord Shiva.

"The Langar, a symbolic representation of community service and compassion, will remain operational until the completion of the 62-day-long Yatra. Shri Shiv Shakti Vaishno Sewa Mandal aims to cater to the needs of the devotees by ensuring they receive nourishment and support throughout their spiritual journey," he added.

# Belt Grading Test organized



**TOP NEWS REPORT**

JAMMU, Jun 30: Belt Grading Test organized by Japan Shotokan Karate-Do Kanninjuku Organization J&K powered by Nat Manch & Leo Martial Arts Academy concluded here at District Rajouri.

More than 30 participants participated in the belt test under the coaching of Amit Sudan

Belt Test was organised under the supervision of Ganesh Gupta style chief & Examiner Japan Shotokan Karate-Do kanninjuku Organization J&K and Rinku Sharma senior Karate coach Rajouri.

On the conclusion ceremony of belt test, Dr. Tarun Sharma Actor, Director, President of Nat Manch & Japan Shotokan Karate-Do Kanninjuku Organization J&K, Youth President Bhagwan Parshuram Trust J&K and Incharge Cultural Cell BJYM J&K was the Chief guest on the occasion.

Er. Palvi Sharma International Karate Player & 1st National Gold Medalist was guest of honours on the occasion.

Tarun Sharma emphasised on maintaining fitness among the students which is the need of time and congratulate all the belt holders. He also distributed Belt and certificates among qualified Karate players.

# Annual Parna Yatra Mata Bal Asthadash Bhuja arrangements discussed

**TOP NEWS REPORT**

KISHTWAR, Jun 30: A meeting was held under the overall Patronage of Purnan Chand Thakur at Parna Mandir, Chingam District Kishtwar regarding the upcoming annual Yatra which is scheduled to be held on July 27, 2023 in the pious premises of Mata Parna.

During the meeting important points were discussed regarding Langar Seva, the Construction of a temporary shed in the temple premises to accommodate devotees, temporary toilet facilities for Yatri, electricity, water facilities, medical facilities, and music system, and necessary instructions were given to Sanstha members for the smooth conduct of the Yatra.

It is unanimously decided by all the members present in the meeting that Langar Seva at Parna temple shall be provided by Paryat Lal Sharma from Passeket along with tent as



per requirement in the Yatra. Langar Seva at Dadooth shall be provided by Suresh Sharma. Langar Seva at Chingam shall be arranged at Vaishno Mata mandir Chingam.

Langar Seva at Tulsi Nagar shall be made available for all the devotees by Bal Krishan, Kuldeep, Tek Chand, Vinod Bhandari all from Matta Kishtwar.

Manpower required for pre

post Jagrata shall be taken from the volunteers of their Mandir Committee. Over all the meeting remained purposeful as all the important arrangements and works were distributed among different volunteers.

Committee members of the Sanstha who are present during the meeting includes Purnan thakur Who is also the chief Patron of Yatra Piyari Lal Sharma from Passeket

Suresh Kumar Sharma from Dhadpeth, 4 Raj Kumar from Parna, Rajinder Sharma from Buttgam, Bhoop Ram teacher from Khowra, Babhi Chand from Pathgam and many others local members of committee Parna and Chingam area.

Moreover Yatra shall be performed as per scheduled manual on 27 July 2023 from Kali Mata Mandir, Tulsi Nagar Matta Kishtwar by Sevak Purnan Thakur.

# DSS welcomes Amarnath pilgrims; extends all possible support to Admin for necessary arrangements



**TOP NEWS REPORT**

JAMMU, Jun 30: President Dogra Sadar Sabha J&K and former minister, Th Gulchain Singh Charak held a press Conference at the Sabha Bhawan Dogra Hall along with his Core Group members and extended warm welcome to the pilgrims (Yatri) of Shri Amarnath Ji in J&K and prayed to Bhagwan Shiv for their successful pilgrimage and his divine darshan in the form of "Bhole Baba Barfani" at the ancient Cave Shrine in Kashmir.

The Yatra begins this year from July 1, (Ashad Poonima). He assured on behalf of "Dogra Sahayita Kendra" a unit of Dogra Sadar Sabha in collaboration with "Dogra Education Trust" and "Shree Laxmi Narayan Mandir Management Trust" Gandhi

Nagar Jammu to provide a free Ambulance service for emergency use if needed by any pilgrim for evacuation to nearest government hospital facility. Masks, Sanitizers, Water & Food packets etc to the needy will also be provided. In this connection Charak shared the Helpline Number 0191-2543589 with the press for the convenience of pilgrims.

Echoing the pious sentiments of the devotees of "Bhagwan Shiv" from all over the country and different parts of the world and also in view of the occasional blockade of Jammu - Srinagar National Highway 44 due to frequent landslides that creates congestion and inconvenience to pilgrims in Jammu city, Charak appealed to the Lieutenant Governor and the local administration to make all possible arrangement

during such an event to expose the stranded pilgrims to different religious and historically important temples and Pilgrims centers in Duggar Pardesh dedicated to Bhagwan Shiv, like Purmandal/ Utterbehi in Samba, Shiv Khori in Reasi, Devika and Sudh Mahadev in Udhampur.

Charak demanded that the government should make free transport arrangements for the purpose by providing an adequate number of buses of the J&K Road Transport Corporation, etc. And also provide good camping facilities for the pilgrims at suitable sites. He further suggested that enroute, tours should be organised for the pilgrims to the places of tourist interest like Veer Bhumi Park Samba, Mansar and Surinsar lakes, flower parks Chattha,

Balidan Stambh at Jammu, Jamvant Gufa, Mubarak Mandi Heritage Complex, Jumbo Zoo and other nearby places. These measures will go a long way in promoting the tourism sector of Jammu region, he said.

Some civil society members raised concern over the reports in some sections of press about inadequate arrangement of water and overhead shelter for pilgrims standing in queue for hours together in hot sun or rain while waiting for registration at the places designated for registration at Jammu. He urged the authorities to take all necessary steps to solve such problems being faced by them.

Complimenting the security forces and the JKP for their security arrangements, he requested the pilgrims

and the local population to extend full cooperation and help to the security forces who are working much overtime to ensure our security and safety and bear with small inconveniences that may occur.

The Sabha once again reiterated their request to Hon'ble Lt Governor for speedy construction of the "Srinagar Balidan Stambh" at Pratap Park that would multiply national tourism as another pilgrimage to Srinagar by those families who will have names of their bread earners enshrined in the Memorial. DSS requested for an additional dimension to the Srinagar memorial by erecting a wall of Honour with names of all terror victims killed by terrorists 1989 onwards. That would not only be a honourable tribute but bring some solace to the bereaved families and keep them connected to their roots.

Prominent among others present during the press conference were Prem Sagar Gupta, Col Dr Virendera K. Sahi, Gambir Dev Singh Charak, Amanat Ali Shah, Ravi Singh Slathia, Janak Khajuria and Chhankar Singh.

**OFFICE OF THE EXECUTIVE ENGINEER  
MECHANICAL IRRIGATION DIVISION, AKHNOOR/NOWSHERA**

Tele/Fax :- 01924-253998/E-Mail :- [ifcjmiddakhnoor@gmail.com](mailto:ifcjmiddakhnoor@gmail.com)  
Short Notice Inviting Tender  
e-NIT No.: -MID/AN/26 Dated: -26/06/2023  
For and on behalf of The Hon'ble Lt. Governor of Jammu and Kashmir (UT), Executive Engineer, Mechanical Irrigation Division Akhnoor/Nowshera invites e-tenders from Approved contractors/ Registered firms / Workshop owners having experience in Electromechanical Works for following jobs:-

S. No.	Name of the work	Quantity	Cost of tender document	Period of Completion	Class of contractor
01.	Partial Rewinding / Strengthening of the Rotor along with allied works of Solid Shaft 6.6 KV, Slip ring type H.T motor No. 04 installed at L.I.S Rajal	01 Job	Rs. 200	15 Days	Registered /Reputed firms / Workshop owners having experience in Electromechanical Works

1. The bidding documents can be seen and downloaded from the website <http://www.jktenders.gov.in> from 26/6/2023 (05:00PM) to 03/7/2023 (02:00 PM). Bidding document contains instruction for bidders, bill of quantities, general terms and condition and other details.

- a) The Bids shall be uploaded in electronic format on the website <http://www.jktenders.gov.in> from 27/6/2023(10:00AM) to 03/7/2023 (02:00 PM).
- b) The complete bidding process will be through electronic mode.
- c) A pre-bid meeting will be held on 27/6/2023 (11:00 AM) in the Office of the Executive Engineer, Mechanical Irrigation Division Akhnoor / Nowshera to address any queries from the firms.
- d) Cover-1 of the bids uploaded on the website up to due date and time will be opened on 04/7/2023 (11:00AM) in the Office of the Executive Engineer, Mechanical Irrigation Division Akhnoor / Nowshera in the presence of the bidders who wish to attend. If the office happens to be closed on the date of opening of the bids as specified, the bids will be opened on the next working day at the same time and venue.

2. As per the Govt. Order No. O.M. No. A/24(2017)-651 Dated. 07-06-2018.  
a) Furnishing of hard copies of bids immediately after submission of e-Tenders is dispensed with. The same should be obtained only from the bidders who is declared as LI after opening of Financial Bids  
b) The cost of the tenders should be collected by introducing e-challan by simply uploading a copy of necessary treasury challan/Receipt.

3. Other details can be seen in the bidding document.  
4. The guidelines regarding submission of bid in electronic mode can be downloaded from website <http://www.jktenders.gov.in>

5. The bidders shall go through the tender specific instructions sheet also.  
6. The bidders for any clarification can contact the department through e-mail [ifcjmiddakhnoor@gmail.com](mailto:ifcjmiddakhnoor@gmail.com).

No.- MID/AN/423-27  
Dated :- 26-06-2023  
DIP/J-4110/23  
-Sd-  
Executive Engineer  
Mechanical Irrigation Division  
Akhnoor/Nowshera

**Department of Wildlife Protection J&K Government  
OFFICE OF THE WILDLIFE WARDEN KATHUA**

Te/Fax No. 01922-294037, Email:- [wildlifekathua1@gmail.com](mailto:wildlifekathua1@gmail.com)  
E-TENDERING  
Short term e-Tender Notice: e-NIT No.: - 20/WLW/K of 2023-24 Dated: 27-06-2023

For and on behalf of the Hon'ble Lt. Governor of UT of Jammu & Kashmir, e-tenders are invited from approved and eligible contractors registered with J&K State Govt. /Central Govt. Organizations for the following works:

Name of work	Adv. Cost (₹. in lacs)	Earnest Money (3% of the total estimated cost)	Class of Contractor	Cost of Tender Document/Tender Fee(In Rs)	Time of completion	Receiving /Opening Authority
Renovation of existing Ponds in Comptt. 2/JSR and Renovation of 4 Nos water harvesting structure including desilting In Comtt. 2/JSR of Jasrota Wildlife Sanctuary in Wildlife Division Kathua Under CAMPA 2023-24.	2.20620 lacs	Rs. 6619/- @ 3% of the tendered amount in shape of CDR/FDR pledged to Wildlife Warden Kathua	All Classes	600.00 (Non-Refundable) Deposited in Govt. treasury through challan under the receipt head 0406 in favour of the Wildlife Warden Kathua payable at Kathua mentioning name of work	30 days	Tender Opening Committee

The e-NIT consisting of qualifying information, eligibility criteria, specifications, bill of quantities, (B.O.Q), set of Terms & Conditions of contract and other details can be seen/downloaded from the departmental Website:- <http://jktenders.gov.in>

Position of AA/TS: Accorded.  
Position of Funds: Available.

Publishing Date	27-06-2023
Download Start Date	27-06-2023
Bid Submission Start Date	27-06-2023
Bid submission End Date (online)	06-07-2023 up to 03:00 PM
Date of opening of Technical Bid	07-07-2023 at 10:30 AM (In the Office of Regional Wildlife Warden Jammu, Manda Hills Jammu)
Date of opening of Financial Bid (online)	07-07-2023 at 11:00 AM (In the Office of Regional Wildlife Warden Jammu, Manda Hills Jammu)

Bid documents can be seen at and downloaded from the website:- <https://jktenders.gov.in>. Bid documents contain qualifying criteria for bidder, specifications, bill of quantities, conditions and other details.

**Terms & Conditions:**  
Bids uploaded must accompany Govt. Treasury Receipt in shape of Treasury Challan for the amount shown against the work above to be deposited in Govt. Treasury under Account Head 0406- Forest and earnest money Deposit (EMD) in shape of CDR/FDR pledged to Wildlife Warden Kathua. The bids for the work shall remain valid for a period of 30 days from the date of opening of bids.

DIP/J-4121/23  
Sd/-  
Wildlife Warden  
Kathua

## EDITORIAL

HEALTH  
EDUCATION

**B**alanced diet is the biggest key to our healthy living. Before planning a balanced diet, one must have knowledge of the essential nutrients present in various food items. All this information can be provided through health education only.

Health education also informs about the causes of various diseases, through which they spread, makes people aware of the importance of good health and makes them realize that the maintenance of good health requires the efforts of all. It occurs.

The simplest and most traditional definition of health is that health is the freedom from disease and suffering. The World Health Organization (WHO), a branch of the United Nations, is responsible for social welfare related to physical, mental health and making every effort to fight disease throughout the world.

In terms of life, health is our most precious gift. Good health is essential for a purposeful existence. A healthy person is one who has these characteristics – soundness and freedom from disease, freedom from unnecessary stress, freedom from social and psychological worries, self-confidence, ability to work efficiently with enthusiasm.

Good health can be achieved only through our efforts and proper health education. We can create a good health only when we are aware of various factors, which affect our health.

For example, if we are aware of the importance of a balanced diet, we will plan our meals carefully. Similarly, if we know how infections spread through air, water, insects and other mechanisms, we will act accordingly so that we are protected from infections.

To provide basic health education to the people, Community Health Centers are established with the main functions. Such as educating people about common diseases; their causes, their modes of infection; Prevention, precautions and treatment methods. Also ensuring that the water they use is clean and fit to use.

Considering the large population of our country, it would be wrong to expect that a doctor or a health worker would reach out to each and every individual and educate him/her about various health problems. Such education can be propagated only by the collective effort of more and more people.

More and more volunteers, male and female, should be trained and educated about the basic issues affecting health. They can further spread this knowledge in their own localities.

Full participation of people in health education helps in tackling various problems related to health through individual and community initiatives. If people are aware of the dangers of polluted water, they themselves will take measures. Through collective effort, they can compel the owner of the industrial unit to stop such abusive practices.

## Opposition needs a credible face to counter Modi in 2024

By: Parsa Venkateshwar  
Rao Jr

**I**t would be useful to remember that Bihar chief minister and Janata Dal (United)'s old warhorse Nitish Kumar had taken the initiative to arrange for the meeting of the major Opposition parties opposed to the BJP and its leader Prime Minister Narendra Modi. It can be called a motley crowd because as yet there is no articulated strategy in place to fight the 2024 Lok Sabha elections. There has been a statement of general intent that the parties and leaders gathered in Bihar's state capital would like to join hands for a common purpose. Many things need to be sorted out. In many ways it has been a low-key meeting with no grandiose statements. That has been the virtue of this first meeting and it carries the signature of Mr Kumar's unassuming character and style. There were no sparks at the Patna political gathering. The next meeting in Shimla, on July 10 or 12, becomes important on the way forward to Opposition unity.

Apart from the aggressive voice of Aam Aadmi Party leader Arvind Kejriwal, everyone else was busy pondering the issues and options. Some of the observers might even say the need of the hour is the aggression of the AAP, which has defeated the BJP in the Delhi Assembly elections twice, made a small mark in the Gujarat Assembly elections and swept Punjab. Mr Kejriwal has the instinct of an agitator who can amplify small and big issues as matters of life and death. He wanted the issue of the Delhi

government's control over the Union territory's bureaucracy, that had been affirmed by the Supreme Court and nullified by the Narendra Modi government's ordinance, to be one of the burning issues. Other leaders, except the Congress, agreed with him on the issue of the rights of the states and the imperiousness of the Centre, but they were not willing to make it the big issue that can become central in the political campaign. The Congress cold-shouldered it for its own strategic reasons.

Mr Kejriwal is not yet the big leader in the Opposition ranks that he would like to be because the AAP is still a small party holding power in Delhi and Punjab, with 20 Lok Sabha seats, and as Prashant Kishor, the marketing maestro of political campaigns, had shrewdly observed, the AAP has just two per cent of the national vote share, compared to 20 per cent of the Congress. This is indeed the Achilles' heel of the Opposition parties – their differences in size and quality. The differences are vital because each of the parties like the JD(U), Trinamul Congress, Nationalist Congress Party and the Communist parties, have their own bases and identities and they are not willing to let go of them.

The Opposition needs to find a clear voice of its own which is pitted against that of Prime Minister Narendra Modi, and unless this is done the battle between the Opposition combine and the BJP looks quite uneven. There is no dominant voice and no dominant party in the Opposition because the Congress, with

its pathetic 53 seats in the Lok Sabha, has become a part of the crowd of small parties with their respective parliamentary strengths like the DMK, TMC, and NCP. There has to be a face and a voice of the Opposition ensemble if it is to be a well-fought political battle.

The Congress wants Rahul Gandhi to be that face and voice and there is enough justification for it because the Congress is the party with a pan-Indian footprint. But there is a problem. After his defeats in the 2014 and 2019 electoral battles with Mr Modi, Mr. Gandhi is at a disadvantage. He has to be seen as a powerful counter-voice to put the fear of God as it were in the hearts of Mr Modi, the BJP and its RSS network. This issue of an Opposition leader is not necessarily that of who will be the Prime Minister. A dominant Opposition leader to cross swords with Mr Modi is what is needed in the heat of the battle. It is not necessary that the same person should be the Prime Minister.

And the Opposition parties have to face up to the Congress' dilemma. The dilemma is not that of the Congress alone, but that of the Opposition parties. They need a party which can win more than 100 seats because the others can win only as many Lok Sabha seats as are available in their respective states -- like the DMK in Tamil Nadu and the TMC in West Bengal. The NCP manages to win a seat or two in states other than Maharashtra. So, it falls on the Congress to pick up seats, or at least the votes, across the country, so that

it can take up the position of the dominant party. It is the dominant party with a larger number of seats that has to serve as the nucleus of an Opposition alliance in the election.

Apart from Mr Gandhi, and the aspirational Mr Kejriwal who has not yet proved himself as a good national-level campaigner, there is Bihar's deputy chief minister and Rashtriya Janata Dal leader Tejashwi Yadav waiting in the wings, who is articulate and a forceful voice who could serve as the dominant voice and face of the Opposition. The Opposition leaders cannot say that they will be a chorus against the solo voice of Mr Modi. The Opposition needs to find its own soprano to counter the Prime Minister.

What is also needed from the Opposition is a national vision and voice of its own which counters that of the BJP/RSS and Mr Modi because in the election the Opposition will be facing the triple combination of Mr Modi, the BJP and the RSS. The nitty-gritty of seat arrangements can be sorted out by the backroom teams. And they can fight over who would be the Prime Minister once the results are out. Mr Modi's bombast was a key factor in 2014 and 2019. The Opposition needs to counter that bombast with gritty rhetoric. A hard-hitting frontline campaigner should convey the many failures and the modest achievements of the Modi government and deflate its grandiose self-image.

India needs a change after 10 years of Prime Minister Modi, but it needs a strong and credible contestant to do that.

## Manipur needs a political solution

By: Julio Ribeiro

**L**AST week belonged to PM Narendra Modi. For the people of India, his visit to the US was a resounding success. It was cleverly structured by the External Affairs Ministry to give our Prime Minister maximum exposure as well as the maximum scope to exploit his communication skills.

The Army has told the government that this time a military response alone is not going to help.

Twenty years ago, Modi had been blacklisted by the US and other western democracies for failing to do what his own party chief at that time, Atal Bihari Vajpayee, termed his 'Raj Dharma'. The tide turned when Modi rode into Delhi with a massive mandate from the people. The US and the rest of the world were forced to acknowledge his undisputed leadership of the Indian nation.

Modi's majoritarian Hindutva politics and his gift of the gab have captivated a substantially large slice of the electorate, the core of which resides in Gujarat and Uttar Pradesh. But it is not only his dedicated supporters but also persons like me, who are critical of his doublespeak and autocratic tendencies, who appreciate his dignity, his carriage and his ability to hold his own when interacting with more powerful, and hence more arrogant, world leaders. Their intelligence agencies, like our own, must have given them a candid picture of the man with whom they were going to interact. But finally it would be their national interests that would dominate their thoughts and words, just like those interests would be paramount in our PM's calculations.

The expanding markets in a rapidly developing country like ours and our geographic proximity to a resurgent and rapacious China, with its potential to unbalance the

prevailing world order, will determine the thoughts and actions of the US, presently the leading world power. This world power unrolled the red carpet for Modi and we felt elated and honoured.

Not everyone in India nor in the US is blind to Modi's doublespeak, as some critics term it. The US Congress published an open letter to President Biden, signed by 26 legislators – 13 each from the Senate and the Congress – asking him to remind Modi of the slippage in human, political and other rights during his nine years in office.

Modi's outreach to the Indian diaspora has been truly mind-boggling. It is something that no PM before Modi thought of doing. Indians of all creeds, castes and economic status flocked to the appointed meeting places at the appointed times. Even in Egypt, where the diaspora is small, Indians came to greet him. It warmed the cockles of Indian hearts at home and abroad.

Former US President Obama felt that Modi had to improve on his country's treatment of the minorities, especially Muslims. That remark upset Sitharaman and other BJP bigwigs, introducing the first real sour note into the outcome of the visit. The fact is that Muslims feel alienated under this regime and that is the truth.

Modi's trips to the US and Egypt will boost his support in the 2024 Lok Sabha elections. Unless, of course, the Opposition parties truly bury the hatchet and rise up as one to prevent further humiliation. With Rahul Gandhi and Arvind Kejriwal both adamant on leading the Opposition, the picture of unity is not only hazy but also warped. Arvind is a cleverer and more wily politician. Rahul is a better human being. Rahul's party commands greater support in different corners of the country than AAP. The latter dominates only in Delhi and Punjab. In

both places, it has displaced the Congress as the party of preference and that rankles with the Congress think tank. Sulking should not be an option. Smart thinking is what is needed.

In Delhi, AAP has delivered on education and healthcare, the two core functions of any government worth its name. In Punjab, AAP has shown that grassroots corruption that hurts the common man can be tackled with political will and determination. Modi boasts of stopping corruption, but he only refers to big-ticket corruption by ministers and principal bureaucrats. Business houses are finding the atmosphere in the Central corridors of power easier to navigate, but the poorer citizens are still not rid of this perennial curse.

The Modi government's dislike for the Right to Information Act is being felt by RTI activists. Attempts to tinker with the Act by watering down its provisions or by delaying the appointment of Information Commissioners or, even worse, making wrong choices in their appointment should attract an immediate course correction. If Modi truly wants to include each and every Indian in the development paradigm, irrespective of caste or creed, as he himself often proclaims, he should ensure that the RTI Act is strengthened and enforced vigorously.

After his triumphant return to his homeland from his US trip, Modi needs to apply his mind to Manipur. It's known as that tiny piece of the North-East which produces some of India's best sportspersons, prominent among them being boxer Mary Kom. She has been made an MP through nomination to the Rajya Sabha, though I doubt if she can pull her weight in that august House like she did in the boxing ring. If Mary could deliver a punch through her tongue, she would talk

of the threat to life and property in her native state, posed by an incompetent government blessed by the BJP.

The dispute between the plains people, belonging mainly to the Meitei tribe, and the hill people, hailing from Kuki and Naga tribes, is as old as the hills where they reside. The fire was lit a couple of months ago when the Manipur High Court told the state government to consider petitions on the Meiteis' demand for the Scheduled Tribe (ST) status. Since this would eventually deprive the Kukis and Nagas of some of the seats reserved under the ST quota, the tinderbox was lit.

The tinderbox will keep smouldering until a political solution is found. The Army, which has been in the state for long periods to fight insurgent groups that have been involved in an armed revolt for decades, has told the government that this time a military response alone is not going to help. The politicians will have to put on their thinking caps to come up with a political solution.

An added complication is the factor of religion. The people in the plains are Hindus and have been Hindus for ages. The Kukis and Nagas are Christians and have been Christians for two centuries since American Baptist missionaries converted them in colonial times. Many churches in the valley have been torched and the priests and their helpers killed or beaten. The communal twist could have been ascribed to Hindutva zealots, but the BJP, as a party, had won over the tribals in Nagaland and Meghalaya during this year's Assembly elections. It should use that leverage with its own extremist elements to avoid further bloodshed.

Above all, Modi needs to spend his personal capital and mediate.

## Polytechnic admission aspirants meet Registrar of JK Board of Technical Education

### TOP NEWS REPORT

JAMMU, Jun 30: The JK Board of Technical Education is a renowned institution responsible for overseeing technical education and training programmes in the region.

Committed to providing quality education and fostering academic excellence, the Board aims to empower students with the skills and knowledge necessary for a successful career in various technical fields.

A group of polytechnic admission aspirants recently had the opportunity to meet with the Registrar of JK Board of Technical Education, Kuldeep Singh Bhatia, in his office chamber. During the meeting, the students shared their difficulties and concerns regarding the submission of online admission forms for three year Engineering /Non Engineering courses at various Polytechnics of UT



of JK and UT of Ladakh. Bhatia attentively listened to their grievances and promptly took action to address their issues. He made note of their concerns and immediately conveyed them to Reeta Kundal, Deputy Registrar JK BOTE for early disposal.

Also two officials within the Board Avinash Abrol and Balwinder Kour were allotted duties for collection, facilitation, guidance in online admission form filling in Regular and Late entry respectively.

They will work to resolve the problems encountered by the stu-

dents, ensuring a smooth and efficient admission process.

During the meeting, the aspirants also made a request to extend the last date for submission of online admission forms.

They emphasized the need for an extension, considering the recent declaration of the 10th class results, which may have caused delays in the application process for some students. Acknowledging the importance of this request,

Bhatia informed the group that the esteemed Secretary JK BOTE, Er.

Shaista Shamin, had already issued the order to extend the deadline for submitting online three year Diploma admission forms till 10th of July 2023 ensuring that all eligible students have an opportunity to apply for admission to polytechnic programs.

He urged all aspiring students to take advantage of this opportunity of extension and complete the application process within the revised timeline.

For further information, interested individuals can contact Registrar JK BOTE at 9419147552.

## Country witnessed massive transformation under Modi regime: Divya Jain

### TOP NEWS REPORT

JAMMU, Jun 30: The Bharatiya Janata Party (BJP) commemorated the successful 9-year tenure of the Modi Government at the Center through a special program titled "9 Saal Bemisaal."

The event was organized under the leadership of Divya Jain, President of Jammu South Mahila Morcha, as part of the ongoing Maha Jan Sampark Abhiyan.

As a part of the program, a meeting with new voters was conducted by Meetu Sharma, General Secretary of Jammu South Mahila Morcha, in collaboration with Poonam Dogra, Antu Kotwal, and Neena Sharma. The session aimed to engage and



empower young voters who will exercise their franchise in the upcoming elections.

During the interaction, the students displayed immense enthusiasm to cast their precious vote, with a tangible expression of love for Prime Minister Narendra Modi. The discussion revolved around the various schemes initiated by the Modi government, with participants actively sharing their perspec-

tives and experiences.

To enhance their understanding of the government's initiatives, each young participant received a book containing detailed information on Prime Minister Modi's schemes. This initiative aimed to empower the youth with knowledge and promote awareness of the transformative policies implemented by the government.

In a show of solidarity and support for the

visionary leadership of Narendra Damodar Modi, the participants voluntarily dialed the missed call number 9090902024. This act symbolized their connection at the grassroots level and served as a testament to their unwavering support for Prime Minister Modi, widely regarded as one of the world's greatest leaders.

Jivya Jain expressed her gratitude to all the participants and organizers for their active involvement in the program. She said that this celebration not only acknowledges the remarkable achievements of the Modi government but also emphasizes the importance of citizen participation and engagement in the democratic process.

## In 9 years Narendra Modi has made India a strong, Progressive country: Braham Jyot

### TOP NEWS REPORT

JAMMU, Jun 30: On the successful completion of 9 years of PM Narendra Modi led BJP Government, Braham Jyot Satti (Senior leader and incharge BJP OBC Morcha) organised Public Outreach Programme at Shakti Nagar, Jammu.

Kewal Verma (State Secretary OBC), Kushant Prajapati (Mandal General Secretary BJP), Hira Lal Sharma (Shakti Kendra Parmukh), Suresh Gupta Kaka (Mandal Media Secretary BJP), Ved Pal (Booth President), Pawan Sharma (Booth President), Rahul Sharma (Mandal General Secretary BJYM) were present on the occasion.

They interacted various huge number of people in a door to door interaction program and distributed booklets of achievement of BJP Government from past 9 years.

They also briefed about development works and Various schemes of Government which are highly



beneficial and available for the betterment of public.

People were very happy and raised slogans in the favour of India and BJP and said BJP is the only political party which is actually working for our nation and citizens.

Braham Jyot congratulated people on completion of 9 successful ruling years and said from past 9 year PM Narendra Modi led government is working for betterment of public and giving true example of Sewa, Sushasan and Garib Kalyan.

He said Prime Minister Modi is very dedicated and down to earth personality and has launched various ben-

eficial schemes for our youth and has provided new carrier opportunities to them.

He said in past 9 years BJP has made India a strong and Progressive country and created new employment opportunities for youth and working for all segments and India is blessed to have PM like Narendra Modi.

He said that we have to deal with big issues like surgical strike to strengthen the country, construction of Ram temple which has been in dispute for a long time, removal of Article 370 to connect Kashmir in the main stream, ban on triple Talaq for justice to minority women. Our party has tried to real-

ize the slogan of Sabka Saath, Sabka Vikas and Sabka Vishwas.

He highlights about schemes like Ayushman Bharat, Kisan Samman Nidhi yojna, cleanliness campaign, Aawas Yojna, Ujjwala gas scheme and how their effect was visible on the ground and said that during the tenure of the BJP government, under the Jan Dhan Yojana, lakhs of people are being directly benefited with banking facilities.

He appreciated the policies of BJP government and said BJP always available for public and will do our best to reach maximum public in this public outreach programme.

**UNION TERRITORY OF JAMMU & KASHMIR**  
**OFFICE THE EXECUTIVE ENGINEER PWD (R&B) CONST. DIVN. NO. II, JAMMU**  
**SHORT NOTICE INVITING TENDER**

**Fresh Short e-NIT No. 82 of 2023-2024/Div-2 Dated 27-06-2023**

For and on behalf of the **Lieutenant Governor, Union Territory of Jammu and Kashmir** e-tenders are invited on **percentage basis** from approved and eligible Contractors registered with Union Territory of J&K, CPWD, Railways, MES and other State/Central Governments for each of the following works :-

S. No	Name of Work	Name of Division	Advertisement Cost (Rs. in lacs)	Cost of document (in Rs.)	Earnest Money (in Rs.)	Time Allowed for completion	Time and date of opening of tender	Class of Contractor
1	Providing and laying wet mix macadam and 30mm thick SDBC on link road Baba Balloo Devasthan at Mathwar parking (under Non-Plan) (2 <sup>nd</sup> call)	PWD (R&B) Const. Divn. No. II Jammu	8.50	600	2% of Advertised Cost	01 Months	05-07-2023 (1.00Pm)	A, B, C & D Class / Hot Mix Plant Holder
2	Construction of various works at High Court and District Court Complex, Jammu by way of blacktopping of parking space / area at Lawyers Chamber, District Court Complex, Jammu. (under UT Capex) (2 <sup>nd</sup> call)	PWD (R&B) Const. Divn. No. II Jammu	18.74	600	2% of Advertised Cost	15 Days	05-07-2023 (1.00Pm)	"A" "B" & "C" Class / Hot Mix Plant Holder

**Position of AAA : Accorded**

The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website <http://jktenders.gov.in> as per below schedule :-

1	Date of Issue of Tender Notice	27-06-2023
2	Period of downloading of bidding documents	From 27-06-2023 to 04-07-2023 upto 1800 Hrs
3	Date, Time and place of pre-bid meeting	XXXXXXXX at XXXX Hrs. in the Office of Executive Engineer PWD (R&B) Const. Divn. No. II Jammu
4	Bid submission Start Date	27-06-2023
5	Bid Submission End Date	04-07-2023 upto 1800 Hrs
6	Date & time of opening of Technical Bids (Online)	05-07-2023 on or after 1300 Hrs in the Office of Executive Engineer PWD (R&B) Const. Divn. No. II Jammu
7	Date & time of opening of Financial Bids (Online)	To be notified after technical bid evaluation is completed

- Bids must be accompanied with cost of Tender document in shape of e-challan through Treasury indicating Treasury Voucher No. & date, e-NIT No. and name of work duly crediting to MH 0059 (Revenue) favoring Executive Engineer PWD (R&B) Const. Divn. No. II Jammu and upload the same i.e treasury challan / receipt, Earnest money/Bid security in shape of CDR/FDR/BG pledged to Executive Engineer PWD (R&B) Const. Divn. No. II Jammu. The CDR/FDR/BG shall be valid for 45 Days beyond the bid validity period. The original instruments in respect of cost of documents, EMD and relevant documents of L1 be submitted to the Executive Engineer PWD (R&B) Const. Divn. No. II Jammu at the time of allotment.
- The electronic bidding system would not allow any late submission of bids after due date and time as per server time. Bidders may modify their bids by uploading their request for modification before the deadline for submission of bids. For this, the bidder needs not to make any additional payment towards the cost of tender document. For bid modification and consequential re-submission, the bidder is not required to withdraw his bid submitted earlier. The last modified bid submitted by the bidder within the bid submission time shall be considered as the bid. For this purpose, modification/withdrawal by other means will not be accepted. In online system of bid submission, the modification and consequential- submission of bids is allowed any number of times. The bidders may withdraw his bid by uploading their request before the deadline for submission of bids; however, if the bid is withdrawn, the re-submission of the bid is not allowed. No bid shall be modified or withdrawn after the deadline of submission of bids.
- The date and time of opening of Financial-Bids shall be notified on Web Site [www.jktenders.gov.in](http://www.jktenders.gov.in) and conveyed to the bidders automatically through an e-mail message on their e-mail address. The **Financial-bids of responsive bidders** shall be opened online in the **Office of Executive Engineer PWD (R&B) Const. Divn. No. II Jammu**. The date for same shall be intimated separately.

No:- 16918-40  
Dated :- 27-06-2023

DIP/J-4146/23  
Sd/-  
Executive Engineer  
PWD (R&B) Const. Div. No. II  
Jammu

**Union Territory of Jammu & Kashmir**  
**Office of the Executive Engineer Jal Shakti Mech. Division North Jammu**  
e-mail: [xennorth@gmail.com](mailto:xennorth@gmail.com)

**NOTICE INVITING TENDER**  
**e-NIT No. 101 of 2023-24**

For and on behalf of Commissioner, Municipal Corporation, Jammu, Executive Engineer, Jal Shakti Mech. Division North Jammu, invites tenders by e-tendering mode from the reputed/registered firms/Sole Prop. for the below mentioned work:-

S. No.	Name of work	Cost of document/ tender fee (in Rs.)	Earnest money	Validity of Rates	Bid validity
1.	Replacement of components of 1.50 lakh GPH x 150 mtrs. Head HC pump of Manda unit No. 09 installed at CPS Sitlee.	200/-	02% of the Quoted amount	180 days	180 days

**Date of Publishing : 27-06-2023 02.00 pm.**

- Bid documents can be seen at and downloaded from the website <http://jktenders.gov.in> from 27-06-2023 (02.00 pm).
- The Bids shall be deposited in electronic format on the website <http://jktenders.gov.in> from 27-06-2023 (02.00 pm) to 06-07-2023 (02.00 pm).
- The complete bidding process will be online <http://jktenders.gov.in>.
- The Technical bids received shall be opened online on 07-07-2023 (02.00 pm) or any other subsequent date in the office of Executive Engineer Jal Shakti PHE Mech. Division North Jammu.
- The Financial bid of the bidders shall be opened online after scrutinizing the technical bid in the office of the Executive Engineer Jal Shakti Mech. Division North Jammu in presence of the bidders who wish to attend. If the office happens to be closed on the date of opening of the bids as specified, the bids will be opened on the next working day at the same time and venue.
- Cost of bidding document in shape of e-challan/single window challan of JMC pledged to Executive Engineer, Jal Shakti Mech. Division North Jammu/tender fee receipt through online payment through the JMC link <http://www.jmcjammu.org/online-payment.html>
- The original instruments in respect of cost of document, EMD in the shape of CDR/FDR and other relevant document of L1 bidder will be required to be submitted to the Executive Engineer Jal Shakti Mech. Division North Jammu after opening of financial bids on line. No separate intimation about opening of financial bids will be sent by this office / by the tender opening authority. In case the original documents are not submitted by the L1 bidder opening of financial bid, the tender will be cancelled and the bidder will not be allowed to participate in any further / future tendering process in the division for a period of one year.
- The date and time of opening of financial bids will be notified on website <http://jktenders.gov.in> and conveyed to the bidders automatically through an e-mail message on their e-mail address.
- The original documents when submitted by L1 bidder for the cost of tender documents, specified in the tender document should be same as uploaded on line (Scanned copies) otherwise allotment will not be issued, the tenders will be cancelled and the bidder will not be allowed to participate in any further / future tendering process in the division for a period of one year.
- Bid security of successful tenderer will have to be in form of CDR/FDR of any scheduled bank and shall have to be valid for 180 days after last date of receipt of Bid.
- Only such firms should submit tender, who have requisite infrastructure and workshop facility for carrying out similar type of job which may be inspected by the competent authority before awarding the job contract so as to access the working capacity of the tenderer. The workmanship and material used should be of high quality and as per the specifications of the job order / tender.
- The bid for the execution of work shall remain open for acceptance for a period of 180 days from the date of opening of bids. If any bidder/tenderer withdraws his bid/tender before the said period or makes any modifications in the terms and conditions of the bid, the earnest money of the firm shall stand forfeited.
- The tenderers are advised to visit the site of work / inspect the parts to be fabricated before uploading their tenders so as to acquaint themselves with exact measurement and site conditions.
- Special conditions as per Finance Department order No. OM A/24 (2017)-651 dated 07-06-2018.**
  - Furnishing of hard copies of bids immediately after submission of e-tenders is dispensed with. The same should be obtained only from the bidder who is declared as L-1 after opening of financial bids.
  - The cost of tenders should be collected by introducing e-challan or simply uploading a copy of necessary challan / receipt.
  - Similarly, instead of insisting on actual call deposit receipt, a copy of same duly pledged to the concerned department should be uploaded by the tenderers. However, before allotting the work or issuing the supply order, the original CDR/FDR should be obtained and kept on record.
- Other details, instructions and terms and conditions can be seen / downloaded from the bidding document.

DIP/J-4173/23  
JSDMN/1607-09  
Dated: 26-06-2023  
Sd/-  
Executive Engineer  
Jal Shakti Mech. Division North  
Jammu

## No longer is the blue tick a prerogative of the elite on Instagram. As these are now being distributed to anybody who can afford, celebs share their views

There was a time when verified badges helped differentiate between authentic celebrity accounts and those of common users on Instagram. Soon, social media influencers rose up to claim a badge of their own and entered the mainstream league of popular accounts.

Now in this third phase, as more and more apps plans to 'monetise' their users, blue ticks are being distributed to anybody who can afford it. Following in the footsteps of Twitter, Meta, parent company of Facebook, Instagram too has officially introduced its paid verification service in India, known as 'Meta Verified'.

This service allows Facebook and Instagram users to obtain a blue tick badge on their accounts for a nominal fee of Rs 699 per month. In a way, it's like any other OTT subscription. Users on any platform can avail this service. We ask celebs how this move affects the authenticity of their accounts now that everybody can own a blue tick.

Business tool



ARUN MANDOLA



AFREEN ALVI



NIKHIL NANDA



AADESH CHAUDHARY

## Code Blue

Lokit Phulwani Instagram blue tick was much more than a mere obsession. It was given on the basis of your followership and popularity. Being verified also meant business for many. In my view, Instagram made a smart move given the huge popularity of blue tick and monetised it. They can make a huge amount of money with the monthly subscription. Many people who wanted to be popular and feel important went for it, but I believe that a lot of them will eventually stop this monthly payment. Instagram will come out with some other way to recog-

nise the really popular people, who have genuine and large followings. They might now upgrade the previous blue to new 'gold tick' to create a differentiation. This will help retain the celebrity influencers.

No value Aadesh Chaudhary Well, now you can either say a celebrity is a common man on Instagram or a common man is a celebrity! The blue tick obsession has been a very bad influence on people because they want it by hook or crook. But it doesn't affect me. Being an actor, people should appreciate my acting and we actors should focus more on

work. All the blue tick does is make someone feel like a celebrity. Other than that it does not really hold much value. It's a good thing that has happened, now people will be more focused on topics other than blue tick.

At what cost? Nikhil Nanda The blue tick was something that always distinguished the boys from the men. But now, it's available at a cost. There is still a verification process before one obtains the blue tick. From what I know, some people are okay with having it for a few months and then stop pursuing it because

the obsession with the blue tick diminishes over time. The status of owning a blue tick may not remain the same as it was earlier.

Diminishing value Arun Mandola

The accessibility of blue ticks for a nominal price on Instagram raises concerns about the authenticity of celeb accounts. Previously, the blue tick was seen as a symbol of credibility. However, if anyone can obtain it easily, its value may diminish. I believe that the obsession with this blue tick will eventually fade.

Nothing significant Afreen Alvi

To be honest, I'm still myself, with or without the tick. A fan is still a fan, whether there's a blue tick or not. The blue tick is important, but if it's not there, I don't think it would change anything. When it wasn't there, things were still the same. However, for those who take social media too seriously in their lives or rely on it for earning money, the blue tick can have a significant impact.

## Madonna rushed to a NYC hospital due to bacterial infection



International pop-star Madonna was found unresponsive and rushed to a New

York hospital after suffering from a bacterial infection, leading to a multi-day hospital stay. Though she is on way to full recovery, her upcoming 'Celebration Tour' has been postponed.

The singer's talent manager and producer confirmed that she had been admitted to an intensive care unit on June 24 due to the infection.

Back in 2020, Madonna underwent hip replacement surgery following an injury during her 'Madame X Tour', which forced her to cancel several North American shows.

The Grammy-winning pop sensation had announced her 'Celebration Tour' back in January with a video featuring other big names such as Amy Schumer, Lil Wayne, Kate Berlant, Jack Black, Judd Apatow, and Eric Andre, among others. Her 'Celebration Tour' was expected to cover all sides of Madonna's 40-plus year career. It was scheduled to begin in Vancouver on July 15.

## Kim Cattrall explains what led to her And Just Like That... cameo

Kim Cattrall has opened up on her highly-anticipated And Just Like That cameo.

The actress, 66, detailed how she came to reprise her iconic role of Samantha Jones for the Season 2 finale of the Sex and the City revival series. Her character was only featured in the first season via text message exchanges with Carrie Bradshaw (played by Sarah Jessica Parker).

Cattrall made headlines earlier this month when it was announced that her Sex and the City character Samatha Jones would be making an appearance in this season's finale of And Just Like That. However, she made an exception for her good



friend Cattrall's return. Cattrall filmed the cameo on March 22 in New York City. Cattrall did her scene without seeing or speaking with the stars of the series, including Parker, Cynthia Nixon and Kris-

tin Davis, nor did she reportedly interact with series creator Michael Patrick King.

In the cameo in And Just Like That Season 2 finale, Cattrall's character will reportedly speak to Carrie on the phone.

## Dharmendra posts heartfelt message for Hema Malini, daughters Esha and Ahana

Veteran actor Dharmendra has penned a note for wife Hema Malini, daughters Esha Deol and Ahana Deol, saying that his advanced age and ill health prevents him from personally telling them about the love and respect he has for them.

The Hindi cinema veteran shared a throwback photo with Esha Deol alongside his post. "Esha, Ahana, Hema and all my darling kids... loving Takhtani's and Vohra's I love you and respect you all from the core of my heart... age and illness is telling upon me I could have spoken personally to you... but," Dharmendra wrote.

The 87-year-old didn't provide



any details about his "illness".

Hours later, Esha posted a photo from her 2012 wedding to Bharat Takhtani. In the framed photo, she is accompanied by Dharmendra, Malini and her husband.

"Love you papa. You are the best. Love you unconditionally & you know that. Cheer up & always be happy & healthy. Love u (sic)," the 41-year-old actor wrote in the caption.

Dharmendra's post comes days after the marriage of Sunny Deol's son Karan Deol to long-time girlfriend Drisha Acharya.

Malini, who is Dharmendra's second wife, and her daughters were absent from the wedding festivities.

## Shahana Goswami talks about her role in Neeyat

Actress Shahana Goswami has been part of projects such as Rock On!, Midnight's Children, A Suitable Boy, Hush Hush, and Bombay Begums, among others.

Shahana's next project is the murder mystery Neeyat, where she will be seen portraying the character of Lisa.

Shahana says, "I had a conversation with Anu Menon, and then I got the script for Neeyat. After reading it, I was intrigued because I like this genre a lot, since this whole whodunit theme has a certain hook to it.

I found Lisa's character really interesting and very different."



Neeyat is set in the highlands of Scotland, and the trailer takes the viewer into the world of billionaire Ashish Kapoor.

## Anushka Srivastava of the show Meri Saas Bhoot Hai is inspired by Bollywood queen Priyanka Chopra



Meri Saas Bhoot Hai is a TV show about a ghostly mother-in-law and daughter-in-law pair. The character of Twinkle is played by

Anushka Srivastava. Anushka, who takes inspiration from actress Priyanka Chopra, shared some special things about her and Priyanka's connection.

Talking about her acting inspiration, Anushka says, "The person I really admire in the industry is Priyanka Chopra. She is from Jamshepur, and I am from Bihar.

Now, Jamshepur comes under the state of Jharkhand, but earlier it was in Bihar. She made us proud by winning the title of Miss World. I still watch her interviews, and I have also read books on her. She never fails to inspire me."

## Bored with movies about beautiful people who are indestructible: 'Indiana Jones 5' director James Mangold

Director James Mangold says movies often become about beautiful people who are 'just like Teflon'. That's why the filmmaker likes to put his characters in 'crisis' to drive the drama, something he did with Hollywood star Harrison Ford in Indiana Jones and the Dial of Destiny.

In Dial of Destiny, Ford returns as the titular character, now on the cusp of retirement as a professor of archaeology, who is forced to go on a thrilling, adventure to help his estranged goddaughter, Helena Shaw, played by Phoebe Waller-Bridge.

The plot of the fifth



Indiana Jones film has thematic similarities to Mangold's Logan, a movie fronted by Hugh Jackman's mutant Wol-

verine, who was also in his twilight years. Drawing parallels between the two iconic characters, the American

director said in order to make a good story, the protagonist has to be facing something.

"We all face ageing

and death. We all face the world changing around us and having to adapt. In Logan's case, he was about 250 years old when he passed..."

"Frankly, I am bored with movies about beautiful people who are indestructible. I think that it's just a snooze. Honestly, I have no connection with it. I am not beautiful and I am not indestructible. So the reality is, it's just kind of simple," Mangold said.

He added, "Often films are about watching the tactics of the protagonist as they navigate explosions and throw a couple of smart lines and then the thing ends."

## Futuristic policies in last few years boosted global recognition for Indian universities: PM Modi

*He referred to the rise in the numbers of IITs, IIMs, AIIMS and NITs across the country and described them as the building blocks of the new India*

NEW DELHI, Jun 30 (Agencies): Prime Minister Narendra Modi asserted on Friday that futuristic policies and decisions taken in the last few years in the education sector have boosted global recognition for Indian universities.

Addressing the valedictory ceremony of Delhi University's centenary celebrations, Modi noted that the number of Indian universities that featured in the latest QS global ranking has surged to 45 from 12 in 2014, the year he became prime minister.

He referred to the rise in the numbers of IITs, IIMs, AIIMS and NITs across the country and described them as the building blocks of the new India.

The prime minister spoke about his recent state visit to the US and said the global respect and prestige for India has grown because of the rise in its capa-



bility as well as the world's faith in the country's youngsters.

Futuristic policies in the education sector, boosted global recognition for Indian universities, Modi said.

Citing agreements signed between the two countries during his visit, he said these will bring new opportunities for youngsters of India in fields ranging from the earth to space, semiconductors and artificial

intelligence.

India's youngsters will have access to technologies which used to be out of their reach, PM Modi said, adding that it will boost their skill development.

Companies like Micron and Google will be investing heavily in the country. It is a sign of the India of the future, he said.

Lauding Delhi University's contribution to different aspects of life, the prime minister said it

is not merely a university but a movement.

"India used to have a big share in global GDP. But hundreds of years of slavery destroyed its education centres and stalled growth," he said.

Noting that the university's 125th year will coincide with the country's 100th year of Independence, Modi said it should dedicate itself to the goal of having a developed India by 2047.

During the event, PM Modi also laid the foundation stone of the Delhi University Computer Centre, buildings of the Faculty of Technology and of the Academic Block on the North Campus of the university.

The University of Delhi was established on May 1, 1922. Since then, it has grown and expanded immensely and now has 86 departments, 90 colleges, and more than 6 lakh students.

## CBI asks Harish Rawat to appear before it in 2016 sting video case



DEHRADUN, Jun 30 (Agencies): The CBI has served a notice to former Uttarakhand chief minister Harish Rawat in connection with the 2016 sting operation, asking him to appear before a CBI court on July 4 to give a voice sample.

Sleuths from the Central Bureau of Investigation arrived at Rawat's residence Thursday morning to serve him the notice but he was not at home.

The notice was served to him later in

the day when Rawat himself informed the CBI, both on the phone and through a social media post, that he had returned home.

Reacting to the CBI notice, the Congress leader said he and his party had already suffered all the damage the "conspiratorial sting operation could inflict on us" in 2016-17.

"However, I am ready for any kind of persecution in the hope that the law will one day stand by us and truth will prevail," he said, adding, he

will fight the battle in the CBI court and beyond.

The sting video in question surfaced in 2016 in the wake of nine Congress MLAs revolting against Rawat, the then chief minister, and joining hands with the BJP, virtually reducing his government to a minority.

The video created a major controversy as it purportedly showed Rawat negotiating a deal to buy back the support of disgruntled party MLAs.

The revolt by party MLAs led to the imposition of the president's rule in the state for a brief period.

Rawat's government was reinstated after he won a Supreme Court-monitored trust vote in the state assembly.

## 7 killed as SUV rams into parked truck in UP

BANDA, Jun 30 (Agencies): A speeding SUV rammed into a parked truck here, leaving seven people dead and another seriously injured, a senior police official said on Friday.

The accident took place on Thursday night when a family was taking one of its members to hospital, Deputy Superintendent of Police of Baberu, Rakesh Kumar Singh, said.

While five occupants of the SUV were killed on the spot, two others succumbed to injuries at a hospital, he said.

The deceased were identified as Shakeel (25), Mushahid (24), Mohammad Kaif (18), Shayra Bano (37), Kallu (13) and Jahil (25), he said, adding that one



person is yet to be identified.

The deceased were residents of Tilou-sa village.

The bodies have been sent for post-mortem and a search was on for the truck and its driver, he added.

## Man arrested over threatening social media post against Bhim Army chief

AMETHI (UP), Jun 30 (Agencies): A man has been arrested in connection with a threatening post on social media against Bhim Army chief Chandra Shekhar Aazad who was shot at by unidentified assailants two days ago, police said on Friday.

A bullet grazed Aazad's abdomen when unidentified assailants opened fire at his car in Saharanpur district's Deoband on Wednesday.

The car used in the attack has been recovered while the Bhim Army chief was discharged from hospital on Thursday.

In a statement on Friday, Amethi's Superintendent of Police Elamaran G said that taking cognisance of the death threats to Aazad on the Facebook page 'Kshatriya of Amethi', the police on Thursday registered a case under section

506 of the Indian Penal

Code and the Information Technology (IT) Act.

Vimlesh Singh (30) was arrested on Thursday in connection with the post. Prima facie, Singh was not found to be involved in the attack on Aazad, but preventive action was taken to maintain peace and order, the police statement said.

Advance legal action will be taken if any new fact comes to light during the investigation

in the case, it said.

Six days ago, a post on the Facebook page claimed that Aazad would be killed by the Thakurs of Amethi in broad daylight.

On Thursday, another post on the same page said that Aazad has been shot in the waist, but "next time he will not survive". It also warned of a massive agitation if any innocent Rajput is implicated in the attack against the Bhim Army

chief.

Talking to reporters after being discharged from Saharanpur District Hospital on Thursday, Chandra Shekhar Aazad accused the Uttar Pradesh chief minister of turning a blind eye towards incidents of crime in the state.

"Chief Minister Yogi Adityanath's silence on this incident shows that he is patronising crime in Uttar Pradesh," he alleged.

## Rain continues in Mumbai; road traffic hit due to waterlogging at some places, local trains slow down

MUMBAI, Jun 30 (Agencies): Road traffic in some parts of Mumbai was affected and local train services slowed down to some extent on Friday morning as moderate to heavy rain continued to lash the metropolis and its suburbs, officials said.

Ever since the southwest monsoon made its onset over Mumbai on June 25, the city has been getting showers.

In the last 24 hours, Mumbai, its eastern

suburbs and western suburbs received an average rainfall of 31 mm, 45 mm and 61 mm respectively, an official said.

The city has been getting moderate to heavy showers since early Friday and the intensity of rain is more in the suburbs, which resulted in waterlogging at some locations, he said.

Commuters complained that the Andheri subway, located between Andheri and



Jogeshwari stations of the Western Railway, was closed for traffic due to waterlogging. Traffic slowed down in parts of the suburbs as

well.

The suburban train services of the Central Railway and Western Railway were normal, the railway authorities

said.

However, commuters on some routes, including the Harbour line that operates services between Panvel and Chhatrapati Shivaji Maharaj Terminus (CSMT), complained of delay in train operations in the morning hours.

A spokesperson of Brihanmumbai Electric Supply and Transport (BEST) said none of its buses were diverted to alternative routes due to rain.

## Atishi gets finance, revenue in Delhi cabinet reshuffle

NEW DELHI, Jun 30 (Agencies): Delhi minister Atishi has been given the additional charge of Revenue, Planning and Finance departments following L-G V K Saxena's nod to the cabinet reshuffle proposal, officials said on Friday.

The three departments were earlier with minister Kailash Gahlot.

With the additional charge, Atishi, the only woman minister in the cabinet, will now hold 12 portfolios, the high-



est among all ministers. "Delhi L-G VK Saxena has approved the proposal and the file reached the government," said the official.

A row had erupted over the cabinet reshuffle issue on Thursday with government officials claiming that the file

pertaining to it was lying with the Lt Governor for four days, a charge denied by the latter's office.

Atishi along with Saurabh Bharadwaj was inducted into the cabinet following the resignation of Manish Sisodia and Satyendar Jain after their arrest.

While Sisodia was arrested in connection with the excise policy case, Jain was arrested last year in connection with a money-laundering case.

## Uttarakhand UCC panel report drafting complete, submission soon: Ranjana Desai

NEW DELHI, Jun 30 (Agencies): The Uttarakhand Uniform Civil Code draft Bill is nearing completion with chairperson of the panel tasked with finalising the bill on Friday saying the report drafting was complete and would be submitted to the state government soon.

Justice Ranjana Prakash Desai (retd) flanked by the members said the draft was being printed and had been finalised. "We will submit the draft to the state government soon," said Desai.

She said the top focus of the panel had been gender equality and elimination of arbitrariness and discrimination. "We have specially focused on women, children and differently abled and studied all prevailing personal laws across faiths, customary practices and laws in other countries," Desai said.

The panel also studied personal laws in Muslim-dominated nations.

Desai said the panel held 63 meetings and perused 2,31,000 written submissions.

A sub-committee of the panel met 20,000 people and held 163 meetings.

The report once adopted will strengthen secular fabric of India, said Desai, adding that the panel received overwhelming positive response with some resistance which is natural.

The Uttarakhand government had constituted the committee on personal law matters of state citizens on May



27, 2022. The committee first met on July 4, 2022.

It visited 40 places in Uttarakhand covering all districts.

It also interacted with representatives of state statutory commissions and leaders of religious denominations.

The panel also met the Law Commission on June 2 with the Law Commission also in the process of inviting responses to draft a national legislation on the issue.

PM Narendra Modi this week batted for UCC saying one nation can't run on dual laws.

Meanwhile, the parliament panel on law and justice has called Law Commission members on July 3 to discuss the UCC.

## Toll in fresh firing in Manipur rises to 3

IMPHAL, Jun 30 (Agencies): The toll in exchange of fire between security forces and suspected rioters in Manipur's Kangpokpi district a day before rose to three on Friday, with one more person succumbing to injuries in hospital, officials said.

Five people were reported injured in the firefight, they said.

Armed rioters had opened unprovoked firing at Haraoethel village on Thursday. The Army said security forces personnel "responded in a calibrated manner" to tackle the situation, they said.

The mob dispersed by 10 pm, as police and RAF were employed for crowd control, the officials said.

Members of the community to which two of the rioters belonged collected their bodies on Thursday and took out a procession to Chief Minister N Biren Singh's residence here, they said.

The demonstrators, led by women, even dared police to arrest them, and were also seen burning tyres in

the middle of the road to prevent police movement, the officials said.

As security personnel stopped them from marching to Singh's residence, the processionists turned violent, prompting police to use teargas shells and resort to lathicharge to disperse the mob.

Assam Rifles columns were deployed

at National Sports University and K Munlai village on Thursday, after intermittent gunfire from automatic weapons was heard from multiple directions towards Haraoethel village.

An official said unidentified gunmen fired without provocation in the early hours of Thursday and again in the evening.

## Man shoots dead newly-wed wife, kills self, in UP's Muzaffarnagar

MUZAFFARNAGAR, Jun 30 (Agencies): A 26-year-old man allegedly shot dead his newly-wed wife and later killed himself too after a row with her in Makhali village here on Friday, police said.

Another man who intervened in the fight to placate the two was also shot at and sustained wounds, police said.

He has been admitted to a hospital for treatment.

Superintendent of Police (Rural) Atul Sriv-

astava said two pistols were recovered from the spot.

According to police, Naseem Malik had married 25-year-old Nargis five months ago with the help of a mediator, Saddam.

On Friday, Naseem and Nargis had a fight and they both went to Saddam to seek his intervention but he fled.

After the couple began their row again at Saddam's house, Sabir, a neighbour, came there to pacify the two and he

was shot at by Naseem, police said.

After shooting Sabir, Naseem rode off on his bike with Nargis but stopped at a distance and shot her dead.

He then killed himself too, police said.

According to the SP, Naseem worked as a driver in a Gulf country and was not satisfied with his marriage.

Police have sent the bodies of the couple for a post-mortem and are probing the deaths.

## Four suffer severe burns in blast at pharma company in Andhra Pradesh

ATCHUTAPURAM, Jun 30 (Agencies): Four persons suffered severe burn injuries following a blast at Sahiti Pharma company on Friday, located at Atchutapuram in Anakapalli district, police said.

Police are on the spot trying to douse the flames and control the crowds gathered there so that they do not approach the accident site.

"So far it is not confirmed as to how many people died but four persons suffered severe burn injuries," Parawada DSP K V Satyanarayana told PTI on Friday.

Meanwhile, police are arranging ambulances to shift the injured and also making arrangements at NTR Government Hospital in Anakapalli town to treat them, police said.

The district collector and superintendent of police are reaching the accident site, they added.

## Fiery protests grip France for third night over deadly police shooting of teenager

More than 400 people were arrested overnight around the country and around 200 police officers were injured, according to police

NANTERRE (FRANCE), Jun 30 (Agencies): French protesters erected barricades, lit fires and shot fireworks at police in the streets of some French cities overnight as tensions mounted over the deadly police shooting of a 17-year-old that has shocked the nation.

Armored police vehicles rammed through the charred remains of cars that had been flipped and set ablaze in the northwestern Paris suburb of Nanterre, where a police officer shot the teen, who is only being identified by his first name, Nahel.

On the other side of Paris, protesters lit a fire at the city hall of the suburb of Clichy-sous-Bois. The French capital also saw garbage bins set ablaze and some store windows smashed.

In the Mediterranean port city of Marseille, police sought to disperse violent groups in the city center, regional authorities said.

Tens of thousands of police officers were deployed to quell the protests, which have gripped the country three nights in a row. More than 400 people were arrested overnight around the country and around 200 police officers were injured, according to a national police spokesperson. No information was available about injuries among the rest of the population.

Schools, town halls and police stations were targeted by people setting fires, and police used tear gas, water cannons and dispersion grenades against rioters, the spokesperson said.

Interior Minister Gerald Darmanin said 40,000 officers would be deployed overnight Thursday to Friday, with 5,000 in the Paris region alone.

"The professionals of disorder must go home," Darmanin said. While he said there's no need yet to declare a state of emergency — a measure taken to quell weeks of rioting that followed the accidental death of two boys fleeing police in



2005 — he added: "The state's response will be extremely firm."

The police officer accused of pulling the trigger Tuesday was handed a preliminary charge of voluntary homicide after prosecutor Pascal Prache said his initial investigation led him to conclude "the conditions for the legal use of the weapon were not met." Preliminary charges mean investigating magistrates strongly suspect wrongdoing but need to investigate more before sending a case to trial.

The detained police officer's lawyer, speaking on French TV channel BFMTV, said the officer was sorry and "devastated." The officer did what he thought was necessary in the moment, attorney Laurent-Franck Lienard told the news outlet.

"He doesn't get up in the morning to kill people," Lienard said of the officer, whose name has not been released as per French practice in criminal cases. "He really didn't want to kill."

The shooting captured on video shocked France and stirred up long-simmering tensions between police and young people in housing projects and other disadvantaged neighborhoods.

The teenager's family and their lawyers haven't said the police shooting was race-related and they didn't release his surname or details about him. Still, anti-racism activists renewed their complaints about police behavior.

"We have to go beyond saying that things need to calm down,"

said Dominique Sopo, head of the campaign group SOS Racisme. "The issue here is how do we make it so that we have a police force that when they see Blacks and Arabs, don't tend to shout at them, use racist terms against them and in some cases, shoot them in the head."

In Nanterre, a peaceful march Thursday afternoon in honor of Nahel was followed by escalating confrontations, with smoke billowing from cars and garbage bins set ablaze. Tensions rose in places across France throughout the day.

In the usually tranquil Pyrenees town of Pau in southwestern France, a Molotov cocktail was thrown at a new police office, national police said. Vehicles were set on fire in Toulouse and a tramway train was torched in a suburb of Lyon, police said. Paris police said its officers made 40 arrests, some on the margins of the largely peaceful memorial march for the teen and others elsewhere.

Bus and tram services in the Paris area shut down before sunset as a precaution, and many tram lines remained shut for Friday morning rush hour.

The town of Clamart, home to 54,000 people in the French capital's southwest suburbs, said it was taking the extraordinary step of imposing an overnight curfew through Monday, citing "the risk of new public order disturbances." The mayor of Neuilly-sur-Marne announced a similar curfew in that town in the eastern suburbs.

The unrest extended as far as Brussels, the Belgian capital city and EU administrative hub, where about a dozen people were detained during scuffles related to the shooting in France. Police spokeswoman Ilse Van de Keere said that several fires were brought under control and that at least one car was burned.

Prache, the Nanterre prosecutor, said officers tried to stop Nahel because he looked so young and was driving a Mercedes with Polish license plates in a bus lane. He allegedly ran a red light to avoid being stopped then got stuck in traffic. Both officers involved said they drew their guns to prevent him from fleeing.

The officer who fired a single shot said he feared he and his colleague or someone else could be hit by the car, according to Prache.

The scenes in France's suburbs echoed 2005, when the deaths of 15-year-old Bouna Traoré and 17-year-old Zayed Benna led to three weeks of riots, exposing anger and resentment in neglected, crime-ridden suburban housing projects. The two boys were electrocuted after hiding from police in a power substation in the Paris suburb of Clichy-sous-Bois.

Deadly use of firearms is less common in France than in the United States, though several people have died or sustained injuries at the hands of French police in recent years, prompting demands for more accountability. France also saw protests against racial profiling and other injustice in the wake of George Floyd's killing by police in Minnesota.

A police spokesperson said 13 people who didn't comply with traffic stops were fatally shot by police last year. This year, three people, including Nahel, have died in similar circumstances.

## Judge rejects Donald Trump's request to toss out defamation claims by columnist



NEW YORK, Jun 30 (Agencies): Former President Donald Trump's claims that absolute presidential immunity and free speech rights shield him from the defamation claims of a New York columnist were rejected by a federal judge.

The writer, E Jean Carroll, can continue to press claims that Trump owes her at least \$10 million in damages for comments he made before and after she

won a \$5 million sexual abuse and defamation verdict against him last month, Judge Lewis A Kaplan said in a written opinion.

Trump tried to dismiss the lawsuit on grounds that he is entitled to absolute presidential immunity, his statements were not defamatory and that his statements were opinion protected by free speech rights.

Kaplan said Trump surrendered absolute presidential immunity as a defence by failing to

assert it years ago when the lawsuit was filed. The lawsuit was delayed until recently as appeals courts considered legal issues surrounding it.

Trump countersued Carroll this week, claiming that she has libelled him by continuing to insist that he raped her even after a jury found otherwise.

After a jury returned its verdict last month in Manhattan federal court, Trump made comments on a CNN town hall that prompted Carroll to assert new defamation claims in a 2020 defamation lawsuit.

The jury award resulted from a sexual abuse and defamation lawsuit filed last November after New York state temporarily enacted a law allowing sexual assault victims to sue for damages resulting from attacks that occurred even decades earlier.

## China's biggest online travel agency to pay employees 1 billion yuan to have kids

SHANGHAI, Jun 30 (Agencies): Trip.com Group said on Friday it would pay 50,000 yuan (\$6,897.69) to employees for each child they have starting July 1 — the first such initiative by a large private company in China as the country struggles with an ageing population.

The company, one of the world's largest online travel agencies, with 400 million users, said it would pay a parental cash subsidy of 10,000 yuan annually for five years for every child born to its employees worldwide. The programme will cost about 1 billion yuan, the company said.

"I have always suggested that the government give money to families with children, especially multiple children, to help more young people fulfil their desire to have multiple children," Trip.com executive chairman James Liang said in a statement.

"Companies can also play a role within their own capabilities to build a favourable fertility atmosphere."

In the wake of a one-child policy that lasted from 1980 to 2015, demographers have warned that China will get old before it gets rich, as its workforce shrinks and indebted local governments spend more on their elderly population.

China's birth rate last year fell to 6.77 births per 1,000 people, from 7.52 births in 2021, the lowest on record.

Authorities in 2021 said couples could have as many as three children, but even during the stay-at-home Covid years couples have been reluctant to have babies.

Young people cite high child care and education costs, low income, a weak social safety net and gender inequality, as discouraging factors.

Liang, who is also a demographer, published a book titled 'Population Strategies: How Population Affects Economy and Innovation' this year and has suggested that 2 per cent of China's GDP should be put toward encouraging fertility.

## Xi Jinping will attend virtual SCO summit hosted by India: Chinese Foreign Ministry

BEIJING, Jun 30 (Agencies): Chinese President Xi Jinping will attend next week's virtual summit of the Shanghai Cooperation Organisation (SCO) being hosted by India, an official announcement here said on Friday.

At the invitation of Prime Minister Narendra Modi, President Xi will attend via video conference in Beijing, the 23rd meeting of the Council of Heads meeting of the SCO on July 4 and deliver important remarks, Chinese Foreign Ministry spokesperson Hua Chunying said in a brief press release.

This is the first official announcement about Xi's participation in the SCO summit being hosted by India.

The SCO is an influential economic and security bloc and has emerged as one of the largest transregional international organisations.

The SCO was founded at a summit in Shanghai in 2001 by the presidents of Russia, China, the Kyrgyz Republic, Kazakhstan, Tajikistan and Uzbekistan. India and Pakistan became its permanent members in 2017.

India holds the rotating Presidency of the organisation this year.

Ahead of the summit



to be held for the first time under India's Presidency, India on Tuesday inaugurated an exquisitely designed "New Delhi Hall" at the SCO Secretariat in Beijing.

While the SCO's six founding members, Russia, Kazakhstan, Kyrgyzstan, Tajikistan, and Uzbekistan have their halls highlighting their cultures and unique features, India is the first to add its own.

Virtually inaugurating the hall, External Affairs Minister, S Jaishankar in his address said the New Delhi Hall, is conceived to be a "mini-India" showcasing various facets of Indian culture.

"To make you visualise the depth of India's artistic tradition and cultural identity, the Hall has been designed with exquisite patterns and motifs representing the rich architectural craftsmanship found throughout India", he said.

Last year, the in-person SCO summit took place in the Uzbek city of Samarkand that was attended by all top leaders of the grouping including Prime Minister Modi, Chinese President Xi and his Russian counterpart Vladimir Putin.

In September, India will host the G20 summit for which it is going to invite Xi and Putin, besides other leaders of the bloc.

The theme of the summit is 'Towards a SECURE SCO'.

The SECURE acronym was coined by Prime Minister Modi at the 2018 SCO summit and it stands for Security; Economy and Trade; Connectivity; Unity; Respect for Sovereignty and Territorial Integrity; and Environment.

These themes have been highlighted during India's chairmanship of the SCO.

## Cambodian PM threatens to block Facebook access in country

PHNOM PENH, Jun 30 (Agencies): Prime Minister Hun Sen said Friday he could block access to Facebook in Cambodia, after the company said it would remove a video in which he threatened to beat up political opponents.

The warning came ahead of a July 23 election that has been widely dubbed a sham after authorities denied registration to the chief challenger to Hun Sen's ruling Cambodian People's Party.

Facebook announced Thursday it would remove one of Hun Sen's videos in line with a ruling by the Oversight Board for Meta, Facebook's parent company, which also recommended his account be suspended.

The ruling said his speech contained "unequivocal statements



of intent to commit violence" against opposition politicians.

Long a prolific Facebook user, Hun Sen announced Thursday night he had stopped using the platform and appeared to have deleted his account.

Speaking to garment workers in Pursat province on Friday, Hun Sen warned that he could block Facebook "for a short period or forever" in Cambodia at any time to prevent exiled opposition politicians from

communicating with people in the country.

"Don't be arrogant, you guys are staying overseas, you are using Facebook for communications, we could block Facebook," he said, appearing to address exiled opponents.

He then urged Cambodians to download other social media platforms, including Telegram, TikTok, Line, Viber and Meta-owned WhatsApp.

Hun Sen also accused Facebook of turning a blind eye to "insulting"

remarks he claimed rivals had made against his wife and eldest son Hun Manet, who is widely seen as being groomed to take over the country's leadership in the future.

The Oversight Board, whose decisions are binding, on Thursday recommended Hun Sen's Facebook and Instagram accounts be suspended for six months due to the video filmed in January, in which he told opponents they would face legal action or a beating with sticks if they accused his party of vote theft in July's national polls.

Hours later, Meta said it would comply with the decision to remove the video.

"We will conduct a review of all the recommendations provided by the board in addition to its decision, and respond

to the board's recommendation on suspending Prime Minister Hun Sen's accounts as soon as we have undertaken that analysis," it said in a statement.

After 38 years in power, Hun Sen is among the world's longest-serving leaders.

Hun Sen's Facebook page was launched in 2015 after his opponents, particularly exiled opposition leader Sam Rainsy, used the platform to successfully reach younger voters.

The Cambodian premier now uses the Telegram app to relay his political messages to supporters, and TikTok to engage with youth.

On Thursday, Human Rights Watch (HRW) said the saga was a "face-off between Big Tech and a dictator over human rights issues" that was "long overdue".

## Drone strikes target Wagner base in Libya: military source

TRIPOLI, Jun 30 (Agencies): Drone strikes early Friday hit an airbase in Libya's east used by mercenaries of the Russian paramilitary group Wagner, without causing any casualties, a military official told news agency.

The official, speaking on condition of anonymity, said the origin of the overnight strikes on the Al-Kharruba airbase, about 150 kilometers (90 miles) southwest

of Benghazi, was "unknown".

The base that was hit is "where members of the Wagner group are located", the official said, adding there were "no victims".

Libya has been torn by more than a decade of stop-start conflict since a 2011 revolt toppled strongman Moamer Kadhafi, which has also drawn in multiple foreign powers.

The North African country remains split between a nomi-



nally interim government in Tripoli in the west, and another in the east backed by military

strongman Khalifa Haftar.

Alongside fighters from Chad, Sudan, Niger, and Syria recruited as mercenaries, the Wagner group has come to Haftar's help, including in his past failed attempt to take the capital.

Wagner mercenaries remain active in oil-rich eastern Libya and the country's south, though some had left to fight in Mali and Ukraine, supporting the Russian army's invasion.



## 3 Zones, Separate Meetings: Inside BJP Strategy For 2024 Elections

North, South, and East zones have been demarcated, and separate meetings of these regions will be held on July 6, 7, and 8.

NEW DELHI, Jun 30 (Agencies): The BJP will soon take the preparations for the Lok Sabha elections to the ground level for which it has prepared three zones for organisational convenience in 543 seats, party sources said.

North, South, and East zones have been demarcated, and separate meetings of these regions will be held on July 6, 7, and 8.

Jammu-Kashmir, Ladakh, Himachal Pradesh, Punjab, Chandigarh, Rajasthan, Gujarat, Daman Diu-Dadra and Nagar Haveli, Madhya Pradesh, Chhattisgarh, Uttar Pradesh, Uttarakhand, Delhi, and Haryana were placed in the North Zone, meeting for which has



been scheduled for July 7 in Delhi

The East Zone will have states like Bihar, Jharkhand, Odisha, West Bengal, Assam, Sikkim, Arunachal Pradesh, Nagaland, Manipur, Mizoram, Meghalaya,

and Tripura. Its meeting will be held on July 6 in Guwahati.

The South Zone will have Kerala, Tamil Nadu, Puducherry, Karnataka, Telangana, Andhra Pradesh, Maharashtra, Mumbai, Goa, Andaman and Nicobar,

and Lakshadweep. The meeting for this zone is planned for July 8 in Hyderabad.

Prominent leaders of that region, along with BJP President JP Nadda and organisation ministers, will be present in these meetings.

In-charge of the respective states, State President, Organisation Minister, Chief Minister, Deputy Chief Minister, MP, MLA, and members of the National Executive will also be present in these meetings.

The BJP will decide on different strategies and issues for all these areas, to emphasize national as well as local issues.

New responsibilities will also be given to the concerned leaders in these meetings.

## Former Punjab Assembly deputy speaker Bir Devinder Singh passes away at 73



CHANDIGARH, Jun 30 (Agencies): Former Punjab Assembly deputy speaker Bir Devinder Singh died here on Friday following a brief illness.

The 73-year-old Singh passed away at the Post Graduate Institute of Medical Education and Research here. Singh was elected MLA for the first time from Sirhind in 1980 on a Congress ticket.

He again became a legislator after winning the election from the Kharar

assembly constituency in 2002.

He served as the deputy speaker of the Punjab Assembly between 2003 and 2004 during the Amarinder Singh-led regime in Punjab.

Singh was expelled from the Congress in 2016 and joined the Shiromani Akali Dal (Taksali) in 2019.

Various political leaders expressed grief over the death of Singh.

Condoling his demise, Punjab Chief Minister Bhagwant Mann said in a tweet, "Sad to hear about the passing away of Bir Devinder Singh Ji, the wise leader of Punjab".

Punjab Congress chief Amrinder Singh Raja Warring also condoled Singh's death.

"Deeply saddened to hear about the passing away of former deputy speaker S Bir Devinder Singh ji. He was renowned for his deep knowledge about Punjab, his humility & selfless service. I extend my deepest condolences to the bereaved family members. May Waheguru rest the departed soul in peace," said Warring in a tweet.

## Twenty-nine of 81 bodies of Odisha train accident victims identified

BHUBANESWAR, Jun 30 (Agencies): The Bhubaneswar Municipal Corporation (BMC) on Friday said 29 of the 81 bodies of victims of the June 2 train accident in Odisha's Bala-sore, which were kept in AIIMS Bhubaneswar, have been identified.

The process of handing over the bodies has started, BMC mayor Sulochana Das said.

"Of the 81 bodies preserved at AIIMS Bhubaneswar, 29 have been identified based on DNA analysis. We have started the process of handing the bodies to their families," Das said.

The mayor said authorities of Indian Railways and AIIMS Bhubaneswar decided to go for DNA sampling

analysis after there were multiple claimants over one body.

Das said the state government has made arrangements to send all the bodies to their native places.

"Of the 29 identified bodies, five families have already reached AIIMS Bhubaneswar," she said.

Of the 29 bodies, one belonged to a family in Odisha while the others were mostly from West Bengal and Bihar.

It took around 20 days to receive the DNA report from the central laboratory in Delhi, an official said, adding as many as 88 DNA samples were sent for identification of the 81 bodies.

Of the 293 persons killed in the accident

involving Chennai-bound Coromandel Express from Shalimar, Bengaluru-Howrah Superfast Express and a stationary goods train, 287 died on the spot while six others succumbed to their injuries in hospitals.

The accident took place near Bahanaga Bazar station in Bala-sore district on June 2 evening.

While most of the bodies were handed over to their families, 81 could not be identified due to multiple claimants and preserved in four separate containers procured from Paradip Port.

The bodies were kept at minus 17 degree C in the containers, an official said.

## BJP is obsessed with my father and brother, says NCP leader Supriya Sule

MUMBAI, Jun 30 (Agencies): Nationalist Congress Party (NCP) working president Supriya Sule on Friday said the BJP was obsessed with her father Sharad Pawar and cousin Ajit Pawar, comments coming in the backdrop of a war of words between the two parties over the formation of a short-lived government in Maharashtra in 2019.

Hitting out at the BJP, which is part of the ruling coalition in Maharashtra, the Lok Sabha MP from Baramati said the saffron party has no vision either for the country or the state.

Talking to reporters here after meeting party workers who came to wish her on her birthday, Sule said, "I am flattered



that the Centre's and state politics revolved round my father and brother (NCP leader Ajit Pawar). The BJP is so obsessed with them that they have no time to chart out a vision for the country's and the state's development. How will they reduce inflation and create jobs?"

Replying to questions on the ongoing war of words between Deputy

Chief Minister Devendra Fadnavis and the NCP over the short-lived BJP-Ajit Pawar government in November 2019, Sule said Fadnavis has no time to take measures to reduce inflation or ensure women's security.

The deputy CM holds finance and home portfolios. "He (Fadnavis) just wants to speak on

issues which are not relevant in the present context. He only wants to go back in time and speak about the early morning swearing-in and gossip. This is unfortunate. A chewing gum tastes nice in the start, but then it becomes tasteless," she said.

The NCP leader said the Eknath Shinde-led government, which came to power by toppling the Maha Vikas Aghadi (MVA) ruling coalition in June 2022, is doing everything other than providing good governance in the state.

The Shinde-BJP government completed one year in office on June 30. "Unless (NCP presi-

dent) Sharad pawar is targeted there is no news," she said.

Fadnavis recently said Sharad Pawar had agreed to form a government with the BJP after the last Assembly polls, but later backed out.

Reacting to it, the NCP chief admitted his party was in touch with the BJP for government formation more than three years ago, but maintained "certain things were done" to expose the saffron outfit and show how far it can go to gain power.

Fadnavis was sworn-in as chief minister and Ajit Pawar as his deputy in early morning hours at the Raj Bhavan, but their government lasted for just 80 hours.

## 23,000 street children identified across country being rehabilitated: Official

NEW DELHI, Jun 30 (Agencies): As many as 23,000 street children identified across the country with the help of a web portal are currently being rehabilitated, officials said on Friday.

The identification process was carried out on 'Bal Swaraj', a website where information about such children is uploaded and tracked in order to rehabilitate them, a senior official said.

According to officials, these children are categorised into three groups.

The first category consists of children who have either run away from their homes or been abandoned by their families and are living on the streets alone.

The second category comprises children living on the streets with their families.

The third category includes



children who live in slums and are out on the streets during the day but return to their homes at night, they said.

Out of the 23,000 street children, 53 per cent stay on the streets with their families, 43 per cent stay on the street during the day and then return to their homes at night and 4 per cent

live alone on the streets, officials said.

The rehabilitation process in all three categories is different. While children who are alone are sent to shelter homes, those who live with their families in slums are linked to welfare schemes, they said.

A majority of children who live

on the streets with their families include those who have moved to a bigger city in search of better opportunities.

Such children are repatriated to their villages and linked to welfare schemes there, officials added.

Explaining the rescue and rehabilitation process, the officials said when a child is rescued and presented in front of the child welfare committee (CWC), a social investigation report and an individual care plan are prepared.

After that, a committee gives recommendations for rehabilitation.

The last two steps consist of linking the child with welfare schemes and then following up on him or her, they added.

## "Modi-ji's Ministers Now Dishing Out Lies And Propaganda": Congress Chief



NEW DELHI, Jun 30 (Agencies): The Congress today targeted the Modi government over rising prices of commodities, accusing it of deceiving people with its "achche din" slogan and misleading people through "Goebbels-inspired" lectures.

"Enough of inflation" they had said. Then they deceived the

people saying 'Acche Din Aane Wale Hain.' The result is that for the last nine years, the public is facing the brunt of inflation. There has been no reduction in the prices of essential food items," Congress Chief Mallikarjun Kharge said in a tweet in Hindi.

"Modi ji's ministers make new excuses everyday on inflation

and keep dishing out lies and propaganda in the empty plate of the public. Some of those devoted to guarding this ecosystem even teach 'how inflation is good for us' and 'Modi ji must have done it after some thought.' They mislead people with such Goebbels-inspired lectures," he said.

"But now people are becoming aware. The public has come to know that the real sponsor of inflation is only the Modi government," the Congress chief added.

In his post, Mr Kharge also shared the "current and last year prices" of essential food items such as rice, wheat, Tur dal, onions, potatoes, tomatoes, and milk.

## FROM PAGE 1

### LG Sinha flags off 1st Batch of 3,488 Amarnath Pilgrims from Jammu base camp

"We have come from Nagpur and this is our first pilgrimage to Amarnath. We are a group of 19 people. We have made it a point to be among the first to have darshan of ice lingam in the cave shrine," Susheel Kumar said.

Another person, N K Mishra, said that he was undertaking the yatra for the ninth time.

"Since I realised that Lord Shiva is the supreme consciousness of this universe, I feel a kind of solace after visiting Amarnath," said Mishra, who hails from Uttar Pradesh.

Guddi Choudhary of Kolkata said she had promised that should take her in-laws on the Amarnath pilgrimage.

"I am fulfilling my promise. My father-in-law and mother-in-law are with me. Although the Covid situation had prevented their pilgrimage, today I am happy to do it," she said.

### Carrying RFID cards must for Amarnath Yatris for safe Journey: J&K Govt

adequate quantity of water to keep themselves hydrated during the period.

In case a yatri is experiencing shortness of breath/discomfort, he/she must contact the nearest medical facility and try to descend to lower altitude if possible, the pilgrims have been advised.

Yatris must avoid exerting themselves beyond their capacities and take frequent breaks and rests enroute.

It also asked Yatris to avoid polluting the environment by littering waste material along the trekking route and surroundings.

Yatris are advised not to commence journey empty stomach and advised to avoid drinking alcohol, caffeinated drinks and smoking during the yatra.

Yatris should not attempt to take any shortcuts en-route and watch out for "danger zone" Signages where they must move cautiously.

Last year barring the inclement weather that played truant as 15 pilgrims lost their lives and dozens more were injured in flash-floods triggered by a cloudburst on July 18, 2022, the annual Amarnath yatra passed off peacefully with more than 3.60 lakh pilgrims paid obeisance at the holy cave shrine.

### Amarnath Yatra security convoy mishap leaves DSP, three others injured

high cave shrine in the south Kashmir Himalayas early this morning.

An escort vehicle in the convoy, which was on its way from Jammu to Kashmir, skidded off the highway at Bali nallah area and overturned resulting in injuries to three persons, including the DSP, Senior Superintendent of Police, Udhampur, Dr Vinood Kumar said.

The injured have been hospitalised.

### IPS officer named as accused in Rs 10 Lakh bribery case in Punjab

The case was later handed over to the vigilance bureau for further investigation. The vigilance bureau then questioned DIG Inderbir Singh when his name cropped up in this case during investigation.

### JK, Ladakh to have 677 New Petrol Pumps

At present, Jammu and Kashmir has 646

fuel stations and Ladakh UT has 32 petrol pumps.

The expansion will cater to the emerging markets such as urban areas, upcoming highways, agricultural pockets, rural, remote, and far-flung area so as to ensure that quality petroleum products are readily available to the people residing in remote regions. The expansion is also aimed to generate employment opportunities, the Indian Express reported.

Meanwhile, the Oil Marketing Companies have issued advertisements inviting applications from candidates intending to set up Petrol pumps via user-friendly online applications.

### 23-year-old dies after slipping into Shrunz fall

taken to a nearby hospital at Tangmarg where Doctors declared him brought dead on arrival.

Confirming it, a police official said that they have taken cognisance of the incident.

## Sensex, Nifty touch all-time high levels in early trade

**Buying in index major Infosys and HDFC Bank also helps markets maintain their winning momentum**

MUMBAI, Jun 30 (Agencies): Benchmark equity indices hit their fresh all-time high levels in early trade on Friday, helped by foreign fund inflows and positive trends in the global markets.

Buying in index major Infosys and HDFC Bank also helped markets maintain their winning momentum.

Rallying for the third straight day, the 30-share BSE Sensex jumped 499.42 points to reach its lifetime high of 64,414.84 in early trade. The NSE Nifty climbed 136.1 points to hit its all-time peak of 19,108.20.

From the Sensex pack, Power Grid, Infosys, Asian Paints, Mahindra & Mahindra, HCL Technologies, IndusInd



Bank, Tech Mahindra, Bajaj Finance, Wipro, Tata Consultancy Services, HDFC Bank and Titan were the major gainers.

Tata Steel and Bharti Airtel were the laggards. In Asian markets, Seoul, Shanghai and Hong Kong traded in the green while Tokyo quoted lower.

The US markets ended mostly with gains on Thursday.

Global oil benchmark Brent crude climbed 0.40 per cent to USD 74.64 a barrel.

Foreign institutional investors bought equities worth Rs 12,350 crore on Wednesday, according to exchange data.

## Zomato introduces open food trends data analysis platform to aid restaurant partners

NEW DELHI, Jun 30 (Agencies): Online food delivery firm Zomato Ltd on Friday introduced an open data analysis platform for food trends aimed to help its restaurant partners in taking a data-driven approach on prices, dishes and location.

Zomato Food Trends is an open platform accessible to the general public free of charge and it will "provide insights by analysing data from millions of transactions across hundreds of cities in India", the company said in a statement.

"Restaurant partners can use these insights to customise their strategies and undertake data-driven decisions to accelerate and amplify

their success," it added. It has been introduced with "an aim to support both current and budding restaurant partners in taking a data-driven approach towards decision making", the company said.

The food trends platform allows its restaurant partners to view demand and supply gaps that have been zoomed in to a locality level, price distribution and demand trends for different dishes or cuisines, and demand-supply comparison for multiple dishes or cuisines. "Restaurants can use these insights to make decisions on prices, dishes, locations, etc," it added.

In a blog post, the company said, "Our aim is to

democratise aggregated data insights "levelling the playing field, particularly for smaller restaurants, to ensure they can make informed and evidence-based decisions.

"The restaurant industry in India has changed remarkably in recent years to meet the dynamic needs of the market and evolving consumer preferences, the company said adding, the country's food entrepreneur possesses a strong ability to spot trends, identify market need gaps, and innovate to fill those gaps.

Zomato Food Trends is a way to support both current and budding restaurant partners in their endeavours," it added.

## 6 foods that will help you sleep better

**Short-term insomnia is caused by stress, changes made in your schedule or the environment.**

NEW DELHI, Jun 30 (Agencies): Insomnia is a serious health issue and a common sleep disorder in which a person has trouble falling asleep.

While short-term insomnia is caused by stress, any changes made in your schedule or the environment, the reason for long-term or chronic insomnia is still not known.

In chronic insomnia, most people aren't able to fall asleep for 3 or more nights a week and lasts more than 3 months.

If you have short-term insomnia, nutritionist Lovneet Batra shared a post about how foods can naturally instill sleep without you taking pills.

"Essential nutrients such as magnesium, calcium, zinc, and certain B vitamins help with sleep symptoms. The essential amino acid tryptophan must be converted by the brain into serotonin. Serotonin is in turn converted to melatonin. Low levels of melatonin and serotonin can lead to insomnia and other sleep disorders," the expert wrote. Warm milk



She wrote, "Compounds in milk, specifically tryptophan and melatonin — may help you fall asleep."

Barley grass powder Rich in several sleep-promoting compounds, including GABA, calcium, tryptophan, zinc, potassium, and magnesium, barley grass powder is also recommended by the nutritionist.

Walnuts Lovneet Batra suggested that eating walnuts improves sleep quality, as they are one of the best food sources of melatonin.

"The fatty acid makeup of walnuts may also contribute to better sleep. They provide alpha-linolenic acid (ALA), an omega-3 fatty acid that is converted to DHA in the body. DHA may

increase serotonin production," she wrote.

Roasted pumpkin seeds

Pumpkin seeds are a natural source of tryptophan, an amino acid that promotes sleep. "The zinc, copper, and selenium in pumpkin seeds can also affect sleep duration and quality," she added.

Bananas Bananas are rich in sleep-promoting nutrients like magnesium, tryptophan, vitamin B6, carbs, and potassium, all of which have been linked to improved sleep, suggested the expert.

Soaked chia seeds Rich in tryptophan, chia seeds contain this amino acid that regulates sleep patterns by improving your mood.

## Adani-Total Gas Ltd to invest Rs 20,000 crore in 8-10 years to expand city gas

NEW DELHI, Jun 30 (Agencies): Adani Total Gas Ltd, the joint venture of billionaire Gautam Adani's group and French energy giant TotalEnergies, will invest Rs 18,000 crore to Rs 20,000 crore in the next 8 to 10 years to expand infrastructure for retailing CNG to automobiles and piping gas to households and industries, its CFO said.

The company retails CNG to automobiles and pipes gas to household kitchens for cooking purposes in 52 licences that cover 124 districts of the country.

It has 460 CNG stations in the country and about 7 lakh consumers of its piped cooking gas.

It is looking to expand its network of CNG stations as well as a pipeline network that takes the gas to household kitchens and industries, to tap into the country's growing appetite for cleaner fuel.

In the company's latest annual report, Adani Total Gas Ltd (ATGL) chief financial officer Parag Parikh said the company invested over Rs 1,150 crore in 2022-23 (April 2022 to March 2023) for creating additional infrastructure.

"From a long-term perspective, we continue to be optimistic of gas prospects. There is a larger priority to moderate pollution as gas remains a preferred clean energy source with high user safety, customer trust and delivery convenience," Parikh said.

The firm is looking at investing more in creating infrastructure and expanding its network.

"For our city gas distribution



(CGD) business, we intend to invest around Rs 18,000-20,000 crore in the next 8-10 years to build infrastructure that widens our customer base and sustains revenue growth," he said.

AGTL CEO Suresh P Manglani said the firm's strategy is to fast-track steel pipeline laying and build CNG stations faster across the licenses where it operates for early monetization.

"I am happy to share that your company is going to build over 1,800 CNG stations in the next 7-10 years and committed to connecting every home across all our geographical areas (GAs) desiring to have cleaner and greener piped natural gas in their kitchen," he said.

Besides scaling core business of gas distribution, the firm has embarked on diversifying its bouquet of choice - CNG, compressed biogas (CBG) and EV charging.

"The time is coming when we will have widened our portfolio of service to a range of clean fuels that address different applications for different consumers, reinforcing our positioning as a one-stop comprehensive ser-

vice provider," he said.

India is targeting to increase the share of natural gas, which is less polluting than liquid fuels, in the economy to 15 per cent of its energy mix by 2030 from the current 6 per cent.

And city gas is an area the government is prioritising for this.

He said the government's move to cap the cost of natural gas will bring stability in prices and prioritise availability to the city gas distribution network.

"This price stability and supply predictability will empower companies like yours to enhance services around this stable pricing and accelerate the country's fuel preference in line with the stated policy."

On new opportunities, Manglani said ATGL has formed two separate units for e-mobility and biomass.

"Foraying into the rapidly growing segment of e-mobility, ATGL has formed a wholly owned subsidiary, Adani TotalEnergies E-mobility Limited (ATEL). Presently, ATEEL is engaged in setting up EV charging infrastructure for two, three and

four-wheelers (including bus) at various locations across the country".

EV charging is a natural fit in ATGL's existing business of CNG retail outlets and is a step towards offering alternative fuel choices to consumers, he said.

ATGL already has 104 charging points at 26 locations across the country.

This it intends to scale it up to over 3,000 EV charging points across the country.

He said the floor and ceiling set by the government for the majority of the gas produced within the country will "ensure a stability in domestic gas prices and get India beyond the gas volatility of FY 2022-23."

Adani TotalEnergies Biomass Limited (ATBL) is ATGL's wholly owned subsidiary to tap into India's huge potential of biomass derived energy.

ATEBL is currently building one of India's largest Compressed Biogas (CBG) plants at Barsana near Mathura in UP with eventual 600 tonnes per day feedstock processing capacity.

In addition to utilizing agricultural and livestock waste as feedstock, the company is also actively seeking opportunities in the municipal solid waste (MSW) segment to expand its CBG production footprint.

CBG is suitable for transportation and utilization in the CGD network.

"ATGL is at the right place, right time and in the right business to capitalise on economies and generate healthy financials across the foreseeable future," the CFO said.

## Aspartame sweetener, used in diet sodas and chewing gum, likely to be named a carcinogen by WHO's cancer research agency

**Aspartame is authorised for use globally by regulators**

LONDON, Jun 30 (Agencies): One of the world's most common artificial sweeteners is set to be declared a possible carcinogen next month by a leading global health body, according to two sources with knowledge of the process, pitting it against the food industry and regulators.

Aspartame, used in products from Coca-Cola diet sodas to Mars' Extra chewing gum and some Snapple drinks, will be listed in July as "possibly carcinogenic to humans" for the first time by the International Agency for Research on Cancer (IARC), the World Health Organization's (WHO) cancer research arm, the sources said.

The IARC ruling, finalised earlier this month after a meeting of the group's external experts, is intended to assess whether something is a potential hazard or not, based on all the published evidence.

It does not take into account how much of a product a person can safely consume. This advice for individuals comes from a separate WHO expert committee on food additives, known as JECFA (the Joint WHO and Food and Agriculture Organization's Expert Committee on Food Additives), alongside determinations from national regulators.

However, similar IARC rulings in the past for different substances have raised concerns among consumers about their use, led to lawsuits, and pressured manufacturers to recreate recipes and swap to alternatives. That has led to criticism that the IARC's

assessments can be confusing to the public.

JECFA, the WHO committee on additives, is also reviewing aspartame use this year. Its meeting began at the end of June and it is due to announce its findings on the same day that the IARC makes public its decision — on July 14.

Since 1981, JECFA has said aspartame is safe to consume within accepted daily limits. For example, an adult weighing 60 kg (132 pounds) would have to drink between 12 and 36 cans of diet soda — depending on the amount of aspartame in the beverage — every day to be at risk. Its view has been widely shared by national regulators, including in the United States and Europe.

An IARC spokesperson said both the IARC and JECFA committees' findings were confidential until July, but added they were "complementary", with IARC's conclusion representing "the first fundamental step to understand carcinogenicity". The additives committee "conducts risk assessment, which determines the probability of a specific type of harm (e.g., cancer) to occur under certain conditions and levels of exposure." However, industry and regulators fear that holding both processes at around the same time could be confusing, according to letters from US and Japanese regulators seen by agency.

"We kindly ask both bodies to coordinate their efforts in reviewing aspartame to avoid any confusion or concerns among the public," Nozomi Tomita, an official from Japan's Min-



istry of Health, Labour and Welfare, wrote in a letter dated March 27 to WHO's deputy director general, Zsuzsanna Jakab.

The letter also called for the conclusions of both bodies to be released on the same day, as is now happening. The Japanese mission in Geneva, where the WHO is based, did not respond to a request for comment.

DEBATE The IARC's rulings can have huge impact. In 2015, its committee concluded that glyphosate is "probably carcinogenic".

Years later, even as other bodies like the European Food Safety Authority (EFSA) contested this, companies were still feeling the effects of the decision. Germany's Bayer in 2021 lost its third appeal against US court verdicts that awarded damages to customers blaming their cancers on use of its glyphosate-based weedkillers.

The IARC's decisions have also faced criticism for sparking needless alarm over hard to avoid substances or situations. It has previously put working overnight and consuming red meat into its "probably cancer-causing" class, and using mobile phones as "possibly cancer-causing", similar

to aspartame.

"IARC is not a food safety body and their review of aspartame is not scientifically comprehensive and is based heavily on widely discredited research," Frances Hunt-Wood, the secretary general of the International Sweeteners Association (ISA), said.

The body, whose members include Mars Wrigley, a Coca-Cola unit and Cargill, said it had "serious concerns with the IARC review, which may mislead consumers".

The International Council of Beverages Associations' executive director Kate Loatman said public health authorities should be "deeply concerned" by the "leaked opinion", and also warned it "could needlessly mislead consumers into consuming more sugar rather than choosing safe no-and low-sugar options." Aspartame has been extensively studied for years. Last year, an observational study in France among 100,000 adults showed that people who consumed larger amounts of artificial sweeteners — including aspartame — had a slightly higher cancer risk.

It followed a study from the Ramazzini Institute in Italy in the early 2000s, which reported

that some cancers in mice and rats were linked to aspartame.

However, the first study could not prove that aspartame caused the increased cancer risk, and questions have been raised about the methodology of the second study, including by EFSA, which assessed it.

Aspartame is authorised for use globally by regulators who have reviewed all the available evidence, and major food and beverage makers have for decades defended their use of the ingredient. The IARC said it had assessed 1,300 studies in its June review.

Recent recipe tweaks by soft drinks giant PepsiCo demonstrate the struggle the industry has when it comes to balancing taste preferences with health concerns. PepsiCo removed aspartame from sodas in 2015, bringing it back a year later, only to remove it again in 2020.

Listing aspartame as a possible carcinogen is intended to motivate more research, said the sources close to the IARC, which will help agencies, consumers and manufacturers draw firmer conclusions.

But it will also likely ignite debate once again over the IARC's role, as well as the safety of sweeteners more generally.

Last month, the WHO published guidelines advising consumers not to use non-sugar sweeteners for weight control. The guidelines caused a furore in the food industry, which argues they can be helpful for consumers wanting to reduce the amount of sugar in their diet.

## Boxing champion Mary Kom named Global Indian Icon at UK-India Awards

*The 40-year-old former Rajya Sabha member speaks of her 20-year journey of hard work and devoting her life to boxing*

LONDON, Jun 30 (Agencies): Sporting legend and India's first-ever Olympic medallist in women's boxing, Mary Kom, has been honoured with the Global Indian Icon of the Year award at the annual UK-India Awards in Windsor, south-eastern England.

The 40-year-old former Rajya Sabha member spoke of her 20-year journey of hard work and devoting her life to boxing as she accepted the award from Indian High Commissioner to the UK Vikram Doraiswami at a gala ceremony on Thursday night.

"I have been fighting for 20 years, putting in so much effort, hard work in my life, in boxing, it means a lot...making sacrifice for my country, for my family. I really thank from the bottom of my heart for this recognition," she said.



Filmmaker Shekhar Kapur, behind Oscar-nominated 'Elizabeth: The Golden Age' received a Lifetime Achievement Award for his contribution to the field of cinema across both nations at the awards, organised by India Global Forum (IGF) as part of UK-India Week.

The Nehru Centre in London, the cultural wing of the Indian

High Commission, won the UK-India Award for Significant Contribution to UK-India Relations.

"This is one of the most exciting times to be an Indian in the last many centuries, and India's growing economy has made many others, including many Westerners, think differently about India. But India's culture will actually make many others,

including many Westerners, think differently. And it's our privilege at the Nehru Centre to contribute to the growth and to the popularisation of Indian culture in the West," said author Amish Tripathi, Director of the Nehru Centre.

The awards, now in their fifth year, recognise outstanding contributions of leaders in business, professional services, government, culture and social impact, highlighting their remarkable achievements in strengthening bilateral ties.

"These awards are not just about recognising achievements of some outstanding contributors to the UK-India corridor, but also about celebrating the power of collaboration and the limitless potential that lies within our partnership," said IGF founder and chairman Manoj Ladwa.

## Top Pakistani snooker player Majid Ali dies by suicide



KARACHI, Jun 30 (Agencies): Renowned Pakistani snooker player and Asian Under-21 silver medallist Majid Ali died by suicide in his hometown Samundri near Faisalabad in Punjab on Thursday. He was 28.

Majid was reportedly suffering from depression since his playing days and ended his life by using a wood-cutting machine, according to police.

He represented Pakistan in several international events and was a

top-ranked player on the national circuit.

Majid is the second snooker player to die in a month. Last month, another international snooker player, Muhammad Bilal, died after suffering a cardiac arrest.

His brother Umar said Majid was suffering from depression since his teenage years and suffered another bout recently.

"It is a horrifying thing for us because we never expected he would take his own life," said Umar.

Pakistan Billiards and Snooker chairman Alamgir Sheikh said the entire community was saddened by Majid's death.

"He had so much talent and was young and we expected so much from him to bring laurels to Pakistan," he said.

Sheikh said Majid had no financial issues.

## Mental coach Upton to work with hockey team

NEW DELHI, Jun 30 (Agencies): Mental conditioning expert Paddy Upton, who has worked with the Indian cricket team, has been roped in by Hockey India to help the national men's hockey team ahead of its campaign in the Asian Champions Trophy and the high-stakes Asian Games.

The South African is scheduled to hold a three-part mental conditioning session starting on Saturday at the ongoing national camp at the SAI centre in Bengaluru.

"I am honoured to be given this opportunity to work with the Indian men's hockey team," Paddy said. "I have witnessed the tremendous growth of Indian hockey in recent years, and I am excited to contribute to the team's success by enhancing their



mental resilience and psychological skillset. Together, we will work towards achieving the highest level of performance and excellence," he added.

Upton brings a wealth of experience and expertise, having played a pivotal role as a part of Gary Kirsten's core coaching staff that helped India win the

ODI World Cup after 28 years in 2011.

With over two decades of experience working with professional athletes and teams across various sports, the 54-year-old had also guided the Indian cricket team to achieve the top spot in the Test rankings for the first time in history.

## Cracks open up in WFI body

*Ad hoc body member Gyan questions Bajwa, says chairman acting on his own*

NEW DELHI, Jun 30 (Agencies): It is clear that all is not well within the ad hoc committee that was appointed by the Indian Olympic Association (IOA) to run the day-to-day affairs of the Wrestling Federation of India (WFI).

The IOA, earlier this month, had added wrestling coaches Gyan Singh and Ashok Garg to the ad hoc body led by Bhopinder Singh Bajwa to help out in the technical aspect of the sport.

Gyan, however, has claimed that the coaches' inputs are not being entertained by Bajwa. Former shooter Suma Shirur is the other member of the committee.

Gyan told news agency that the coaching duo was not consulted before the announce-



ment of the trials, adding that Bajwa rarely gives them time to discuss the sport.

"Nobody knows how he came up with this idea to hold two sets of trials for the Asian Games and the World Championships," Gyan said. "I am saying this because neither I nor Garg was consulted before sending out the mail to the wrestlers who sat on the dharna," he added.

"Forget about the

trials, Bajwa has never made a serious effort to meet us as he is always busy with other work — he is also the chef de mission for the Asian Games. We met him on Monday when he could only spare a little over three minutes as he had to attend a meeting for the Asian Games," he added.

Bajwa was unavailable for comments. Controversial trials The trials that Gyan is referring to will be held

between August 5 and 15 to select the Indian team for the World Championships and the Asian Games. Bajwa had sent out a correspondence regarding this on June 22.

As per the plan, wrestlers will take part in the first trials, dates of which have not been decided yet. The winners of those trials will then have to face Bajrang Punia, Vinesh Phogat, Sakshi Malik, Satyawart Kadian, Sangeeta Phogat and Jitender Kinha in their respective weight categories to guarantee a place in the Indian squad.

This plan has been criticised by many, including London Olympics bronze medallist Yogeshwar Dutt. Even Tokyo Olympics silver medallist Ravi Dahiya and World Championships silver

medallist Deepak Punia have raised objections.

"This trials are not fair. The rules have to be fair for everyone. You cannot give benefit to one set of wrestlers. Had they talked to us, we would have found a solution that would have been amicable to all parties," Gyan said.

"Anyways, we are supposed to meet him tomorrow and I hope he will give us a hearing. We are also trying to meet IOA joint secretary Kalyan Chaubey to raise this issue with him. The only plausible reason for him to ignore it is that we sat with the wrestlers during the protests and he may think we will be biased towards them. I am not supporting or opposing anybody here, I just want to be fair," he added.

## Diamond league: Chopra looks to build on Doha success, Sreeshankar in fray too

LAUSANNE, Jun 30 (Agencies): Returning to action after a month's injury lay-off, Tokyo Olympics champion javelin thrower Neeraj Chopra will seek his second straight podium finish of the season at the Lausanne leg of the Diamond League in a star-studded field today.

The 25-year-old Indian superstar had made a perfect start to the Diamond League season when he got a first-place finish in the Doha leg last month with a fourth career-best throw of 88.67 metres but suffered a muscle strain while training later in May.

Eventually, he had to pull out of the FBK Games at Hengelo, the Netherlands, and the Paavo Nurmi Games in

Turku, Finland, earlier this month as a precautionary measure.

He will face a stiff competition from the Tokyo Olympics silver medallist and season leader Jakub Vadlejch of Czech Republic, who has a season's best throw of 89.51m and a personal best throw of 90.88m. World champion Anderson Peters of Grenada (SB: 85.88m, PB: 93.07m), Oliver Helander (SB: 87.32m, PB: 89.83m) of Finland, 2012 Olympics champion Keshorn Walcott (PB: 85.85m, SB: 90.16m) of Trinidad and Tobago and Germany's Julian Weber (SB: 88.37m, PB: 89.54m) will also be eyeing the top spot.

Having won the Doha leg, Chopra is currently leading the standings



with eight points and is followed by Vadlejch

with seven points and Peters with six. The

Indian will be looking to further establish his ascendancy and dominance in the prestigious one-day event series, having won the Diamond League trophy last year.

India's newest Diamond League star, long jumper Murali Sreeshankar, will also be in action. He will be looking to register his second podium finish after taking the third spot in Paris earlier in June with a jump of 8.09m.

The 24-year-old Sreeshankar is coming into the Lausanne leg after a personal best jump of 8.41m en route winning gold at the National Inter-State Athletics Championships earlier this month, just 1cm shy of the national record of 8.42m, held by Jeswin Aldrin.

## Ashes 2nd test: Smith's magic and Eng's method punctuate Day 2



LONDON, Jun 30 (Agencies): Opener Ben Duckett hit 98 as England raced to 278/4 in an another high octane "Bazball" batting display to continue their Ashes fightback on Day 2 of the second Lord's Test today after bowling Australia out for 416 on a memorable day's action.

In the latest extraordinary

display of modern-day Test cricket, England enjoyed their best Ashes opening stand for 11 years and rattled to their total at almost five-an-over. However, the counterpoint of their all-action approach meant they also gifted key wickets when well-set batsmen refused to back down in the face of Australia's somewhat

desperate short-pitched approach.

England, so flat yesterday, began the day much more purposefully as Australia resumed on 339/5 with Steve Smith on 85, as Stuart Broad and Jimmy Anderson quickly removed Alex Carey and Mitchell Starc.

However, Smith, who yesterday became the fourth Australian to pass 9,000 runs, pressed on to claim his 32nd Test century before finally departing for 110 via a superb catch by Duckett at second slip to give Josh Tongue his third wicket.

Brief scores: Australia: 416 (Smith 110, Head 77, Warner 66; Tongue 3/98, Robinson 3/100); England 278/4 (Duckett 98, Crawley 48, Brook 45; Lyon 1/35).

## Duleep trophy: North in their zone as Sindhu, Harshit smash centuries

BENGALURU, Jun 30 (Agencies): Nishant Sindhu and Harshit Rana carved hundreds of different shades to power North Zone to 540/8 in the first innings, constructing a foundation for their bowlers to solidify that superiority over North East Zone on the second day of their Duleep Trophy quarter-final here. North East were 65/3 when bad light and rain

forced an early closure to their first dig.

North Zone's travel to ascendancy began when Sindhu, overnight 76, moved on smoothly to his third First-Class hundred. Sindhu (150 off 245 balls, 18x4, 3x6) lost his partner Pulkit Narang in the first hour itself, but NE zone had little respite as Harshit Rana (122 off 86 balls, 12x4, 9x6) came in



with a destructive mood.

Both Sindhu, 19, and Rana, 21, have been highly rated in the domestic circuit. Their talent was on full view here. A talented pacer, Delhi's Rana made an impression with the bat today, scoring his maiden First-Class ton off 70 balls.

"It is my natural game. I played the whole Ranji season like that," Rana said.

"It is not to say that the match situation does not matter but my game plan is to go for my shots if the ball is in my hitting area," he added.

Brief scores: North Zone: 540/8 (Sindhu 150, Shorey 135, Rana 122; Singha 2/74) vs North East Zone: 65/3 (Kaul 1/3); Central Zone: 182 & 64/0 (Vivek 34\*) vs East Zone: 122 (Avesh 3/34, Saurabh 3/46).

# BKS holds street play on Drug Addiction through humor

## TOP NEWS REPORT

JAMMU, Jun 30: Bhartiya Kala Sangam (BKS) held street play and captivated audiences with thought-provoking street play titled "Say no to drugs." The play aims to create awareness about the perils of drug addiction in a unique and humorous manner.

On this occasion, President of BKS, Vaishno Rani, full fledged Incharge of Club, Chairman BKS, T. R. Sharma, Romesh Singh Chib, Director BKS, faculty of MAM College, students and other prominent audience were present.

While addressing the audience, T. R. Sharma said that Drug addiction is an ever-growing issue



that affects individuals and communities worldwide. He further said that recognizing the need to address this critical concern, the faculty of MAM College Jammu collaborated with renowned playwrights and actors to develop a powerful theatrical production

that combined humor and social messaging. Second show of this show was organised in Rajiv Nagar Jammu, he added.

"Say no to drugs", the witty street play showcased the consequences of drug abuse, he said, emphasizing

the potential destruction it can wreak on one's physical health, relationships, and overall well-being of drug addicts.

"We believe that theater has the power to create social change," said Avinash Lakhnotra, the Director of the play. "By approaching such a

serious topic with humor, we aim to engage and educate the audience in a more effective and relatable manner, he added.

The play was written by Vinay Sharma and was settled according to modern punch lines and relatable dialogues.

The cast of the play were Avinash Lakhnotra, Ajay Tamang, Amrita Kaur, Kartavya Singh Jamwal, Manik Sharma, Nitesh Verma, Vinay Sharma and Yogeshwar Singh Jamwal.

The play was performed under the management of Ramesh Singh, Director Bhartiya Kala Sangam, who presented vote of thanks in the end.

# Prices of essentials continue to skyrocket, some have doubled or even trebled: Bhalla

## TOP NEWS REPORT

JAMMU, Jun 30: The recent surge in prices of essential goods, especially food items, has made the common man's life difficult. If prices of day-to-day items keep rising like this, it's going to make surviving for common man much more difficult. This constant rise has forced people to change their diet, avoid expensive food items and buy cheaper stuff in bulk and eat the same day after day. This was stated by JKPC Working President Raman Bhalla while interacting with various deputations at his residence.

Speaking on the occasion, Bhalla said that government seems to have done very little in terms of regulating prices. At the end of the day, it is not the rich ones or the business class that suffers, but the common man. BJP government talks most promisingly about the "common man agenda" when it comes to lapping up votes but fails in times of real crisis. Even restaurants have increased prices of items, making even that once-in-a-while visit a rarity. Food prices have increased by 20 per cent in the last two months and by 40 per cent compared to last year. The steady rise in prices of food items is a cause for concern. With little resources available, it is becoming difficult for the common man to manage his budget. The way things are run here, it is a case of the poor remaining poor and the rich getting richer.

Bhalla said even the tax laws favour the rich, those in the salaried class suffers the most because they pay high Income Tax and in return get little. Inflation keeps rising every day and vegetable prices are shooting up. Govt is responsible for all this. Have BJP leaders already forgotten their duty towards the people? What happened to all the promises they made during election time? It is high time they delivered what they had promised. Also, petrol and diesel prices have increased. All this stems from the Central govern-

ment's inability to curtail prices at the grassroots level.

On the national front present government already seems to have flopped. This is the main issue pending with the government now and instead of bickering with each other, all BJP leaders should put their heads together and come up with a plan to bring down prices of food items. The government is not doing enough to regulate rising prices of essential commodities. In fact, it's just turning a blind eye to the problem. The prices seem to be headed for the skies. From food to water, everything is becoming unreachable for the common man. This is quite a return gift to all those who voted for leaders to be in power, added Bhalla.

Bhalla observed that every year, we hear the same news of large-scale destruction of crops and inadequate water in lakes due to erratic rain, but it's impossible that there is no solution to this. The government must have a back-up plan to face situations like these and have some measures in place. It just seems like the common man is being taken for a ride. J&K government is doing nothing to bring down the prices of vegetables and other essential commodities. It is high time the government identified the reasons for such a phenomenal rise in prices of so many items of daily use. The retail market has never been consumer-friendly; it is ready to hike prices at the slightest opportunity.

Bhalla said it should be possible to subsidize prices of indispensable items like rice, dal, sugar and oil and lessen the burden on the common man's purse. If the



prices do not come down, he will be driven to take loans from banks to keep his kitchen fire burning. The retail market has never been consumer-friendly; it is ready to hike prices at the slightest opportunity. On the one hand, household budgets are going for a toss with the prices of essential commodities skyrocketing and on the other hand, the government keeps feeding them with inflation figures that seem to conjure up a very rosy picture, a picture that is not at all in keeping with reality.

Bhalla said even as the common man pays through his nose for very basic pulses, data released recently has pegged inflation at a mere 17.5 per cent. I feel this economic data is misleading. In reality, it could be more than 25 per cent and it seems the government has not done much on its part to regulate prices of essential commodities. Evidently, the ground realities of the market are far removed from these inflation figures that are being supplied by the government.

Bhalla said with rise in inflation, the purchasing power of average Indian families has also come down. With tomatoes priced at around Rs 120 per kg and ginger at Rs 400 per kg, people are being compelled to forgo these items. He emphasized the urgent need for government intervention to alleviate the burden of price hikes on poor families. Over the past 3-4 days, tomatoes have been priced exorbitantly high, ranging from Rs 80 to Rs 120 per kg. There is an average price trend of Rs 30 to 35 per kg of tomato and Rs 120 to 150 per kg ginger, Bhalla said.

# Udhampur Mountaineering Association body elected



## TOP NEWS REPORT

UDHAMPUR, Jun 30: Verinder Slathia, a senior JKAS officer (Rtd) has been unanimously elected as the President of District Mountaineering Association, Udhampur in an election meeting held at Indira Memorial Higher Secondary School, Rathian, Udhampur.

Anukampa Sharma, a trained mountaineer and Vice Principal of National Academy High School, Udhampur was elected as General Secretary of the Association.

Whereas Upkar Singh Jamwal, Chairman of Aryan Oriental Convent Higher Secondary School, Udhampur was unanimously elected

as Vice President, Malikarjun Singh Slathia, a trained mountaineer and Bhagwan Dass Sharma, Principal, Indira Memorial Higher Secondary School, Udhampur were elected as Joint Secretary and Treasurer respectively of the district association.

Five members of the Executive body which included Sonika Kalra, Principal Holy Angels, Udhampur, B S Rattan, Vishwa Partap Singh, Surbhi Sharma and Pooja Sharma, all enthusiastic trekkers were also unanimously elected.

Whereas Ram Khajuria, senior Vice President of Mountaineering Association of J&K, was the Observer Narinder

Singh Slathia, a senior mountaineer of Mountaineering Association of J&K, was the Returning Officer for the elections.

Anukampa Sharma, the newly elected General Secretary who has to her credit a trek to the Everest Base Camp and is leaving for Leh for participating in a mountaineering expedition to Kang Yatse peak, while addressing the members thanked them for the trust they had imposed in her and announced that she would convene a meeting of the district association immediately after her return from Leh, to chalk out the future course of action to promote adventure activities in Udhampur district.

# Shravan month is very dear to Lord Shiva: Mahant Rohit Shastri

## TOP NEWS REPORT

JAMMU, Jun 30: The month of Shravan (Sawan) has special importance in Sanatan Dharma. Regarding the month of Shravan, Mahant Rohit Shastri, President of Shri Kailash Jyotish Avim Vedic Sanathan Trust told that some Shiv devotees will start the Shravan month (Shiva worship) from the solar month (Shravan Sankranti) and some Shiv devotees will start the Shravan month (Shiva worship) from the lunar month (Shravan Krishna Paksha).

In this year 2023 Shravan Sankranti is on 16th July Sunday, mostly Shiva devotees start from lunar month and lunar month Shravan Krishna Paksha Pratipada is on 4th July Tuesday, from this day Shravan Lunar month will start. Sawan lunar month will be from 04 July to 31 August.

That is, this time the month of Sawan will be of 59 days. According to the Panchang, this time due to excess month, the month of Sawan is falling for 2 months. Adhik Maas will start

from Tuesday, 18th July and will end on Wednesday, 16th August. What is Adhik (Purushottam, Mal) month?

That is, the month in which there is no Surya Sankranti, that month is called Adhik Maas, there is special importance of worshipping Lord Sri Hari in Adhik Maas, due to Purushottam being another name of Lord Vishnu, Adhik Maas is also called Purushottam Maas.

This year Adhik Maas will start from 18 July 2023 and end on 16 August 2023. Creation of Adhik Maas- According to the Hindu Panchang, there are 365 days, 15 Ghatas, 31 Pals and 30 Vipals in a solar year while in a lunar year there are 354 days, 22 Ghatas, 1 Pal and 23 Vipals.

There is a difference of 10 days, 53 Ghatas, 30 Pals and 7 Vipals in both the Sun and Moon years. That's why 1 month is added to the lunar year every 3 years. In that year there are 13 months instead of 12. This increased month is called Adhik Maas.

# Quran burning in Sweden is detrimental to peace in world: Hashmi

## TOP NEWS REPORT

JAMMU, Jun 30: The Student of Islamic Seminary Qom Syed Karar Hashmi condemned the act of Selvan Momika, a Swedish extremist, in the context of burning the Quran in Stockholm.

These kinds of actions will inflame the feelings of Muslims all over the world and here is the role of global leaders to address the issue sensibly, he said.

He said that while millions of Muslims are gathering to perform the Hajj, insulting the Holy Quran is a provocative, unwise and unacceptable act. Unfortunately, he committed this crime after

the police of Sweden issued a permit to hold and execute their evil plan on the ground.

He observed that playing with the religious sentiments of any community is not more than a wild goose chase.

Burning the Holy Quran is an act of hatred and a manifestation of Islamophobia, which incites violence, insults to religions, and it cannot be considered a form of freedom of expression.

He demanded that this Swedish extremist should be taken to task immediately with the aim of maintaining world peace and brother-hood.

# BLSKS presents 365th musical play 'Bham Bham Bhole'

## TOP NEWS REPORT

JAMMU, Jun 30: To promote the rich traditional culture of J&K & Bhartiya Lok Sangeet Kala Sansthan presented mega cultural program for Amarnath pilgrims at Durga Bhawan Jammu today & presented its 365th Regular feature Friday Series Musical Play "Bam Bam Bhole" in close coordination with Deppt. of Tourism Jammu & Kashmir Govt.

The function was inaugurated after lighting the Traditional Lamp by the Chief Guest Davinder Chadha, Head Pujari, Durga Bhawan Jammu, along with V.K. Magotra, Former Regional Director,



Directorate of Field Publicity, Government of India, K.K Joshi, Vice Chairman BLSKS, Dr. Tara Singh Charak, former Deputy Director, Health Department, J&K Government, J.K Raina, Freelancer Producer Director and Dr. Anju Dogra from Health

Department, J&K Government, Vinod Dogra Chief Service Engineer, Exide were the Guests of Honor.

The Chief Guest said we welcomed the Amarnath Yatri to our city of temples.

M.L Dogra, Chairman, BLSKS welcomed Ama-

marnath Yatri at Jammu & highlighted the story of Amar Katha, the cave which was chosen by Bhole Shankar for narrating the secrets of immortality and creation of Universe to Maa Parvati ji.

Welcoming the dignitaries Rajni Gupta,

Troupe leader BLSKS explained aims & objectives of the programme which have been assigned to the Sans than for betterment of society. The singers, musician, actors and students of Music and Computer institute who performed in the musical play were Usha Handoo, M.C. Kotwal, Raju Bajgal, Rajni Gupta, Sanjeev Kumar, Chahat Chadha, Bindia Okheda, Rahul, Vandana Gupta, Ujwal Sharma, Rahul Kumar, and many others presented the enthralled performance.

Deepak Kumar presented vote of thanks for successful conduction of the program.

# JKBS congrats Inspr Darshan Lal on being selected for 'Ati Utkrish Sewa Padak'

## TOP NEWS REPORT

JAMMU, Jun 30: The Jammu and Kashmir Batwal Sabha at its special meet in Surya Vihar, congratulated Inspector Darshan Lal Mandi on being selected for award of 'Ati Utkrish Sewa Padak' by the Union Home Ministry.

JKBS General Secretary R.L. Kaith mentioned to his members that the 'Ati Utkrish Sewa Padak' is awarded to those who have performed their duties with conspicuous devotion, skill and courage



as members of police forces, with in the territory of India, continuously for 15 years.

Kaith further mentioned that Inspector Darshan Lal Mandi is the single one selected from 9th BN by the Union Home Ministry.

Congratulating Inspec-

tor Darshan Lal Mandi, the JKBS members said, We are happy that someone from our Batwal Community achieved, and we are even happier that it was you.

They wished the Inspector unlimited success in the future.