TOP NEWS OF J&K

JAMMU, SATURDAY, JULY 15, 2023

Daily Evening Newspaper

ENTERTAINMENT

'It was pretty wild,' Nina **Dobrev reflects on "The Vampire Diaries" fame**



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Union Minister Narendra Tomar named BJP Madhya Pradesh poll convenor

INTERNATIONAL

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Sri Lanka not averse to using Indian rupee as common currency: President Wickremesinghe



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BRIEFLY

MeT forecasts cloudy weather with light rain spell in J&K today

SRINAGAR, Jul 15 (Agencies): Weather office here has forecast generally cloudy skies with possibility of a spell of rain at some places of Jammu and

Kashmir on Saturday. A meteorological department official here said that from 16-20, mainly dry weather was expected during most part of the day but a brief spell of rain/ thundershower at scattered places of Jammu was likely towards early morning, late afternoon and evening and towards evening in

"Intermittent light to moderate rain/thundershower is expected at scattered places from July 21-22," he said, adding, "Overall, there's no forecast of any major rainfall till July 25.

Kashmir Valley.

Regarding the minimum temperature, the official said that Srinagar recorded a low of 20.2°C against 20.7°C on the previous night and it was 2.1°C below normal for the summer capital.

Qazigund, he said, recorded a low of 16.8°C against 17.2°C on the previous night and it was 0.3°C above normal for the gateway town of the Kashmir Valley.

Pahalgam, he said, recorded a low of 12.1°C against 12.7°C on the previous night and it was above normal by 0.1°C for the famous tourist resort in south Kashmir's Anantnag district.

In Kupwara town, he said, the mercury settled at 18.2°C against 16.6°C on the previous night and it was 1.6°C above normal for the north Kashmir area.

Kokernag recorded a low of 16.5°C against 17.5°C on the previous night and it was 0.6°C above normal for the place, the officials said. Gulmarg recorded a low of 13.0°C against 14.0°C on previous night and it was 1.2°C above normal for the world famous skiing resort in north Kashmir's Baramulla district,

he said. Jammu recorded a low of 26.6°C against 27.1°C on the previous night and it was 1.8°C above normal for J&K's winter capital, he said. Banihal recorded a

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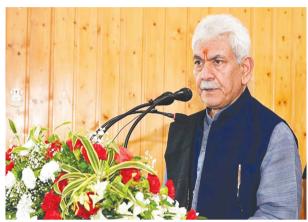
No outsider being given land under PMAY in J&K: LG Sinha

Top News Report

BARAMULLA. Jul 15: Jammu and Kashmir's Lieutenant Governor Manoj Sinha on Saturday said that no outsider was being given land under Pradhan Mantri's Awas Yojna (PMAY) and those who grabbed state land illegally should stop misleading people.

Addressing a function at Dak Bunglow. Baramulla district of north Kashmir, the LG said that many people came to him stating that they were eligible for the PMAY but they had no land.

"So the administration took a review and decid-



ed to give such families 5 Malras land under PMAY so that they can constructed their own houses. So far. 1,99,500 homes have been sanctioned for homeless families. The figure includes 46000 SC and ST cat-

egory families who were eligible for the scheme besides 2711 families who had no land," he

"Unfortunately, some people are misleading the people by claiming that land is being given

to outsiders. No outsider is being given land in

Without naming any political party or leader, the LG said that those who grabbed state land and constructed huge houses not with their own money, should stop misleading people. "These people should stop creating confusion. I would not go into where they got money to construct huge palaces on illegally encroached state land," the LG said.

The LG also inaugurated a multipurpose 100 seater Cinema Hall at Magbool Sherwani Hall,

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Amarnath Yatra | Over 7,000 pilgrims leave for twin base camps from Jammu

JAMMU, Jul 15 (Agencies): A fresh batch of over 7,000 pilgrims left Jammu city early Saturday for the twin base camps in the Valley to join the annual Amarnath pilgrimage, officials said. The 62-day annual pilgrimage to the 3,880-metre-high holy cave shrine of Amarnath in the south Kashmir Himalayas commenced from the twin tracks the traditional 48-km Nunwan-Pahalgam route in Anantnag and the shorter 14-km Baltal route in the Ganderbal

— on July 1. The officials said the 13th batch of 7,392 pilgrims left the Bhagwati Nagar base camp in a



convoy of 272 vehicles amid tight security.

While 4,024 pilgrims left for Pahalgam in a convoy of 146 vehicles. 3,368 devotees left for Baltal in 126 vehicles around 4 am, they said.

With this, a total of 80,181 pilgrims have left the Jammu base camp for the Valley since June

Pilgrims from across the country undertake the Amarnath Yatra to pay obeisance at the holy cave shrine that houses a naturally formed ice shivlingam.

At 24,445, the highest number of pilgrims offered prayers at the shrine on Friday. So far, over 1.90 lakh devotees

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Five Amaranth Yatra pilgrims die in 36 hours, toll rises to **24**

SRINAGAR, Jul 15 (Agencies): Five Amarnath Yatris died in the past 36 hours, taking the toll of devotees dying during this year's annual pilgrimage to 24.

Officials said most of these deaths occurred due to high altitude sickness resulting in lack of oxygen followed by cardiac arrest.

"Of the five deaths, four occurred on the Pahalgam route while one was reported on the Baltal route. The victims included an ITBP officer who died during Yatra duty. The victims hailed from Uttar Pradesh, Madhva Pradesh, Harvana and Gujarat," the officials added.

Experts have said that places situated at high altitudes have rarified air with lesser concentration of oxygen. This coupled with exhaustion and unhealthy lungs

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Army Chief Gen Manoj Pande visits forward areas along LoC



NEW DELHI, Jul 15 (Agencies): Army Chief ited the forward areas along the Line of Con-

trol (LoC) in Jammu and Kashmir to review the operational prepared ness, officials said on

The Army also tweeted pictures from his visit and interaction with some of the troops deployed in the forward areas. "General Manoj Pande

COAS visited forward areas along the Line of Control to review the operational preparedness. COAS was briefed by commanders on ground about the anti-infiltration grid," the Army tweeted.

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Priests perform 'Aarti' at Amarnath cave shrine on Sawan Shivratri



SRINAGAR, Jul 15 (Agencies): Priests on Saturday morning performed 'aarti' at the holy Amarnath Cave in Jammu and Kashmir on the occasion of Sawan Shivratri.

Meanwhile, officials of Shri Amarnath Shrine Board informed with over 1.4 lakh pilgrims visited the cave since the Yatra started on July 1.

Meanwhile a fresh batch of pilgrims left from Srinagar's Pantha Chowk for the twin routes of Baltal and Pahalgam for their onward pilgrimage to Amarnath cave shrine.

Earlier, the Yatra was suspended on many occasions after incessant rains in the past week triggered landslides causing the closure of the Jammu -Srinagar National Highway.

Thousands of Amarnath Yatris traverse mountainous routes along Pahalgam and Baltal axis with much fervour to perform darshan at Holy Cave. The Director Gen-

eral of Police (DGP) of Jammu and Kashmir, Dilbag Singh on Friday visited Base Camp yatri niwas Bhagwati Nagar Jammu to review the security arrangements and other facilities for the pilgrims of Amarnath Yatra.

The 62-day pilgrimage to the Amarnath cave, which is an abode of Lord Shiva, will

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CUET-UG Results Announced; 22,000 **Candidates** Score 100 **Percentile**

NEW DELHI, Jul 15 (Agencies): The National Testing Agency on July 15 declared the results for the Common University Entrance Test-Undergraduate (CUET-UG), which showed that over 22,000 candidates scored 100 percentile.

The maximum top scorers were in English, followed by Biology and Economics.

Over 11.11 lakh candidates had appeared for the second edition of the entrance exam.

While 5,685 candidates scored 100 percentile in English, 4,850 candidates got a top score in Biology/Biotechnology/ Biochemistry, followed by 2,836 in Economics.

"The performance of every candidate has been evaluated using the equi-percentile method wherein normalised marks of each candidate have been

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BSF arrests Pak National for inadvertently crossing India-Pak Border in Amritsar ahead of the border national had crossed

AMRITSAR, Jul 15 (Agencies): The Border Security Force (BSF) on Friday arrested a Pakistani national who crossed the international border and entered the Indian territory inadvertently near Kamirpura village in Punjab's Amritsar (Rural) district, an official release said.

"On July 14, 2023, forward deployed BSF troops apprehended 1 Pakistan national fence, while he crossed the International Border and entered into Indian territory, in the area falling near the village -Kamirpura under Amritsar district," stated the BSF Punjab Frontier in an official release.

He was handed over to the Pak Rangers in the Gurdaspur Sector.

During questioning, it came to notice that the apprehended Pakistani

over to Indian territory inadvertently. Nothing objectionable was recovered from him, added the BSF. Following this, the

Border Security Force approached Pakistan Rangers and lodged a protest on the matter. On April 14, at about 7:00 pm the apprehend-

ed Pakistan national, being an inadvertent border crosser, was **Turn to page 9**

No atonement for sons who don't take care of parents: Karnataka HC

BENGALURU, Jul 15 (Agencies): In a major decision, the Karnataka High Court has ruled that that can be no atonement for sons who do not take care of their parents.

The court also underlines that there is a law to re-establish marriage rights, but there was no provision in law to force a mother to live with

The ruling was given by a bench headed by Justice Krishna S. Dixit on a petition by two brothers. Gopal and Mahesh who pleaded before the court that they won't be able to

pay Rs 10,000 each as maintenance amount for their mother's care.

The brothers claimed that they were ready to take care of their mother and she is being compelled to live at her daughters' place pres-

The bench mentioned the Vedas and Upanishads and stated that it is the duty of the children to take care of their mother.

"During old age, the mother should be looked after by the son. It is preached in Taittiriya Upanishad that parents, teachers and guests are like gods. There is no atonement for those who do not take care of their parents. Before worshiping god, parents, teachers and guests must be respected.

"But, today's generation is failing to take care of their parents. It is not a good development that such numbers are rising," the bench said.

It underlined that since both the sons are physically, it cannot be claimed that they cannot provide maintenance.

"If a man can take care of his wife, why can't he take care of his mother? One son is getting rent.

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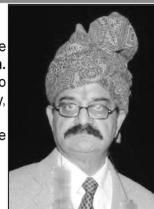
TENTH DAY KRIYA

With Profound grief and sorrow, we inform the sad and untimely demise of our beloved Sh. Pardeep Singh Jamwal (Retd. Engineer) S/o Late Sh. Tralok Singh R/o 221 F Rehari Colony, Hari Singh Nagar, Near Shiv Temple, Jammu. **Tenth Day** will be performed at our residence on 18th July, Tuesday.

May his soul rest in peace. **GRIEF STRICKEN**

Smt. Veena Jamwal - Wife Sons & Daughter-in-law Vikrant Jamwal & Dolly Jamwal

Vikas Jamwal Grand Daughters: Juhi & Pihu



Sh. Pardeep Singh Jamwal (Retd. Engineer)

TENTH DAY KRIYA

With profound grief and sorrow, we inform the sad demise of our revered mother Smt Kamlawati Pandita W/o Late Tika Lal Pandita original resident of village Nahama, Kupwara on 9th July. TENTH DAY KRIYA will be performed at Chota Haridwar Muradnagar Ghaziabad

Assembly is planned NIMANTRAN, Eldeco Aamantran Sector 119 Noida Uttar Pradesh at 11AM.

Smt Sheela Pandita W/o Late Roshan Lal Pandita

Dearest Ammaji all your grand children and great grand children

Mobile 9868230950, 9682112066, 9868881672

TENTH DAY/KRIYA/UTHALA

WITH PROFOUND GRIEF AND SORROW, WE INFORM THE SAD DEMISE OF OUR BELOVED SH. KASTURI LAL GUPTA S/O LT. SH. MULKH RAJ GUPTA ON 6TH JULY 2023

TENTH DAY WILL BE PERFORMED AT BALAJI BANQUET HALL PATLI MORH ON 14TH JULY, 2023 (FRIDAY) AT 11:00 AM. KRIYA WILL BE PERFORMED AT OUR RESIDENCE KHAIRI ON 17TH JULY 2023 (MONDAY) FROM 12.00 NOON ONWARDS. UTHALA WILL BE PERFORMED AT OUR RESIDENCE KHAIRI ON 17TH OF JULY (MONDAY) 2023 AT 5.00 PM. GRIEF STRICKEN

SMT. SWARNKANTA (WIFE) SH. NARESH GUPTA -BROTHER

SMT. SASHI GUPTA W/O LT. SH. DHARAM PAL GUPTA -BHABHI SISTER & BROTHER-IN-LAW

SMT. RAJKARNI & SH. SURINDER GUPTA SMT. VIJAYLAXMI & SH. RAMCHARAN GUPTA

SON & DAUGHTER-IN-LAW SH. RAJESH GUPTA & SMT. SAMRITI MAHAJAN SH. PANKAJ GUPTA & SMT. SHALLU GUPTA

DAUGHTER & SON-IN-LAW SMT. ANU GUPTA & SH. VINAY GUPTA SMT. SHRUTI GUPTA & SH. DEVINDER BHARTI



SH. KASTURI LAL GUPTA

(Retd. Sr. Post Master)

PH. NO. 7889564757, 7006297675, 9419124818, 9419124751

TENTH DAY

With profound grief & sorrow, it is being informed that our beloved Sh. Maghar Mal Kangla (Retd. Sr. Post Master) S/o Late Sh. Dinu R/o Janipur Colony has passed away for his heavenly abode on 10-07-2023.

His TENTH DAY will be performed on Wednesday, 19th of July 2023 at Guru Teg Bahadur Sahib Ji Gurudwara, Janipur Colony Jammu at 11:30 AM. Sh. Maghar Mal Kangla

GRIEF STRICKEN

Smt. Manju Lata - Wife

Ravinder Kangla & Sheetal Kangla -Son & Daughter-in-law Surinder Lakhnotra & Vandna Lakhnotra -Son-in-law & Daughter Suraj Parkash Kundal & Rekha Kundal - Son-in-law & Daughter Rakesh Kumar Pagot & Ritu Pagot- Son-in-law & Daughter

Grand Children: Nihar, Vivek, Tushar, Muskan, Aliya, Bhuvan, Tanmay & Aayan

MOB: 9906165181, 9419186359

TENTH DAY

With profound grief and sorrow, we inform the sad demise of our beloved father Sh. Jabar Dass (Jabru) H/o Smt. Maya Devi R/o Ward No. 16, Upper Shiva Nagar Kathua (Ghagwal Wale) on 07-07-2023. Tenth Day Kriya will be performed on Sunday 16-07-2023 at Guru Ravidass Temple Old Bus Stand Kathua Satsang timing: 12 Noon to 1 PM.

GRIEF STRICKEN

Ashok Kumar - Son, Sunita Devi - Daughter-in-law Raj Kumar - Son , Devlata - Daughter-in-law

Darshan Kumar - Son, Rita Kumari - Daughter-in-law Yash Paul Attri - Son-in-law, Sushma Rani - Daughter SH. JABAR DASS (JABRU) Manoj Kumar, Janish, Aniket - Grand Son

Grand Daughter: Suminda Devi, Suhani, Shublata, Yuvi, Paru

Shiven, Saivi, Gamia - Great Grand Child

Contact Number: 9469608834, 7006757025

UTHALA

WITH PROFOUND GRIEF AND SORROW, WE INFORM THE SAD DEMISE OF OUR BELOVED SH. VINOD KUMAR TANDON (RETD. MANAGER JCC BANK) S/O LATE SH. CHARAN JEEV LAL TANDON R/O WARD NO 8 MOHALLA KHORINAR POONCH.

UTHALA WILL BE PERFORMED ON 16.07.2023 (SUNDAY) AT GEETA BHAWAN POONCH FROM 3 PM TO 4 PM.

GRIEF STRICKEN:

With profound grief and sorrow we inform sad demise of Sh Des Raj (Retd SI) S/o Late Sh Kamlu Ram R/o Bharat Nagar Jakhani on 11th July 2023. 10TH DAY will be held on 20th July at Sansaar

SATSANG will start at 12 noon.

GRIEF STRICKEN: Vishno Devi -Wife

Sons and Daughters in law

Smt. Usha Devi (AW) & Manish Kumar (Zoom Studio) Smt Seema (Tr.) and Er. Aatish Bhardwaj (AEE) Smt. Aarti JKAS and DySP Dr. Satish Bhardwaj JKPS

Daughter and Son in law Smt Sheetal Bhardwaj (Tr.) and Ajit Kumar (JTO BSNL) Kids: Pihu, Aaron Adhyatam, Bhavya Aradhvi,

Aahvaan, Aadyaansh, Adhyann Aradhita, Jiva ALL BROTHERS AND BOGAL FAMILY MOB: 9906028968, 9906905654, 9469632600



SH. VINOD KUMAR TANDON (RETD.

TANDON, MAINI, & KHOSLA FAMILY MANAGER JCC BANK) CONTACT NO 9419143884, 9596643874

10TH DAY

Palace near ARTO Udhampur office.

SH DES RAJ (RETD SI)

on 18th July 2023 at 7AM. at club Smt Kamlawati Pandita

Grief Stricken

Sh Bushan Lal Pandita & Smt Shoba Pandita

Sh Chuni Lal Pandita & Smt Sarla Pandita

will always miss you.

TENTH DAY/ANTIM ARDAS

With Profound grief and sorrow, we regret to inform you the sad demise of our beloved Sdn. Amarjeet Kour (Kanti) W/o S. Gurmeet Singh R/o H.No. 530 Narwal Pain Satwari, Jammu who left us for heavenly abode on 7/7/2023.

Tenth Day will be performed at Gurdwara Shri Guru Nanak Dev Ji, Darap, Jammu on 16/7/2023 from 10:00 AM to 12:00 PM Sdn. Amarjeet Kour followed by Guru Ka Langar. Raghi Jathe coming are Ragi Jagtar Singh Ji Jammu

Wale, Kathawachak Harpinder Singh Ji Amritsar Wale, Ragi Parvinder Singh Ji DGPC

Grief Stricken:-

S. Gurmeet Singh (Husband)

S. Balwinder Singh (Son)

S. Jasvinder Singh (Son) 6005200144, 9797328669

CHOUBARSI

Om Shanti **NOBLE SOULS NEVER DIE**

It's been four years since you left us for the glory of the supreme God. All your life you showed up as an enlightening example of an embodiment of Peace, Humanity, Happiness, Love and Kindness and proved that it is possible to win every battle by being oneself with the highest virtues which glorifies your name even today since you are not physically present but spiritually you are still watching and smiling from

Choubarsi of Smt. Sunita Sharma on 16th of July Sunday by 11:30 am at Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, BK Road, Rehari Chungi Spiritual disclosure will be delivered by respected BK

Sudarshan Didi ji and then Brahma Bhog will be served for everyone present. **DEEPLY REMEMBERED BY** Sh. Ashwani Sharma- Husband

Payal Sharma- Daughter All Sharma Family (New Rehari) And Kesar Family (Reasi) Mobile 9419145395, 9796899998



With profound grief and Sorrow we inform the sad demise of our beloved Mother Smt. Indirawati Kaul W/o late Gopi Nath Kaul original resident of Seer, Sopore Kashmir presently at 90-B/12 Bhawani Nagar , Janipur Jammu on 14th July 2023 at 06 A.M. **GRIEF STRICKEN**

Dr.Khema Kaul & Dr.Agnishekhar, Himalaya Sumbly & Dr. Archana Kaul, Bhasha Sumbli &

Mobile Nos: 9906001813,9697003775



Smt. Sunita

Sharma

Smt Indirawati Kaul (Choti Bhabi)

TENTH DAY

With profound grief and sorrow, we inform the sad demise of our beloved mother Smt. Preeto Devi W/o Lt. Sh. Kalu Ram R/o H.No. 124 Sector-14, Nanak Nagar, Jammu on 07-07-2023 (Salehar Wale).

The Tenth Day shall be performed on Sunday 16th of July, 2023 at Shiv Mandir Sector-1, Railway Road,

Nanak Nagar, Jammu at 11.00 AM. **GRIEF STRICKEN** Daughters-in-law & Sons

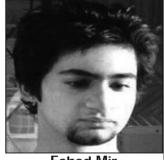
Mrs. Sonika Bhougal & Dr. Sandeep Bhougal (SMVDU)

Mrs. Rachana Bhougal & Mr. Satish Bhougal (Deepak Engineering Works) Mrs. Monika Bhougal & Dr. Sunil Kumar (University of Jammu) Daughter & Son-in-alw

Mrs. Neelam Verma & Mr. Rajinder Kumar Verma Grand Children: Stuti, Vaishnavi, Keshav, Hitakshi, Madhvi, Avika, Pranav **Bhougal Family** Contact: 9419236522, 7006935068, 7051147083

BIRTHDAY REMEMBRANCE

To no longer see your face, Breaks me every day So suddenly you were taken, That I didn't get to say Just how much I love you, And that you were my life The hurt I felt when you passed, Cut me like a knife I'll never be complete again, I never will be free From this grief, a solid thing, Deep Inside of me I wear a mask of coping, But I am in complete despair, I cannot mend what's broken. My heart's beyond repair I'll smile If I have to. But that Is just a mask And I'll say that I'm OK. When people kindly ask But I cannot be happy, It is something that I lack Never will be whole again For I cannot get you back!



SMT. PREETO DEVI

Fahad Mir

REMEMBRANCE

18TH DEATH ANNIVERSARY

Ruchi & Sabreen

t has been Eighteen years since you left us on this day fo neavenly abode and not a single day has passed withou remembering you. You may not with us more but your sweet memories will stay with us still eternity. May God grant Peace to your noble soul and place you in the

Deeply Remembered by : Suman Gupta- Wife Aseem & Shefali Gupta- Son & Daughter in law Vidhushi & Shiv Arora- Daughter & Son in law Aashraye, Naomika, Arhaan, Aashrita- Grand Children Mobile No. 9419888882



Sh Kulbushan Gupta (Ex. CEO)

TENTH DAY/ THIRTEENTH DAY

With profound grief & sorrow, we inform the sad demise of our beloved Smt Sudesh Gupta W/o Late Bodh Rai Gupta R/o Janipur Colony near Water Tank. Tenth Day will be performed at Friday 14-07-2023 Tri Murti Temple Janipur Colony Time 10.00 AM to 11.00 AM near Ram Leela Ground.

Thirteenth Day will be performed on Monday 17-07-2023 Time 5.00 PM to 6.00 PM, Aarya Samaj Janipur Colony near Ram Ashram.

Grief Stricken
Sh Raman Gupta -Son Smt Geeta Gupta -Daughter-in-law Mayank Gupta, Ritish Gupta -Grand Children Lt. Bhushan Gupta -Son Smt Ritu Gupta -Daughter-in-law Kushi Gupta -Grand Children Madhu Gupta - Daughter Late Surinder Gupta - Son in Law ureshta Gupta - Daughte



Smt Sudesh Gupta

Subash Gunta- Son in Law Suman Gupta - Daughter
Late Anil Gupta - Son in Law Jyoti Gupta - Daughter Krishan Gupta - Son in Law Mob. No. 7006237183, 9906647466,

10TH DAY

With profound grief & sorrow, we regret t inform the untimely demise of our beloved nother **Rajrani** W/o Lt. Sh. Gopi Nath Pandi of Tulmulla, Ganderbal at present house no 44. Main Road, Durga Nagar, Sector No.

10th Day will be performed at Muthi Ghat 21 7-23 at 8:30 AM & Assembly will be per formed at above present address. **GRIEF STRICKEN**

Smt. & Sh. Kuldeep Pandit - 9796271710 Smt. & Sh. Sanjay Pandit - 9796052522



Sharma R/o Maheshpura on 19th January, 2023. Adh-Barkhi will be performed on Saturday, 15th July, 2023 at 12 noon at our residence JMC 140 Maheshpura. Grief Stricken Neeraj Sharma- Son Lt Smt. Prem Lata- Wife Son-in-Law and Daughter Abhishek Khajuria & Shreya Sharma Brother and Sister-in-Law Shri Shiv Kumar Sharma & Smt. Kavita Sharma **Brother-in-Law and Sister-in-Law**

Sh Sat Pal Sharma and Smt Sreshta **Nephew, Niece and Son-in-Law** Sh Pawan Sharma and Smt Rishika Sh Nikhil and Smt Ritika Prother-in-Law and Sister
Prof B R Sharma and Lt. Smt Shardha Sharma
Lt Shri R K Sharma and Ms Vijay Sharma



RAJRANI

Shri Vijay Sharma and Smt. Sushma **Ph. 9419109870, 9419242778, 9419186934, 8198036100 TENTH DAY KRIYA**

With profound grief and sorrow, we nform the sad demise of our revered mother Smt Kamlawati Pandita W/o ate Tika Lal Pandita original resident of village Nahama, Kupwara on 9th July. TENTH DAY KRIYA will be performed at Chota Haridwar Muradnagar Ghaziabad on 18th July 2023 at 7AM.

Assembly is planned NIMANTRAN, Eldeco Aamantran Sector 119 Noida Uttar Pradesh at 11AM.

Grief Stricken Smt Sheela Pandita W/o Late Roshan Lal Pandita Sh Bushan Lal Pandita & Smt Shoba Pandita

Sh Chuni Lal Pandita & Smt Sarla Pandita Dearest Ammaji all your grand children and great grand children will alwavs miss vou Mobile 9868230950, 9682112066, 9868881672

TENTH DAY/ANTIM ARDAS With Profound grief and sorrow, we regret to inform you the sad demise of our beloved **Sdn. Amarjeet Kour (Kanti)** W/o S. Gurmeet Singh R/o H.No. 530 Narwal Pain Satwari, Jammu who left us for heav-

enly abode on 7/7/2023. Tenth Day will be performed at Gurdwara Shri Guru Nanak Dev Ji, Darap, Jammu on 16/7/2023 from 10:00 AM to 12:00 PM Sdn. Amarjeet Kour followed by Guru Ka Langar. Raghi Jathe

coming are Ragi Jagtar Singh Ji Jammu Wale, Kathawachak Harpinder Singh Ji Amritsar Wale, Rag Parvinder Singh Ji DGPC Grief Stricken:-

S. Gurmeet Singh (Husband)

S. Jasvinder Singh (Son) 6005200144, 9797328669 TENTH DAY /KRIYA/UTHALA

WITH PROFOUND GRIEF AND SORROW, WE INFORM THE SAD DEMISE OF OUR BELOVED SH. PRITAM PAUL GUPTA S/O LT. SH. CHAJJU RAM MAHAJAN R/O 155-A SUBASH NAGAR WHO LEFT FOR HEAVENLY ABODE ON 07.07.2023.

TENTH DAY WILL BE PERFORMED AT HARI MANDIR, REHARI AT 11:00 A.M ON 16.07.2023.

KRIYA WILL BE PERFORMED AT OUR RESI-DENCE ON 19.07.2023 FROM 12.00 NOON SH. PRITAM PAUL UTHALA WILL BE PERFORMED AT HARI MANDIR.

UIHALA WILL BE PERFORMED AT I REHART ON 19.07.2023 AT 5.00 PM. GRIEF STRICKEN SMT. KAILASH GUPTA (WIFE) SH. KISHORE KUMAR (SON). SH. MUKTESH KUMAR (SON) MS.ARUSHI GUPTA AND MR.SANJEEV KUMAR (DAUGHTER & SON & -IN-LAW) MS.GARGI GUPTA (DAUGHTER).
SOUJANYA MAHAJAN (GRAND SON).
PH. NO. 9419115403, 7889631017, 7006916608

BARKHI

Barkhi of our beloved Sh. Ajay Kotwal (Adv.) S/o Late Sh. Bodh Raj Kotwal will be performed on 17-7-23 (Monday) at 11 am to 1 pm at our residence, F-248 old Rehari Jammu.

GRIEF STRICKEN Smt Sukanya Rathore (Wife) (Son and Daughter in law) Abhijeet Kotwal and Sneh Katal (Daughter and Son in law) Bela Kotwal and Vikas Parihar Mob No: 9149743486, 9018782641

BARKHI Barkhi of our beloved mother (Smt. Sudarshan Kumari W/o Late Shri Prem Prakash Uppal) will be performed at our residence D-20, Upper Shiv Nagar, Jammu on 16th July 2023 (Sunday), 12.00 noon onwards

Smt. Sudarshan Kumari

Sh. Ajay Kotwal (Adv.)

Mr. Deepak Uppal Contact No: 9419225572 / 7006492459

REMEMBRANCE

47TH DEATH ANNIVERSARY Memories are treasures which

Grief Stricken

nobody can steal. Separation is wound nobody can heal.

Deeply Missed & Remembered by Smt Suman Gupta- Wife And All Family Members



Chief Justice visits Bandipora, inspects district court complex, interacts with judicial officers, Bar



TOP NEWS REPORT

BANDIPORA, Jul 15: Chief Justice High Court of Jammu & Kashmir and Ladakh, Justice N. Kotiswar Singh, on Saturday visited district Bandipora and reviewed the functioning of the District Court here.

The Chief Justice also interacted with the bar members, Judicial officers and inspected the under-construction district court complex besides paid a visit to Childcare Institutions

The Chief Justice was received by Deputy Commissioner Bandipora, Dr Owais Ahmad; Principal District & Sessions Judge Bandipora Amit Sharma and SSP Bandipora, Lakshay

Sharma. On his arrival to District Court Complex, the Chief Justice was accorded guard of honour by contingent of Jammu and Kashmir Police.

During the visit, Justice Kotiswar Singh inspected the working scenario in the court complex and directed the staff of the court to update and upload data as data entry operations are very important for the efficient delivery of judicial services.

The Chief Justice also inspected the ongoing construction works of new court complex Bandipora, executed at a cost of 35 crores approximately. The Chief Justice asked executing the agency to complete the underprogress court complex before the given timeline of December 2023 and establish facilities for specially-abled persons and install power backup facilities by

using solar panels. During the visit, the

Chief Justice also interacted with Bar Association Bandipora. While interacting with them, Chief Justice assured all possible support to the bar. He highlighted that for dispensation

of justice, cooperation and coordination among all the wings of the judiciary is a must. Justice Kotiswar Singh also complimented the Judges, and staff of the Bar Association of district court Bandipora for their exemplary performance in the district. Meanwhile, Justice Kotiswar Singh also

paid a visit to the Child Care Institute for Boys and Orphanage Home for Girls located at Papchan and Sunderwan, respectively, to assess the facilities and services provided to the children residing in the

institute. During the visit, He took a comprehen-

sive tour of the premises, including the living area, recreational areas, and educational facilities.

On the occasion, Justice Kotiswar Singh interacted with the children and listened to their stories and experiences. He expressed his concern for their well-being and emphasized the importance of providing them a nurturing environment and access to quality education. He also took note of any issues or challenges faced by the staff and residents and assured them of his full support in addressing those concerns.

Justice Kotiswar Singh advised the children to prioritise their career and stay away from drugs in all the conditions. He also wished his best to the children for their future endeavours.

Speaker Om Birla unveils statue of Dr. Bhimrao Ambedkar at IGNOU Hqrs

TOP NEWS REPORT

JAMMU. Jul 15: Hon'ble Speaker of Lok Sabha, Shri Om Birla, today unveiled the statue of Bharat Ranta Dr. Baba Saheb Bhimrao Ambedkar unveiled at IGNOU New Delhi HQs. today. The programme was streamed LIVE on Gyandarshan, You-Tube and other Media and Social Media platforms which was viewed by a huge audience across the Country. All the Regional Centres across the Country remained open and working on this occasion despite being an off day of the University.

The Vice Chancellor, Prof. Nageshwar Rao, Pro-Vice Chancellors Dr. Kiran Hazarika, Prof. Uma Kanjilal and other dignitaries were present on this auspicious occasion at the Convention Centre of IGNOU, Maidan Garhi,

ing ceremony.

Regional Director, Dr. Asha Upadhyay, Assistant Regional Director and Shri Dara Singh, Section Officer and other staff of the Regional Centre participated in the event virtually. A number of students were also present on the occasion at the Regional Centre Jammu who participated and inter-

acted during the unveil-

Dr. Sandeep Gupta, Regional Director shared his views on the life and legacy of Dr. Ambedkar and urged students to seek inspiration from the momentous works and contributions of Baba Saheb who despite all the hardships and poverty rose to be one of the founding pillars of the Republic of India. Regional Centre

Jammu was one of the

in the entire Country selected to interact with the Hon"ble Speaker Shri Om Birla on the occasion of unveiling ceremony of the Statue of Dr. Baba Saheb Ambedkar. The students of Regional Centre Jammu interacted with the Hon'ble Speaker and shared their experiences during their course of study at the Regional Centre Jammu.

New Delhi. few Regional Centres

Dr. Sandeep Gupta,

TMF condemns terrorists attack on non-local labourers in Shopian

TOP NEWS REPORT

JAMMU, Jul 15: Team Mask Force (TFM) Chairman Vijay Sharma condemned the barbaric incident of firing by local militants on non local Labourers who were buying Atta for their meals.

LG Manoj Sinha's statement that situation in Kashmir is so how the claim of LG normal after Abrogais justified. tion of Article 370&35-A More so a media

is challenged by these report that a delegation local militants who have led by retired judges would unfurl National been so daring enough to conduct target killings Flag at Lal Chowk would again encourage which has since then common even earlier these militants to carry their nefarious design of terrorist activities more and more.

We should refrain from carrying on any such act or deed which provoke their sentiments of anti national postures, said Sharma chairman TMF.

UNION TERRITORY OF JAMMU AND KASHMIR

JAL SHAKTI (I&FC) DEPARTMENT

OFFICE OF THE EXECUTIVE ENGINEER IRRIGATION DIVISION KATHUA **NOTICE INVITING SHORT TERM e- TENDER**

e-NIT No: 09 of 07/2023-24

For and on behalf of Lieutenant Governor, Union Territory of Jammu and Kashmir, e- Bids are invited by the Executive Engineer Irrigation Division Kathua, by e-tendering mode on Percentage Bases from approved and eligible contractors registered with J&K State Govt./ CPWD/ MES and Railways for the following works.

N o.		Division	Cost (In Rs.)	document (In Rs.)		nce Security	allowed for completio n	date of opening of tender/ Technical Bid	Contractor	Accou
1	2	3	4	5	6	7	8	9	10	11
1	Improvement protection work at head site of Neeali Pheer Khan Khul with pitching and grouting to supply channel and laying Knitted Crates at place under District Capex Budget 2023-24.	ID Kathua	150000.00	200.00	2% of the tender cost	3% of the allotted cost	30 days	27-07-2023 (1200 Hrs)	"ABCD"	4702 Distri Cape Budg
2.	Improvement and upgradation of Kova Khul by way of R/Wall with Khul section and 0.1 No T-crossing in between RD 1800-2200M under District Capex Budget 2023-24.	ID Kathua	150000.00	200.00	2% of the tender cost	3% of the allotted cost	30 days	do	"ABCD"	do.
3.	Improvement Protection work at head site of Groody Khul by way of laying knitted crates at head site and PCC Khul Section RD 2000 to 2100M at places under District Capex Budget 2023-24.	ID Kathua	200000.00	200.00	2% of the tender cost	3% of the allotted cost	30 days	do	"ABCD"	do.
4.	Improvement and upgradation Naj Canal alongwing its distributaries by way of strengthening weaker spots in Billawar Area under District Capex Budget 2023-24.	ID Kathua	350000.00	200.00	2% of the tender cost	3% of the allotted cost	30 days	do	"ABCD"	do.
5.	Improvement and Upgradation of Drung Canal and Mandli LIS alongwith its distributaries in Billawar under District Capex Budget 2023-24.	ID Kathua	125000.00	200.00	2% of the tender cost	3% of the allotted cost	30 days	do	"ABCD"	do.
6.	Improvement and upgradation of Seeri Mooni Canal in Billawar Area under District Capex Budget 2023-24.	ID Kathua	125000.00	200.00	2% of the tender cost	3% of the allotted cost	30 days	do	"ABCD"	do
7.	Improvement of Kashri Khul under District Capex Budget 2023-24.	ID Kathua	150000.00	200.00	2% of the tender cost	3% of the allotted cost	30 days	do	"ABCD"	do
8.	Improvement of Chapparu Khul under District Capex Budget 2023-24.	ID Kathua	170000.00	200.00	2% of the tender cost	3% of the allotted cost	30 days	do	"ABCD"	do
9.	Treatment spot of Dhalore Khul under District Capex Budget 2023-24.	ID Kathua	150000.00	200.00	2% of the tender cost	3% of the allotted cost	30 days	do	"ABCD"	do
10	Improvement of Baccon Khul under District Capex Budget 2023-24.	ID Kathua	150000.00	200.00	2% of the tender cost	3% of the allotted cost	30 days	do	"ABCD"	do.

NOTE: Contractors who have got Contractor card issued from Kashmir Province, it is mandatory for them to upload their verification certificate of Crime Branch along with other qualifying documents failing which their tenders shall be declared as rejected in the Technical bid.

Position of AAA Accorded Position of T.S: Position of Funds: 50% available

) Down loading from

(1800Hrs.). 10-07-2023 10-07-2023 (1800Hrs.).

1. The bidding documents can be downloaded from the websitehttp://jktenders.gov.inw.e.f. 10-07-2023 from 1800 hours onwards.

2. The bids shall be uploaded/ submitted in electronic format on the websitehttp://jktenders.gov.infrom 10-07-2023 (1800 Hours).

3. The complete bidding process will be online. No:-IDK/ 1696-1735 For & on behalf Lieutenant Governor, Union Territory of Jammu and Kashmir

Dated: 08-07-2023 DIP/J-4992/23

Executive Engineer Irrigation Division Kathua

PDP seeks people's support to expose BJP's evil design to settle outsiders

TOP NEWS REPORT

JAMMU, Jul 15: Seeking the support of the people to foil evil designs of the BJPcontrolled administration to settle outsiders in J&K and snatch the livelihood of locals, the Peoples' Democratic Party (PDP) on Saturday warned to intensify agitation against the move of the government of allot land to outsiders (non state subjects).

Addressing workers who were protesting against the decision of the BJPcontrolled administration to allot five-marlas of land to Non state subjects under the guise of Prime Minister Awas Yojna (PMAY), general secretary of the PDP Amrik Singh Reen said that it is a nefarious design of the UT administration along with BJP to settle outsiders in different parts of Jammu and Kashmir and more specifically at Jammu.

"We will strongly oppose this move of the government because this action of the administration will snatch the livelihood of the people of Jammu and Kashmir", he said and sought the support of Jammuities to foil such nefarious designs of the government.

"This move is a cultural onslaught to finish Dogra identity because people of Jammu region will lose their identity and culture, if the Non State subjects are allotted land and settled in Jammu", Mr. Reen said and cautioned people of Jammu region against this design of



the government.

PDP leader strongly condemned the BJPcontrolled administration for its failure on all fronts.

Pointing toward the recent attack on three migrant workers in Kashmir, he said that this incident exposed tall claims of the administration.

"This is not an isolated case, attacks of innocent people are going unabated in Kashmir Valley and those at the helm of the affairs are claiming that situation is normal", PDP general secretary said.

"Instead of taking effective steps to ensure the safety of common citizens of Jammu and Kashmir, the BJP-controlled administration is shamelessly busy in photo sessions just to befool the people outside J&K", he said.

He further emphasised that the land is required to be given to Kashmiri Pandit population who are living in small quaters and are

the real residents of J&K and deserve the land.

Earlier, PDP Youth Wing today organized a protest under the leadership of Amrik Singh Reen, General Secretary PDP outside the Party Headquarters in Jammu. Large number of party workers led by Amreek Singh Reen and other senior leaders held a massive protest against the decision of the government to allot five-marlas of land to Non State subjects and permanently settle them in J&K.

Shouting slogans against the UT government and BJPled administration, PDP workers trooped towards the highway but they were arrested by the cops. The protest was led by General secretary along with Dr Ramesh Singh Slathia (General secratary)

, Adv Anil Sethi and M.R.Qureshi (Members PAC), Sukhvinder Singh, Rajinder Manhas, Satpal Charak, Ashok Jogi

(Addl General secretaries), E.Peter, R.K.Pardesi, Harmeet Singh (Secretaries), Sohit Sharma (District President), Varinder Singh Sonu(Spokesperson) , Sunil bhat(president migrant wing), Ch. Chuni lal (President Kissan Wing), Haji Parvez Waffa (Provincial Youth President), Ranbir Singh Manga,

Dalip Baru, Sachin Bhagat, Narinder Sharma . Parbhat Sharma, Ashok Singh chib, K.K.Sharma. Darshan Mangotra, Teiinder Singh, Amit Dhar, Rajinder chib, Neeraj Chandel, Swarn Singh Shanty, Rajat Randhawa, Sanjay Gupta, Sunil Fagotra, Pankaj Dutt, Parth Sharma, Vimal Sharma, Devinder Dogra, Neetu

Rajat Gupta President Youth	•				
Azadi ka mrit Mahotsav he Dy. Chief Engineer/0	TENDER NOTICE Construction/, N.Rly., Jalandhar City, for and on behalf of the tender under Two Packet System for the under noted work:-				
Name of work and Rebuilding of Rego Bridge ROB No. 157A at KM. 511/30-31					
Completion period of the work	f 18 (Eighteen) months				
Approx. cost of work	Rs 4919.57 Lakh				
Earnest Money amount (to be deposited online)	Rs. 2609800/-				
Date & time for submission of E-tender and opening of tender	Tenders may be uploaded upto 11.30 hrs on 07.08.2023 on IREPS web site i.e. www.ireps.gov.in. The bidders can participate in the e-tender, the tender will be opened at 11.30 hrs on 07.08.2023				
Detail tender notice & tender document	The tender document is available on www.ireps.gov.in Above tenders document will be available for submission of offer on IREPS web site i.e. www.ireps.gov.in from 24.07.2023 to 07.08.2023. All other terms and conditions in respect of above tender are given in tender document. The detailed tender notice also can be seen on the Notice				
	President Youth President Youth President Youth President Youth President of India invites e Name of work and location Completion period of the work Approx. cost of work Earnest Money amount (to be deposited online) Date & time for submission of E-tender and opening of tender Detail tender notice &				

SERVING CUSTOMERS WITH A SMILE

EDITORIAL

GOOD USE OF TIME

sing time properly is not a very difficult task, you just have to increase your thinking ability a little more. History is also a witness to the fact that people who have wasted their precious time, then time has also left those people after wasting them.

We all are aware of this fact that once gone time never comes back. That's why we all should know how to make good use of time in our life.

The creator of this world has definitely done justice to all of us and that is by giving equal time to all. Whether it is a rich person or a poor person, everyone has the same time, twenty four hours. The 24 hours that I have, you have the same 24 hours and people like Sachin Tendulkar, Lata Mangeshkar, Amitabh Bachchan had the same 24 hours, in which they have reached this stage today by working hard and using their time properly.

If you also want to become something in your life, then first of all set your goal and work accordingly using the time.

We all are using time in our lives in one way or the other, but the question arises whether we are using our time in the form of good use? If not, then how do we make good use of our time? First of all, we have to understand that we have to use our every single moment properly. We should not let any of our moments go empty.

Only that person achieves success in life, who has used his time properly and has done all his work according to time.

If we misuse our time or waste time, then we can never be happy in our life and can never be successful in life. We should take the biggest lesson of proper use of time from nature. Every work of nature is done on time, like day and night happen on time and weather changes according to its time.

Wake up early in the morning- First of all, make it a rule to wake up early in your life because the one who sleeps late has never achieved anything. Exercise daily and take a bath and have breakfast on time.

Give up laziness- A lazy person can never do anything in his life. That's why leave laziness and concentrate on work.

Set a goal- Set a goal to become something in your life and work on it everyday to achieve your goal.

Don't sit idle - There is a saying that 'an empty mind is the house of the devil'. That's why don't sit idle, try to do some work.

Read books- Inculcate the habit of reading more and more books because the more you study, the more you will know your ignorance.

Learn something new- If you get bored of one work quickly, try to learn something new by moving away from it because the learned never goes in vain.

We all should use every moment of our time in the right direction because only those people who use time properly are successful in their life. Time is that cycle of life, which brings us many opportunities of success, we just need to recognize it.

By using time properly, we can change our circumstances. If we just make good use of time, then we too can become rich, strong and scholar in our life. By making good use of time, we get ultimate happiness, glory and joy. Our physical and mental progress develops only by making good use of time.

Of Gujjus & Maharashtrians: Will Pawar show who's boss?

By: Shobhaa De

Te Maharashtrians are the most "khaddus" people on earth. I suspect nobody likes us. I mean... I also think we don't like ourselves, forget others! There's something almost perverse about the Maharashtrian psyche: While we always puff our chests with pride in public and go into the "Me, Marathi" mode with non-Maharashtrians, there is zero sense of unity... no feelings of kinship, leave aside love for fellow Maharashtrians.

I watched a mixed-up but charming film titled Satyaprem ki Katha recently. It was goofy, immature and pretty idiotic. But the Gujjus in the hall loved it! Why? Because it was about Gujjus... And they enjoy being all things Gujju. They identify as "Gujjus", and that identity is a matter of great "gaurav" for them, a badge that unites all the various factions within the community. Not so for Maharashtrians. The first thing we do is look for faults: our differences. Next, we focus on caste hierarchies. Feel superior to our neighbours. Turn up our noses at mixed gatherings where lesser beings are also present. Make snarky remarks about all and sundry. Naturally, we aren't the most popular folks to hang out with. And it's not like we hang out with our own kind either... we hate everybody. Besides, who qualifies as being our own kind... mere apne? Not even blood relatives!

Take that, Ajit Pawar.

It's safe to conclude Maharashtrians trust no one. Not even their own shadows.

The Marathi Manoos is a strange beast: neither fish nor fowl. But, my goodness, don't ask about the conceit component. We call it parochial pride in our identity: "Intellectual Warriors". But it is something else. We love jhagdas... provided we win the round. We make poor, sore losers: right now, the biggest loser in Maharashtra seems to be Sharad Pawar. But don't be fooled. He is by far the shrewdest politician in India. And the toughest. Those who are writing him off gleefully need to revisit the welldocumented Sharad Pawar saga. The Strongman has seen them come and go... and seen off most contemporaries. He ain't going anywhere. Don't expect Saheb to walk off into the sunset anytime soon.

If there's one politico who's an expert at buying over the harshest adversaries, it is Pawar. This fighting spirit is tied to sound commercials -- bijness. Money not just talks, it hollers.

Maharashtrians aren't good with money. They aren't "born business people", like, say, the Marwaris or Sindhis. Plus, they are notoriously kanjoos. But they sure as hell know one attribute that's a pre-requisite for survival in challenging environments: selfinterest. Nobody is really thinking about Maharashtra's interest at the moment. The fight is over the spoils. How to divide up the massive loot accumulated over decades. Just like the Gandhi family: only more loot, according to estimates of the Pawar wealth. If Sonia Gandhi has had to worry about an adventurous son-in-law all her political life, Sharad Pawar has been blessed... or burdened... with an ambitious nephew. Both Robert Vadra and Ajit Pawar have outlived their respective uses. And both Sonia and Sharad refuse to quit. The debate isn't about gender or age. It's about control and perception. Are they still in charge of their flocks? Or are they just hanging on to the keys of the tijori like mean-spirited, semi-senile Daadimas in extended joint families. In that sense, Sonia Gandhi must have been a Maharashtrian in her last life... she shares the same characteristics with our NCP chieftain when it comes to playing power games.

Maharashtrians don't have "jigri dosts". I sometimes feel that classic song "Dost, dost na raha... pyaar, pyaar na raha..." was composed by a Maharashtrian for Maharashtrians as an anthem for Maharashtrians. In reality, the song from the 1964 movie Sangam was sung by Mukesh and pictured on Raj Kapoor (both non-Maharashtrian). It had elements of victimisation and martyrdom. Betrayal and selfpity. The lyrics are still popular and resonate with millions. Perhaps it will offer a bit of comfort to Sharad Pawar as he licks his wounds and gets nostalgic about Praful Patel.

Hectic haggling is afoot... who gets what and when. Patel's major handicap is his surname. There's an insurmountable hurdle right there: how can a Patel from Gujarat aspire to be anything but an aide to a Maratha? Which self-respecting Maratha would accept Praful Patel as the boss of the party... a worthy successor to Pawar, regardless of the man's ability or performance? His closeness to the Pawar parivaar is what propelled suave Praful's career. He was seen as a confidant, a powerhouse, a loyal ally. But Patel must have known all along he'd reach this far and no further. The grassroots party worker, steeped in caste and hierarchies, never did accept an "outsider" like Patel as leader. He didn't enjoy a political base, despite his highprofile persona and reputation as a dynamic doer. Let's overlook the

Air India fiasco, for now.

It's said today, now the rift is wide open, that Patel was kept on ice for years by the BJP top brass when he was begging for an appointment to meet the bosses and tell them he was ready to jump ship and abandon his mentor. Whispers abound of a BJP leader commenting aloud: "How can we trust Patel? If he can betray his godfather, how will he be loyal to us?" Good question.

Now the bickering is limited to who gets which post. Everyone involved in the ongoing Pawar war is angling for Cabinet posts, and the general assumption is that Supriya Sule will bag it before anybody else. All sorts of calculations are being tabled... which is a wasteful exercise. The only thing that eventually counts is the "setting": payoffs, deals, tradeoffs and write-offs. With so many complicated legal matters cooking, the juicy posts will go to those who can arrive with the biggest kitty to broker a political compromise that will take care of pending, highly incriminating ED and other cases. This is only possible at the highest level. Strange, it boils down to Gujjus versus Maharashtrians. Cunning and commerce go hand in hand with Gujjus. Maharashtrians aren't the world's brightest business community... even if the Pawars managed to outwit and outbid rivals to acquire assets that make the mind boggle.

India is waiting to see how and when this pitched battle ends. All it may take is one more rain-soaked marathon speech in a huge maidan from Sharad Pawar to assert himself once again and show the pretenders who's the boss. This isn't a lion in winter defending his lair... Or solitary cub. This is a tiger staking territorial rights and feeding rivals to hyenas. It's not over till the Fat Man sings....!

A sordid tale in UK as top BBC presenter lands in huge scandal

By: Farrukh Dhondy

chief and respected presenter of the BBC's flagship Ten O'clock News, a singular summary of the world each day, is now reported to be in a mental health institution. He was suspended from his duties on Sunday, July 9, and was absent from the programme for the next few days as the result of a national scandal that has preoccupied Britain for the past week.

For five days the dramatis personae involved remained anonymous and now only Huw Edwards' identity has been revealed by his wife who said her husband has suffered for 20 years under stress and depression. His shameful acts, she said, are the products of this sad mental state.

Edwards has been, gentle reader, the most respected celebrity presenter on the national broadcaster and I have watched his presentation admiringly for decades. Now it's all over for him and I'm sorry.

The story that emerges is a sordid, perhaps pitiable one. Let me recall it:

At the end of last week, The Sun newspaper, a scandal sheet of the yellow press, broke a story that could further its constant preoccupation with attacking the BBC. The story caused national intrigue. The people involved weren't named by The Sun, which only said that

a prominent BBC presenter was involved in soliciting lewd pornographic pictures from a young person, whose gender was not specified, and that this presenter had paid the young person £35,000 over the years. The mother of the young person, concerned that this "victim" had used the money to become a crack cocaine addict, lodged a complaint with the relevant BBC department. The Sun reported the date of the complaint and implied that the BBC was complacent about it as it had not dismissed or suspended the presenter.

When the story was published and picked up by other newspapers and reported by the BBC itself, Edwards was suspended, pending a BBC investigation, even though his name didn't appear in the reports.

When the BBC announced that the unnamed presenter had been suspended and so would not appear on his programme, scores of BBC radio and TV presenters who happened to be on holiday, reasonably concluded that their absence would cause listeners or viewers to conclude that they were the suspended, alleged offender. Several of them scrambled to deny that they were -- on their Twitter, etc, accounts and some even reached for their lawyers and publicists to say "It's not me, I swear!"

A radio presenter called Jeremy Vine gave a TV interview which called on the unnamed presenter to "out" himself so as to stop, out of decency and compassion, the speculation about other colleagues of his being the suspects in his case.

Then things, gentle reader, get curiouser and curiouser. A lawyer who was representing the young person involved told the media and the BBC that the whole story was rubbish and no such exchange of money and photographs took place. The parents of the alleged "model" insist that they have passed solid evidence to the contrary to The Sun.

And then more emerges.

Another young individual, again age and gender unspecified, tells the media that he or she was approached on a dating app by the same presenter who at first didn't identify himself, then proposed meeting and, when he did identify himself and amazed his contact who might have revealed his identity, the presenter abused and threatened this potential date.

The threatened party assured the media that the threats were scary.

The BBC said it couldn't reveal the presenter's identity for legal reasons, but on Wednesday, after five days of scandal and news turmoil and speculation, Huw Edwards' wife identified him as the presenter in question.

What is amusing is that The Sun, till 2015, used to run a famous "Page 3" on which it featured nude women and, before the 2003 law which made the

publication or exchange of lewd photographs of people under 18 illegal, featured 16-year-olds in nude poses with double-entendre captions. Today they are all coy about the BBC presenter allegedly paying for dirty photographs.

More amusing is that The Sun, a dedicated enemy of "woke" culture and an opponent of gender-neutral language which proposes substituting "they" for "he" and "she", has now had to resort to "they" to refer to the story's "victims". Ho ho ho!

This may be one story in which such a pronoun is appropriate and the head-banging Tories who support the politics of The Sun and its attack on the BBC and on "wokeism", must now, albeit reluctantly, swallow their own vomit.

Gentle reader, I am firmly for the use of the original gender pronouns, but profess myself entertained by the boobies who write, for instance in the rightwing Spectator magazine, that this call by the wokeists for changing "he" and "she" to "they" spells the end of civilisation. Oh dear!

The police have concluded that there is no criminal case for Edwards to answer. The BBC says that it is continuing its "investigation". They did employ, in a central broadcasting role, an individual who suffered from extreme depression giving rise to deviant behaviour. Heads to roll?.

RBI CBUAE sign pacts to promote use of rupee UAE dirham for cross-border transactions



MUMBAI, Jul 15 (Agencies): Reserve Bank of India (RBI) and Central Bank of UAE (CBUAE) on Saturday signed two agreements in Abu Dhabi to establish a framework for cross-border transactions in local currencies and interlinking of payment and messaging systems

The agreements were exchanged between the two governors, in the presence of the Prime Minister of India Narendra Modi and Sheikh Mohamed Bin Zayed Al Nahvan, President of the UAE, the Reserve Bank said in a statement.

The memorandum of agreements (MoUs) are for 'establishing a framework to promote the use of local currencies viz. the Indian rupee (INR) and the UAE dirham (AED) for cross-border transactions' and 'cooperation for interlinking their payment and messaging systems'.

India has been promoting cross-border transactions in local currencies to reduce dependence on the US dollar.

"The two MoUs are aimed at facilitating seamless cross-border transactions and payments and foster greater economic cooperation between the two coun-

tries," the RBI said. The MoU on establishing a framework for the

use of INR and AED bilaterally. The central bank said the MoU covers all current account transactions and permitted capital

use of local currencies

for transactions between

India and UAE aims to

put in place a Local Cur-

rency Settlement System

(LCSS) to promote the

account transactions. "Creation of the LCSS would enable exporters and importers to invoice and pay in their respective domestic currencies, which in turn would enable the development of an INR-AED foreign exchange market. This arrangement would also

promote investments and remittances between the two countries," it added. Use of local currencies

would optimise transaction costs and settlement time for transactions, including for remittances from Indians residing in Regarding the under-

taking on 'Payments and Messaging Systems', the RBI said the two central banks agreed to cooperate on linking their Fast Payment Systems (FPSs) - Unified Payments Interface (UPI) of India with Instant Payment Platform (IPP) of UAE; and linking the respective Card Switches (RuPay switch and UAESWITCH); and exploring the linking of payments messaging systems -- Structured Financial Messaging System (SFMS) of India with the messaging system in the UAE.

"The UPI-IPP linkage will enable the users in either country to make fast, convenient, safe, and cost-effective crossborder funds transfers,' the RBI said.

European development bank chief takes reform agenda to G20 talks in India

London, Jul 15 (Agencies) The President of the European Bank for Reconstruction and Development (EBRD), of which India is a shareholder, will arrive in India on Sunday for a G20 finance summit with the reform agenda for multilateral development banks (MDBs) high on the list of priorities.

Odile Renaud-Basso, the first woman head of an MDB as EBRD president, will begin her fourday visit in Gandhinagar for the Finance Ministers and Central Bank Governors gathering.

From Gujarat, she is scheduled for a highlevel roundtable with the Confederation of Indian Industry (CII) in New Delhi to discuss opportunities for the Indian private sector in EBRD countries of operations in Central Asia, Middle East and North Africa (MENA), Turkey and Eastern Europe.

"The key discussion which is relevant for us is everything related to the MDB reform agenda, which is very prominent in the G20 discussion now," said Renaud-Basso during a pre-visit



"India has a very important role to play as the president of the G20 at a time of a number of global challenges because of the geopolitical context.

"So, the Finance Ministers and Central Bank Governors meeting has an important role to play in a number of areas, from discussing the macroeconomic situation, policy coordination, financial sector development in this new environment with high inflation which has triggered some turmoil in the financial sector... [and] there's also some implication on the financing condition and financial flows for emerging mar-

kets," she said. London-headquartered EBRD is an MDB set up in 1991 after the fall of the Berlin Wall to promote private and entrepreneurial initiative in emerging Europe.

It invests in emerging economies across continents according to a set of criteria that aim to make its countries more competitive, better governed, greener, more inclusive, more resilient

and more integrated. "We have been working with Indian private companies and we are looking to develop coinvestment or co-finance projects.

"We have a sort of sectoral approach globally speaking on areas where we believe that cooperation would be the most relevant, and the first one is green sector and climate change, but also pharmaceutical, IT, agribusiness and services sector, so it's quite large," the EBRD chief said.

According to official bank figures, as of June this year, the value of joint India-EBRD investment stood at USD 1.1 billion - with EBRD finance accounting for USD 881 million and India investment USD 221 million.

This investment has been strong in Turkey, Romania, Ukraine and Georgia and broken down by sectors, it covers financial institutions, industry, commerce and agribusiness.

India is one of EBRD's 71 national shareholders and its president said she is keen to strengthen ties with the country's business community in order to step up joint investments with Indian firms

In May, Renaud-Basso secured approval for the EBRD's first expansion into the Global South to soon start investing in up to six countries in sub-Saharan Africa – a region she agrees could be of interest to Indian investors

The central focus for the development bank during the G20 and wider discussions in India would be around ensuring a continued commitment towards achieving the UN sustainable development goals (SDGs) and net zero climate targets.

"The global challenge is the climate crisis and the need to accelerate investment to facilitate green transition, because the window of opportunity to do what is needed before 2030 is shrinking very quickly, Renaud-Basso said.

There is some increase in financing and some progress made, but not at the pace that is needed in order to reach the target, she said.

"So, there is a strong concern that we are not doing enough and hence the focus on how MDBs can contribute to this agenda," she said.

"A very important part of our role is not only to provide financing, but also to facilitate the development of the project, to work with countries on their policies in order to unlock projects for investment... and having the right framework to develop renewables and attract private sector investment for renewables," she added.

Renaud-Basso succeeded the Indian-origin EBRD President Sir Suma Chakrabarti, who stepped down in July 2020 after serving two full four-year terms.

Actor Suniel Shetty invests in re-engineered tyre startup Regrip

GURUGRAM, Jul 15 (Agencies): Bollywood actor Suniel Shetty on Saturday announced his investment in re-engineered tyre startup brand Regrip.

"I am super excited about my association with Regrip. We're not just redefining the concept of re-cycled, safe, economical high quality tyres but also contributing to a greener future by reducing waste and maximizing the lifecycle of each tyre. By embracing innovation and sustainable practices, we can create a better world for generations to come," the actor said

Mahavir Pratap Sharma, the first investor in the startup, said, the brand which focuses on refurbished tyres is "a win-win

solution" for his investment. Tushar Suhalka, founder of



Regrip, said, "At Regrip we believe in the power of circular economy principles and environmental responsibility. Our journey has just begun, but we are determined to make a

lasting impact. Through our tire refurbishment process, we strive to provide affordable solutions, reduce waste, and contribute to

a greener and cleaner planet." Regrip uses quality grade rubber to make refurbished tyres through the process of shearing and retreading. These tyres cost half the price of new products and are used by small and medium trucking companies.

'Artificially high' growth predicted for China in Q2: Survey

The government has set a growth target of around 5.0 per cent for the whole of 2023.

BEIJING, Jul 15 (Agencies): China's economic growth is expected to have surged in the second quarter, an agency survey has forecast, but analysts say Monday's figures will be misleadingly inflated given the low base of comparison with pandemic-wracked 2022.

A year ago, with restrictions such as sudden lockdowns, travel curbs and factory shutdowns the norm, China posted 0.4 per cent on-year growth, one of its lowest quarterly readings in recent years.

This year, an average of predictions from a group of 13 experts interviewed by AFP suggested the economy expanded 7.1 per cent in April-June. But this figure is "artificially high because of the low base" in 2022, said Gene Ma from the Institute of International Finance.

The same period last year notably included a lockdown in Shanghai that saw the financial capital of 25 million people completely closed off for two months. The quarter-on-quarter growth figures, which will also be released on Monday, should give a more realistic view of the world's second-largest econo-

In the first three months of this year, it grew 4.5 per cent onyear, reflecting a resurgence in activity after the abrupt end of the zero-Covid policy in Decem-



ber. But the recovery, which has been slow to take hold in some sectors, appears to already be running out of steam.

'Afraid to open wallets'

Despite the post-pandemic reopening, a sluggish job market and general uncertainty over the future mean consumer confidence is at a low. "From holiday travel to shopping for cars and homes, the macroeconomic data shows Chinese people are now just afraid to open their wallets too widely," said the independent Hinrich Foundation's Stewart Paterson.

In May, one in five young Chinese were unemployed, according to official data, a record that could be broken again on Monday when June figures are announced.

Low demand means companies are hesitating to hire, taking a "wait-and-see" attitude before expanding operations, said

Harry Murphy Cruise, an economist at rating agency Moody's. Memories of 2022's repeated lockdowns and suddenly changing policy shifts were adding to their hesitancy, he said.

"Unfortunately... a revival in business activity is needed for broader demand to lift. That stalemate is keeping business activity weak," he added.

That in turn raises the spectre of deflation, a decrease in general prices, which would further add to China's economic woes. Inflation was flat last month, while producer prices sank more than expected, a further sign of weak demand.

Levers of growth

Growth is already being hampered by a crisis in the real estate sector. Once a driving force behind the economy, many developers are now fighting for their survival, exacerbating a crisis of confidence among

potential buyers.

Fewer house purchases logically mean less spending on related goods like furnishings, and suggests higher saving ratios too -- all of which further drive down activity, pointed out Rabobank's Teeuwe Mevissen.

Geopolitical tensions with the United States, coupled with a global economic downturn and worldwide inflation will also have weighed on exports over the past few months, experts predicted. This is traditionally a crucial lever of growth for a country that for decades was known as "the world's factory."

In June, exports dived 12.4 per cent, their biggest decline in three years, according to the customs figures. Authorities are coming under increasing pressure to step in with stimulus, but other than a few small interest rate cuts and pledges of action, there has been little substance out of Beijing. The government has set a growth target of around 5.0 per cent for the whole of 2023.

The experts interviewed by agency expect China to grow 5.3 per cent this year, in line with the International Monetary Fund's projection of 5.2 per cent. Last year, the economy expanded by 3.0 per cent, well short of the official target of 5.5 per cent, and one of the lowest rates in four decades.

Central government approves withdrawal of 7,338 prosecutions under Companies Act

MCA had constituted a panel to undertake a thorough review of pending litigations. Long pending prosecutions for compoundable offences have been identified for withdrawal.



NEW DELHI, Jul 15 (Agencies): In a bid to promote ease of doing business and decriminalisation of compoundable offences under the Companies Act, 2013, the central government approved the withdrawal of 7,338 prosecutions under its Special Arrears Clearance Drive-II, which have remained pending before various courts.

"This would be a significant decrease of 21.86% in the pending prosecutions being government. The government's "Action Plan for Special Arrears Clearance Drives" for reducing the number of pending litigations had previously resulted in the withdrawal of 14,247 prosecutions during the Special Drive-I in the year 2017," the Ministry of Corporate Affairs (MCA) said in a statement.

MCA had constituted a panel to undertake a thorough review of pending litigations.

Long pending prosecutions for compoundable offences have been identified for withdrawal. "Prosecutions related to serious non-compoundable offences like cheating, fraud, acceptance of deposits, pending charges, etc. have not been considered for withdrawal

This step will unclog

the courts and foster growth of the corporate sector while maintaining a healthy corporate governance framework," the government said. The cases being withdrawn under Special Drive-Il are corollary to the amendment brought out by the government vide the Companies (Amendment) Act, 2020, for the decriminalisation of offences under the Companies Act, 2013 to facilitate the smooth functioning of businesses as well as minimise lengthy litigations before courts.

From being a disregarded misfit to a member of the elite Premier League 100-goal club, Peter Crouch, on whom the documentary That Peter Crouch Film is based comes as a real treat for football fans

Based on the life of football player Peter Crouch, Amazon Prime Video's documentary That Peter Crouch Film showcases his unpredictable career path as well as humble personality. For a football fanatic, this one is a true treat!

Peter Crouch was 'freakish, big, tall, gangly kid, all arms and legs like Bambi on ice' when he was a youngster attempting to make it in the competitive world of professional football. If that assessment strikes you as unfavourable, remember that it came from a young coach at Crouch's first professional club, Tottenham Hotspur, who was also one of his initial admirers

That Peter Crouch Film, a documentary, is based around Crouch's struggle to disprove his critics, some of whom were considerably more vicious. With assistance from wellknown figures like Harry Redknapp (who signed the 6 foot 7 inch tall striker for three different clubs), Steven Gerrard, and Sven Goran-Eriksson, as well as friends and family, the documentary follows Crouch's career in his own words —from being a disregarded misfit to a member of the elite Premier League 100-goal club. There were heartbreaking lows, like the time Crouch was jeered by England supporters in 2005. He described his low points as



'the closest to depression I've ever been' and his high points as his eventual redemption with the national team at the 2006 World Cup. Everywhere Crouch went-from Portsmouth to Southampton to Liverpool—he seemed to have to start again and establish his worth.

He speaks specifically about his 18-game goalless streak since joining Liverpool and recalls with Gerrard the moment he snatched the ball away from the Reds captain to take a penalty in game 15—only to fail. Finally, breaking his goalless streak against Wigan, Crouch also had a chance encoun-

ter with his future wife, model Abbey Clancy, the same night.

Throughout, Crouch displays his quick wit and laid-back demeanour that have made him so popular as a broadcaster; nevertheless, he struggles to find humour in the abuse he received, admitting that he frequently felt like a 'national laughing stock' or 'laughing stick', as one writer described him.

The story of Crouch, an unlikely ordinary man who overcomes ridicule and adversity to succeed and win a girl along the way, is one of redemption. While Crouch is unique as an individual, the majority of football

fans will notice that his career arc is not. His claim that his is a 'different kind of success story because it hasn't been plain sailing is made clear early in the 85-minute documentary, although it isn't exactly true. A lot of football players—possibly the majority—who advance to Crouch's level must overcome some obstacles along the way. It is rarely 'plain sailing' in elite professional sports because of its harsh character.

At the beginning, some people were too slow or too short (Lionel Messi in his youth career days); Crouch was too tall. Apart from his size, Crouch is notable for his relatability, which has contributed to the success of his shows, The Therapy Crouch, a show about relationships with Clancy, and That Peter Crouch Podcast, which has more than 60 million listeners.

Few footballers since Gary Lineker have transitioned from the field to the studio with such ease, and, today, Crouch is, as former colleague Jamie Carragher says, his own 'brand'.

That Peter Crouch Film is an absolutely charming overview of the career of Peter Crouch, but unless you are a fan of the man himself, his past teams, or have a tall, lanky child, the documentary may not have enough to hold your interest.

Alia Bhatt set to star in Aditya Chopra's spy universe film



Actress Alia Bhatt is all set to become the first woman to headline a film in Yash Raj Films spy universe. The film,

in which Alia is set to play a super-agent, will take off in 2024.

Created by producer Aditya Chopra, the spy universe kicked off with the Tiger franchise, starring Salman Khan and Katrina Kaif, beginning with Ek Tha Tiger and Tiger Zinda Hai, and continued with War, starring Hrithik Roshan and Tiger Shroff. All the movies in this segment were a huge hit with the audiences.

The latest installment in the universe was Pathaan, starring Shah Rukh Khan, Deepika Padukone and John Abraham. The film was a big success and garnered record box-office numbers.

The next film in the spy universe will be Tiger 3, which is all set to hit theatres on Diwali this year, followed by War 2, which stars Hrithik Roshan, Jr. NTR, and Kiara Advani.

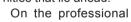
Meanwhile, Alia Bhatt will be next seen in director Karan Johar's film Rocky Aur Rani Kii Prem Kahaani, opposite Ranveer Singh. The film is all set to hit the theatres on July 28.

Actress Wamiqa Gabbi buys her first car

Wamiqa Gabbi recently bought a new car, a Jeep Meridian, after the success of her web show Jubilee.

The decision to gift herself a brand new car signifies a major personal milestone for

Talking about the same, she says, "I am overwhelmed with the love and support I have received for Jubilee. It has been an incredible journey, and I am thrilled to celebrate this success by purchasing my first brand new car — the Jeep Meridian. This vehicle is a symbol of my perseverance and serves as a reminder of the incredible opportunities that lie ahead."





front, the actress in seen in Vishal Bhardwaj's debut series,

Charlie Chopra & the Mystery of the Solang Valley, and Khufiya.

Kajol reveals she was once chased by paparazzi on a bike but couldn't complaint: 'Because I am a star...'

Kajol recently talked about the invasion of privacy amid the growing paparazzi culture in the industry. She said although she understands that getting clicked by photographers is a part of life as a celebrity, however, she doesn't approve of those who follow actors anywhere and everywhere. She narrated the incident where the paparazzi started following her car even when she wasn't out for

Kajol and paparazzi Kajol enjoys popularity among paparazzi. Much like her, the actor's daughter Nysa Devgan is often chased by paparazzi for her pictures. Kajol had previously hailed her



daughter for handling the media attention with much grace and dignity. Kajol on paparazzi culture

In a recent interview, Kajol told Miss Malini about paparazzi culture, "I do think this is too much right now. It is like a pendulum, it started off, and it's gaining momentum, gaining momentum, and it's at the height right now. It has to come down because somewhere down the line we are actors, it's a question of balance, it will come

Kajol on being chased my photographers

"The other day I was crossing Bandra and these guys must have seen my car. They followed me. I had not gone for a shoot, I had not gone to a public place, I had not gone to a hotel or a restaurant. Because I am a star I can't say, 'Why are you following me?' Because I am a star I cannot be threatened by it. Because I am a

star I have 7-8 people standing over there with cameras regardless of what I am wearing. I have to be constantly on my guard," she added.

Kajol is not the only actor who speaks of the invasion of privacy amid ongoing paparazzi culture. From Taapsee Pannu to Jaya Bachchan, several celebs from time to time have been seen reacting to photographers differently when they tried clicking them. On the other hand, Alia Bhatt and Anushka Sharma are among the celebs who reacted strongly to the invasion of privacy by photographers. Both of them were snapped at their houses, on different occasions, which did not go well with them.

Preeti Jhangiani on staying away from screen: I was unhappy with the roles I was getting

After debuting with Aditya Chopra's hit film Mohabbatein (2000), actor Preeti Jhangiani didn't exactly go on a signing spree as expected. She reveals the reason behind that was that she was unhappy with the kind of scripts being offered to her.

After her first film, she starred in Awara Paagal Deewana (2002), and Chaahat - Ek Nasha (2005), among others, but left the industry in 2007 after her film Victoria No. 203. In between, she did some regional projects, but not in Hindi. "I was not getting the kind of work I wanted. I was unhappy with the roles I was getting," she says, adding, "I always wanted to do a significant part. It didn't always have to be the central part, but it should hold some significance that impacts the story. That is what was important for me. I wasn't getting those kinds of parts. So, I thought I'd take a step back rather than disappoint myself or my fans who do want to watch

who has returned to doing Hindi projects with the web show Kafas this year, doesn't want people to tag it as her comeback. "Because I just feel like I was never gone anywhere. I've not done a Hindi film in a while after Victoria No. 203, but I did a lot of regional films. I was in touch with my fans and busy with a lot of shows, and events, etc. So, I never felt that I was away from films. But yes, I did miss acting in Hindi films. And now that I'm back, it feels good to be in front of the camera again".

However, Jhangiani,

What is so special about Kafas that she took the decision to take it up after more than 15 long years? The 42-year-old says, "I knew that this show would be a very sensitively made project. The story and the subject itself needs to be told. We take sexual abuse of a male or a male child, not so seriously and I think it needs to be spoken about. Moreover, I actually felt my



character was very complex and difficult to play. So basically, the challenging role and story's significance made me come back"

Here, she admits that her debut project changed a lot of things for her, and she will always be thankful to her director Aditya Chopra for the same. "It kind of shaped the entire way the audience looked at me. They still love me for my character Kiran". As she explores a new

actor has noticed many changes in the audience' perspective. She says, "They want to watch a story now, and they don't care who the star is as long as the actor performs and fits the bill". While her last and upcoming projects both are OTT, Jhangiani "would love to do a big screen project". "OTT ho ya big screen film, it has to be worth my while and excite my audience," she concludes.

'It was pretty wild,' Nina Dobrev reflects on "The Vampire Diaries" fame

When Nina Dobrev first joined the cast of "The Vampire Diaries." she had no idea just how successful the show would become.

In a recent episode of The Jess Cagle Show on Sirius XM, the 34-yearold actress opened up about the whirlwind of fame that accompanied her role in the hit series. comparing it to her previous experience on the teen show "Degrassi."

Dobrev explained, "I mean, it was pretty wild. I think I did have a little bit of a transition. I was lucky in that way because I was on a TV show in Canada from when I was 15 until 19, and it had some success, but not the level of success that 'Vampire Diaries' did. So I sort of gradually built up to that, I guess.'

Even years after the show ended, Dobrev continues to witness the passionate and dedicated following of "The Vampire Diaries," which aired from 2009 to 2017.

The Canadian actress described the fanbase as nearly cult-like, particularly evident during



events like Comic-Con. Dobrev expressed her gratitude for the experience, saying, "Nothing can prepare you for the thousands of people at Comic-Con that are still passionate and excited.

It was a really cool expe-

rience."

However, the journey on "The Vampire Diaries" was more than just fame for Dobrev. It became a transformative period of her life, during which she learned not only about the industry but also about herself. She acknowledged

the intensity of the fandom and the contrast between the public eye and her life in Georgia, where the show was filmed.

"Being on that show taught me so much. I was learning about myself," Dobrev shared. "I was growing up sort of in the public eye but also in Atlanta, which is really cool."

While events like Comic-Con were overwhelming, "The Out-Laws" star found solace in the normalcy of her life in Atlanta outside of work. She expressed appreciation for the ability to lead a "somewhat normal-ish life" when she wasn't on set.

"The Vampire Diaries" spanned eight seasons, and Dobrev's character, Elena Gilbert, was at the center of a captivating love triangle with two supernatural Vampiric brothers.

The show continues to attract new viewers as all episodes are available for streaming on Netflix.

Seeing Indian contingent in Bastille Day parade was wonderful: PM Modi

NEW DELHI/ PARIS, Jul 15 (Agencies): Prime Minister Narendra Modi on Saturday described his visit to France as a "memorable one" and said that seeing the Indian contingent get a pride of place in the Bastille Day parade was won-

Modi is in France on a twoday official visit at the invitation of French President Emmanuel

"This France visit was a memorable one. It was made even more special because I got the opportunity to take part in the Bastille Day celebrations. Seeing the Indian contingent get a pride of place in the parade was wonderful. I am grateful to President @EmmanuelMacron and the French people for the exceptional warmth and hospitality. May India-France friendship continue to soar!" Modi tweeted, along with photographs of the parade.

Earlier in the day, Modi joined Macron for the Bastille Day parade as the Guest of Honour with an Indian tri-services



marching contingent wowing crowds here during the French National Day celebrations.

Rafale fighter jets of the Indian Air Force (IAF) also joined the flypast along with French jets.

On Friday night, Macron hosted a banquet dinner for the prime minister at Louvre Museum here. The French president and First Lady Brigitte Macron received Modi at the museum.

"A perfect setting to conclude a memorable visit. PM @narendramodi hosted by President @EmmanuelMacron for a State Banquet at the iconic Louvre Museum in Paris," Ministry of External Affairs spokesperson

India and France on Friday said they were exploring possibilities for co-development and co-production of key military platforms, including for the

Arindam Bagchi tweeted.

benefit of friendly countries, as they unveiled a 25-year roadmap to deepen their strategic partnership.

After wide-ranging talks between Modi and Macron, the two sides came out with the 'India-France Indo-Pacific Roadmap' and asserted that they believe in a free, open, inclusive, and secure Indo-Pacific region.

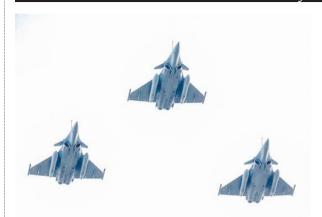
Modi and Macron also addressed the CEOs Forum where the prime minister highlighted the ongoing economic reforms in India and urged the French business leaders to harness opportunities that the country offers.

The Forum consisted of 16 CEOs from the French side and 24 from the Indian side in diverse sectors, including aviation, manufacturing, defence, technology, and energy, among others, the Ministry of External Affairs (MEA) said in a statement.

He also announced that India would open a new Consulate in the port town of Marseilles.

Rafale purchase got PM **Modi ticket to Bastille Day Parade: Congress**

DAC has accorded approval for the procurement of 26 Rafale-M fighters and three additional Scorpene-class diesel-electric submarines from France



NEW DELHI, Jul 15 (Agencies): Taking a dig at Prime Minister Narendra Modi. Congress leader Rahul Gandhi on Saturday said the purchase of Rafale warplanes got him an invite to the Bastille Day parade in France.

In a tweet, Gandhi added that the EU discussed the Manipur issue which is an internal matter of India.

But like Modi has been totally silent on the violence taking place in Manipur, he is similarly quiet on the EU's decision to discuss Manipur. "Manipur burns. EU Parliament discusses India's internal matter. PM hasn't said a word on either!", Gandhi said.

"Meanwhile, Rafale gets him a ticket to the Bastille Day Parade", Gandhi added.

Defence Acquisition Council (DAC) headed by Defence Minister Rajnath Singh accorded approval for the procurement of 26 Rafale-M fighters to operate off the aircraft carriers and three additional Scorpene-class dieselelectric submarines from France as Prime Minister Narendra Modi started his France tour.

Jharkhand to launch scheme for jobless youths

RANCHI. Jul 15 (Agencies): Jharkhand Government will soon launch Mukhya Mantri Sarthi Yojana (MMSY) to enhance employment opportunities for its youth. The scheme was scheduled to be launched on Saturday (July 15) but was postponed due to unknown reasons. According to sources at Chief Minister's Office, the

next date will be announced very soon. The scheme aims to connect talented youth with job and self-employment opportunities by providing free skill training. The scheme will be launched in 80 blocks across the state in its first phase (2023-24) and will be extended to other blocks eventually

Under the scheme, youths will be made self-reliant with the assistance of the Birsa Centre (Block Level Institute for Rural Skill Acquisition), benefiting people from all backgrounds. Skill training will be provided at the block level for men and women of age groups 18-35 in the general category and up

to 50 in the reserved category (ST/SC/ OBC). They will be provided training in various skilling programmes such as tailoring, sewing and carpentering so that they could be linked to employment and self-employment.

In case the trainees did not get a job even after 3 months, they will be provided an allowance of Rs 1000 and Rs 1500 each to the girls and boys respectively for a maximum period of one year through direct benefit transfer (DBT). Physically challenged trainees who have undergone the training will also be given an allowance of Rs 1500 every month for a year.

There is also a provision of giving Rs 1,000 per month through DBT to the non-residential training trainees to travel from their homes to the training centre and back.

The Labour Department's MMSY is part of the Jharkhand Skill Mission. This scheme will take the skill mission to the block level.

Delhi floods: Swollen Yamuna recedes slowly, concerns remain amid rain forecast

NEW DELHI, Jul 15 (Agencies): After wreaking havoc on lives and livelihoods in parts of Delhi close to it, the swollen Yamuna on Saturday morning followed a downward trend, albeit at a slow pace of a few centimetres per hour.

However, it is still flowing over two metres above the danger mark of 205.33 metres.

The situation could worsen if weather predictions of more rain in the capital and upper catchment areas come true.

According to the Central Water Commission's flood-monitoring portal, the Yamuna water level declined to 207.62 metres by 7 am on Saturday from its peak of 208.66 metres at 8 pm on Thursday.

With the flow rate from the Hathnikund Barrage in Haryana's Yamunanagar decreasing over the past two days, further decline is expected.

The India Meteorological Department (IMD), however, anticipated moderate rain in the city over the next two days and "heavy to very heavy" rainfall over Uttarakhand, Himachal Pradesh, and Uttar Pradesh during the next five days, raising concern about a rise in the water level in the river.

In the case of more rain in Delhi, experts said, stormwater may overflow and take longer than usual to drain out. Waterlogging could compound the situation further.

Friday marked a turning point as the raging Yamuna and the resulting backflow of foul-smelling water from drains spilled into prominent locations such as the Supreme Court, Raj Ghat, and the bustling intersection at ITO.

Prior to the misery on Friday, the river water had already reached the rear ramparts of the Red Fort and inundated one of the city's major bus terminals at Kashmere Gate.



The Ring Road, constructed partially over floodplains, remained closed for the third consecutive day near Kashmere

The city has been grappling with waterlogging and flooding issues for a week now. Initially, a downpour caused intense waterlogging on July 8 and 9, with the city receiving 125 per cent of its monthly rainfall quota in just two days.

Subsequently, heavy rains in the upper catchment areas, including Himachal Pradesh, Uttarakhand, and Haryana, led to the Yamuna swelling to record levels.

The river reached 208.66 metres on Thursday, surpassing the previous all-time record of 207.49 metres set in September 1978 by a significant margin.

The river breached embankments and penetrated deeper into the city than it has in over four decades.

With the situation deteriorating every passing hour from Sunday to Thursday evening, Delhi Chief Minister Arvind Kejriwal urged the Centre to intervene and the Delhi Police imposed Section 144 of the CrPC in flood-prone areas to prevent public movement there.

The army was called in for the first time since the 2010 floods to repair a broken flow regulator at drain no. 12, the reason behind the flooding in central parts of the capital on Friday.

The consequences of the floods have been devastating with around 23,000 people evacuated from their homes. The losses incurred in terms of property, businesses, and earnings have amounted to crores.

Experts attribute the unprecedented flooding in Delhi to encroachment on floodplains, extreme rainfall occurring within shorter durations, and silt accumulation that raised the river-

A senior official at the Central Water Commission (CWC) told agency that the water released from the Hathnikund Barrage took less time to reach Delhi this time as compared to previous vears.

"The main reason could be encroachment and siltation. Earlier, the water would have more space to flow. Now, it passes through a constricted cross-section," he said.

According to Yashveer Bhatnagar, country representative of the International Union for Conservation of Nature (IUCN), the record water level in the Yamuna can be attributed to intense rainfall in the entire upper catchment area.

"Encroachment of the floodplains may have an incremental effect," he said.

Bhim Singh Rawat, associate coordinator, South Asia Network on Dams, Rivers, People (SANDRP), said the unprecedented rise in the Yamuna water level is due to riverbed elevation because of significant silt accumulation.

"More than 25 bridges within the 22-km river stretch from Wazirabad to Okhla obstruct the flow, leading to deposition of silt in the riverbed and formation of a lot of mid-stream sandbars," he told agency.

The Yamuna river system's catchment covers parts of Uttar Pradesh, Uttarakhand, Himachal Pradesh, Haryana, Rajasthan, Madhya Pradesh, and Delhi.

The low-lying areas near the river in the northeast, east, central, and southeast districts, inhabited by around 41,000 people, are considered prone to flooding.

A study on "Urban Flooding and its Management" by the Irrigation and Flood Control Department identifies east Delhi under the floodplain region and highly vulnerable to floods.

Despite this, encroachment and development have occurred at a rapid pace in the ecologically sensitive region over the vears.

Letters exchanged between the Delhi Forest Department and the primary land-owning agency in the city, Delhi Development Authority, show that 2,480 hectares of land in the Yamuna floodplains have been encroached upon or developed since 2009.

letter to the 22nd Law Commission informed that the proposed Uniform Civil Code (UCC) was not in the could give their opinions.

Commission opposing Uniform Civil Code

Shiromani Akali Dal writes to Law

The Shiromani Akali Dal (SAD) in a nation's interest and enforcing it without a genuine countrywide inter-faith consensus, especially among minorities, would violate the spirit of the Constitution and generate fear, distrust and divisive sentiments.

CHANDIGARH, Jul 15 (Agencies):

In a letter to the Member Secretary of the Commission by party president Sukhbir Singh Badal, the party noted "uniformity should not be confused with unity. India symbolises unity in diversity and not in uniformity. Only a truly federal structure can resolve our problems."

The SAD chief also asked the Centre to respect the sentiments of the patriotic sikh community on UCC while urging the union government not to go ahead with the idea of a UCC.

Badal said that since no draft of the proposed UCC had been prepared and circulated by the Law Commission, it was impossible to make any tangible suggestions on the issue.

He said a concrete draft that outlines all details of the proposed legislation should be circulated among the people throughout the country so that they

The issue, he argued, had already been examined in depth by the 21st Law Commission which also in its report in 2018 noted that UCC was neither necessary nor desirable.

The SAD said the Commission also observed that reforms in family laws of different communities would provide a better guarantee for securing the rights of women and children than bringing in uniform civil laws.

It also detailed how the Commission had stressed on not compromising cultural diversity or doing something that posed even a remote threat to the idea of 'unity in diversity' which will eventually pose a threat to the country's territorial integrity.

The party said in light of the observations there was nothing significant that happened after 2018 that should compel the Union government to seek the views of stakeholders afresh.

19-year-old woman abducted and gang-raped in MP, tries to end life

DATIA, Jul 15 (Agencies): A 19-year-old woman was allegedly abducted and raped by four persons in the Datia district of Madhya Pradesh, after which the victim tried to end her life, police said on Saturday.

The incident occurred on Friday afternoon in an area located under the Unav police station limits, and the police have so far detained three out of four accused, they said.

A complaint was lodged by the woman's younger sister.

"The complainant said she and her elder sister were abducted by four persons. The accused took them to a house, where they raped her elder sister," Superintendent of Police (SP) Pradeep Sharma said.

Following the incident, the victim and her younger sister returned home, where the victim tried to commit suicide, he said.

The woman was later admitted to a hospital in Jhansi in neighbouring Uttar Pradesh, Sharma

As per the First Infor-



mation Report (FIR), the accused also sexually abused the complainant,

he said. The Unav police detained three accused involved in the crime and a search for the remaining one is underway, he said, adding that

the age of the accused trio is being ascertained. After the incident, a large number of people

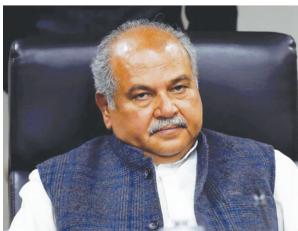
staged a protest at the police station, following which the police registered a case. The people were pacified and a copy of the FIR was given to

them, he said.

The accused were booked under Indian Penal Code (IPC) sections 376 D (gangrape), 354 (assault or criminal force to woman with intent to outrage her modesty), 342 (wrongful confinement) and sections of the Protection of Children from Sexual Offences (POCSO) Act, he said.

The incident occurred on the home turf of Madhya Pradesh Home Minister Narottam Mishra, who represents the Datia Assembly constituency.

Union Minister Narendra Tomar named BJP Madhya Pradesh poll convenor



NEW DELHI, Jul 15 (Agencies): The BJP on Saturday appointed Union Agriculture Minister Narendra Singh Tomar the convenor of Madhya Pradesh elections

An order was issued by BJP national general secretary organisation Arun Singh today.

The appointment was approved by BJP chief JP Nadda and will be effective immediately.

Tomar, a veteran Madhya Pradesh BJP leader, would face an uphill task of guiding poll machinery amid a long anti-incumbency against CM Shivraj Singh Chouhan who has been CM four times since 2005.

The ruling BJP is seeking to defend its term.

Some Republicans worry Trump may be unstoppable as lowa caucuses lie six months away

NEW YORK, Jul 15 (Agencies): He's been indicted twice. Found liable for sexual abuse. And he's viewed unfavourably by about a third of his party.

But six months before Republicans begin to choose their next presidential nominee, former President Donald Trump remains the race's dominant front-runner.

Early leaders don't always go on to win their party's nomination, but a growing sense of Trump's inevitability is raising alarms among some Republicans desperate for the party to move on.

Some described a sense of panic — or "DEFCON 1," as one put it — as they scramble to try to derail Trump and change the trajectory of the race. But there's no clear plan or strategy on how to do that and Trump's detractors aren't rallying around a single alternative candidate yet.

"They're very concerned," former Maryland Gov. Larry Hogan said of fellow Republican leaders who share his view that renominating Trump would be a disaster for the party next November.

Hogan, whose fears his own, described a moment of realization that, "Oh my gosh, we really could have Trump as the that an unwieldy Republican field would only benefit Trump persuaded him to opt out of a campaign of nominee."

"People expected us to have made more progress than we have at this point," he said as polling shows Trump routinely besting his closest rival by 20 to 30 points or more.

To be sure, the six months that remain until the lowa caucuses can be an eternity in politics, where races can turn in a matter of weeks or days. And Trump faces glaring vulnerabilities, including the ongoing state and federal investigations into his efforts to overturn the 2020 election and the possibility that he could end up in the unprecedented position of standing trial while simultaneously mounting a campaign

But even critics acknowledge the outside events that many were counting on to dent Trump's standing — namely his criminal indictments in New York and Florida — have not hurt him. In fact, the charges led some voters who were entertaining an alternative to return to Trump's camp.

"The indictments have actually helped Donald Trump with the Republican primary voters," said



Art Pope, a North Carolina GOP donor who is supporting former Vice President Mike Pence, but nonetheless believes the charges, particularly in New York, were unfounded.

Meanwhile, anti-Trump Republicans have yet to coalesce around an alternative, as Florida Gov. Ron DeSantis has struggled to build momentum, leaving many still waiting to see whether another viable alternative might emerge from the pack. South Carolina Sen. Tim Scott has drawn growing attention.

Several groups that oppose Trump's candidacy have begun to spend big money on efforts to weaken his support, even if they have yet to rally around another candidate. Win It Back PAC, a new independent super PAC with ties to the conservative Club For Growth Action, invested \$3.6 million this month on a new ad that features a purported Trump supporter who has grown tired of the former president's antics.

"I love Donald Trump, I love what he did," he begins. But "he's got so many distractions ... and I'm not sure he can focus

on moving the country forward."

The conservative Americans for Prosperity Action, which is part of the network founded by the billionaire Koch brothers, has also sought to undermine Trump through door-knocking and phone calls. The group says it has found in conversations with voters that Trump's support is softer than most assume and that even those who identify as Trump supporters are concerned about his electability in a general election and open to an alternative.

Their mailers to voters in early states have focused on that message, including one that features photos of Trump and President Joe Biden and asks recipients, "Is it worth the risk?"

While officials with the group

acknowledge that they are facing pressure to rally around a non-Trump candidate, they say they are focused now on laying "the foundation" for a Trump alternative to emerge.

"We've got to move on from Trump," said Drew Klein, the group's state director. "That's where most of the people we're talking to are as well. They're not necessarily locked in with a candidate, but they know we've got to move on."

Not everyone, however, agrees with the anti-Trump strategy. Former GOP pollster Frank Luntz, who has been running focus groups in Iowa, warned such messaging "makes it more likely that Trump wins because it turns him into a victim."

He said he's found Republican voters are open to an alternative, but want someone who will deliver on Trump's promises. "The moon and the stars will need to be aligned for Trump to be defeated," he said. "And it will be done by the candidate that supports the Trump agenda but opposes the lack of success."

Political trajectories can change in an instant, particularly after voting begins. During the 2008 campaign, the eventual GOP nominee, Arizona Sen. John McCain, didn't emerge as the race's frontrunner until his January 2008 win in the New Hampshire primary. And then-Sen. Hillary Clinton appeared to have a clear advantage for the Democratic nomination, only to be overtaken by Barack Obama after voting began.

But no former president has mounted a run after losing reelection in the modern era. And Trump maintains a fervent hold on a portion of the party. Indeed, it was eight years ago this month when the then-reality star and political newcomer began to pull ahead in the polls, surpassing rival Jeb Bush to move into first place — a posi-

tion he'd hold until he won the

Ralph Reed, a longtime Republican strategist who is the chairman of the evangelical Faith and Freedom Coalition, said Trump remains in the "strongest position" of any candidate but still believes the race "will be competitive and hard fought."

"No one should take any state for granted, no one should take this primary for granted because anything can happen and often does," he said. "Almost every front-runner has a near-death experience."

Critics and rival campaigns point to what they perceive as a growing list of Trump campaign missteps, particularly in lowa, where he has criticized the state's popular governor, Kim Reynolds, for her seemingly cosy relationship with DeSantis while purporting to be neutral. He's also skipped a pair of GOP gatherings that attracted most of his top rivals.

As his rivals spent Friday in lowa at the Family Leadership Summit, Trump was heading to Florida, where he will have the stage largely to himself at the annual Turning Point Action conference, a gathering of thousands of young conservatives.

While DeSantis has had a years-long relationship with organizer Charlie Kirk and had been featured at last year's event alongside Trump and received a warm welcome from the crowd, DeSantis turned down the group's invitation, citing a scheduling conflict.

"You only have a few opportunities in the grand scheme of an election cycle to get in front of major groups and all the media and to pass up this opportunity to lay out your vision for America I just think is one of the biggest mistakes," said Tyler Bowyer, the COO of Turning Point Action.

Asa Hutchinson, the former Arkansas governor who is among those challenging Trump for the nomination, said he still believes that Trump can be beaten. But he said two things have to change.

"First, candidates like myself have to be very clear that Donald Trump is not the right direction for our country or our party," he said. Second: "The voters have to realize we can't win in 2024 and it will be a devasting loss for the GOP ... up and down the ballot if Donald Trump is our nominee. And that, I believe, will be understood by the voters as time goes."

South Korea's president in Ukraine to see Zelensky



SEOUL, Jul 15 (Agencies): South Korea's President Yoon Suk Yeol was in Ukraine Saturday on an unannounced visit, his office said, where he visited the town of Bucha ahead of a summit with Ukrainian leader Volodymyr Zelensky.

"The president first toured the Bucha city massacre site near the capital Kyiv and the city of Irpin, where missile attacks were concentrated on civilian residential areas," his office said.

"President Yoon will visit a memorial for the war dead to lay a wreath, and hold a summit meeting with President Zelensky," it added in a statement.

South Korea, the world's ninth-largest arms exporter, has sent humanitarian assistance to Ukraine and has also sold tanks and howitzers to Poland -- a key ally for Kyiv as it battles invading Russian forces.

However, it has a long-standing policy of not providing weapons to active conflict zones, which it has stuck to despite repeated requests from the United States, European allies and Ukraine itself for more help.

Yoon's meeting with Zelensky -- who has previously urged Seoul to consider supplying

weapons to Kyiv directly -- is expected to focus on South Korea's supply of aid to the country.

Seoul, which remains technically at war with nuclear-armed North Korea, produces significant volumes of NATO-compatible weaponry, including its tanks, howitzers and deeply sought-after shell ammunition.

Seoul has hinted that it could reconsider its policy of not supplying lethal aid, with Yoon saying earlier this year that a large-scale Russian attack on civilians could tip the balance.

But in May, South Korea dismissed a US media report that its artillery rounds were heading to Ukraine, saying its position on not providing lethal aid to Kyiv was unchanged.

But experts warn that South Korea is in a tricky position because of its economic ties with Russia -- its 15th largest trading partner as of 2022 -- as well as Moscow's influence over North Korea.

Imran Khan Reveals Plan If His Political Party Gets Banned In Pakistan

ISLAMABAD, Jul 15 (Agencies): Pakistan Tehreek-e-Insaf (PTI) chief Imran Khan has said in the event that his party is banned, he will float a new political party to contest the upcoming general elections and will win the elections, Dawn reported citing Nikkei Asia.

iions, Dawn reported citing Nikkei Asia. Dawn is a Pakistani English newspaper.

In the wake of the violent nationwide protests on May 9 and the subsequent clampdown on the protesters and the Pakistan Tehreek-e-Insaf, many government figures had called for a ban on the party.

Pakistan Interior Minister Rana Sanaullah had said banning the Pakistan Tehreek-e-Insaf was the only solution

Defence Minister Khawaja Asif said a move to that effect was being considered and Pakistan Peoples Party (PPP) chairman and Foreign Minister Bilawal Bhutto Zardari had also said his party will not resist any move to impose a ban on the Pakistan Tehreek-e-Insaf.

Questioned on the impact of a possible ban on his electoral future by Nikkei



Asia, Imran Khan said, "If they remove the party then we will form a party with a new name and still win the elections." Imran Khan was quoted saying that "even if they disqualify me and throw

me in jail, the party will still win".

The Pakistan Tehreek-e-Insaf chief emphasised to the outlet that his base of supporters "remains intact", claiming that the national politics had "fundamentally changed".

On the continued crackdown on his party, Imran Khan said the government was "still trying to break it through intimidation".

Sri Lanka not averse to using Indian rupee as common currency: President Wickremesinghe

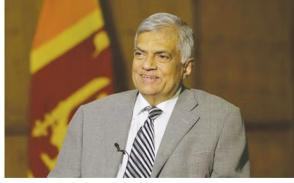
COLOMBO, Jul 15 (Agencies): Sri Lanka would want to see the Indian rupee used as much as the US dollar, President Ranil Wickremesinghe has said, days ahead of his first official visit to New Delhi.

Wickremesinghe, also the cash-strapped country's finance minister, made this remark while addressing the Indian CEO Forum here this week.

"Just as East Asia, including countries like Japan, Korea and China, witnessed significant growth 75 years ago, it is now India's turn, along with the Indian Ocean region," Wickremesinghe said.

Wickremesinghe is expected to visit New Delhi next week, his first since becoming president a year ago amidst unprecedented economic and political turmoil in the island nation.

Wickremesinghe's comments were in response to the chair of the Forum, T S Prakash, who in his address had called for the enhanced



use of the Indian rupee in the Sri Lankan economy

"It makes no difference to us if India (the Indian rupee) becomes a common currency. We will have to figure out how to go about it. We must become more open to the outside world," Wickremesinghe said.

"The world is evolving and India is undergoing rapid development, particularly under Prime Minister Modi's leadership," he added.

He also said that Sri Lanka benefits from its proximity to India, coupled with a rich history, cultural heritage and longstanding trading relationships spanning 2,500 years, The Daily Mirror newspaper quoted him as saying.

Wickremesinghe has steered the island nation out of the economic crisis and said the economy is recovering despite its slowness.

"Once we complete debt restructuring our focus will shift towards a comprehensive growth agenda. This entails a massive overhaul of our economy, legal framework and systems aligning our path with that of India," he said.

Wickremesinghe The 74-year-old Sri Lankan politician was elected through parliament to fill in the rest of the term of the ousted president Gotabaya Rajapaksa.

Sri Lanka-India relationship history points

to that it was unusual that Wickremesinghe's tour to Delhi had taken a year to happen, analysts noted.

India had thrown a lifeline to the last days of the Rajapaksa presidency with an economic assistance package that amounted to 4 billion dollars.

Sri Lanka used the

Indian credit lines to

import essentials and fuel as the country was gripped in forex shortages which triggered massive street protests. Meanwhile, the High Commissioner of India in Sri Lanka Gopal Bagle who was at the July 13 event, said that the Indian government and the Indian business community have helped the island nation in recuperating from the last

"Even during the initial crisis, Indian businessmen began doing business in Sri Lanka to demonstrate to the rest of the world that the country's financial status is stable," Bagle was quoted as saying by the Sri Lankan media.

year's financial crisis.

Flood and landslides kill seven in South Korea

SEOUL, Jul 15 (Agencies): Seven people have died, seven injured, three were missing, and thousands evacuated in South Korea today, officials said, as a third day of torrential rains caused landslides and the overflow of a dam.

In a statement released by the Interior Ministry, five people died inside buildings that had collapsed from landslides, and one person was buried under earth and sand. A seventh person died in a road collapse.



Parts of central South Korea were under a heavy rainfall advisory on Saturday morning, with rainfall of up to 1.6 inches per hour expected in some places later in the day, the ministry said.

The transport ministry has also released a

statement about a train that was derailed when a landslide threw earth and sand over tracks in North Chungcheong province.

As per 11 am local time, 1567 people had been evacuated nationwide, according to the ministry of interior and

safety, and the number could rise as water over-topped the dam in North Chungcheong province, reports agency.

Korea Railroad Corp said that all regular train service nationwide will be suspended, although KTX bullet trains will remain operational with some schedule adjustments.

In a meeting with government agencies on Saturday, Prime Minister Han Duck Soo called for the military to actively join in rescue activities.

Indian Americans rally in support of India at San Francisco consulate after Khalistani attack

SAN FRANCISCO, Jul 15 (Agencies): Scores of Indian Americans held a peace rally in front of the Indian Consulate here to express solidarity with India following a recent attempted arson at the diplomatic facility by Khalistan supporters. A video by Khalistan supporters, dated July 2 posted on Twitter, showed the act of arson at the Indian Consulate in San Francisco. It was the second such act of violence within months.

A large number of Indian Americans from in and around San Francisco came out in support of India this week as they held a peaceful

rally in front of the Indian Consulate in San Francisco against the recent act of violence.

The protesters described it as an act of terrorism and demanded that those responsible for violence be brought to justice. India's Ambassador to the US, Taranjit Singh Sandhu visited the Consulate here on Thursday and met Indian diplomats and officials at the mission. India has asked its partner countries such as Canada, the UK and the US not to give space to "extremist Khalistani ideology" as it is "not good" for bilateral relations. The "radical, extremist Khalistani

ideology" is not good for India or its partner countries such as the US, Canada, the UK and Australia, External Affairs Minister S Jaishankar said in New Delhi early this month. On March 19, a group of pro-Khalistan protesters attacked and damaged the Indian Consulate in San Francisco.

Raising pro-Khalistan slogans, the protesters broke open the makeshift security barriers raised by the city police and installed two so-called Khalistani flags inside the Consulate premises. Two consulate personnel soon removed those flags.

"A Frustrated Dynast...": Smriti Irani Shreds Rahul **Gandhi For Remarks On PM Modi**

"A man who seeks international intervention in India's internal matters, a frustrated dynast who sullies the 'Make in India' ambition mocks India when our PM receives a National honour," Ms Irani tweeted.

NEW DELHI, Jul 15 (Agencies): Union Minister Smriti Irani today shred Congress leader and former MP Rahul Gandhi by calling him a "frustrated dynast" after the latter criticised Prime Minister Narendra Modi's France visit and "silence" on Manipur issue.

"A man who seeks international intervention in India's internal matters, a frustrated dynast who sullies the 'Make in India' ambition mocks India when our PM receives a National honour," Ms Irani tweeted.

Further, taking a jibe at Rahul Gandhi, she added, "Rejected by people, he seethes as defence contracts no longer land at the doorstep of dynasty".



Earlier today Rahul Gandhi criticized Prime Minister Modi for his "silence" on Manipur vio-

"Manipur burns. EU Parlia-

ment discusses India's internal matter. PM hasn't said a word on either! Meanwhile, Rafale gets him a ticket to the Bastille Day Parade," said the Congress

It is worth mentioning that Manipur got hit by violence in May following the High Court's order asking the state government to consider including the Meitei community into the category of Scheduled Tribes (ST).

Also, the Congress leader and the former MP visited the state on June 29 and said, "Manipur needs peace to heal"

PM Modi arrived in France on Thursday. He attended the Bastille Day Parade as the 'guest of honour', on Friday.

The Prime Minister was also conferred with the highest French honour by French President. Emmanuel Macron.

BJP team meets injured workers in Patna, seeks judicial inquiry into police action

PATNA, Jul 15 (Agencies): The BJP on Saturday asserted that the "statesponsored and brutal" police action on its procession in the Bihar capital earlier this week warranted a judicial inquiry and intervention of the National Human Rights Commission.

A four-member fact-finding team constituted by BJP national president J P Nadda stated this here, as it met several party activists, who sustained injuries in the police action on June 13 and are undergoing treatment at hospitals.

The team members also include former Jharkhand chief minister Raghubar Das and Members of Parliament Manoj Tiwari, Sunita Duggal and Vishnu Dayal Ram.

Duggal alleged that women BJP workers were "hit with lathis on their chests and heads by male police personnel" on Thursday when the party was staging a "Vidhan Sabha march" in protest against the Nitish Kumar government's

Tiwari, who is a Lok Sabha MP from Delhi, but has his roots in Bihar, claimed "771 BJP workers" were injured in the incident and "some of them were chased all the way to hospitals and thrashed inside the premises".

The team members alleged that the incident reminded them of "Jallianwala Bagh massacre" and wondered whether "hired goons were donning police uniforms".

"We will submit a report on our investigation to the national president and strongly recommend a judicial inquiry," said the panel members, who replied in the affirmative when asked whether they would also approach the NHRC with the request to look into the matter.

"Our state president Samrat Choudhary will pursue the matter with NHRC," said the members, who spoke with the Bihar unit chief seated by their side.

Himachal suffered losses of about Rs 8,000 crore due to rain: CM Sukhu



SHIMLA, Jul 15 (Agencies): Himachal Pradesh has suffered losses of about Rs 8,000 crore as heavy rains wreaked havoc in the hill state, triggering landslides and flash floods and damaging roads and other infrastructure, Chief Minister Sukhvinder Singh Sukhu said on Saturday.

According to the state emergency response centre, the losses amounted to about Rs 4,000 crore till Friday night and Sukhu had sought an interim relief of Rs 2,000 crore from the Union home ministry. About 70,000 tourists have been evacuated from the state and 15,000 vehicles sent out, while around 500 tourists have voluntarily decided to stay back, Sukhu said in a statement issued here.

Some tourists stuck at Kasol, Manikaran and other adjoining areas in Kullu district refused to move out without their vehicles and have decided to stay back for a few more days till the situation normalises and all roads are opened.

Due to a heavy landslide near Dunkhara on the Kasol-Bhuntar road, the vehicles could not be moved and the tourists had to trek to reach the other side.

However the state government said these tourists are being taken care of.

Electricity, water and mobile phone services have been temporarily restored in 80 per cent of the disasteraffected areas and efforts are being made to restore essential services in the remaining areas at the earliest, the statement said.

The bus service of the Himachal Road Transport Corporation (HRTC) is suspended on 899 routes and 256 buses are held en route.

The HRTC has suffered losses of Rs 5.56 crore, officials said.

Meanwhile, the local MeT office has issued an "orange" warning for heavy to very heavy rain at isolated places in 10 of the 12 districts of the state from July 15 to 17 and warned of the possibility of landslides, flash floods, mudslides and increased runoff in rivers and nullahs.

It has also issued a "yellow" warning for heavy rain on July 18 and forecast a wet spell in the state till July 21.

The state has received 284.1 mm rain so far in July, against the normal rainfall of 110.4 mm, an excess of 157 per cent. Light to heavy rain continued to lash parts of the state, with Dharamshala receiving 131 mm rain, followed by Palampur (51 mm), Sundernagar and Nahan (45 mm each), Kangra (27 mm), Mandi and Narkanda (16 mm each).

Main accused in murder of Dalit girl in Karauli arrested

JAIPUR, Jul 15 (Agencies): Police in Rajasthan's Karauli have arrested the main accused in the murder of an 18-year-old Dalit girl, a senior official said on Saturday

The woman's body was found in a well on Thursday. She was allegedly abducted and later found dead with a gunshot wound and acid

According to the postmortem report, the cause of death was the gunshot wound.

Superintendent of Police, Karauli, Mamta

Gupta said the main accused in the murder of the Dalit woman has been arrested and is being interrogated. She said the woman's family members are refusing to accept the body.

Gupta had said on Friday that officials are in talks with the woman's family regarding compensation and other demands

Meanwhile, BJP national general secretary and Rajasthan in-charge Arun Singh met the woman's family members in Karauli and targeted the Congress



government over the law and order situation in the

P R Meena, Congress MLA from Todabhim, reached the hospital in Karauli where the woman's body has been kept and met BJP MP Kirodi Lal Meena, who is sitting on a dharna with the woman's family members.

The woman's family members are demanding strict action against the culprits and compen-

The BJP has been targeting the Chief Minister Ashok Gehlot-led government over the issue.

Members of opposition parties had raised the matter in the Rajasthan Assembly on Friday and demanded a response from the government.

Earlier today, BSP chief Mayawati lashed out at the ruling Congress government and demanded strict action against those respon-

Maharashtra: 4 injure security guard as he stops them from hitting dog

THANE, Jul 15 (Agencies): The Navi Mumbai police in Maharashtra have registered a case after a security guard was injured by four men when he stopped them from beating a dog, an official said on Saturday.

The security guard was on night duty with another watchman at the main entrance of a company in Turbhe MIDC when he was attacked, he said.

The official said four men showed up near the main gate around 5 am on Wednesday, prompting a dog kept by the company for security to bark at



The four then caught hold of the dog and started beating it with iron rods, said the station house officer at Turbhe police station citing the complaint.

The two security guards

rushed towards the four and

prevented them from hitting the

As the dog kept barking despite the four retreating, one of them picked a stone and hurled it towards the main gate

The stone hit one of the security guards in the forehead, injuring him.

The guard was admitted to a hospital where police recorded his statement.

"A case has been registered against four unidentified persons. We are scanning footage from CCTV cameras in the area to identify the miscreants. No arrests have been made." the official said.

No outsider being given land under PMAY in J&K: **LG Sinha**

said after 30 years of gap, Baramulla has got a 100 seater Cinema hall. "This Cinema at Magbool Sherwani hall Baramulla will not just be the source of entertainment but also a great source of learning for the youth who want to excel in education, technology and art." he said.

Seeking support of people for cementing peace in J&K, the LG said that security forces and police are doing a great job but it is the collective responsibility of every single citizen to contribute towards peace building in J&K. The LG said that he was open to all suggestions regarding making J&K prosperous. "But if there are political suggestions, I was not interested in the past neither will be I interested in them in future," he said.

Amarnath Yatra | Over 7.000 pilgrims leave for twin base camps from Jammu

have undertaken the yatra.

This number is likely to cross the 2-lakh mark by this evening, the officials said. The pilgrims are being provided all the

facilities by the departments concerned

round the clock, they said. **Army Chief Gen Manoj**

Pande visits forward areas along LoC

"General Manoj Pande COAS also interacted with troops deployed in the forward areas and lauded them." it said.

Priests perform 'Aarti' at **Amarnath cave shrine on Sawan Shivratri**

culminate on August 31.

To ensure that this religious pilgrimage becomes a memorable and life-changing experience for the yatris, approximately 30 government departments are providing their services relentlessly. The officers and officials are making strenuous efforts to extend essential services and basic amenities at every destination to pilgrims.

CUET-UG Results Announced: 22.000 Candidates Score 100 Percentile

calculated using the percentiles of each group of students in a given session across multiple days for the same subject," said Sadhana Parashar, Senior Director, National Testing Agency (NTA).

"The role of the NTA is confined to the registration of candidates, conduct of the test, hosting of answer keys, inviting challenges, finalising answer keys, preparing and declaring results, and hosting score-

"A merit list will be prepared by participating universities and organisations. The universities will decide about their individual counselling on the basis of the scorecard of CUET (UG)-2023 provided by NTA," she

FROM PAGE 1

The CUET-UG is the second-largest entrance exam in the country in terms of the number of applicants. In its first edition, 12.5 lakh students had registered for the exam and 9.9 lakh had submitted their applications.

Five Amaranth Yatra pilgrims die in 36 hours. toll rises to 24

often results in fatalities.

The Amarnath cave shrine is situated 3,888 metres above the sea-level.

For these reasons, authorities have banned all junk food at the free kitchens (Langars) set up for the Yatris.

All halwai items, including parathas, puris, sweets and cold drinks, have been banned. Sale of cigarettes has also been banned inside and around the base and transit camps of the Yatra.

This year's 62-day long Yatra which commenced on July 1, will end on August 31 coinciding with the Shravan Purnima fes-

BSF arrests Pak National for inadvertently crossing India-Pak

Border in Amritsar

handed over to Pakistan Rangers on

humanitarian grounds. BSF always takes a humane approach,

while dealing with inadvertent border

Earlier in June, the Border Security Force (BSF) arrested one Pakistani national while he was illegally crossing the India-Pakistan international border in Punjab's Ferozpur

According to the Public Relations Officer (PRO) Punjab Frontier, the Pakistani national was caught by the BSF troops while he was crossing the international border and entering the Indian territory, near the Hazara Singh Wala village in the Ferozepur district.

During the investigation, it was revealed that the arrested Pak national had crossed over to Indian territory unintentionally."The Pak national had crossed the border inadvertently. Nothing objectionable has been recovered from him," said the PRO.

Subsequently, the BSF approached the Pakistan Rangers and lodged a protest on the matter.

Thereafter, on June 27 2023 at about 5:10 pm, the arrested Pakistani national, being an inadvertent border crosser, was handed over to Pakistan Rangers on humanitarian grounds, stated the Punjab Frontier PRO. Additionally, the PRO made a statement

approach while dealing with inadvertent border crossers. No atonement for sons

that the BSF always takes a humane

who don't take care of parents: Karnataka HC

The argument of the sons that they will take care of their mother can't be agreed. There is no law to force a mother. It also can't be agreed that the daughters are conspiring and forcing her to stay at their homes. If not for the daughters, the mother would have been on the streets."

Justice Dixit appreciated the daughters for taking care of their mother.

The bench also ordered the sons to pay Rs 20,000 maintenance to their mother.

The 84-year-old Venkatamma from Mysuru was living with her daughters. After leaving her son's residence, she had approached the divisional officer in Mysuru maintenance from Gopal and Mahesh

As per the Maintenance and Welfare of Parents and Senior Citizens Act. the order was given for the sons to provide Rs 5,000 each to their mother.

The District Commissioner later had increased the maintenance amount from Rs 5,000 to Rs 10,000 each.

The brothers challenging this order had approached the High Court and claimed that they won't pay the maintenance but they will take care of their mother instead.

MeT forecasts cloudy weather with light rain spell in J&K today

low of 17.8°C, Batote 19.1°C, Katra 22.6°C and Bhaderwah 17.9°C, the official said.

Here's why you should start your day with healthy fats

Healthy fats are essential nutrients that our bodies need to function properly. They provide us with sustained energy, help clear out brain fog, and enhance our cognitive abilities, making us more productive in the morning.

NEW DELHI, Jul 15 (Agencies): In recent years, the importance of incorporating healthy fats into our daily diet has been increasingly recognised. Particularly, starting your day with a source of healthy fats can have numerous benefits for your overall health and well-being.

Healthy fats are essential nutrients that our bodies need to function properly. They provide us with sustained energy, help clear out brain fog, and enhance our cognitive abilities, making us more productive in the morning.

This is especially beneficial as our bodies naturally produce cortisol, a stress hormone, in the morning. Consuming healthy fats helps us utilise this cortisol effectively, thereby reducing stress levels and promoting mental clarity.

It's best to consume foods high in saturated fats, such as cheese, butter, eggs, full-fat coconut milk, and red



meat, in the morning, according to a study from Texas A&M University, which found that consuming saturated fats in the morning can have positive effects on our health.

Moreover, replacing carbohydrates with healthy fats in the morning can stabilise blood sugar levels and curb unhealthy cravings throughout the day. This is because, unlike carbohydrates, which can cause rapid spikes and drops in blood sugar levels, healthy fats do in blood glucose.

This can be particularly beneficial for individuals with diabetes or those at risk of developing the condition.

Healthy fats also

improve insulin resistance and contribute to increased vitamin absorption. They also play a crucial role in maintaining the health of the gut lining, which is vital for nutrient absorption, immune function, and the maintenance of the gut microbiome.

Some examples of healthy fats include avocados, nuts, egg yolks,

bacon, olive oil, avocado oil, coconut oil, butter, ghee (clarified butter), and coconut.

Nutritionist Rashi Chowdhary shared a post on the "fat first" rule in the morning.

She wrote, "One extra Tsp of ghee coconut oil or butter is not going to raise your cholesterol levels. If you are following the other 3 basic food principles, your high cholesterol levels will come down even with fat first."

Another important point to remember, as per the nutritionist, is

that fat first itself is not a must if you don't have a gap between waking up and breakfast.

"Just stick to a protein and fat breakfast to achieve the same goal of stable blood sugar levels," she wrote.

In the case of acid reflux, the nutritionist advised to start with a teaspoon of ghee with or without turmeric as it "is one of the best things you can do to heal and get rid of nexium or any antacids that you've been having for years."

Sharing that people with endometriosis can also benefit from having the fat first regime, Rashi Chowdhary wrote, "I really believe starting your day right most often sets the tone of the day. I use to wake up to a fruit earlier and that didn't go well with me. If you are sensitive to carbs or struggling with PCOS, diabetes, acne, endo or have impaired glucose tolerance, chances are you won't either."

Possibly carcinogenic: WHO on artificial sweetener aspartame



NEW DELHI, Jul 15 (Agencies): The World Health Organisation's cancer research arm classified artificial sweetener aspartame, widely used in foods and beverages like diet cokes, as possibly carcinogenic, citing "limited evidence" for its carcinogenicity (potential to cause cancer) in humans.

The WHO's International Agency for Research on Cancer (IARC) and the Food and Agriculture Organisation (FAO)'s Joint Expert Committee on Food Additives (JECFA) kept current daily recommended dosages of aspartame in foods and drinks unchanged at 40 mg per kg of body weight saying proof of the product causing cancer in humans was limited and moderate intake was safe. The IARC has four levels of classifica-

tion to rate cancer causing products—Group-1: definitely carcinogenic with sufficient evidence of cancer in humans; Group-2A: probably carcinogenic with limited evidence of cancer in humans, but sufficient evidence in experimental animals; Group-2B: possibly carcinogenic with limited evidence of cancer in humans and less than sufficient evidence in animals; and Group-3: not classifiable for cancer.

Aspartame has been placed in Group-2B category alongside gasoline engine exhaust, occupational exposure as hairdressers or barbers and lead. Group-1 includes tobacco smoking, solar radiation, alcoholic beverages and ionising radiation. Group-2A features emissions from high temperature frying, DDT, consumption of

red meat and night shift work. Simply put, consumers with moderate intake of diet cokes and other aspartame-containing products needn't worry. "Data evaluated indicates no sufficient reason to change the previously established acceptable daily intake (ADI) of 0-40 mg/kg body weight for aspartame and it is safe to consume within this limit per day," the IARC said.

With a can of diet soft drink containing 200 or 300 mg of aspartame, an adult weighing 70kg would need to consume more than 9-14 cans per day to exceed the acceptable daily intake, assuming no other intake from other food sources. Aspartame was named "possibly carcinogenic" based on limited evidence for cancer in humans (specifically for hepatocellular carcinoma, a type of liver cancer) and limited (but not sufficient) evidence for cancer in experimental animals. "The findings of limited evidence of carcinogenicity in humans and animals underscore the need for more research," said Mary Schubauer-Berigan of the IARC.

Long Covid How it continues to affect

not result in an increase

NEW DELHI, Jul 15 (Agencies): Sukhjeet Kaur (32), who was feeling extremely fatigued, requested leave from office. Her employer was reluctant to accede as she had utilised all her leave a few months earlier when she was admitted to the hospital for Covid-19 infection. The employer wondered if she had lost interest in her job as otherwise, Sukhjeet appeared to be well but had slowed down considerably. What is long Covid

Covid-19 was primarily thought to be a cause of pneumonia, which could result in death due to respiratory failure. In the early days of the pandemic, Covid-19 was recognised as an illness that could impact virtually any organ system of the human body. However, it took some time for the medical community to accept the persisting and delaying symptoms that could occur months after the initial infection. The credit for recognising this variably named entity — Long Covid, Post-Covid, or Long-haul Covid — actually goes to the patient community. Those who suffered from debilitating manifestations after Covid-19 made the medical community take note of this increasing problem. What initially began as a Twitter trend and a topic for discussion on patient forums is now widely recognised as a distinctive clinical conundrum, with agencies such as the WHO and Centers for Disease Control and Prevention, US, providing case definitions. Long Covid is an umbrella term used to describe any (new or ongoing) symptom(s) that persists long after the Covid-19 infection, typically beyond three months.

Who's at risk

Since this is a relatively new entity, there is a lack of knowledge about why these post-Covid symptoms occur. The persistence of the virus, autoimmune reactions to the infection, reactivation of other pathogens, inflammationmediated changes, and alterations in gut microbiota have all been blamed as the cause. Due to this lack of clarity and in the absence of a specific diagnostic test, symptoms are often attributed to stress or psychological issues after Covid. There is no single defining feature, but the common thread is the presence of Covid-19 infection in the past. While post-Covid symptoms may be more likely in those who developed severe Covid, nobody is immune. Individuals with mild Covid-19 infection, too, can develop these symptoms. Post-Covid medical issues may also be more common in those who have additional underlying diseases such as diabetes mellitus.

How many are impacted

Long Covid contributes to significant psychological morbidity, economic losses, and disability. Millions across the globe are affected — probably 10 per cent of all of those who got infected

The symptoms

Patients with Long Covid-19 could have an extremely variable clinical presentation. Around 200 symptoms have been reported. Fatigue is a very common symptom, and can be extremely incapacitating. These individuals report an inability to exercise or even perform routine activities. Others describe a kind of cognitive dysfunction, commonly described as brain fog. The term is used to denote the slowing of mental functions, confusion, sluggish thinking or responses, inability to concentrate on routine tasks and loss of memory and words. Certain symptoms pertaining to the lungs, such as persistent shortness of breath and cough, have also been described as a part of Long Covid. Many patients report symptoms such as palpitations (pounding of the heart) and uneasiness. In fact, there have been reports of an increased risk of sudden death after Covid. Lack of sleep, chest pain, ongoing fever, abnormal sensations such as pins and pricks in fingers and toes, menstrual abnormalities, and joint pains have all been reported. Gastrointestinal issues

We have come across patients who developed severe gastrointestinal symptoms such as extremely bad reflux disease. In some cases, it was so severe that it affected the ability to sleep while lying flat. Patients had to endure many sleepless nights or sleep in a reclining position, making changes in lifestyle and even avoiding dinner. Others have complained of severe diarrhoea seriously affecting daily functioning and requiring prolonged treatment. Some patients had a prolonged loss of smell and taste, even experiencing abnormal unpleasant taste or smell. The other reported symptoms are an extreme lack of appetite, feeling nauseous, abdominal pain and constipa-

Managing long Covid

With such unpredictable clinical presentations, it is natural that the diagnosis is difficult and takes time. Nobody really knows how long the symptoms could last, but these could continue for many months and even beyond a year. Most of the routine lab tests turn out to be normal, and the lack of explanation for these symptoms becomes distressing for patients. Many, therefore, end up with anxiety and depression.

Because so little is known about the underlying mechanisms, the therapy is primarily supportive. Doctors usually try to rule out other putative causes. There is no sure-shot cure for post-Covid issues and the best measure is to avoid catching the Covid infection. Some medicines could alleviate symptoms to an extent, but the biggest healer is time. A holistic care that addresses the symptoms (using drugs), physical well-being (rehabilitative therapy), and mental health (addressing psychiatric issues) may be required in managing Long Covid.

among people from all walks of life. Covid-19

> For most adults, seven to eight hours of sleep is considered adequate but recent surveys say this sleeping time has further shrunk to five to six hours due to irregular schedules, increased stress levels, more screen time, and inconsistent physical activity as well as diet patterns. These factors have also affected the quality of sleep. A prolonged cycle can lead to a massive sleep debt, and cause many short-term as well as long-term consequences.

Sleep deprivation leads to a decrease of oxygen in blood. This results in stress on the cardiovascular system that can lead to high blood pressure, irregular heart rhythms and other chronic disorders like diabetes and hypertension. The prolonged lack of sleep also raises the level of stress hormone, cortisol, increasing blood glucose levels. It has been linked to an increased risk of obesity, a weak immune system, raising vulnerability to infectious diseases, mood/psychiatric disorders, dementia and other neurological disorders, besides hypertension, type-II diabetes and stroke. Besides chronic fatigue and increased stress levels, other short-term consequences include problems with learning, memory, mood swings, attention and concentration. These further impair the decisionmaking capacity and judgment, slow the reaction time and decrease alertness, significantly increasing the risk of accidents while driving

or operating machinery.

are

Adolescents

among the most sleepdeprived and are affected physically, psychologically and emotionally in the long run, making them more prone to erratic and/or aggressive behaviour, depression and substance

A study published in the Indian Journal of Sleep Medicine in 2019 on the incidence and impact of chronic sleep deprivation in Indians with a special emphasis on neuropsychology testing, found that the "incidence of sleep deprivation is the highest in the 31-50 age group at 47.9 per cent, but is worryingly high at 31.6 per cent for those between 16-30 years". The authors, Vanita C Ramrakhivani and Sanjay V Deshmukh from the Department of Life Sciences, University of Mumbai, say these high numbers indicate "chronic sleep deprivation among Indian

the changing lifestyle". Those working in BPOs or across different time zones, particulaly in the late night/early morning shifts, are also at risk. The elderly are equally affected due to physical and psychological changes, medical conditions, and medication use. This can result in fragmented sleep and frequent awakenings and/or cause insomnia. A major factor driving this chronic and continuous sleep deprivation is the excessive use of technology, particularly before going to bed. The Great Indian Sleep Scorecard is an annual nationwide survey being published by the

sleep solutions startup

Wakefit.co for six years

now. This year's survey

revealed that 87 per

cent of Indians use their

youth, possibly due to

phones before bedtime, while 78 per cent of those in the age group of 25-34 stay up late, browsing social media or binge watching OTT platforms.

The tell-tale signs of sleep deprivation are a feeling of persistent fatigue, excessive daytime sleepiness, difficulty in concentrating, impaired memory, irritability, mood swings, and increased emotional sensitivity. Other signs include frequent yawning, heavy eyelids, blurred vision, increased appetite and cravings for sugary or high-calorie foods, muscle aches, headaches and general discomfort.

The most worrisome part is that people rarely seek treatment for chronic sleep disorders that negatively impact the quantity and quality of sleep. Medical advice is mostly sought after an accident or a near-accident such as sleeping while driving.

A 2019 study by Fitbit across 18 countries found that Indians were the second-most sleepdeprived people in the world, with an average nightly sleep of seven hours and one minute. Basic lifestyle modifications like healthy daytime habits, a regular night routine and sleep schedule, creating a sleep-friendly bedroom environment, and practising relaxation techniques can promote better sleep outcomes. Magic potions, or are

Sleep-supporting vitamins and nutrients like magnesium, Vitamin D and B Complex are quite popular, particularly among youngsters. Many sleep supplements like cannabidiol (CBD), synthetic melatonin, valerian, and cham-

they?

omile are also available over the counter. "However, there is limited evidence for some of these supplements, and evidence against the use of others," says Dr Suzanne Bertisch, clinical director of Behavioral Sleep Medicine at Harvard-affiliated Brigham and Women's Hospital Boston

Obstructive sleep apnoea

Another major but

often ignored sleep

disorder is obstructive sleep apnoea (OSA). It is characterised by the repeated collapse of the upper airway during sleep, leading to interruptions in breathing and fragmented sleep patterns. These breathing pauses, known as apnoeas, can last for several seconds and can occur numerous times throughout the night. As a result, individuals with OSA often experience significant sleep disruption, leading to chronic sleep deprivation. A major consequence is excessive daytime sleepiness. People with OSA often struggle to stay alert during the day, no matter how much sleep they get at night. Studies have shown that individuals with OSA are at a higher risk of workplace accidents and motor vehicle accidents due to their impaired cognitive functions and increased drowsiness. Sleep deprivation due to OSA can also have detrimental effects on mental health.

Diagnosing and treating OSA is crucial. A formal diagnosis is typically made through a sleep study, which involves monitoring various physiological parameters during sleep.

Sleep deprivation and long-term consequences

Do not take sleep issues lightly. Persistent lack of sleep takes a toll on health and well-being, leading to comorbidities

NEW DELHI, Jul 15 (Agencies): Ayesha (30), an IT professional. had been sleeping for barely five hours a night despite a work-fromhome schedule. She was experiencing morning headaches regularly, never felt rested, and would be sleepy all day. She also felt irritable. Ayesha blamed it on the stress of work. To feel better, she would binge eat and indulge herself in excessive sugary stuff. It only worsened the symptoms. Finally, it started affecting her relationship and her partner complained about her mood swings. That was a wake-up call to seek medical help. When she came to

the PGIMER, Chandigarh, we found that her symptoms were largely because of sleep deprivation, with a mild sleep apnoea. Lack of sleep was causing her to binge eat. She was counselled about modifications in her lifestyle such as following a strict sleep hygiene with at least seven to eight hours of sleep, fixed routine for eating and sleeping, a low-carb, high-protein diet with good fats, at least 45 minutes of daily physical activity and some yoga and meditation, if possible. Her work productivity, mood swings and energy levels were much better within a month of adopting these lifestyle modifications, the most important of which was following a strict sleep hygiene.

According to a recent Nielsen study, 61 per cent of India's urban population sleeps for less than seven hours a day.

Work pressure, combined with social factors, is driving a massive sleep deficit with worrying consequences has only added to the

WI vs IND, 1st Test: Yashasvi Jaiswal, R Ashwin star as **India thrash West Indies by an innings and 141 runs**

R Ashwin picked up his 8th career 10-wicket haul on day three of the first Test as India crushed West Indies by an innings and 141 runs to win the match and start the new WTC cycle on the right note. Ashwin picked up 12 wickets in the match.

ROSEAU (DOMINICA), Jul 15 (Agencies): India thrashed West Indies by an innings and 141 runs on the back of R Ashwin's 12-wicket haul and Yashasvi Jaiswal's 171 as Rohit Sharma and his men started the new WTC cycle on the right note with a big win.

Reeling from their WTC 2023 final defeat to Australia last month. India were out to make a statement in Dominica and that is what they achieved throughout the three days of the match as the hosts crumbled on Friday.

India decided to declare their innings at 421 for five and took an important 271-run lead and decided to put West Indies into bat again.

The hosts had a slow start as openers Tagenarine Chanderpaul and captain Kraigg Braithwaite struggled to get grips with the spin duo of Ravindra Jadeja and R Ashwin. Jadeja would then get the breakthrough for India as he trapped Chaderpaul in front of the stumps with just eight on the board.

The decision was reviewed by the West Indies opener but the third umpire decided to stay with the on-field decision.

Ashwin, who picked up a five-



big shots as West Indies went

past to the 100-run mark. But

Joseph fell into the trap laid out

by Ashwin as he went for one

big shot too many and perished

with India needing just three

The off-spinner then claimed

his 8th 10-wicket haul to equal

Anil Kumble's tally with the

wicket of Rakheem Cornwall.

Kemar Roach also didn't last

too long as Ashwin cleaned him

Jomel Warrican provided some

entertainment with some incred-

ible shots, including a reverse

sweep off Ashwin. However,

the off-spinner would have his

revenge as he trapped War-

rican in front of the stumps to

complete the win for India and

up in the same over.

wickets to win the match.

wicket haul in the first innings, would then open his account for the second one as he dismissed Braithwaite, courtesy of a sharp catch by Rahane. The spin duo would then deliver a double-strike with the score at 32 with Jermaine Blackwood and Raymon Reifer being sent back to the pavilion.

Alick Athanaze and Joshua da Silva would then build a partnership as West Indies looked to limit the damage. But Siraj came in to break the stand, as he dismissed Da Silva. Athanaze's stay at the crease was ended by Ashwin, who claimed his third wicket of the innings with the score at 78/6.

Alzarri Joseph and Jason Holder would then decide to take on the bowling with some right note.

start the new WTC cycle on the

On the third day of the first Test against West Indies, India's batting performance was marked by impressive contributions from Yashasvi Jaiswal and Virat Kohli.

Jaiswal continued his remarkable run as he scored 150 and became the first Indian batter to reach the landmark on debut in an overseas Test. Starting the day on an unbeaten 143, he went on to score a majestic 171, marking a memorable start to his Test career. His innings was characterized by patience and skill, as he faced 387 balls, demonstrating his ability to play long innings.

Meanwhile, Virat Kohli added valuable runs to the scoreboard, scoring 76 off 182 balls. However, the Indian star's overseas century drought continued. This was his 29th Test fifty, and while it was a painstaking innings, it was instrumental in setting up a strong total for India.

Jadeja chipped in with the bat and he remained unbeaten on 37 while Ajinkya Rahane had a poor outing on his return as India's vice-captain, as he was dismissed for just three runs from 11 balls.

A Grand win for Djokovic

Majestic Serbian eases past Sinner into final



LONDON, Jul 15 (Agencies): Novak Djokovic barely got out of second gear as he swept past subdued Italian eighth seed Jannik Sinner at Wimbledon, easing into a record 35th Grand Slam final with a whirlwind 6-3 6-4 7-6(4) victory under the

Centre Court roof. Djokovic has turned the famous show court into his own personal fiefdom, having not lost there in 10 years, and the Serbian is one win away from a recordequalling eighth men's title at the grasscourt Major to match Roger Federer's mark.

Djokovic is eyeing a 24th Grand Slam title that would equal Margaret Court's all-time record.

The 21-year-old Sinner was outclassed, falling flat on the big occasion and allowing Djokovic, 14 years his senior, to turn the screw at key moments in the contest. He let breakpoints slip through his fingers, including two set points in the third, while Djokovic was clinical as usual, applying constant pressure on the Italian's serve and pouncing on opportunities when they

In the other semifinal, Spain's Carlos Alcaraz delivered the final the world wants to see with a brutal, and at times breathtaking, demolition job on unfortunate Russian Daniil Medvedev, roaring to a 6-3 6-3 6-3 victory. He is the third Spaniard to reach the Wimbledon men's singles final after Manuel Santana and Rafa Nadal. — Reuters 'Believer' Jabeur ready

for final

Trailblazing Tunisian Ons Jabeur stands on the verge of history with a maiden Grand Slam title at Wimbledon within her grasp but in Czech surprise package Marketa Vondrousova she faces a opponent who could tear up the script and prolong her wait. "I'm definitely getting closer to winning the Grand Slam I always wished for. I always believed," Jabeur said.

Vidwath & South in seventh heaven

BENGALURU, Jul 15 (Agencies): South Zone underpropped the effort of their bowlers with plucky batting in their second innings, reaching 181/7 to gain control of the Duleep Trophy final against West Zone on Day 3 here.

South are now ahead by 248 runs. Earlier, pacer Vidwath Kaverappa bagged seven wickets (7/53) as South bowled out West for 146 to grab a first-innings lead of 67 runs. It was Vidwath's career-best First-Class bowling figures, and second-best for South in the tournament after Venkatesh Prasad's 7/38 against North Zone in 1993.

South's charge to that position of strength with the bat was not all smooth sailing. They made a stuttering start to their second innings, losing R Samarth and N Tilak Varma in quick



succession.

South were 8/2 at that stage and it was not an ideal situation for them crossed 100. However, Mayank Agarwal and Hanuma Vihari dented West's ambitions of making further inroads. The third-wicket pair added 64 runs in a little more than 14 overs to bring South back into the game.

But just as the partnership was blossoming, Mayank's effort to pull Arzan Nagwaswalla's short-pitched ball ended

provided recommenda-

in the hands of Suryakumar Yadav.

> Atit Sheth then induced a faint outside edge from Vihari as South slipped to 95/4. However, Ricky Bhui and Sachin Baby produced the most solid alliance of the South's second innings for the fifth wicket by adding 59 runs off 97 balls.

Brief scores: South Zone: 213 and 181/7 in 60 overs (Vihari 42; Jadeja 2/27, Sheth 2/38); West Zone: 146 in 51 overs (Shaw 65; Kaverappa 7/53, Vyshak

Ons Jabeur looks to get second time lucky in Wimbledon final but unseeded Marketa Vondrousova stands in her way

LONDON, Jul 15 (Agencies): Ons Jabeur of Tunisia is on the verge of making history by claiming her first Grand Slam title at Wimbledon. However, standing in her way is the Czech surprise contender, Marketa Vondrousova, who has the potential to upset the script and extend Jabeur's quest for glory at Centre Court on July 15.

Jabeur, known as her country's "Minister of Happiness", experienced heartbreak during last year's Wimbledon final where she was convincingly defeated by Elena Rybakina after winning the first set. Her dream of becoming the first African woman and Arab player to win a Grand Slam singles title was further shattered by Iga Swiatek during the 2022 US Open final.

Undeterred, the 28-year-old Jabeur is determined to seize another opportunity and make her mark at the prestigious London tournament.



"I always believed. But sometimes you would question and doubt if it's ever going to happen. Being in the last stages, it does help you believe more," Jabeur said. "I'm going to learn from not only the Wimbledon final but also the U.S. Open final and give it my best. Maybe this year was all about trying two times and getting it right the third time. Let's see.'

Vondrousova, the 2019 French Open runner-up, presents the

next challenge for Jabeur. Equally skilled in wielding power and finesse on the court, the Czech player has experienced setbacks due to injuries but has found her form once again.

Grand Slam campaign. Vondrousova's journey to the final includes victories over four

Like Jabeur, who overcame

knee and calf issues this year,

Vondrousova has been on an

impressive run after wrist oper-

ations following her previous

seeded players, culminating in a triumph over a resurgent Elina Svitolina in the semi-finals. She aspires to join the ranks of her compatriots Martina Navratilova, Jana Novotna, and Petra Kvitova as a Grand Slam cham-

"After everything I've been through, two surgeries, it's not always easy to come back. You don't know if you can play at this level, if you can be back at the top and these tournaments," said Vondrousova "I'm grateful to be on a court again, to play without pain.'

However, Jabeur has proven herself as a formidable opponent, defeating four Grand Slam champions in this year's tournament. Her exceptional form poses a challenging test for even the best players in the game. Vondrousova approaches the final with a mix of caution and confidence as she prepares to face Jabeur in what promises to be an intriguing showdown.

Ad-hoc panel banks on WFI rules to exempt wrestlers from Asiad trials

NEW DELHI, Jul 15 (Agencies): Facing ire for not coming up with the criteria despite announcing dates of the Asian Games selection trials, the Indian Olympic Association (IOA)appointed ad-hoc panel will meet at the IOA Bhawan, New Delhi on Saturday.

While the criteria will be a point of discussion, the emphasis will be on rules and regulations chalked out by the Wrestling Federation of India (WFI) to select wrestlers for participation in the national coaching camp/international competition. The WFI regulation says, "The selection trials in all weight categories are mandatory, however, the selection committee will have the discretion to select the iconic players like medallists of Olympics/World Championships without trial

tion by chief coach/foreign expert." Given the rule, the ad-hoc panel, as was reported by this daily, may discuss to exempt a few wrestlers from the trials on the basis of their podium finish in the Olympics and World Championships in the past. It can benefit a few wrestlers including Ravi Dahiya, Bajrang Punia and Vinesh Phogat with the last two being the face of protest against the sidelined WFI chief Brij Bhushan Sharan Singh. The rule gains significance as the panel doesn't want to hold two trials as was proposed by it in the past. "Twostage trials are out of question as we have to send final entries by July 23. But there is a WFI rule which allows the selection committee

to select iconic players

without trial," a source in



the know of things told this daily. The meeting will be attended by the two members Bhupender Singh Bajwa and Suma Shirur apart from two technical experts Gian Singh and Ashok Garg. The rule, however, clearly says the chief coach's recommendation is important and this puts the ball in the coaches' court. "The chief coaches from all three styles - men's freestyle and Greco-Roman and women's wrestling — are expected to be called to seek their opinion for the purpose," added the source. But there is a strong possibility that

these coaches will not recommend exemption for any wrestlers.

"The chief coaches had met Bajwa in Meerut in the past and expressed their displeasure over the panel's proposal benefitting the protesting wrestlers. So it's highly unlikely that they will recommend their names. Besides, these wrestlers had requested the Sports Authority of India (SAI) to remove a few of these coaches from their post. It will also go against them,," one of the former national coaches told this daily. Although the criteria will be discussed, it is

ing carefully to avoid controversy. Notably, around a dozen women wrestlers have already written to the Prime Minister, sports minister and other authorities concerned, casting doubts on the working of the ad-hoc panel. Meanwhile, general secretary of the Punjab Wrestling Association, RS Kundu, has written to Bajwa to ensure the selection trials are conducted. The letter said that Punjab wrestler Jaskaran Singh competes in 65kg freestyle and he should be given a chance to book his place in the national team for the Asian Games. He also cited news reports which say the panel is planning to give quota to a few wrestlers in selected weight categories including 65kg.

not certain whether the

same would be released

as the panel is tread-

US Open: Lakshya Sen Reaches Semifinals, PV Sindhu Bows Out



COUNCIL BLUFFS (USA), Jul 15 (Agencies): Indian shuttler Lakshya Sen stormed into the semifinals of the ongoing US Open badminton tournament. Sen, who had recent-

ly won the Canada Open, defeated compatriot Sankar Muthusamy 21-10, 21-17 in two straight games in the quarterfinals. Sen was at his most dominant, clinching the first set effortlessly. While Sankar showed some fight in the second set, it was still not enough to deny the Commonwealth Games champion his semifinal spot. In the semifinals, Sen will face Li Shi Feng, a world number seven

player. On the other hand, two-time Olympic medalist PV Sindhu continued her patchy form this Fang Jie in the quarters. Sindhu, who had slipped down to number 15 in Badminton World Federation (BWF) rankings recently, lost the match 22-20, 21-13. The World number 36 had to fight really hard to win in the first game but won the second game easily.

season, losing to Gao

The US Open tournament started on July 11 and will go on till Sunday.

J&K stall in TTF-2023 at Kolkata draws huge crowds



TOP NEWS REPORT

KOLKATTA, Jul 15: The J&K stall at the Travel and Tourism Fair (TTF)-2023, Kolkata is drawing huge crowds of travel enthusiasts interested in tourism products and services, the UT of Jammu and Kashmir is offering.

The J&K Tourism Department is participating in three-day travel fest as feature State/UT.

Among the notables who visited the J&K stall include, West Bengal Tourism & IT Minister, Babul Supriyo and Counsellor, Deputy High Commission for Bangladesh in Kolkatta, Riazul Islam. Counsel General of the Kenyan Consulate at Kolkatta, Pranay Poddar and Maldives Counsellor in Kolkatta. Ram Krishan Jaiswal also visited the J&K stall

and praised the natural

beauty and scenic spots

of Jammu & Kashmir. Representatives and leaders of travel fraternities of Eastern India including West Bengal besides travel writers and bloggers also visited the stall and exhib-

ited keen interest in

the emerging tourism

scenario in Jammu &

Kashmir. The three day fair brings together industry leaders, top media professionals and the entire travel industry

from the Eastern part of the country particularly West Bengal and beyond. Around 400 exhibitors from the entire country and many foreign exhibitors from Thailand, South Africa are participating in the leading platform to connect, network and do business. Among the exhibitors include tourist organisations, State/

UT government tour-

ism departments, tour

operators, travel agents,

ture tourism operators, airlines, car rentals, railways, coach operators and others.

A large contingent of tour operators and hoteliers from J&K are also attending the fair for which adequate arrangements were made by the J&K Tourism Department. CEO, Bani Basohli

Development Authority, Dr. Des Raj Bhagat; Deputy Director Tourism Kashmir, Ahsanul Haq Chishti; Assistant Director Tourism, Gulmarg, Javed Ahmad and Assistant Director Tourism, Batote, Arif Ahmad Lone are representing the J&K Government at the fair. The officers briefed the visitors about tourism scenario and the availability of new tourist choices and products across J&K, particularly the new 75 destinations and adventure tourism activities launched by the department.

GDC Kathua organises farewell function for outgoing NSS volunteers



TOP NEWS REPORT

KATHUA Jul 15: NSS Units of GDC Kathua organised farewell function for the outgoing NSS volunteers of 6th semester in the college auditorium.

The day was a fiesta devoted to the years spent together with friends and teachers, to reminisce joyous moments. The auditorium was festooned with decorations. Being a colorful affair, the farewell bash rocked the day for all the party attendees. The eye catching moments were the dance performances of the stu-

Dr. Neha Bandral NSS, PO welcomed the chief guest of the occasion, Principal GDC Kathua, Prof. Seema Mir with flower bouquet and warmly welcomed all other senior faculty present.

The programme started with the lighting of the traditional lamp by the Principal GDC Kathua, Prof. Seema Mir along with senior faculty members Prof. Raj Kiran Sharma, Head Dept of Physics, Prof. Jaswinder Singh, Associate Professor Department of Physics snd Prof Shub Sharma Head Depart-

ment of Sanskrit. Principal Prof Seema Mir addressed the volunteers and blessed the outgoing volunteers for their bright future. She assured the volunteers that they will always get support and guidance of college even after they would leave this prestigious institute.

She encouraged them by saying that never compromise with your principles and abide by the moral values and discipline they have learnt from the college.

The event was followed up by various cultural activities by the volunteers including Group Dances, Singing & Solo Dances organized by the volunteers for their senior

volunteers. Prof Manmohan Singh NSS Programme Officer also addressed the volunteers and appreciated their arrangement of the programme. He added that farewell party is celebrated not to just to say goodbye to the friends, as they step into a new realm of life. It also a commemoration to celebrate all the good times together and wishing the best for the future. Along with this, the 6th sem volunteers narrated their experience in the NSS Family during the college time to the junior volunteers and some students also get emotional remembering their past days.

Sharad and Anamika Sharma volunteers of sixth semester selected as Mr Farewell and Miss Farewell.

The whole event was wonderfully hosted and coordinated by Vishal Gupta, Alieshea Rajput, Lakshay, Yashvee Gotra and others.

The event was being supervised by NSS Program officer Prof Manmohan Singh, Prof Neha Bandral and Dr Suresh Sharma. The event was concluded with a vote of thanks.

Mission Life: NYK Poonch organises cleanliness drive

TOP NEWS REPORT

MANDI, Jul 15: Nehru Yuva Kendra (NYK) Poonch, Ministry of Youth Affairs and Sports, Govt of India organized cleanliness drive under Mission Life Program at Jallian Park of Block Mandi in Poonch district.

This programme was coordinated by Mohd Adil Ex NYV and president Hamdani Youth Club Mandi. Adil said, "The main purpose of this programme was to create awareness among the youth Club members regarding Cleanliness its benefits & about the importance of environment."

Adil briefed the youth about the importance of environment and protecting the environment by reducing the use of plastics and increasing afforestation.

Number of youth associated with Youth Clubs of Nehru Yuva Kendra Poonch, participated enthusiastically in the drive.

The Youth wearing Hand Gloves and carrying biodegradable polybags, collected waste primarily Single Use Plastic waste in the polybags. Waste including plastic waste was collected during the drive. Tourists & locals appreciated and encouraged efforts made



by the youth, Mohd Adil & Nehru Yuva Kendra Poonch. Refreshment was also served

by Nehru yuva kendra Poonch on

the occasion.At the end vote of thanks was presented by Mohd Adil. Ex NYV and President Hamdani Youth club Mandi.

Gaurav Chopra serves Langar among Amarnathji pilgrims

TOP NEWS REPORT

JAMMU, Jul 15: SAJYWS National General Secretary of Raiu Chandel, while talking today said that today is Maha Shivratri and the wishes of the devotees are fulfilled by offering Gangajal and Belpatra on the Shivling.

Only Sanatan Dharma can establish peace in the whole world. Like Baba Barfani Amarnath did in our Jammu today. done in Kashmir.

Shiv devotees are coming from country and abroad on the Yatra and it seems that today there is Mahakumbh



Mela of Shiv devotees in Jammu, in which Shiv devotees are coming like before, this time the number of devotees will cross one million.

We and our volunteers

are very warmly welcoming all Shiva devotees coming to J&K and the more people come for pilgrimage, the more our tourism and the sales of

small shopkeepers will

increase and they will get employment.

Today I would like to thank the Jammu and Kashmir administration that this time they have extended the yatra from

one and a half month to 62 days, due to which the business of all the commercial shopkeepers and laborers working here is increasing and they are getting employment. Shri Amarnath Ji Yatra Welfare Society is organizing a huge langar bhandara at Baba Purnath temple located in Bhagwati Nagar for the 15th consecutive day for the devotees of Lord Shiva who have come on Amarnath

Arrangements have been made for food etc. for the devotees of Shiva who fulfill their wishes. arrived.

Free knee and joint problems camp on Sunday

TOP NEWS REPORT

AMBALA, Jul 15: Ivy Hospital, Mohali in association with Rotary Club Ambala Diamond, Ambala City is organizing a free knee and joint problem camp at Bala Jee Hospital, Ambala Cityn on Sunday.

During the camp, Dr. Bhanu Pratap Singh Saluja, director of orthopaedics & joint replacement at Ivy Institute of Orthopaedics and Joint Replacement will consult people for their ortho related problems.

The people can also avail the facilities of free tests of blood pressure and sugar and x-ray during the camp.

Ivy Hospital Mohali is the Flagship Hospital of Ivy Healthcare Group. It is a 230-bedded multi Super Speciality Tertiary Care Hospital. The hospital started its operations in 2008 and is the leading hospital in the region.

It is a state-of-the-art modern facility accredited by NABH situated in a prominent location at Mohali. It has a built-up area of over 1.50.000 square feet. Right from the infrastructure to the latest medical technology acquisition, Ivy Hospital Mohali has always kept its patients first and strived to deliver the world's best care for its patients since its inception.

Tawi Trekkers J&K to hold Prize distribution function on July 23

TOP NEWS REPORT

JAMMU, Jul 15: Prize distribution function of Tawi Trekkers J&K shall be held on 23rd July, 2023 at Press Club of Jammu. It was decided in a meeting of the club held under the chairmanship of Ram Khajuria, President of the club.

Among others who deliberated in the meeting included the Patron of the Club Rahul Sharma; General Secretary Shawetica Khajuria, President & General Secretary of District Mountaineering Association Jammu Rakesh Goswami and Sonam Sidharth; senior members Sunil Chakharia, Shilpa Charak, Shivani Charak, Vikas Singh, Arun Deep Singh, Anu Sharma; general secretary of Snow Trail Moun-

taineers Navneet Gupta; Gourav Sharma of Shivalik Mountaineering and Adventure Sports Club and Sumit Khajuria, Vice President of Mountaineering Association of J&K. It was decided that all the institutions which participated in the Dharamshalla Himalayan Trekking Programme organised by the club in June,2023 shall be honoured on the occasion along with the teachers who accompanied the trekkers during the programme. Besides, the organisers of the club, group leaders and the camp leaders of this prestigious activity shall also be felicitated for their contribution towards the success of the programme.

Apart from participants & organ-

isers of Himalayan Trekking Programme & other treks, organisers of the Sunday Series and other Sport Climbing Competitions being organised by the club shall also be honoured. However, the two star attractions who shall be felicitated on the occasion shall be Rajesh Mukhi who recently trekked to Everest Base Camp and also scaled Island peak (6165m) in the Everest region and Anukampa Sharma who has also trekked to Everest Base Camp and attempted Kang Yatse peak in Ladakh.

A number of top government officials, prominent mountaineers and distinguished personalities from all walks of life are likely to grace the occasion.

TOP NEWS REPORT

JAMMU, Jul 15: Sunil Dimple, president of Mission Statehood, led a strong protest against the PDD for converting electricity connections in to prepaid recharging, pre-paid metering in Jammu without consent of the poor people's families and demanded PM Modi to give free 500 units electricity per month to the people of Jammu and Kashmir.

Addressing the protesters, Sunil Dimple disclosed to start Jan Andolan on July 17 against the PDD is converting electricity connections into prepaid



recharging metering system in Jammu without consent and consulting the consumers and the poor people families. Dimple warned J&K

Govt that Jammu region

TOTALLY "FREE OF COST"

TO THE PEOPLE OF THE STATE

is facing long duration unscheduled power cuts in spite of imposing huge electricity tariff and installation of the smart meters. Rekha Kumari, Sarish-

ta Devi, Chanchla Devi,

Jagdev Singh, Baldev Singh, Tarsem, Rajinder Kumar, Ashok Kumar, Balwan Kumar, Sunil Kumar, Sohan Lal and Rahul were present in the protest.

पीने को , पानी दो

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