

TOP NEWS OF J&K

JAMMU, WEDNESDAY, JULY 19, 2023

Daily Evening Newspaper



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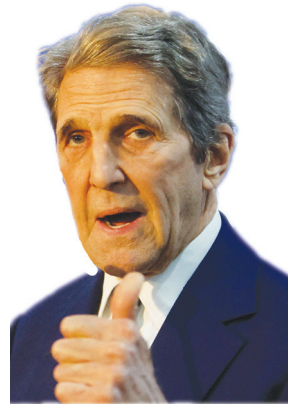


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RNI No. JKENG/2010/39369

Regd. No. JK-435

Vol.-14 Issue-196 Pages-12 Rs.-2/-

BRIEFLY

Bridge connecting Jammu Pathankot NH closed due to rising water level of tarnah nallah

JAMMU, Jul 19 (Agencies): Jammu-Pathankot National Highway has been rendered impassable as a bridge on the Tarnah Nallah has suffered damage due to heavy rains. The traffic is presently being diverted through the border road.

5 terror suspects held in Bengaluru with firearms and raw materials used in explosives

BENGALURU, Jul 19 (Agencies): Five terror suspects have been arrested by the Central Crime Branch with a huge consignment of explosives and firearms, including pistols, live cartridges and materials used for explosives, police sources said on Wednesday.

The five suspects were among 21 persons arrested in connection with a murder case in the past, the police sources said.

They added that the kingpin, who was earlier in jail and is currently absconding, has been in touch with the suspects through a cell phone.

The suspects were caught near a place of worship in Kulanagar area of Sultanpalya locality while planning a major conspiracy, sources said.

The Central Crime Branch arrested them acting on a tip-off.

CBK files chargesheet against two bank officials for embezzling public money

SRINAGAR, Jul 19 (Agencies): Crime Branch Kashmir has produced chargesheet against two officials of Baramulla Central Co-operative Bank in connection with a case of dishonestly and fraudulently "misappropriating and embezzling large sums of public money." CBK's Economic Offences Wing Srinagar said that the charge-report in the case (FIR No. 23 of 2016) was filed before the Court of Chief Judicial Magistrate, Banderpora against Abdul Razak Wani

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Amarnath Yatra | Amid heavy rains fresh batch of 4920 pilgrims leave from Jammu base camp



JAMMU, Jul 19 (Agencies): Chanting 'Bam Bam Bhole' as many as 4920 pilgrims amid heavy rains on Wednesday left from Bhagwati Nagar Base camp here for Shri Amarnath Cave Shrine in South Kashmir Himalayas.

An official said that a batch of 4920 pilgrims left the base camp in a convoy of 188 vehicles.

A group of 2566 pilgrims (1974 males, 496 females, 11 children, 81 sadhus and four sadhvis) left for Pahalgam in a convoy of 107 vehicles.

cles.

For Baltal, pilgrims comprising 1381 males, 955 females and 18 children left in a convoy of 81 vehicles amid tight security arrangements.

The yatra started on July 1 will conclude on August 31.

LG Sinha expresses grief over loss of lives in Kathua District

SRINAGAR, Jul 19: Lieutenant Governor Manoj Sinha expressed grief over the loss of lives in house collapse and landslides triggered by heavy rains in Bani area of Kathua district.

In a condolence message, the Lt Governor said: "I am deeply saddened to learn about the tragic incident triggered by heavy rains in Kathua, in which a number of persons

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Heavy rains damage several houses in Kathua, 5 dead

JAMMU, Jul 19 (Agencies): Five people, including three children, were killed after heavy rains triggered landslides and left several houses damaged in Kathua district of Jammu and Kashmir on Wednesday, officials said.

Deputy Commissioner, Kathua, Rakesh Minhas ordered an immediate relief of Rs 50,000 to the kin of the deceased.

"We have five confirmed deaths in rain-related incidents, while three others are still

trapped under the debris of a collapsed house in Bani Tehsil," Minhas said. Expressing condolences over the loss of lives, he said an immediate relief of Rs 50,000 for the next of kin of deceased and Rs 25,000 to the injured was sanctioned.

He said a rescue operation is on to trace three persons who are believed to be trapped under the debris of their house at Surjan.

A police official said two houses collapsed in the village, trapping five inmates. While bodies

of Shahbaz Ahmad (14) and Nazir Tabassum (10) were recovered by the rescuers, three others are still missing and an operation to retrieve them is on.

At Sitti village, a 13-year-old came under a landslide near his house.

Body of a 55-year-old was also recovered after she came under a landslide near her house at Drangal-Mandote, the official said.

A 50-year-old identified as Sham Lal also died under a

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Chief Justice inaugurates 40 Hrs Mediation Programme for Advocates at JKJA Srinagar

SRINAGAR, Jul 19 (Agencies): Chief Justice, High Court of Jammu & Kashmir and Ladakh, Justice N. Kotiswar Singh today inaugurated 40 hour long Mandatory Mediation Training programme for advocates of Kashmir Province at JKJA, Moolinabad here.

The inauguration of the 40-Hours Mandatory Mediation Training Programme marks a significant step towards a more efficient, accessible, and harmonious alternate dispute resolution system in J&K.

Justice Tashi Rabstan, Judge of the High Court of Jammu & Kashmir and Ladakh, & Chairman, Mediation and Conciliation Committee; Justice Atul Sreedharan,



Justice Sindhu Sharma, Justice Javed Iqbal Wani, Justice Mohammad Akram Choudhary and Justice Rajesh Sekhri, Judges of the High Court of Jammu & Kashmir and Ladakh

were also present on the occasion. During the inaugural address, Chief Justice emphasized on the transformative power of mediation in facilitating swift, fair, and cost-

effective resolutions. He highlighted the need for Advocates to embrace mediation as a valuable tool to enhance access to justice, reduce burdens on judiciary, and promote harmony within the community.

In his special address, Justice Tashi Rabstan gave insightful remarks on the advantages of mediation and the ADR system. He shed light on the effectiveness of mediation in resolving disputes, reducing litigation costs, and preserving relationships.

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Two terrorists killed as Army foils infiltration bid in Kupwara



SRINAGAR, Jul 19 (Agencies): Security forces on Wednesday foiled an infiltration bid along the LoC in Kupwara district of Jammu and Kashmir, killing two terrorists, the Army said. "In a Joint Operation launched by Indian Army and J&K Police,

an infiltration bid was foiled today morning by alert troops along LOC in Macchal Sector, Kupwara," Army's Srinagar-based Chinara Corps said in a tweet.

It said two terrorists were eliminated while four AK rifles and six

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Katra receives all-time highest rainfall of 315.4 mm; schools closed in Doda, Ramban

JAMMU, Jul 19 (Agencies): Parts of Jammu and Kashmir received heavy rainfall with Katra recording "extremely" heavy downpour of 315.4mm in 24 hours which is all-time heaviest for the area, officials said on Wednesday.

Quoting a meteorological department official, that Katra received all time rain of 315.4mm in 24 hours till 0830 hours

this morning; it surpassed the 292.4mm record recorded on 31st July 2019.

Other parts of Jammu and Kashmir also received rainfall in the last 24 hours with Jammu recording 109mm, Banihal 10mm and Batote 15mm.

Regarding forecast for next 24 hours, he said, rainfall was likely in few hours and decrease

thereafter.

From July 20-22, he said, intermittent light to moderate rain and thundershower was likely at "many places" of Jammu and at scattered places of Kashmir.

"Heavy to very heavy rain is possible at some places of Jammu region during this week," he said.

The MeT official said

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Unknown gunmen fire at two forest dept employees in Pulwama

SRINAGAR, Jul 19 (Agencies): Two forest department employees were fired at by unknown gunmen in the Pulwama district of Jammu and Kashmir, official sources said on Wednesday. The two employees — Jahan-gir Ahmad Chechi, and Imran Yousuf — noticed

suspicious activity at Sonabanjar forest area near Bagandar Bridge while patrolling during the night, they said.

As they went near to inspect, the unknown persons fired at the employees, injuring them, official sources said.

Both the injured were

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2 non-local labourers injured in firing by terrorists in Anantnag

SRINAGAR, Jul 19 (Agencies): Terrorists shot at and injured two non-local labourers in Jammu and Kashmir's Anantnag district on Tuesday, police said.

The injured men were rushed to a hospital, where their condition is stated to be stable, they added.

"Terrorists fired upon two outside labourers in #Anantnag. Both the

injured #civilians have been shifted to hospital, where they are stated to be stable. Area being cordoned off for search #operation. Further details shall follow," the Kashmir Zone Police informed on Twitter.

Three non-local labourers were injured on Thursday when terrorists fired upon them in the Gagren area of Shopian district.

Heavy rains lash Jammu traffic suspended on Jammu-Srinagar National Highway

JAMMU, Jul 19: Traffic on the Jammu-Srinagar national highway was suspended, while authorities ordered closure of schools in Doda and Kishtwar districts as heavy rains lashed wide parts of Jammu region overnight, officials said on Wednesday.

The chopper and battery car service at the Mata Vaishno Devi shrine atop Trikuta hills in Reasi district was also suspended due to the inclement weather, they said.

Heavy rains lashed wide parts of Jammu

division overnight, triggering mudslides and landslides at several places along the Jammu-Srinagar national highway in Ramban district, forcing authorities to suspend traffic, the officials said.

"The highway is still blocked and people are advised not to travel till the restoration work is completed," a traffic department official said.

The officials said the traffic on Jammu-Pathankot highway was also diverted in Kathua district where two pillars of a bridge suffered

damages due to flash floods in Tarnah nallah.

The officials said all government and private schools were closed for the day in Doda and Kishtwar district as a precautionary measure.

The decision was taken for the safety of the students as the water level in Chenab river and its tributaries is on the rise amid continuous rainfall, they said.

Katra, the base camp for pilgrims visiting Vaishno Devi shrine, received 315.4 mm rainfall, an all time high, a

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SCAN ME!

10TH DAY

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 Palace near ARTO Udhampur office. **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 DES RAJ (RETD SI)

ARDAAS SAMAGAM



S Ranbir Singh Bali (Director Finance, J&K Govt)
Sdn Parminder Kaur
S Irwanjyot Singh
Words of sympathy feel inadequate in expressing grief and sorrow for a loss so great. With profound grief and deep sorrow, we inform the sad demise of our beloved **S Ranbir Singh Bali (Director Finance, J&K Govt), Sdn Parminder Kaur and S Irwanjyot Singh** in a tragic road accident on 9th July 2023. **In their Loving Memory Remembrance/Ardaas Samagam** will be held on 21st July 2023 (Friday) at Gurudwara Baba Fateh Singh Ji Gandhi Nagar Jammu from **5.00 pm to 6.30 pm.** to pay homage to departed souls.
From: All Jammu & Kashmir Officers Forum

REMEMBRANCE
(2nd Death Anniversary)

Smt. Sarla Katoch
(12-06-1960 - 19-07-2021)

"Those we love don't go away, they walk beside us every day. Unseen, unheard, but always near, still loved, still missed, and very dear"

KAWA GROUP
9419189855, 9086531007, 7298519966, 7006003977

MOURNING FROM MALUN SIDE/ TENTH DAY

Words seem inadequate to express the profound pain that the sudden demise of our sister **Smt. Sheela Rawal (Sheel Jigri) W/o Late Shri Mohan Lal Rawal & D/o Late Sh. Arjan Nath Koul & Prabawati Koul (Habba Kadal)**. Your departure has left us with deep sense of void which can never be filled. A good heart has stopped beating, but a heart that has touched so many lives will continue to live in those it loved some one as special as Smt. Sheela Rawal (Sheel Jigri) can never be forgotten. Her beautiful memories will always remain in our heart. **The Tenth Day** will be performed at 8.30 AM on 21-07-2023 (Friday) at Muthi Ghat, Jammu. **DEEPLY REMEMBERED BY:-**
Sister-in-law
Smt. Anusuya Koul W/o Late Shri Pran Nath Koul
Smt. Desha Dassi W/o Late Sh. Chuni Lal Dassi - **Sister**
Mr. Vishal Koul - **Nephew**
Niece
Smt. Isha Warikoo W/o Shri Sanjay Warikoo
Miss Anuttara Warikoo
Mob: 9682152978, 9149461414



SMT. SHEELA RAWAL (SHEEL JIGRI)

10TH DAY

With profound grief and sorrow we inform the sad demise of our young and beloved **Sandeep Misri S/o Smt. Veena and J.K. Misri** originally from Shakti Nagar, Jammu presently at Centurion Park low rise, Greater Noida west on wednesday 12th July 2023. **10th Day** shall be observed on Friday 21st. July 2023 at Murad Nagar. (UP) **Assembly** is planned at our present address at 10 AM. **GRIEF STRICKEN:**
Smt. Veena & Sh. J.K. Misri - **Parents**
Aarti Misri - **Wife**
Arjun Misri - **Son**
Sumit Misri - **Brother**
Smt. Anuradha & Sh. Ashok Kaul - **Parents in Law**
Smt. Anuranjani & Sandeep Tikoo - **Sister in law & Co Brother in law**
Smt. Ambika & Sh. Rohit Tiku - **Sister in law & Co Brother in law**
Contact- +91 99106 79292



Sandeep Misri

10TH DAY

With profound grief & sorrow, we regret to inform the untimely demise of our beloved mother **Rajrani W/o Lt. Sh. Gopi Nath Pandit of Tulumulla, Ganderbal** at present house no. 44, Main Road, Durga Nagar, Sector No. 1, Jammu. **10th Day** will be performed at Muthi Ghat 21-7-23 at 8:30 AM & **Assembly** will be performed at above present address. **GRIEF STRICKEN**
Smt. & Sh. Kuldeep Pandit - 9796271710
Smt. & Sh. Sanjay Pandit - 9796052522
Smt. & Sh. Vinod Pandit - 9906109108
Smt. & Sh. Susheel Ganjoo - 9469193321



RAJRANI

10th DAY KRIYA AND SHANTI PAATH

With profound grief and sorrow, we inform the sad demise of our beloved **Mrs Mohni Raina W/o Mr. Makhan Lal Raina** who left for heavenly abode on 12-07-2023 originally from Dalpatian, Jammu / Ganderbal, Kashmir presently residing at Flat no 702, Tower B-10, RPS SAVANA, Sector 88, Faridabad - 121002. **Tenth Day Kriya** will be performed on 21-07-2023 at MURADNAGAR GHAT from 7:00 am to 10:30 am followed by a Shanti Paath which will be held at GREEN HOUSE CLUB, RPS SAVANA, SECTOR 88, FARIDABAD from 11:00 am to 2:00 pm. **GRIEF STRICKEN:-**
Mr. Makhan Lal Raina (Husband) +91-9711475660
Mrs. Bhatti & MR B.L Raina (Sister-in-Law & Brother-in-Law) +91-7006595252
Mrs. Basanti & Mr Nana Jee Jalali (Sister-in-Law & Brother-in-Law) +91-9818774493
Mrs. Usha & Mr. Mohan Jee Raina (Sister-in-Law & Brother-in-Law) +91-8803689723
Mrs. Shama Jee Mathu (Sister-in-Law) +91-9797426525
Mrs Ratna Kaul (Sister-in-Law) +91-9796439968
Mrs. Renu & Mr Sundeep Kashkari (Daughter & Son-in-Law) +91-9818646281, +91-9868121170
Mrs. Meenakshi & Mr. Ashish Kak (Daughter and Son-in-Law) +1-7039533120
Rakesh (9899385660), Neeraj (9650944455), Munish (9871387219)
Aparna, Shivani, Artil, Neetu, Neeraj, Esha, Ritika, Malvika, And All Grandchildren & ENTIRE RAINA & TRAKROO PARIVAAR FROM MALUN SIDE (GANDERBAL / NUNAR)



MRS MOHNI RAINA

TENTH DAY

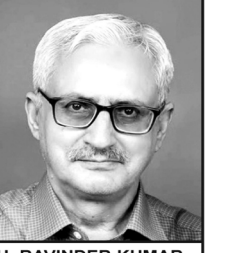
With profound grief and sorrow, we inform the sad demise of our beloved **Son Rajat Bhat (S/o Kuldeep Kumar Bhat)** Originally resident of Danow Bogound (Kulgam) presently at House No. 66 D, Lane 2, Sector 1, Durga Nagar, Jammu left for his heavenly abode on 12-07-2023. **TENTH DAY KRIYA** will be performed on 21-07-2023 at Muthi Ghat at 7:00 AM. **GRIEF STRICKEN**
RAZDAN'S DANOW
PH: 8803794772, 9419908395



RAJAT BHAT

OBITUARY

With profound grief and sorrow, we regret to inform the sad and untimely demise of our beloved **Sh. Ravinder Kumar Bhan S/o Late Sh. Nath Ji Bhan & Late Smt. Arandhathi Bhan** originally resident of Malapora, Habbakadal, Srinagar presently residing at H No.101, B/2, Vikas Nagar, Sarwal, Jammu on 17/07/2023 at Mumbai. **10th Day Kriya** shall be performed on 26/07/2023 at 08:30 AM at Mumbai. **GRIEF STRICKEN:-**
Mrs. Girja Bhan (Wife)
(Daughter & Son-in-law)
Mrs. Priyanka & Mr. Ankul Bagati
Mrs. Shah Jee & Mr. B. M. Bhan (Sister-in-law & Brother)
Mrs. Lalita & Dr. S.K. Raina (Sister & Brother-in-law)
Mrs. Anita & Mr. B. S. Bhan (Sister-in-law & Brother)
DEEPLY REMEMBERED BY: Ashutosh, Amrita, Esha, Anisha, Anoop, Neetu, Shivanker, Tashwik, Takshvi and Samast Bazza, Bagati, Ambarkar, Raina, Koul, Bhat & Machama Parivaar. **Contact nos. 6006204873, 9906063670, 9004166590, 9419205002**



SH. RAVINDER KUMAR BHAN (GASHA JI)

TENTH DAY KRIYA

With profound grief and sorrow, we inform the sad demise of our beloved **Sh. Virander Mattoo S/o Sh. Damodar Nath Mattoo R/o H.No. 11, Hello Kids Lane, Butta Nagar, Paloura Jammu** who breathed his last on 15-07-2023. **Tenth Day Kriya** will be performed at Muthi Ghat on Monday, 24th July 2023 (8:30 AM) **GRIEF STRICKEN**
Smt Kiran Mattoo- **Wife**
Samuksha Mattoo - **Daughter**
Romil Mattoo- **Son**
Smt. & Sh. Shibam Jee Mattoo - **Brother**
Sh. J.L. Tukra - **Brother-in-law**
Sh. C. M. Ganjoo - **Brother-in-law**
PH: 7006381286, 7006089390, 7780847353



SH. VIRANDER MATTOO

OBITUARY/10TH DAY KRIYA

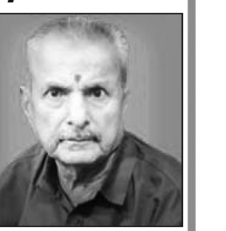
With profound grief & sorrow, we inform about sad demise of our father **Shri Chaman Lal Fotedar S/o Lt Shri Kanya Lal Fotedar** originally R/o Bul-Bul Lanker/Rawal Pora Srinagar presently at House No. 64 near Samsung Plaza Marble Market Road Trikuta Nagar Extn on Thursday 13-07-2023. **10th Day Kriya** will be performed at Muthi Ghat on 22-07-2023 Saturday at 9.30 am. **GRIEF STRICKEN**
Son & Daughter-in-law
Satish Fotedar & Sunita
Sons-in-law & Daughters
T.K Koul (Boni) & Veena
Dr I.K Koul (Dembi) & Ragni
H.N Fotedar - **Brother**
M.L Fotedar - **Brother**
B.N Fotedar - **Brother**
H.L Fotedar & Santosh - **Brother & Bhabi**
Grand Children: Vanshu, Himanshu, Nikhil & Aakshi, Tanvi & Himanshu, Vatsala & Arun, Nripinder & Deeksha
Samast Fotedar & Tikoo Parivar
Mob: 7006656264/ 9419144618



Shri Chaman Lal Fotedar

TENTH DAY/KRIYA/UTHALA

With profound grief and sorrow, we inform the sad demise of our young and beloved **Sandeep Misri S/o Smt. Veena and J.K. Misri** resident of 72, Shakti Nagar, Jammu, presently at E-28/2 Centurion Park Lower Rise Apartments, Greater Noida West on Wednesday 12th July 2023 due to brief illness. **10th Day** will be performed on 20 July, 2023 (Thursday) at Mahajan Hall, Lane No.7, Talab Tillo, Jammu at 11:00 am -12:00 Noon. **Kriya** will be performed on 21 July, 2023 at our residence. **Uthala** will be performed on 22 July, 2023 (Saturday) at Mahajan Hall, Lane No.7, Talab Tillo, Jammu at 5:00-5:00 PM. **GRIEF STRICKEN**
Smt Nirmal Sharma - Wife
Daughter-in-law & Sons
Mrs Sheetal Sharma & Mr. Dhavinder Sharma (Babu, Block President N.C)
Mrs. Jyoti Sharma & Mr. Vinay Sharma (LIC Agent, Jammu-1)
Mrs Suresh Sharma & Mr. Vipin Sharma
Grand Children: Bhumi, Vinit, Harshvi, Jayant, Anvi & Santoshi
M/S Jawala Dry Fruit Lower Raghunath Bazar, Jammu.
Mob.No. 9419192191, 7889796459, 9906118668



Sh Dharam Pal Sharma

TENTH DAY/KRIYA/UTHALA

With profound grief and sorrow, we regret to inform you that the sad demise of our beloved **Sh. Mohan Lal Magotra (Master Ji)** Ramban wale who left for heavenly abode on 12-07-2023. **10TH DAY** will be performed on 21-07-2023 at Ram Mandir Shastri Nagar 11:30 AM. **KRIYA** on 22-7-2023 at residence 5/1 Sanjay Nagar Jammu 11 AM and **UTHALA** at Ram Mandir 4 PM on 22-7-2023. **GRIEF STRICKEN**
Smt Shashi Prabha - **Wife**
Smt. Chanchala Devi- **Sister-in-law**
Sister-in-law & Brother
Smt. Kanta Devi & Sh. Bansilal Magotra
Daughters-in-laws & Sons
Smt. Veena & Sh. Ravi Magotra
Smt. Vanita & Sh. Gopal Magotra
Smt Pooja & Sh. Sumit Magotra
Daughter & Son-in-law
Smt. Nisha Sharma & Sh. Amit Dubey
Mobile : 9419166552, 9797631853



Sh. Mohan Lal Magotra (Master Ji)

OBITUARY/10TH DAY

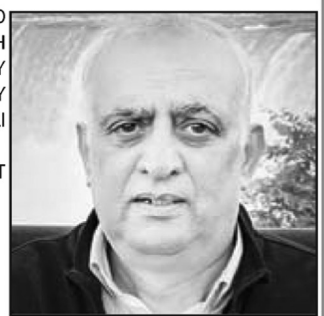
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Smt. Veena & Sh. J.K. Misri - **Parents**
Aarti Misri - **Wife**
Arjun Misri - **Son**
Sumit Misri - **Brother**
Mrs Punima & Late KK Misri - **Aunty & Uncle**
Mrs Bharti & Late RC Misri - **Aunty & Uncle**
Rekha & Nareesh Misri - **Aunty & Uncle**
Sangeeta & Ravi Ganjoo - **Sister & Brother-in-law**
Dimple & Pradeep Koul - **Sister & Brother-in-law**
Sakshi & Sanjay Misri - **Bhabi & Brother**
Sapna & Subash Trisal - **Sister & Brother-in-law**
Rashmi & Romi Zutshi - **Sister & Brother-in-law**
Payal & Parajit Kar - **Sister & Brother-in-law**
Pooja & Sumit Kakroo - **Sister & Brother-in-law**
Navya & Nishant Misri - **Bhabhi & Brother**
Mili & Sunil Raina - **Sister & Brother-in-law**
Ujjwal Misri - **Brother**
And Misri's, Koul's, Tikoo's, Ganjoo's, Raina's, Trisal's, Zutshi's, Kakroo's, Kar's



Sandeep Misri

OBITUARY/TENTH DAY

WITH PROFOUND GRIEF AND SORROW, WE INFORM THE SAD AND UNTIMELY DEMISE OF OUR BELOVED MR. SUBASH CHANDER KAUL S/O LATE SRI DWARIKA NATH KAUL ORIGINALLY FROM SHEILTENG, HABBAKADAL SRINAGAR, CURRENTLY RESIDING AT C-1005 EXPRESS GREEN SECTOR 1 VAISHALI GHAZIABAD ON 15TH JULY 2023. **10TH DAY KRIYA** WILL BE PERFORMED ON 24TH JULY 2023 AT MURADNAGAR, UP (CHOTTA HARIDWAR) AT 7:30 AM. **GRIEF STRICKEN**
BIMLA KAUL (WIFE)
RAHUL & MEGHA (SON AND DAUGHTER IN LAW)
BHUSHAN LAL KAUL (BROTHER)
RATANA KAUL (SISTER IN LAW)
SURINDER AND INDU KAUL (BROTHER AND SISTER-IN-LAW)
KRISHNA TIKU AND B.K TIKU (SISTER AND BROTHER-IN-LAW)
RENAVYA KAUL (GRAND DAUGHTER)
IN LAWS
M L SAPRU & SHANTA SAPRU (FATHER-IN-LAW AND MOTHER-IN-LAW)
A K SAPRU & GIRJA SAPRU (BROTHER-IN-LAW AND SISTER-IN-LAW)
P L SAPRU & REETA SAPRU (BROTHER-IN-LAW AND SISTER-IN-LAW)
PINKY RAINA & SURINDER RAINA (SISTER-IN-LAW AND BROTHER-IN-LAW)
SUSHMA BHAN AND SATISH BHAN (SISTER-IN-LAW AND BROTHER-IN-LAW)
DEEPLY REMEMBERED BY:-
KAULS, SAPRUS, TIKUS, RAINAS, BHANS & FOTEDARS
CONTACT: 9711998739, 9322001376, 9810374554, 9811897689



Mr. Subash Chander Kaul

TENTH DAY/UTHALA

With profound grief & sorrow, we regret to inform the sad demise of our beloved **Smt. Sunita Sawhney W/o Sh. Vishnu Pal Sawhney R/o H.No. 255, Last Morh, Sarwal, Jammu.** **Tenth Day** will be performed at Shiv Mandir Sarwal, Last Morh on 21/07/2023 (Friday) from 10.00 am. **Uthala** will be performed at Dewan Jhanj Ghar Mandir Morh, Sarwal on 24/7/2023 (Monday) from 4.00 pm to 5.00 pm. **GRIEF STRICKEN:**
Sawhney Family
Mob.: 9906362615, 9906087187, 9419641090



Smt. Sunita Sawhney

Join Us For 10TH DAY

In Loving Memory Of **Late Ex. Sub. Om Prakash** Memorial Ceremony to be held on 20 July 2023 (Thursday) at 12 PM Ravidas Mandir, Bahu Fort. **Grief Stricken**
Sons & Daughters-in-law
Joginder Singh & Sonu Devi
Kuldeep Singh & Champa Devi
Grand Children: Palak, Chetna, Girisha, Mayank
CONTACT: 9419137771, 9796816603



Late Ex. Sub. Om Prakash

TENTH DAY KRIYA

Tenth Day Kriya of our beloved mother **Smt Sheela Rawal (Raniji) W/o Late Sh. Mohan Lal Rawal R/o House No. 502, Lane No. 1 Sarwal Morh New Plot Jammu** and originally from House No. 525/526 Govt HSG Colony Chanapora Srinagar Kashmir, who left heavenly abode on 12th July 2023 will be performed on Friday 21st July 2023 at 08:30 am at Muthi Ghat Jammu. **Grief Stricken:**
Son & Daughter-in-Law
Sh. Ashok Rawal & Smt Nancy Rawal
Smt. Asha Rawal W/o Late Sh. Ramesh Rawal- **Daughter-in-law**
Sh. Prashant Kaul & Smt. Reeta Kaul- **Son-in-law & Daughter**
Sh. Suresh Rawal & Smt. Sunita Rawal - **Son & Daughter-in-Law**
Grand Daughter & Grand Son-in-law
Sh. Robin Pandita & Smt. Shalini Pandita Rawal
Grand Children
Khusboo, Rohit, Tushi, Ayushi, Sarthak, Mehel
SAPROO'S, BAKSHI'S, KAK'S, KAUL'S (NAZ), KAULS, WALI'S, MATTOO'S, DASI'S & SAMAST RAWAL PARIVAR
Mobile No. 9796850999, 9419132710, 9086322377



Smt. Sheela Rawal (Raniji)

MP Rajya Sabha Khatana calls on LG Manoj Sinha

Top News Report

SRINAGAR, Jul 19: BJP MP Rajya Sabha Er. Gulam Ali Khatana today met LG Manoj Sinha and demanded strict action against the disruptive forces who are hell bent to disturb peace and tranquility in Jammu and Kashmir while acting as the Over ground worker of the enemy countries.

He said that the recent spurt in targeted attacks in Kashmir is directly supported by such elements who indulge in rumour

mongering about any welfare measure taken by the UT Government.

Appreciating LG Manoj Sinha for formulating a policy for allotment of 5 marla housing plots for landless and homeless citizens of Jammu and Kashmir, MP Gulam Ali said that those who kept such marginalized sections of society deprived of basic facilities are creating a hoax of 'outsiders' settleme3nt in J&K. Such elements need to be exposed, he said, emphasiz-

ing the need for better coordination between the bureaucracy and public representatives. He further said, that there is another category besides landless, which is "paperless" people who only have a 'Motto' certifying their movement to and fro issued by Forest department, who also need to be included in the list of beneficiaries of recent government policy and other social welfare schemes.

MP Gulam Ali also highlighted the issue of new guidelines

for pensioners including old age, widows, disabled and others besides unemployment among youth, DRDO contractuals, SBM, tribal welfare. He demanded compensation for tribal families uprooted in Kathua and Ramban district.

He also shared his observations during the recent tour across length and breadth of the Union Territory of Jammu and Kashmir. He demanded Cold storage facility in district Kupwara.

Fire breaks out in Siachen Glacier one officer lost his life three soldiers injured



LEH, Jul 19 (Agencies): In a fire accident in the Siachen glacier today, one officer lost his life while three soldiers were injured. The

injured have been safely evacuated from there to hospital. The incident took place around 3.30 AM: Indian Army officials.

15 vehicles challaned by RTO team

Top News Report

JAMMU, Jul 19: Acting tough on complaints related to the overcharging, overloading, over speeding and other visible offence under MV Act from Amarnath ji pilgrims, a team under the directions of RTO Jammu, Pankaj Bhagotra conducted enforcement drive and laid down nakas on Railway Station to Bhagwati Nagar route.

About 50 vehicles were checked and 15 were challaned/compounded for various offences related to overcharging, overloading, rash driving, plying 3 wheelers without meter, R.C violations.

The team consisted of ARTO Neeraj Sharma, MVI Jasbir Singh, Taranjyot Singh MVTA.

The team also warned operators to avoid overcharging, overloading, over speeding otherwise strict action under rules shall be initiated which includes suspension/cancellation of Route permit, Registration Certificate or Driving license.

Switching from digital to smart, now prepaid meters, Govt unnecessary harassing honest consumers: CCI Jammu



Top News Report

JAMMU, Jul 19: It is highly obnoxious and unwarranted that the Government in J&K is unnecessarily harassing thousands of honest electricity consumers by frequently switching from digital to smart and now prepaid meters, without initiating consultation with civil society and representative of the people.

This was said by Arun Gupta, President Chamber of Commerce and Industry (CCI) in a statement issued to media in presence of Anil Gupta, Sr. Vice President CCI, Rajeev Gupta, Jr. Vice President CCI, Rajesh Gupta, Secretary CCI and Rajesh Gupta, Treasurer CCI.

Expressing grave concern over the frequent moves of the government in the name of putting an end to the power theft in J&K, the CCI President said that switching over from one type of meter to another will not serve the purpose because the highest rate of transmission losses are the real culprits.

Decrying the government's move of changing the power meters from one technology to another in a short span of time, Arun Gupta said that such kind of harassment amounts to mental agony to PDD consumers and in a way is an attack on fundamental rights.

He said that Jammu Power Development Corporation Ltd (JPDCL) is torturing people by adopting new methods to collect revenue, which is unacceptable and illogical because the people in J&K are already paying income tax, GST, water bills, power bills, etc without fail despite absence of any prepaid methodology then why government needs advance pay-

ment (prepaid system) from consumers to provide electricity, which is an essential service and the government is bound to ensure power supply to each and every household and business establishments.

CCI President castigated the policy makers of the J&K Government for taking such drastic steps to tackle the simple problem of non-payment of power bills.

He said that people in Jammu and Kashmir are respectable citizens of the country and not traitors, therefore the government should not persecute or torment them in such a manner which snatches away their peace of mind.

Arun Gupta also said that the consumers are complaining that smart meters are running very fast as compared to digital meters installed earlier. We asked the government whether the digital meters are showing wrong reading or the smart meters are wrong.

The areas where the smart meters are installed are also not being spared from the unscheduled power cuts. We are of the firm view that the smart meters should not be installed to harass the honest consumers unless and until the things are set right.

Further Arun Gupta also highlighted that as per the communication from the Industrialists of R S Pura there is no separate feeder for Industries as such they are facing a lot of hardships in running their Industrial units but there is no one to listen or solve their problems even after so many representations. We request the electric department to listen to their genuine grievances and act accordingly to minimize their suffering.

Chandy's Name will be written in golden letters in history, says Farooq Abdullah

SRINAGAR, Jul 19 (Agencies): National Conference president Farooq Abdullah on Wednesday said former Kerala chief minister Oommen Chandy's name will be written in golden letters in history for the work he did for the state.

Chandy, a Congress stalwart, died at a private hospital in Bengaluru on Tuesday after prolonged illness. He was 79. He served as the chief minister of Kerala twice.

Speaking about Chandy, Abdullah told PTI, "The great thing about him was that he loved people and people loved him. He was a (public) representative for 45 years, he was also the chief minister of Kerala. His name will be written in golden letters



(in history) for the work he has done for Kerala and the integrity of the country."

"I have memories (of Chandy). When I went to Kerala, he was very kind to me. He took me around and I saw a lot of places in Kerala because of him. I saw the work he did. The man has done so much work, he will never be forgotten," the Srinagar MP said.

Abdullah said Chandy's death is a loss

to the nation.

"Yes (it is a loss) but Allah will bring other people. There is not going to be an end to it. The caravan will keep moving, we will hope that they will follow in his footsteps to work not only for Kerala but for the nation," he said.

Chandy, who was undergoing treatment for cancer, is survived by his wife Mariamma Oommen and three children.

'Urban Health Centre Trikuta Nagar in shamble condition'



Top News Report

JAMMU, Jul 19: Trikuta Nagar Welfare Society (TNWS) visited Urban Health (UHC) Centre and have healthy interaction with Dr. Pawan demonstrator (PSM) and Incharge UHC, Dr. Vanita Kotwal (MO) and Prithpal Singh (Pharma). TNWS Jammu was surprised to know that this UHC is now (UHTC) Urban Health Training Center and the team observed that following some points should be implemented.

Upgradation and renovation of UHC required on merit basis as there are some cracks seen with open eyes in every room. so, it's required to properly repair and paint the whole complex & there should be proper hoarding in bold letters of mini hospital in the entrance of the lane for

the awareness & conveyance of the general public.

OPD prescription slips should be issued on proper govt. Printed letterhead to all patients, who attend this hospital, so that they can have a record of investigations & treatment received here.

Regarding the cleanliness of the complex including all rooms and bath rooms required to be maintained on a day to day basis. At present it's the centre of pollution and the generation centre of viruses like Dengue and malaria one can easily assess.

A physician specialist's MD medicine must be made available during working hours as only a physician specialist can understand the problem of senior citizens and diagnose May refer to GMC Jammu. Diagnostic facilities

like Lab, ECG, X-ray, Blood samples collected here on physician's advice be sent to GMC Jammu for reporting. Availability of Gynecologists will improve the working of this UHC in a much better way.

Therefore, we demand from LG of J&K UT that keeping in view the above mentioned facts we the residents of Trikuta Nagar colony Jammu for declared this UHTC to Mini Hospital (UHC) with proper mechanism as the residents of Trikuta Nagar Colony Jammu are mostly senior citizens and middle groups families.

The team TNWS Jammu led by Rajinder Parshad Kakkar President TNWS and S. N Kaul, Vijay Gupta, Sandeep Sharma, Er. Varinder Kumar Suri and Dr. Arun Gandotra also participated.

Rajesh Gupta appeals LG don't force prepaid meters to consumers

Top News Report

JAMMU, Jul 19: National Democratic Party Indian (NDPI) J&K UT Chief said that the PDD is forcing people to pay electricity bills through prepaid. Gupta appealed to LG Manoj Sinha and categorically said that the discretion should lie with the consumer whether he/she wants prepaid or postpaid. Most of the common people rely on their monthly budget from their salary or their small

earnings. How can they pay prepaid? Let them pay the regular bill, don't force prepaid meters on them.

NDPI leader further added that at least 300 units should be given free to BPL instead of 30 units. He said that the Government of Jammu and Kashmir is forcing people to pay prepaid bills. He also demanded the removal of authorities forcing people to shift to pre-paid billing portal. NDPI has decided to oppose it strongly and

is continuously protesting against it on the streets against the authorities of the Power Development Corporation.

Rajesh Gupta said that JPDCL's linemen and other officials are promoting a hook system for minting money from the slum dwellers while the local people who are local people are being handed over huge electricity bills. He also said that no action is being taken against those who have outstanding bills of lakhs

while common people are being disconnected after paying huge bills.

NDPI president said that we won't tolerate this at any cost and would intensify the movement against it in the days to come.

Notice

I, Harbinder Singh Bali R/o 189/12, GTB Nagar, Channi Rama Jammu, have changed my son's name from Eishaan Singh Bali to Eishaan Singh. He shall hereby assume, from this date, the name Eishaan Singh.

DISCLAIMER

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Suspicious bag found lying on Jammu-Pathankot Highway in Samba, traffic suspended



SAMBA/JAMMU, Jul 19 (Agencies): Traffic movement on the Jammu-Pathankot national highway was suspended on Wednesday afternoon after a suspicious bag was found lying outside an Army camp in Samba district of Jammu and Kashmir, officials said.

The Army and the police cordoned off the area and a bomb dis-

posal squad was called in to check the bag that was found outside the Army camp in Maheshwar, they said.

Subsequently, Army troops and the police halted traffic movement on the highway as a precautionary measure.

The bomb disposal squad has reached the spot and is inspecting the bag, the officials said.

GOVERNMENT OF JAMMU AND KASHMIR (UT)
OFFICE OF THE DIVISIONAL FOREST OFFICER,
MAHORE FOREST DIVISION, HQ DHARMARI
(Email - dfomahore@gmail.com)

No. DFO/MFD1619-20 dated 17/07/2023

Subject: Publication of Notice inviting Tender vide Fresh e-Nit No.15 of 2023-24 dated 17.07.2023.

With reference to the subject cited above kindly find enclosed herewith the e-Nit No.15 of 2023-24 dated 17.07.2023 along with tender document for broader publication in prominent newspapers English/Hindi of the state for two-three consecutive days.

S. No.	Name of work	Adv. Cost (₹. In lacs)	Earnest Money	Class of Contractor	Cost of Tender Document in Shape of TR Receipt	Time of completion	Receiving /Opening Authority
01	Completion of Guard Hut Thru/Tehsil Mahore, Mahore Forest Division for the Year 2023-24 CAMPA (NPV)	2.299	4600/-	A, B, C, D	Rs. 600/-	30 days	DFO Mahore

Publishing Date	17.07.2023
Download Start Date	18.07.2023 from 10.00 A.M
Bid Submission Start Date	18.07.2023 from 10.00 A.M
Bid submission End Date	23.07.2023 (6.00 PM)
Date of opening of Technical Bid	24.07.2023 at 10.00 AM (in the Office of Divisional Forest Officer, Mahore).
Date of opening of Financial Bid(online)	24.07.2023 at 02.00PM (in the Office of Divisional Forest Officer, Mahore).

DIP/J-5273/23

Divisional Forest Officer
Mahore Forest Division
HQ Dharmari

Copy submitted to the Conservator of Forests West Circle Rajouri for favour of information.

OFFICE OF THE EXECUTIVE ENGINEER
MECHANICAL IRRIGATION DIVISION, AKHNOOR/NOWSHERA
Tele/Fax: 01924-253998/E-Mail - ifcimidakhnoor@gmail.com
Short Notice Inviting Tender
e-NIT No.:MID/AN/45 Dated:-15/07/2023

For and on behalf of The Hon'ble Lt. Governor of Jammu and Kashmir (UT), Executive Engineer, Mechanical Irrigation Division Akhnoor/Nowshera invites e-tenders from Approved contractors/ Registered firms / Workshop owners having experience in Electromechanical Works for following jobs:-

S. No.	Name of the work	Quantity	Cost of tender document	Period of Completion	Class of contractor
01.	Strengthening/ Reconditioning of various distributor/regulatory gates installed on New Partap Canal with other allied works.	01 Job	Rs. 200	7 Days	Registered /Reputed firms / Workshop owners having experience in Electromechanical Works

- The bidding documents can be seen and downloaded from the website <http://www.jktenders.gov.in> from 15/7/2023 (05:00PM) to 22/7/2023 (02:00 PM). Bidding document contains instruction for bidders, bill of quantities, general terms and condition and other details.
 - The Bids shall be uploaded in electronic format on the website <http://www.jktenders.gov.in> from 17/7/2023(10:00AM) to 22/7/2023 (02:00 PM).
 - The complete bidding process will be through electronic mode.
 - A pre-bid meeting will be held on 17/7/2023 (11:00 AM) in the Office of the Executive Engineer, Mechanical Irrigation Division Akhnoor / Nowshera to address any queries from the firms.
 - Cover-I of the bids uploaded on the website up to due date and time will be opened on 24/7/2023 (11:00AM) in the Office of the Executive Engineer, Mechanical Irrigation Division Akhnoor / Nowshera in the presence of the bidders who wish to attend. If the office happens to be closed on the date of opening of the bids as specified, the bids will be opened on the next working day at the same time and venue.
- As per the Govt. Order No. O.M. No. A/24(2017)-651 Dated, 07-06-2018.
 - Furnishing of hard copies of bids immediately after submission of e-Tenders is dispensed with. The same should be obtained only from the bidders who is declared as L1 after opening of Financial Bids
 - The cost of the tenders should be collected by introducing e-challan by simply uploading a copy of necessary treasury challan/Receipt.
- Other details can be seen in the bidding document.
- The guidelines regarding submission of bid in electronic mode can be downloaded from website <http://www.jktenders.gov.in>
- The bidders shall go through the tender specific instructions sheet also.
- The bidders for any clarification can contact the department through e-mail ifcimidakhnoor@gmail.com.

No:- MID/AN/576-80 DIP/J-5283/23
Dated :-15-07-2023

Sd/-
Executive Engineer
Mechanical Irrigation Division
Akhnoor/Nowshera

EDITORIAL

AZADI KA AMRIT
MAHOTSAV

On the 75th year of India's Independence, the country is celebrating Azadi Ka Amrit Mahotsav. This is an initiative of the Government of India. This Amrit Mahotsav is dedicated to those people of India who have played an important role in bringing India in its evolutionary journey.

Don't know how many sons of mother India lost their lives to free India from 200 years of British rule. This day of independence of the country is a day to remember the sacrifice, penance and sacrifice of our freedom heroes.

The year 2022 is the 76th Independence Day of independent India, because our country has completed 75 years of independence. That is why this will be the 75th anniversary of India's independence, which the Government of India has named as the Amrit Mahotsav of Independence. Our country got independence on August 15, 1947 and on this day the tricolor flag of our country was also hoisted. So technically speaking, the country's first Independence Day was on this day.

After this, India's second Independence Day was celebrated on 15 August 1948 and it was the first anniversary of independence. According to this math, 15 August 2022 will be the 75th anniversary of the country's independence i.e. 75 years of India's independence will be completed and 76th Independence Day will be celebrated i.e. our country will enter the 76th year of independence.

Azadi Ka Amrit Mahotsav is the celebration of the independence of the country, which is celebrated every 25 years with great fanfare. The day of Amrit Mahotsav of Independence is celebrated to remember those martyrs and sacrifices who died on India, who freed our country from the British rule and sacrificed everything for the sake of making India a free India.

The main objectives of the Amrit Mahotsav of Independence are to inculcate the spirit of patriotism in the hearts of the people, spread the feeling of patriotism to the maximum in the whole country, remembering those people and soldiers of India, who got India free, to explain the importance of freedom to the young generation of the country, to create awareness among all the people of the country about the Indian National Flag Tricolor and promote the installation of Tricolor in every house.

The flag was hoisted on August 15, 1947 for the first time after our country got independence. On the occasion of Amrit Mahotsav of Independence, the Government of India has also started the Har Ghar Tiranga Abhiyan. 'Har Ghar Tiranga' is a campaign under the aegis of Azadi Ka Amrit Mahotsav to encourage people to bring the tricolor home and hoist it to mark India's 75th year of independence. Our relationship with the National Flag has always been more formal and institutional than personal.

The official journey of Azadi Ka Amrit Mahotsav began on 12 March 2021, marking the 75-week countdown to the 75th anniversary of our independence, and will end after one year on 15th August 2023.

India, at 2047, as a developed nation: It'll just be a pipedream

By: Anita Anand

In August 2022, at the Independence Day speech from the ramparts of Delhi's historic Red Fort, Prime Minister Narendra Modi announced that by 2047, the 100th anniversary of India's independence from the British Crown, India would be a developed country. Towards this, he spelt out the "Panch Prans", or Five Resolves, to reach this target.

The Five Resolves are cleanliness campaigns, vaccinations, electrical connections, the elimination of open defecation and solar energy; the New Education Policy is an example of "liberation from the concept of servitude"; women's rights, gender equality, and India First are national emblems of solidarity and unity. Citizens must save power, practise chemical-free agriculture, and make the most of the available irrigation water.

What is a developed country? It is a sovereign state with a high Human Development Index (HDI) compared to other countries. It must have a technologically advanced infrastructure, and its economy must be highly developed.

The HDI, a measure developed by the United Nations, determines three dimensions of human development -- life expectancy, access to education and a decent standard of living. It is calculated by using four indicators -- life expectancy at birth, mean years of schooling, expected years of schooling, and the Gross National Income per capita. The factors used to determine the level of econom-

ic development of a country include the HDI, income per capita, political stability, industrialisation, freedom and living standards of the general population, Gross National Product (GNP) and Gross Domestic Product (GDP). In 2023, India ranks 132 out of 191 countries.

The higher the HDI the more prosperous the country. For a country to be developed, the rate of industrialisation and employment must be high and there must be less dependence on agriculture. The technological infrastructure should be high, matching the level of industrialisation. There must be a stable political environment, low or no corruption, and high level of respect to the country's laws. A developed country has freedom for its citizens -- freedom to worship, marry, own property, and access to information. Good governance must ensure that corruption levels are low, transparency in running the government is high, and employment is based on merit and qualifications. The public has access to clean water and environment, affordable and quality housing and access to other social and economic amenities in the country like access to emergency services are fast.

While recognising all this doesn't exist in India right now, according to the UNDP over the last decade, India has lifted a staggering 271 million out of multi-dimensional poverty, and is improving access to clean water, sanitation, and affordable clean energy. It has boosted access to social protection for vulnerable sections of society,

especially during and after the Covid-19 pandemic, with a 9.8 per cent hike in the budgetary allocation to the social services sector in 2021-22 over 2020-21.

Who are the developed countries? Those ranking at the top of the HDI are Norway, Ireland, Switzerland, Hong Kong, Iceland, Germany, Sweden, Australia and the Netherlands. All these countries have small populations, are less diverse (this could be changing with migration) and have a somewhat long history of stability. India has just become the most populous country with 1.42 billion people. There is great diversity in languages, food preferences, religions, cultural practices and income. The World Inequality Report 2022 reports that 57 per cent of the national income is held by top 10 per cent and the bottom 50 per cent is 13 per cent.

Economic projections aside (and they are only projections), it is not clear how India can become a developed nation by 2047. There is increasing lawlessness, caste and religious violence, lowered standards of education and skills, high levels of corruption, little transparency and accountability and poor governance.

India has been a predominantly agrarian economy. The shift from the agrarian to industrial has been haphazard, creating a loss in livelihoods, resulting in large-scale migration to the cities, and taking a toll on the environment. To increase industrialisation, the policies adopted have run roughshod over tribal lands and minority concerns and violated the environ-

ment. According to the World Air Quality Report 2021, India is home to 63 of the 100 most polluted cities, with New Delhi named as the capital with the worst air quality in the world.

Environmental issues are a primary cause of disease, health issues and have a long-term livelihood impact. There is limited or no organised garbage collection, waste removal services or sewage treatment operations. Consumer waste goes into water bodies and cremation practices are allowed near major rivers. On the road to becoming a "developed nation", forests and agricultural land have been degraded and water, mineral, forest, sand, and rocks have been depleted. This degradation of the environment has affected public health, loss of biodiversity, loss of resilience in ecosystems, and livelihood security for the poor.

Straddled between the old and the new, our minds have not been able to make the shifts needed to be a developed nation. The educational system doesn't prepare young people for the twenty-first century. Our civic sense is poor, and we continue to perpetuate our beliefs and practices and discriminate based on caste, class, language and the colour of skin.

The Prime Minister's Five Resolves have little that is new, and plenty that is old. They will not be able to move India into a developed nation. It is just a pipedream.

(The writer is a development and communications consultant.)

Why allow yuan payments for import of Russian oil?

By: Abhijit Bhattacharyya

The "globalised village economy" has suddenly cast a magical spell over the vast Eurasian landmass. In a surprising move, Indian companies have begun to pay for the import of Russian crude oil not in the dollar, as was traditionally the practice, nor even in the rupee or the rouble, but the Chinese currency, the yuan. At a time when there is considerable friction in relations between New Delhi and Beijing, the reasons for this move are hard to fathom.

After the considerable military, political and diplomatic turbulence, particularly in the last three years, the Indian policy transformation was unexpected. Has New Delhi forgotten, or consciously decided to ignore, the switchover from the dollar to the yuan for the sake of the "bigger picture" and long-term national interest -- despite the uncivilised and aggressive behaviour by the overlords of the Communist Party of China on trade, terror, territory, telecommunications, fake tourism and the People's Liberation Army's penetration into Ladakh, Galwan, Tawang and Arunachal over last four years?

Let the facts speak. In March 2023 came the first sign of India's discomfort when the government reportedly issued an advisory to banks, merchants and traders dealing with crude oil imported from Russia, to avoid making any payments in the Chinese currency, the yuan. India had obvious and valid reasons to do so as paying for Russia-India bilateral transactions in a third-party currency would in this case only help the yuan get broader and wider acceptance, and spur smaller and weaker economies to emulate India. The logic and reason of the small and weak economies taking a cue from India's action

certainly couldn't have been faulted. If India, the fifth-largest economy in the world, allows its key adversary's currency to be used for payments of imported crude oil from Russia, how could the smaller nations avoid doing it?

Many of these countries are anyway under the thumb of the CPC, having signed on to its Belt and Road Initiative. Despite the government's advisory to avoid yuan payments, however, several private Indian companies, merchants and traders and at least one state-owned petroleum company ignored it, and committed a monumental blunder by started paying in Chinese yuan for imported Russian crude. Here, the insensitivity of Russia too deserves criticism, and it certainly cannot be ignored. Moscow's rigid reluctance to accept Indian rupees for a bilateral India-Russia commercial transaction of crude oil is a highly disappointing move. This was totally not expected of a long-standing friend, whose "special relationship" goes back over 50 years, to the days of the now-defunct Soviet Union. If the Indian establishment now loses confidence on Russia's dependability, due mainly to Moscow's insistence on yuan payments, it cannot really be faulted.

Russia's turnaround in this matter shows how power equations in Asia's heartland have adversely affected New Delhi, albeit slowly and hopefully temporarily. From 1950s to the 1970s and beyond, Moscow helped to create for a pleading Beijing all kinds of military gear -- from fighter jets to warships to defence infrastructure. Now it's just the other way around, which shows the utter helplessness of once-mighty Moscow before its one-time protégé.

Whatever the economics, political compulsions or the lack of options for India, a much deeper look is needed

to calculate the basic mathematical monetary loss or profit for New Delhi, which is unlikely to be easy, and may even turn unpleasant in future. Today, one US dollar is a little over Rs 82, though the rate is constantly fluctuating. One dollar fetches a little over 7 yuan. And one yuan converts to around Rs 11.50. So, under what formula should an Indian company, merchant, trader and state-owned oil PSU pay for the imported Russian crude in Chinese yuan? Should the exchange rate be calculated on a US-India, US-China or China-India conversion rate and ratio?

Assuming that Russian crude oil is \$70 per barrel, Delhi will have to pay Rs 5,740 (\$70 x Rs 82) per barrel to the seller-exporter in Moscow. If India were to pay in Chinese currency, the Indian importer companies will have to pay 490 yuan per barrel (\$70 x 7 yuan). However, how much will be the difference between the US dollar and Chinese yuan if Russia insists on a rupee-dollar rate payment to make it Rs 5,740 per barrel, and then convert it for payment in Chinese yuan?

It's a bilateral diplomatic complication, and impregnated with difference, doubt and dispute. But the facts are clear for India's importer/importing private refiners of Russian crude. The cheaper import bill due to yuan payments will considerably enhance Indian companies' profit percentage when the same Russian imported petroleum products, refined by Delhi, are sent to the West by same Indian importers overnight turning into exporters!

By paying in Chinese yuan, India may save its dollar reserves, but the imported Russian crude oil turns into a big bonanza for private company importer-turned-exporters. In the process India falls prey to Dragon's designs to render Delhi weaker and feebler on the currency front.

In this scenario, India certainly could face some disorder and dislocation. India thus far has been importing crude oil mostly from the Middle East, Nigeria and non-Russian sources, and the quantum of crude oil imports from Moscow was negligible. But the West's penchant for punishing its adversary through stringent sanctions of all kinds put Moscow on the backfoot owing to its restricted and shrinking European oil-import customer base. As Russian oil prices plummeted due to the glut and lost markets, India emerged as major buyer of "cheaper" oil, thus getting a chance to curb its import bill and save the outflow of foreign exchange (US dollars). It was thus a sudden "win-win" for both Moscow and New Delhi. Indian refineries, both state-owned and private, enjoyed windfall profits.

Nevertheless, India's yuan payment for Moscow's oil is a huge blow and an implicit admission of unpredictability of a weak Indian rupee.

That's not a good omen. The Indian rupee should have got recognition and wider confidence from market players to be accepted, at least by Russia for bilateral transactions and its neighbourhood. Last weekend's agreement between India and the UAE on rupee-dirham trade may be the way to go!

Yet the question remains: have the yuan payments affected India-Russia ties? No, not yet. But it's a sign of our times, where a beleaguered Russia's forced to embrace the yuan rather than the Indian rupee when dollar transactions are ruled out for political and other reasons. Consequently, there's a question mark on New Delhi's relevance in Moscow's eyes, at least in the short term, till the whole question of a bilateral rupee payments in international trade is sorted out.

Sensex, Nifty touch all-time high

The 30-share BSE Sensex climbed 293.59 points to reach its new all-time intra-day peak of 67,088.73 in early trade

MUMBAI, Jul 19 (Agencies): Equity benchmark indices Sensex and Nifty continued their dream run on Wednesday, reaching record high levels in early trade, driven by foreign fund inflows and optimism in the US markets.

Buying in index majors Reliance Industries and HDFC Bank also helped the markets maintain their winning momentum.

Rallying for the fifth day running, the 30-share BSE Sensex climbed 293.59 points to reach its new all-time intra-day peak of 67,088.73 in early trade. The NSE Nifty gained 80.3 points to hit record intra-day high of 19,829.55.

From the Sensex pack,



NTPC, IndusInd Bank, Infosys, Power Grid, Tech Mahindra, Wipro, Reliance Industries and HDFC Bank were the biggest gainers.

IndusInd Bank quoted nearly 2 per cent higher after the company on Tuesday reported 30 per cent jump in consolidated net profit for April-June at Rs 2,124.50 crore, helped by core income growth

and lower bad loan provisions.

Maruti, Mahindra & Mahindra, Asian Paints, Tata Consultancy Services, Bharti Airtel and Nestle were among the laggards.

Foreign Institutional Investors continued their buying activity on Tuesday as they bought equities worth Rs 2,115.84 crore, according to exchange data.

Tata Group picks UK for \$5 billion EV battery plant: Report

LONDON, Jul 19 (Agencies): India's Tata Group will build an electric vehicle battery plant in Britain to supply its Jaguar Land Rover factories, delivering a major boost for a car industry in need of domestic battery production to help secure its future.

Under the plan, announced by the government and Tata on Wednesday, the company will build its first gigafactory outside of India in Britain with an investment of 4 billion pounds (\$5.2 billion), creating up to 4,000 jobs and producing an initial output of 40 gigawatt hours.

Prime Minister Rishi Sunak's government has declined to say how much financial support it promised in order to secure the investment and fend off Spain, which had also lobbied to win the project. The BBC said the government would provide subsidies worth hundreds of millions of pounds to Tata.

Britain has lagged European rivals in building electric vehicle

(EV) battery gigafactories, with more than 30 planned or under construction across the European Union. Britain currently has one small Nissan plant and another in the works.

"Tata Group's multi-billion-pound investment in a new battery factory in the UK is testament to the strength of our car manufacturing industry and its skilled workers," Sunak said in the statement.

The new plant is expected to be built in Somerset, southwest England, while Jaguar Land Rover's UK factories are based near Birmingham, central England.

Production at the factory, which is set to supply JLR's future battery electric models, including the Range Rover, Defender, Discovery and Jaguar brands, is due to start in 2026, the government said.

Domestic production is vital for automakers which rely on heavy batteries being built near their

car plants.

With an initial output of 40 gigawatt hours, Britain said the factory would provide almost half of the battery production needed by 2030. The Faraday Institution has projected UK battery demand to reach over 100 GWh a year by that time.

"With this strategic investment, the Tata Group further strengthens its commitment to the UK," Tata Sons Chairman N Chandrasekaran said in the statement.

Shot in the arm

Mike Hawes, head of Britain's auto industry group SMMT, said the investment was a shot in the arm for the UK.

"It comes at a critical moment, with the global industry transitioning at pace to electrification, producing batteries in the UK is essential if we are to anchor wider vehicle production here for the long term," he said.

Andy Palmer, former CEO of Aston Martin and current

chairman of EV battery maker InoBat, told BBC Radio government subsidies were needed to keep Britain competitive.

"Almost every car producing nation in the world (is) offering a lot of incentives in order to ensure that they preserve the integrity of their car industry," he said.

Britain has expressed concerns at the United States' Inflation Reduction Act, which promises hundreds of billions of dollars of subsidies to green industries.

Finance minister Jeremy Hunt, who has previously said Britain doesn't have large sums of money for similar subsidies, said he wouldn't get into commercially sensitive topics but acknowledged Britain's need to attract big projects.

"We're in competition with countries all over the world for these big investments," he told broadcasters.

High diesel, petrol prices to generate 'stupendous' profit for oil companies

NEW DELHI, Jul 19 (Agencies): Oil marketing companies such as Hindustan Petroleum Corporation and Indian Oil Corporation are expected to report bumper profits for the first quarter, thanks to their decision not to pass on the benefits of low crude oil prices to consumers.

According to analysts tracking the oil and gas sector, oil marketing companies saw their margin on petrol and diesel zoom to Rs 9/litre in Apr-Jun from Rs 3/litre in the preceding three months.

This is expected to result in the three oil marketing companies — BPCL, HPCL and IOCL — reporting strong profits for the Apr-Jun period.

"We expect oil marketing companies to report yet another robust quarter supported by super high auto fuel marketing margins, as they do not change petrol/diesel prices despite a decline in the international product prices amid lower Brent crude oil price," pointed out analysts from broking house Sharekhan.

The three oil marketing companies are expected to have increased their margin on one litre of petrol and diesel to around Rs 10 by early this month, said analysts Ramesh Sankaranarayanan and Sanjay Agarwal from Nirmal Bang.

For the Apr-Jun period, the three companies would have earned an average of around



Rs 7.5 litre during the April-June period, they estimated. Hence, said the analysts, they would see "a massive profit" on their operating level instead of the loss they posted a year earlier and the relatively modest profit booked in the preceding quarter.

"All eyes will be on OMCs, which we expect to report 'stupendous' 1QFY24 results," they added.

Under India's 'market-

linked' pricing mechanism, oil marketing companies are expected to increase or decrease the selling price of petrol and diesel based on the international price of crude oil.

However, they were forced to keep prices stable last year because of several state elections, despite a rise in crude oil after Russia attacked Ukraine in February last year.

To 'compensate' for

that, the oil companies have been allowed to keep prices high even though crude oil prices have fallen considerably this year.

As a result, Indians are paying among the highest prices in the world for petrol and diesel this year, inflating profits for the companies.

Nirmal Bang analysts expect BPCL to post a profit of Rs 7,600 crores for the Apr-Jun period, while HPCL is expected to post a profit of Rs 4,042 crore and IOCL is seen posting a profit of Rs 8,348 crores.

Brokerage Prabhudas Lilladher expects the Indian Oil sectors to report an operating profit of Rs 83,200 crore in Apr-Jun, up 18% from the preceding quarter.

ADB retains India's growth forecast at 6.4 per cent for current fiscal



NEW DELHI, Jul 19 (Agencies): The Asian Development Bank (ADB) on Wednesday retained India's economic growth forecast at 6.4 per cent for the current financial year and 6.7 per cent for the next, saying robust domestic demand will continue to support the region's recovery.

In an update to its Asian Development

Outlook, the ADB said inflation is expected to continue to fall, approaching pre-pandemic levels as fuel and food prices decline. It forecast 3.6 per cent inflation this year for developing economies in Asia, and 3.4 per cent in 2024.

The Indian economy grew 7.2 per cent in the 2022-23 fiscal ended March 2023.

"Asia and the Pacific continues to recover from the pandemic at a steady pace," ADB Chief Economist Albert Park said.

"Domestic demand and services activity are driving growth, while many economies are also benefiting from a strong recovery in tourism. However, industrial activity and exports remain weak, and the outlook for global growth and demand next year has worsened, Park added.

In April, the ADB had projected that India's economic growth is expected to moderate to 6.4 per cent in the current financial year due to tight monetary conditions and elevated oil prices.

Government likely to delay Hindustan Zinc share sale: Report

NEW DELHI, Jul 19 (Agencies): The government is likely to postpone its plans to sell its stake in Hindustan Zinc until there is a turnaround in the industry's fortunes, reported Reuters.

Citing government sources, the news agency reported that merchant bankers have advised against proceeding with the sale at the moment, as institutional investors are currently not keen on investing in the metals sector.

The government still aims to complete the long-delayed sale within this financial year.

Hindustan Zinc's stock price has witnessed a decline of over 16 per cent since January due to a sharp drop in zinc prices and Vedanta's attempt to sell two units to the miner.

The government is awaiting a recovery in the share price before proceeding with the sale. It plans to sell its over 29 per cent stake in Hindustan Zinc in tranches, starting with about 5 per cent stake. Vedanta Group currently holds a 64.9 per cent stake in the company.

Global macroeconomic uncertainties and weak demand recovery in China have led to a 30 per cent correction in international zinc prices in the last six months, as highlighted by rating agency ICRA.

This has added to the challenges faced by the industry.

In December, during roadshows, institutional and large investors had expressed reluctance to pick up significant stakes in Hindustan Zinc, further complicating the share sale plans.

Last week, the Supreme Court dismissed Vedanta's plea to direct the government to divest its stake in Hindustan Zinc.

The government had initially planned to sell about 5 per cent of its stake in the company in the last financial year, but the plans were delayed as prices dropped following Vedanta's announcement to purchase two of Vedanta's zinc subsidiaries. The deal was opposed by the government and ultimately lapsed a few months later.

Dunzo misses salary deadline, defers pending dues till September: Report

NEW DELHI, Jul 19 (Agencies): Quick-commerce player Dunzo on Wednesday informed employees that pending salaries from June would be delayed until September, reported news agency, after reviewing an internal email.

The Reliance-backed company, which is grappling with a cash shortage, sent an email to some employees and informed them that salaries will be delayed till



September.

The cash crunch had recently forced the company to reduce 50 per cent of its dark stores, lay off employees and

seek funding from investors.

Dunzo had deferred the June salaries of some employees to July 20, but the fresh email

suggests that it has further deferred all such payments — including increments and variable pay — till September 4.

It is not yet clear how many employees will be impacted by the move, but Moneycontrol.com reported that senior employees have received the email. The publication also reported that Dunzo has capped employee salaries at Rs 75,000 per month, irrespective of their pay packages.

The delay in payment of salaries and bonuses could hit the morale of employees at the cash-strapped company, and could even lead to more voluntary exits or layoffs.

It may be noted that the development comes months after the firm secured funding of \$75 million from investors, including Reliance Retail and Alphabet Inc. The company also laid off 30 per cent of its workforce to streamline operations.

Amid slowdown, Infosys signs \$2 billion AI deal spread over next five years

BENGALURU, Jul 19 (Agencies): The country's second-largest IT services company Infosys has signed a deal with one of its existing clients to provide artificial intelligence (AI) and automation development, modernisation and maintenance services valued at \$2 billion.

This will spread over the next five years, the company said in an exchange filing.

This announcement comes at a time when IT services companies are facing macroeconomic headwinds and a

slowdown due to client delays.

Infosys recently launched its AI-first offering Topaz. All major IT companies have announced their investment plans in AI and automation. During TCS' earnings conference call, TCS CEO K Krithivasan said the favour of the quarter was generative AI.

"In every conversation I have had with the clients over the last three months, this has unfailingly come up.

Gen AI promises to transform most knowledge work by assisting

and augmenting people and improving their productivity," he said.

"We are currently working on over 50 proofs of concept and pilots, and have more than 100 opportunities in the pipeline," he said.

It plans to create a talent pool of over 100,000 Gen AI trained associates and the company has over 50,000 employees trained in AI/ML solution-building skills.

HCLTech said the focus is on generative AI and that it is training over 20,000 employees on GenAI capabilities.

CBDC to enable smooth cross border payments: RBI Governor

He further added that the International Monetary Fund (IMF) is also working towards micro financial challenges rising out of CBDC which will also be factored in.

NEW DELHI, Jul 19 (Agencies): Reserve Bank of India (RBI) Governor Shaktikanta Das said there is a perceptible change in the thinking with regard to central bank digital currency (CBDC) as it is being recognized by several countries and has great potential in making cross border payments in a smoother and convenient way.

During the media briefing at the G20 summit of finance ministers and central governors in Gandhinagar, the RBI Governor said, "There is a perceptible change in the thinking with regard to central bank digital currency (CBDC). It's now recognised by a large number of countries. CBDC is an important aspect that needs to be looked at more seriously. As a part of FMCBG deliberations, it



was recognized that CBDC has great potential in cross border payments in a smoother and easier way."

He further added that the International Monetary Fund (IMF) is also working towards micro financial challenges rising out of CBDC which will also be factored in. "CBDC is a new currency and

it needs a fundamental change in the currency system, in the system of money across the world.

The digital currency is a part of the process and these things take time.

Earlier UPI (unified payments interface) was confined to only some banks but nobody imagined that there would be 30

crore transactions per day," the RBI Governor stated while expressing hopes that CBDC would pick up like UPI in the coming years.

Central bank digital currency or CBDC is an electronic form of sovereign currency and currently, the central bank is conducting a pilot programme of two versions of digital rupee — CBDC wholesale and CBDC retail.

Meanwhile, finance minister Nirmala Sitharaman told the media that the discussion on crypto is widening, and that global understanding is required for the regulation of the cryptocurrency. "That was a rich discussion and there was recognition that the round table actually gave a lot of inputs to think and many people dropped a new dimension to the discussion," Sitharaman added.

Actor Vijay Varma, who is playing a cop in upcoming web series Kaalkoot, admits that the OTT medium loves him and much as he loves it back

HE has been earning plaudits for playing the devious mean guy with back-to-back powerhouse performances in both Darlings and Dahaad. The talented actor Vijay Varma we love to hate is now turning a new leaf. To be soon seen as a police officer in the new web series Kaalkoot, he finds the change refreshing and laughs, "I have been chased by the cops for too long. Now it is time to be on this side of the law."

On the other side, we wonder if inhabiting the dark space that a negative character requires takes a toll, and he says, "Well, it comes with both prize and price. While the critical acclaim is rewarding, the price is the memories of the bad guy can stay with viewers and delude them into mistaking your onscreen persona for your real one." Precisely why, while this time he is happily telling his family, 'watch, watch', while previously his instruction for them was to strictly refrain from his 'bad guy' acts! Jokes apart, be it a positive or negative character, messaging is very important for him.

As Kaalkoot deals with a burning concern of acid attack, he says, "Besides focusing on the issue it simultaneously questions who apart from the perpetrator of the crime is responsible for this heinous act."



Headlining a series as opposed to his earlier projects which had stars to take the fall, does he feel greater pressure this time? "Well, I would have if I were not confident of the series which is my passion project." Co-produced by Amritpal Singh Bindra of Bandish Bandits fame and directed by Sumit Saxena, writer of films like Doctor G, Hamid and Pyaar Ka Punchnama, Vijay is sure the series has all that it takes. Add to it the fact that it is available on "more massy medium Jio Cinemas and the reach could be phenomenal."

Digital presence

Darling of OTT, he admits the medium loves him and he loves it back equally. Been around for a while, having played smaller parts in umpteen projects, back in time he didn't know if

the current phase of his career was around the corner. "But, I was always hungry for meatier parts." But today, he might still say yes to cameos as in A Suitable Boy or a Gully Boy if it gives him the chance to work with the likes of a Mira Nair or a Zoya Akhtar.

"Directors do help you sharpen your skill set and adapt to their vision, and not just rely on your instinct," he qualifies. Passion is what drives him and it's this 'palpable energy' he looks for in his directors, be it debutants like Jasmeet K Reen or seasoned ones.

If he tips the hat to his directors, he owes an even greater debt of gratitude to his alma mater — the FTII (Film and Television Institute of India) Pune. "A solid 70 per cent of what I am is thanks to this great institu-

tion which showed me the way. Prior to enrolling in FTII, I was an angry, clueless man."

Today, of course, he is in the happiest space possible, much credit of which also goes to the love of his life, Tamannaah Bhatia, with whom he was seen upping the chemistry quotient in a segment of Lust Stories 2. As he is not just raising the bar in acting but also setting some couple goals, he defines love as, "an endless monsoon where you enjoy the rains." If angst maketh an actor, does love add to one's acting potential? He says, "Both are equally important for the arts. Just as nature has several moods, it feels good to be loved."

Busy man

Open to all kind of queries, however, one question he refuses to answer is whether we can hear the wedding bells anytime soon? Planning his wedding or not, he is a busy man for sure as his acting slate is both exciting and choc-o-bloc. Apart from Sujoy Ghosh's upcoming project, there is Homi Adajania's Murder Mubarak. What makes him say yes to a project and sign on the dotted line is, "What it is saying, whether I see myself in the part." Watch out for him in Kaalkoot (July 27 on Jio Cinemas). Good guy or a bad one, his 'mental maths' of acting invariably adds up!

Ruhi Chaturvedi bids farewell to KKK 13



While each participant gave their all, it was Ruhi Chaturvedi, who faced an early exit as the first contestant to be eliminated from the thrilling adventure of Khatron Ke Khiladi 13.

Ruhi's got her wish of performing a helicopter-related stunt. This stunt marked host Rohit Shetty's entry on the show

and had contestants clinging to a cargo bag tied to the chopper by a rope.

Unfortunately, Ruhi lost her grip on the bag and plunged into the body of water below the chopper. Her mettle was tested in another stunt that required her and Anjum Fakih to strike a balance on a two-story

see-saw glass tunnel while Ruhi handed the flags to Anjum.

She lived her dream of pulling off an action movie stunt by having her car topple over a trolley. In the last stunt of the episode, Ruhi confronted her fear of reptiles and snakes as she was tasked with escaping a coffin by unlocking herself with keys placed in boxes filled with phobia-inducing creatures.

Bidding farewell to Khatron Ke Khiladi 13, Ruhi says, "Even if my Khatron Ke Khiladi 13 journey was short, it was worth it. I learnt a lot about myself and how to train my mind in the face of fears. I'm going to treasure these lessons for life. It was a pleasure to have spent time with some of the kindest and nicest people in Cape Town. Some of the contestants on the show are now my friends. Everyone was competitive, and they handled their fears in a commendable way. I'm grateful for the viewers and contestants who've rooted for me. A huge shout-out to Rohit sir for encouraging us all to fulfil our potential."

Sofia Vergara, Joe Manganiello announce divorce after seven years of marriage

Actors Sofia Vergara and Joe Manganiello are parting ways after seven years of marriage. Vergara, 51, and Manganiello, 46, shared the news of their divorce in a statement. "We have made the difficult decision to divorce. As two people that love and care for one another very much, we politely ask for respect of our privacy at this time as we navigate this new phase of our lives," they said in a joint statement.

Vergara, best known for popular American sitcom Modern Family, is currently in Italy celebrating her birthday with friends. Manganiello of Magic Mike XXL fame and she got married during a lavish ceremony at Palm Beach, Florida, in 2015. Vergara has a son named



Manolo, 31, with first husband Joe Gonzalez. Before marrying Manganiello, she was engaged to business-

man Nick Loeb. Manganiello was previously in a relationship with actor Audra Marie and model Bridget Peters.

Supermodel Gigi Hadid poses for carefree bold pictures following arrest with marijuana in The Cayman Islands

Supermodel Gigi Hadid didn't appear to be bothered by her recent run-in with the law.

Hadid took to Instagram to share photos and videos from her vacation with friends, including a few bikini shots and carefree sun romps. She captioned the post, "All's well that ends well." The carefree swimsuit photos were taken days after Hadid was arrested and fined US\$ 1,000 after Customs and Border Control agents discovered marijuana and drug paraphernalia in her luggage upon her arrival in the Caribbean.

Hadid shared a pair of bikini photos on Instagram on Friday. One photo showed Hadid posing outside on a lounge chair in a two-piece patterned string bikini, while another



showed her smiling while showing off a large dragon tattoo on her right leg.

She posted a mirror selfie of herself and two friends posing in their swimsuits on Tuesday,

along with a sun emoji and the words "Good Morning".

She also shared more shots of herself posing in various swimsuits.

Meanwhile, court documents obtained by People confirmed that on July 10, Hadid arrived in the Cayman Islands on a private jet from the United States, where CBC, according to local outlet Cayman Marl Road, discovered "ganja and utensils used for the consumption of ganja" after putting her bags through a scanner and manually searching them.

According to the outlet, the quantities "were relatively small and appeared to be for personal consumption". Similar materials were discovered in the bags of Leah Nicole McCarthy, another member of Hadid's group, according to Cayman Marl

Road. Both women were arrested on suspicion of "ganja importation and ganja consumption utensils importation" and transported to the Prisoner Detention Centre.

They were both released on bail and appeared in Summary Court on July 12 to plead guilty. Each received a \$1,000 fine, but no conviction was recorded. Courts in the Cayman Islands confirmed to People that Hadid and McCarthy were arraigned in George Town, but did not specify the charges. "Gigi was travelling with marijuana purchased legally in New York City with a medical licence," a representative for Hadid told People. Since 2017, it has also been legal for medical use in Grand Cayman. Her record is still clean, and she had a good time on the island."

Rachna Mistry talks about romancing a character older than her on TV



Rachna Mistry is playing the lead role of Vidhi in Star Bharat's show Na Umra Ki Seema Ho.

It stars Iqbal Khan and Rachna Mistry as Dev and Vidhi. These actors have

shown the audience through their characters that love knows no age limit, and now the couple has tied the knot, breaking social norms.

Rachna says, "I used to watch Iqbal Khan on TV when I was in school, and today we are sharing the screen together. It is all like a dream come true for me."

When I came to know that I had been paired opposite Iqbal Khan in the lead role, I was excited, as it was a big deal for me.

He made me his friend, and then while shooting, my hesitation slowly got over, and I got to learn a lot from him.

As far as the romantic scenes are concerned, I will give credit to Iqbal sir for always filming them in a way that was comfortable."

Romiit Raaj talks about his ambition



Romiit Raaj says he was inspired by two stalwarts of the Hindi film industry. "Amitabh Bachchan and Shashi Kapoor inspired me to become an actor," says the actor, known for TV shows like Shaka Laka Boom Boom, Ghar Ki Lakshmi Betiyann, Maayka, Khichdi, Kullfi Kumarr Bajewala, and Yashomati Maiyaa Ke Nandlala, among others. He adds, "In the last 21 years, I have always reached 15 minutes before my call time on the sets. I am never late, always well-behaved, and follow the instructions of my director."

Shivangi Joshi talks about playing journalist in Barsatein: Mausam Pyaar Ka

Sony Entertainment Television's offering, Barsatein — Mausam Pyaar Ka, explores the clash of two headstrong individuals, Reyansh (Kushal Tandon) and Aradhana (Shivangi Joshi), who find themselves entrapped in a web of emotions.

Talking about her role, Shivangi says, "I have always been fascinated by journalism, but after portraying Aradhana's character, my respect for journalists has grown manifold. It is a rather tedious job, as journalists go above and beyond to keep us updated about what is happening around us. Having been surrounded by journalists throughout my acting career, I reached out to my media friends to gain insights into the profession. I observed their questioning techniques, body language,



and tonality and incorporated those elements into my character. I hope I can do justice to this part."

She adds, "Aradhana is righteous; she is quite passionate about journalism. She doesn't give up easily, doing what it

16 dead as transformer explodes on bank of river Alaknanda in Uttarakhand

Around 16 people, including a police sub-inspector & five home guards have died

CHAMOLI, Jul 19 (Agencies): As many as 16 people, including a police officer, died and seven others were injured after a transformer exploded on the banks of the Alaknanda River, electrifying a bridge, in Uttarakhand's Chamoli. The injured people have been rushed to the hospital for treatment and police and rescue teams have reached the spot and have started relief operations.

The bridge, which is part of the Namami Gange project, spans the Alaknanda river. Out of those injured, two people are undergoing treatment at AIIMS and five others are being treated at Gopeshwar government hospital in Chamoli.

The incident took place last night. Police got a call from the village that a watchman had



died of electrocution. When police personnel went with villagers for the panchnama (spot inspection), many people were electrocuted and suffered severe injuries.

"Around 16 people, including a police sub-inspector & five home guards have died.

An investigation is underway. Prima facie reveals that there was a current on the railing and the investigation will reveal further details," Additional Director General of Police, Uttarakhand, told agency.

CM ORDERS PROBE
Uttarakhand Chief Minis-

ter Pushkar Singh Dhama has ordered a judicial probe into the incident. The outpost in charge of Pipalkoti also lost his life in the mishap.

"This is a very unfortunate incident. Police, SDRF and rescue teams are present at the spot. Strict action will be taken against the guilty," the chief minister said.

"The injured are being referred to a higher centre and are being shifted to AIIMS Rishikesh via helicopter. Orders have been given to conduct a magisterial inquiry," he added.

The mishap has sparked anger among the locals and they are blaming the officials from the energy corporation department for their negligence and have also demanded action against them.

5 terror suspects radicalised by LeT operative arrested in Bengaluru



BENGALURU, Jul 19 (Agencies): Five people who were radicalised to carry out terror attacks have been arrested by the Central Crime Branch with firearms and ammunition along with 12 mobile phones confiscated from them, Bengaluru Police Commissioner B Dayananda said on Wednesday.

Seven pistols, 45 live cartridges, a bunch of walkie-talkies, and some daggers were seized from the terror suspects, the police officer said. A huge consignment of explosives was also retrieved from their possession.

"The Central Crime Branch has succeeded in busting the anti-social forces and foiled their nefarious designs. They were arrested after raiding a place under Hebbal police station limits," Dayananda told reporters.

The suspects were radicalised by T Nazeer, who is an accused in the 2008 Bengaluru serial bomb blasts case, and another accused living abroad.

The suspects are accused of murder, robbery, smuggling of red sanders and other crimes. They were in touch with the other terror accused who was in jail. Nazeer has links with Pakistan-based terror outfit Lashkar-e-Taiba, the police commissioner said.

He added that Nazeer's gang members were planning on carrying out "destructive activities".

The five suspects were caught near a place of worship in Kankanagar area of Sultanpalya locality in the city while planning a major conspiracy, sources said.

BJP remembered NDA only after 26 opposition parties came together: Shiv Sena

MUMBAI, Jul 19 (Agencies): Taking a dig at the BJP, Shiv Sena (UBT) leader Sanjay Raut on Wednesday said the ruling party remembered the National Democratic Alliance (NDA) only after 26 opposition parties came together to form the grouping 'INDIA'.

Talking to reporters, he said the next meeting of the Indian National Developmental Inclusive Alliance (INDIA), the coalition formed to take on the BJP in the 2024 Lok Sabha polls, will be in Mumbai.

He asserted that INDIA will defeat "dictatorship" in the country.

"You have now remembered NDA only after we 26 (opposition) parties came together in Patna and Bengaluru as



'INDIA' for the country. It is only after meetings that your lotus (BJP's party symbol) started blooming," Raut said. He added that INDIA will decide who the next prime minister will be.

Leaders of 38 parties, part of the NDA, met in Delhi on Tuesday.

In a meeting of 26 opposition parties, which included the Uddhav Thackeray-led

Shiv Sena (UBT), in Bengaluru on Tuesday, a proposal was adopted unanimously to name their coalition as INDIA.

The original suggestion was to call it "Indian National Democratic Inclusive Alliance", but the word "democratic" was replaced with "developmental" after some leaders said it sounded too similar to the ruling NDA.

Amid skyrocketing tomato prices, Pune farmer earns Rs 3 crore in a month

PUNE, Jul 19 (Agencies): Even as the soaring prices of tomatoes are burning a hole in the common man's pocket, a farmer from Pune in Maharashtra has become a millionaire by selling his bountiful yield of the key kitchen staple for Rs 3 crore in just over a month while overcoming various challenges.

Farmer Ishwar Gaykar (36) from Pachghar village in Junnar tehsil of Pune district had faced a difficult decision of dumping a large quantity of harvested tomatoes in May this year due to low prices.

Undeterred by the setback, he continued to exhibit unwavering determination and work tirelessly on his 12-acre farm to cultivate tomatoes.

Now, amid the skyrocketing prices of tomatoes,



Gaykar's hard work has paid off handsomely, transforming him into a millionaire as he claimed to have earned Rs 3 crore through the sale of his crop yield between June 11 and July 18.

Talking to agency, Gaykar said during the period, he sold 18,000 crates of tomatoes (each crate comprising 20 kg of tomatoes) at the Agricultural Produce Market Committee (APMC) at Narayangaon in Junnar tehsil for Rs 3 crore.

He aims to earn another Rs 50 lakh by selling the remainder of the pro-

duce, which is roughly 4,000 crates.

The total input cost of cultivation, including transportation, was Rs 40 lakh, he said.

"I have an 18-acre farm where I cultivate tomatoes on 12 acres. I have sold 18,000 crates since June 11 and have so far earned Rs 3 crore," said Gaykar.

On June 11, he fetched a price of Rs 770 per crate (Rs 37 to Rs 38 per kg), and on July 18, he sold tomatoes at Rs 2,200 per crate (Rs 110 per kg).

Gaykar, who is now

happy to earn handsome dividends on the produce, recalled how he had to dump a large quantity of harvested tomatoes just two months back due to low prices.

"This is the best of times for the tomato growers, but we have witnessed worst times also. In the month of May, I grew tomatoes on one-acre land, but had to throw away large quantities of the produce as the prices were very low. I had thrown the produce away as the per crate rate was just Rs 50, which means Rs 2.50 per kg," he said.

Gaykar also said that in 2021, he incurred losses worth Rs 15 lakh to Rs 16 lakh and last year also he just earned a narrow profit margin.

"When I was throwing the tomatoes in May this year, this yield on the

12-acre land was under cultivation. Undeterred by the setback, I kept up my resilience and commitment towards farming and continued spending on the cultivation of tomatoes," he said.

"I took good care of the produce even in the scorching May heat. Due to the high temperatures, tomato cultivation in other parts took a beating, but farmers like me benefited as we continued to work hard," he said.

Another farmer Raju Mahale, who earned more than Rs 20 lakh by selling 2,500 crates in the current season, said he was also jittery about tomato cultivation after May as the per acre input cost was around Rs 3.5 lakh. But, he went ahead with the cultivation, receiving good dividends now.

Tripura CPI(M) MLA Samsul Haque dies of cardiac arrest

AGARTALA, Jul 19 (Agencies): Tripura CPI(M) MLA Samsul Haque died at a hospital here on Wednesday after suffering a severe cardiac arrest, a party leader said.

Haque was 67. He is survived by his wife and four sons.

Haque, the lawmaker of Boxanagar in Sepahijala district, was in Agartala MLA hostel and suddenly fell ill on Tuesday night.

"He was immediately rushed to GB Pant

hospital and died on Wednesday early morning," said CPI(M) state committee member, Pabitra Kar.

Chief Minister Manik Saha has condoled the death of the CPI(M) MLA.

"I express my deep condolences over the demise of MLA Samsul Haque. I cancelled all my government programmes as a mark of respect to the departed soul," he said in a Facebook post.

Haque's body was



first taken to the state Assembly and deputy

speaker Ramprasad Paul, Congress MLA

Sudip Roy Barman and BJP MLA Kishore Barman paid last respect to the departed soul.

Former chief minister Manik Sarkar, Left Front convener Narayan Kar and CPI(M) state secretary member Manik Dey offered tribute to Haque at the CPI-M state headquarters.

With Haque's death, the number of seats of the CPI(M) in the 60-member Assembly has shrunk to ten.

Charred bodies of 4 family members found in Rajasthan's Jodhpur; murder suspected



JODHPUR, Jul 19 (Agencies): The charred bodies of four members of a family were found at their house in this

district of Rajasthan on Wednesday, police said.

Prima facie, it seems the family members

were murdered first and then their bodies set afire, Superintendent of Police Dharmendra Singh said.

"It appears to be a matter of revenge killing," he added.

Singh said a forensic team was collecting evidence at the suspected crime scene at Cherai village in the Osia area.

Jodhpur Collector Himanshu Gupta and other officers were present at the spot.

Yamuna water level breaches danger mark amid rain in Delhi

IMD has warned of heavy to very heavy rain at isolated places in Uttarakhand and Himachal until July 22 and moderate showers in Delhi on Wednesday

NEW DELHI, Jul 19 (Agencies): The water level of the Yamuna in Delhi breached the danger mark again on Wednesday morning, less than 12 hours after it dropped below the threshold, amid rain in the national capital.

The Central Water Commission's data showed the water level reached 205.48 metres at 8 am. It is expected to rise to 205.72 metres by 6 pm.

The flow rate at the Hathnikund barrage saw a marginal rise on Tuesday afternoon, oscillat-



ing between 50,000 and 60,000 cusecs.

It dropped to around 39,000 cusecs by 7 am on Wednesday. One cusec is equivalent to 28.32 litres per second.

The India Meteorological

Department has warned of heavy to very heavy rain at isolated places in Uttarakhand and Himachal Pradesh until July 22 and moderate showers in Delhi on Wednesday.

Popular Front of India's master trainer Yaqub arrested from Bihar's East Champaran

PATNA, Jul 19 (Agencies): Bihar anti-terrorism squad (ATS) and National Investigation Agency (NIA) on Wednesday arrested the master trainer of the outlawed Popular Front of India (PFI) Yaqub alias Sultan Usman Khan, from East Champaran district in Bihar.

Acting on a tip-off, a joint team of NIA, ATS, and East Champaran police conducted a raid at Bansghat Gawandara village under Chakia police station late on Tuesday and took Yaqub into custody.

It could not be immediately known whether any illegal document was recovered from his



possession at the time of his arrest. The NIA later took the alleged master trainer to an undisclosed location for further interrogation.

Superintendent of Police (SP), East Champaran, Kantesh Kumar Mishra confirmed the arrest of Yaqub. He said the district police extended its full cooperation in the operation against the PFI activist,

who was absconding for long.

Yaqub came into the limelight about four years ago when a video showing him imparting training to newly recruited members of PFI at Gandhi Maidan in Chakia had gone viral on social media. This caught the attention of intelligence agencies.

Authoritative sources in state police head-

quarters said that Yaqub was a frequent visitor to Phulwarisharif office of PFI before the searches carried out against the banned outfit in September last year. He used to impart training to youths.

Yaqub's arrest followed the action initiated against Azhar and Jalaluddin in Phulwarisharif locality of the state capital last year. The Patna police had busted a terrorist training module of PFI. Later the case was handed over to NIA.

The arrest of the trio suspects has provided vital information to NIA, which is conducting an investigation into the Phulwarisharif module

of PFI. In September last year, union government declared PFI an outlawed outfit which was involved in anti-India activities.

Yaqub is stated to be fond of flaunting weapons on social media platforms. In one of the videos, Yaqub can be seen posing for the camera as he oversees a bunch of youths training in the backyard.

In other visuals, he can be seen brandishing guns and swords. "Yaqub's arrest is a significant development in action against PFI activities in the state," a senior IPS officer said on condition of anonymity.

North Korea fires 2 short-range missiles into sea as US docks nuclear submarine in South Korea

South Korea's Joint Chiefs of Staff says that from 3.30 to 3.46 am North Korea fired two short-range ballistic missiles from an area near capital Pyongyang

SEOUL, Jul 19 (Agencies): North Korea fired two short-range ballistic missiles into its eastern sea early on Wednesday in what appeared to be a statement of defiance as the United States deploys a nuclear-armed submarine to South Korea for the first time in decades.

South Korea's Joint Chiefs of Staff said that from 3.30 to 3.46 am North Korea fired two short-range ballistic missiles from an area near capital Pyongyang that flew about 550 kilometres before landing in waters east of the Korean Peninsula.

Those flight details were similar to the assessment of the Japanese military, which said the missiles landed outside of Japan's exclusive economic zone and that there were no immediate reports of damage



from ships or aircraft in affected areas.

The flight distance of the North Korean missiles roughly matched the distance between Pyongyang and the South Korean port city of Busan, where the USS Kentucky arrived on Tuesday afternoon in the first visit by a US nuclear-armed submarine to South Korea since

the 1980s.

Japanese Defence Minister Yasukazu Hamada told reporters that the North Korean missiles travelled on a low trajectory, with their maximum altitude reaching about 50 kilometres, and possibly demonstrated "irregular manoeuvre" in flight.

Japan has previously used similar language to describe the

flight characteristics of a North Korean weapon modelled after Russia's Iskander missile, which travels at low altitudes and is designed to be manoeuvrable in flight to improve its chances of evading missile defences.

Wednesday's launches marked the North's first ballistic activity since July 12, when it flight-tested a new solid-fuel intercontinental ballistic missile that demonstrated potential range to reach deep into the US mainland. That launch was supervised by the country's authoritarian leader Kim Jong Un, who vowed to further bolster his country's nuclear fighting capabilities in the face of expanding US-South Korean military activities, which he blamed for worsening the security environment on the Korean Peninsula.

"It's Really Constructive": US On Climate Talks With China



BEIJING, Jul 19 (Agencies): US climate change envoy John Kerry said on Wednesday his talks with Chinese officials this week have been constructive but complicated, with the two sides still dealing with political "externalities", including Taiwan.

"We're just reconnecting," Kerry told reporters. "We're trying to re-

establish the process we have worked on for years."

Kerry arrived in Beijing on Sunday and has held meetings with China's top diplomat Wang Yi and Premier Li Qiang as well as veteran climate envoy Xie Zhenhua in a bid to rebuild trust between the two sides ahead of COP28 climate talks in Dubai at the end of this year.

"We're trying to carve out a very clear path to the COP to be able to cooperate and work as we have wanted to with all the externalities," Kerry said.

Climate diplomacy between the world's top two emitters was suspended in August last year following the visit of US House of Representatives Speaker Nancy Pelosi to Taiwan, a democratically governed island that China claims.

"The mood is very, very positive," Kerry said ahead of meetings on Wednesday. "We had a terrific dinner last night. We had a lot of back and forth. It's really constructive."

"We're focused on the substance of what we can really work on and what we can make happen."

11 dead after a wall collapses near an under-construction bridge in Pakistan, officials say

ISLAMABAD, Jul 19 (Agencies): Eleven workers were killed early Wednesday after a wall collapsed near an under-construction bridge on the outskirts of Pakistan's capital, Islamabad, police and rescue officials said.

The wall fell while the workers sat inside their roadside tents at the construction site.

Local police official Mohammad Akram and Emergency Service Rescue 1122 said the collapse happened amid the monsoon rains near the neighbourhood of Golra and that the bodies of the deceased were recovered.

Monsoon rains have been lashing Pakistan



since June 25, killing at least 112 people in weather-related incidents.

The rains have also swelled Pakistan's rivers in eastern Punjab province, swamping hundreds of villages and displacing at least 15,000 people.

The rains returned to Pakistan a year after climate-induced downpours inundated at one point one-third of Pakistan, killing 1,739 people.

The floods also caused \$30 billion in damage in cash-strapped Pakistan in 2022.

Russia launches intense night attacks across Ukraine, targeting southern port city for second night

KYIV, Jul 19 (Agencies): Russia launched an intense series of night-time air attacks using drones and missiles against targets across Ukraine, targeting the southern port city of Odesa for a second night in a row, Ukrainian officials said Wednesday.

Meanwhile, a fire at a military facility in Russian-annexed Crimea caused the closure of an important highway and the evacuation of civilians from four settlements, according to Sergey Aksyonov, the Russia-appointed head of the region, which was annexed in 2014.

He did not specify a cause for the fire at the facility in Kirovsky district, which came two days after an attack on a bridge linking Russia to the peninsula that the Kremlin has blamed on Ukraine.

"A difficult night of air attacks for all of Ukraine," said Serhii Popko, head of the Kyiv City Military Administration in a state-



ment on Telegram.

Popko said the attacks were especially fierce in Odesa for a second consecutive night.

Odesa's regional governor Oleh Kiper said the details of the damage and possible casualties following Russia's "powerful" attack in the region would be provided later.

Russia also attacked Kyiv with Iranian-made Shahed drones but with "no result," said Popko. Ukrainian air defense intercepted all the drones aimed at the capital and a preliminary inves-

tigation showed there were no casualties.

In Ukraine's Zhytomyr region, Russian drone attacks damaged some infrastructure and private homes, according to regional governor Vitalii Bunechko. No casualties were reported.

Officials in the Ukrainian regions of Poltava and Kirovohradskyi also reported attacks.

The Ukrainian Air Force reported that the military intercepted 13 out of 16 Kalibr cruise missiles, 23 out of 32 fired Shahed-

drones, and one Kh-59 missile.

According to the report, Russia also fired 8 cruise missiles Kh-22 and 6 high-precision Oniks missiles, with the Oniks missiles directed at infrastructure in the Odesa region.

The latest barrage came one day after Russia carried out what Moscow's Defense Ministry described as a "strike of retribution" on Ukrainian military facilities near Odesa and the coastal city of Mykolaiv, using sea-launched precision weapons.

Russia blames Ukraine for a July 17 strike on the Kerch Bridge, which links Russia with the Crimea, and is a key artery for military and civilian supplies.

Ukraine's top security agency appeared tacitly to admit to a role in the July 17 attack but stopped short of directly claiming responsibility, echoing their responses after previous similar attacks on the Kerch Bridge.

Top China Diplomat Says It Is "Impossible To Contain" The Country

BEIJING, Jul 19 (Agencies): Beijing's top diplomat Wang Yi told Henry Kissinger on Wednesday that it is "impossible to contain or encircle" China, hailing the former US secretary of state's role in opening up relations between Washington and Beijing.

"China's development has a strong endogenous momentum and inevitable historical logic, and it is impossible to try to transform China, and it is even more impossible to encircle and contain China," Wang told the 100-year-old Kissinger in a meeting in Beijing,

according to a foreign ministry statement.

Hailing China's "friendship established with old friends", Wang praised Kissinger's "historic contributions to the ice-breaking development of China-US relations".

"China's policy towards the United States maintains a high degree of continuity, and follows the fundamental guidelines proposed by President Xi Jinping, which are mutual respect, peaceful coexistence, and win-win cooperation," Wang added.

"These three guidelines are fundamental and long-term, and they are also the right



way for China and the United States, two big countries, to get along with each other," China's top diplomat said.

"The US policy toward China needs Kissinger-style diplomatic wisdom and Nixon-style political courage," he added,

referring to former US president Richard Nixon, who established diplomatic ties with Communist-run China.

Kissinger, then US national security advisor, secretly flew to Beijing in July 1971 on a mission to establish

relations with communist China.

That trip set the stage for a landmark visit by Nixon who sought both to shake up the Cold War and enlist help ending the Vietnam War.

Washington opening to then-isolated Beijing contributed to China's rise to become a manufacturing powerhouse and the world's largest economy after the United States.

Since leaving office, Kissinger has grown wealthy advising businesses on China -- and has warned against the hawkish turn in US policy.

Over 700 Sentenced To Prison Over France Riots

PARIS, Jul 19 (Agencies): More than 700 people have been sentenced to prison over riots in France late last month, the country's justice minister said Wednesday, lauding the "firm" response of magistrates.

In total, 1,278 verdicts have been handed down, with over 95 percent of defendants convicted on a range of charges from vandalism to attacking police officers.

Six hundred people have already been jailed.

"It was extremely important to have a response that was firm and systematic," Justice Minister Eric Dupond-Moretti told RTL radio. "It was essential that we reestablish national order."

The most intense urban violence in France since 2005 began on June 27 after a police officer shot dead a 17-year-old boy with North African roots during a traffic stop west of Paris, in an incident recorded by a passerby.

The riots were contained after four nights of serious clashes thanks to the deployment of around 45,000 security forces, including elite police special forces and armoured vehicles.

Dupond-Moretti had led calls for courts to hand down harsh sentences as a deterrent, with some staying open over the weekend of the clashes to handle a backlog of cases.

Many suspects faced immediate appearances and some defence lawyers have raised concerns about the fairness of the judicial process and the heavy use of custodial sentences.

The average age of the over 3,700 people arrested was just 17, with the minors appearing in separate children's courts.

The number of people sentenced to prison exceeds the number in 2005 at the time of the last major riots when around 400 people were sent to jail.

At least 12 killed in Peruvian bus crash

LIMA, Jul 19 (Agencies): At least 12 people were killed and more than a dozen injured after a bus plunged into a ravine in a remote area of Peru on Tuesday, officials said today.

"There are currently 12 deceased and more than 15 injured. We are still here at the scene working, providing all the support, together with the police, health workers and prosecutors," Carlos Oyola, mayor of Fitzcarrald province, told radio station RPP.



The accident occurred on Tuesday, with the bus overturning and rolling into a 100-meter (330-foot) chasm in the Andean region of Ancash.

The bus was travelling from Yauya to the capital Lima when it crashed. "According to residents, the bus violently

rolled off the road," said the mayor.

The reason for the accident remained under investigation.

Accidents frequently occur along Peruvian highways due to speeding, poor road conditions, lack of signage and poor enforcement of traffic rules.

Over 2,000 Civilians Evacuated Over Crimea Military Base Fire

MOSCOW, Jul 19 (Agencies): A fire broke out Wednesday at a military training field in annexed Crimea, the Russian-installed governor said, prompting authorities to order the evacuation of more than 2,000 civilians.

Authorities did not specify the cause of the blaze, but some Russian media reported that detonations were heard in the area and footage showed columns of black smoke in the sky.

The news comes days after Ukraine used waterborne drones to

attack the Kerch bridge, a key military supply artery from mainland Russia to annexed Crimea.

"The temporary evacuation of residents of four localities adjacent to the military field in the Kirovsky district is planned. That's more than 2,000 people," said the Moscow-installed head of Crimea, Sergei Aksyonov.

A section of the Tavrida highway that crosses the peninsula had been closed due to the fire.

Authorities were carrying out "temporary



evacuation" of residents from four settlements, he added, which would see more than 2,000 people moved.

Footage posted on the Telegram account of state-backed Izvestia newspaper purporting to show footage of the fire

showed plumes of black smoke billowing into the sky.

Two Russian online media outlets reported that detonations had been audible in the area for over two hours.

Bus traffic on interregional routes had been

"temporarily redirected", Nikolay Lukashenko from Crimea's transport ministry wrote on Telegram.

The Tavrida highway connects the eastern Crimean port of Kerch to Sevastopol on the peninsula's Black Sea coast in the west, according to Russia's TASS news agency.

Russia annexed Crimea from Ukraine in 2014, a move not recognised by the international community.

Kyiv has repeatedly said it plans to take back the peninsula.

LJP (R) J&K UT hails Chirag Paswan joining NDA Alliance

Top News Report

JAMMU, Jul 19: J&K Lok Janshakti Party (Ramvilas) on Wednesday hailed Chirag Paswan joining NDA Alliance and expressed confidence that now his party will play an important role in highlighting public issues and will project burning issues of J&K people before party High Command.

This was stated by LJP (R) J&K President Rafiq Malik while addressing media persons in Jammu.

Addressing media persons, Malik said that Lok Janshakti Party (Ram Vilas) needs the support of everyone to bring change and claimed that "LJP will play a crucial role in forming the government as there are natural allies of the NDA government in the Centre".

He said now Lok Janshakti Party (Ram Vilas Paswan) is an important partner of the National Democratic Alliance (NDA). As an important partner of the NDA, it is also a major ally in the journey of service, good governance, and poor welfare by the NDA government under the leadership of Prime Minister Narendra Modi.



Malik said late Ram Vilas Paswan was one of India's most experienced Parliamentarians and administrators.

"His contributions to public service and empowering the downtrodden will always be remembered," he said. He said parliamentary system of the opposition, dignity and this disdainful attitude towards democracy is on the rise," he added. "It is a very sad public fact that the opposition runs away from meaningful debate because it represents old and selfish public desires, which

have been repeatedly rejected by the public. Opposition unity strives not on a shared vision for national development, but for votes.

This is a common practice for vote bank politics," he said. "Such parties can never fulfill the aspirations of the Indian people. It is an insult to the ideals of countless other great men of honest service who with dedication and commitment, spent their entire life in nation-building. These works of the opposition parties tarnish the values and contributions of great leaders

who established our democracy and worked tirelessly for it," he added.

On this occasion several prominent persons joined LJP (R) who were given responsibility of office including Parshotam Manyal appointed JKUT President Dastkar Majdoor Union, Kishore Kumar Vice President Dastkar Majdoor Union, Satpal Choudhary General Secretary Majdoor Union, Rakesh Kumar State Secretary Mazdoor Union.

Prominent among those present on the occasion include Santosh Singh JKUT Sr.Vice President, Rajiv Gorka JKUT President Legal Cell and Chief Advisor, Deepak Kumar Jammu Province President, Mulkh Raj JKUT President SC cell, MK Bhat JKUT President Migrant Cell, RP Singh JKUT General Secretary, Sonu Kumar Pangotra District President Jammu, Nirmal JKUT General Secretary Mahilla Wing, Rekha Devi President Rural Cell JKUT Mahilla Wing, Vishali Devi Youth President Mahilla Wing, Sureshta Khajuria JKUT Secretary Mahilla Wing, Anjali Youth General Secretary Mahilla Wing, Rimpi Devi, Chanchla and Sheela Devi besides others.

LEAD targets 1 lakh low-fee schools to transform education in India's small towns

Top News Report

JAMMU, Jul 19: LEAD, India's largest School Edtech company, ON Wednesday announced its plans to foray into the low-fee school segment in India, propelling a new era of educational excellence in underserved schools across 'Bharat'.

LEAD's decision to expand into the low-fee school segment in India is underpinned by deep understanding and insights gained from over a decade of operations as India's leading School Edtech, and its mission to serve 25 million+ students and 60k+ schools by 2028. With this strategic move, LEAD is now India's fastest growing School Edtech company, and is well-positioned to serve all segments of schools, ranging from low-fee schools in Tier 3-4 towns and villages, to medium-fee and premier schools in its metros and large cities.

Earlier in 2023, LEAD completed its acquisition of the local K-12 learning business of Pearson India. With this acquisition, LEAD now has the largest portfolio of School Edtech products and services to better serve the learning needs of the entire spectrum of 5 lakh+ private schools in India.

Sumeet Mehta, Co-founder and CEO, LEAD, said, "Survey after survey has said that Indian schools are mostly low-fee schools who can't



afford expensive, innovative solutions. So, we've got to design solutions for the low-fee schools so that every child can access an excellent education. With this latest innovation, LEAD now has a solution that will serve the needs of over 1 lakh schools in India."

Comprising more than 100,000 institutions, India's low-fee school segment is concentrated in its small towns and villages, and represents a key opportunity to shape its future educational outcomes. Recent analysis of India's School Edtech sector indicates that schools across segments are poised for rapid transformation and digitization, underpinned by the National Education Policy (NEP) 2020 guidelines that mandate multi-modal teaching-learning in schools; rising data penetration; and accelerated digital adoption due to Covid.

LEAD's Integrated School Edtech system is aligned with NEP 2020 and includes customized, AI-enabled offerings for all segments of schools. LEAD's holistic

approach to education includes a Teacher Capability System to empower every teacher with internationally benchmarked tools and resources; Smart Class solutions to transform traditional classrooms into digitally-enabled, multi-modal teaching-learning spaces; an Integrated Curriculum to boost student learning and confidence; and Smart School systems to streamline administrative tasks, enhance operational efficiency and provide actionable data insights to schools. With LEAD, schools are able to derive all the benefits of improved academic performance and admissions. Students are able to gain deep conceptual understanding of subjects; and build critical 21st century skills such as Communication, Collaboration and Critical Thinking. In the 2023 Class 10 board exams, the percentage of LEAD students who scored greater than 90% was double that of the national average.

LEAD's entry into the low-fee school segment marks a paradigm shift in India's education landscape, promising to unlock the potential of students, schools and communities. Through its transformative offerings and unwavering commitment, LEAD is reshaping education in Bharat and is paving the way for a brighter, more confident future.

Army conducts lecture on Sensitization and Prevention against Cyber Fraud and Spam Calls

Top News Report

RAMBAN, Jul 19: Indian Army conducted a lecture to generate awareness and sensitize local populace on latest Cyber Crimes and spam calls originating from Pakistan/PoK to target the simple and unassuming people residing in remote villages of Jammu and Kashmir.

In its unwavering commitment to safeguard the interest of people from Ramban District of Jammu and Kashmir, Indian Army has launched a campaign against Cyber Fraud and Spam Calls originating from Pakistan to dupe the innocent people of their hard earned money by offering lottery winnings and offering hassle free loans.

These fraudsters con the poor people to deposit a token amount of money along with their personal details and IDs with the lure of winning lotteries or offering loans.

The Indian Army therefore conducted a crucial awareness lecture on cybercrime for the residents of these far-flung areas in District Ramban, Jammu and Kashmir. With the rapid advancement of technology, cyber threats have become increasingly prevalent across the Jammu division, affecting individuals and organisations.

Recognizing the importance of empowering citizens with the knowledge and tools to protect themselves against cybercrimes, the Indian Army organized this informative lecture as part of its ongoing efforts to promote cyber security and digital literacy in remote regions.

The event was organised at Higher Secondary School Sangaldan, which witnessed enthusiastic participation from Teachers, students and speakers from the

Indian Army and JKP.

The lecture presented insightful sessions on various aspects of cybercrime, including online fraud, identity theft, phishing, ransom ware attacks and other emerging threats.

The lecture aimed to raise awareness about potential risks and vulnerabilities associated with the digital world and highlighted best practices to stay safe while using the internet and digital devices.

Addressing the gathering, an Indian Army officer and JKP officer emphasized the significance of being vigilant against cyber threats and encouraged attendees to be proactive in adopting preventive measures. The speakers stressed the importance of reporting any suspicious online activities and provided information about the channels available to report cyber incidents.

Furthermore, the Indian Army's cyber awareness drive also included demonstrations and practical exercises to educate attendees on secure online practices, the safe use of social media and the significance of strong passwords.

Participants were also informed about available resources and helpline numbers that could be utilized in case of cyber emergencies.

The successful execution of this awareness campaign marks yet another initiative of the Indian Army's tireless efforts to create a safer and more secure cyber ecosystem in the region.

By extending such initiatives to the far-flung areas of District Ramban, the Indian Army reaffirms its commitment to protecting citizens from the threats posed by cybercrime.

NYK Poonch organises various activities under Mission life



Top News Report

MANDI, Jul 19: Nehru Yuva Kendra (NYK) Poonch, Ministry of Youth Affairs and Sports, Govt of India organized various activities under Mission life on theme Behavioural change, communication activities, promotion of mission life and its identified theme.

Programmes on Wall painting, Nukkad Natak, one act play, knowledge competitions and sharing of IEC material among volunteers, member of youth clubs and others were conducted suc-

cessfully.

Resource person 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 events.

People appreciated and encouraged efforts made by the youth & Nehru Yuva kendra Poonch.

Vote of thanks was presented by employee of Nehru Yuva Kendra Poonch.

FROM PAGE 1

LG Sinha expresses grief over loss of lives in Kathua District

have lost their lives and many others are feared trapped under the debris. Rescue and relief operations are currently underway. I have directed the district administration to provide all possible aid to the bereaved families, who have lost their near and dear ones as well as medical assistance to the injured".

Heavy rains damage several houses in Kathua, 5 dead

landslide at Bhuldi Nallah near Daggar while he was trying to clear a water passage to avoid damage to his house, he said, adding Lal's body was recovered and handed over to his family.

The official said while two houses were completely damaged, several other houses suffered partial damages.

Chief Justice inaugurates 40 Hrs Mediation Programme for Advocates at JKJA Srinagar

Director, J&K Judicial Academy, Y.P Bourne, in hid welcome address highlighted on the transformative impact of mediation

training programme on legal community as a whole.

Member Secretary, J&K Legal Services Authority and Coordinator, Mediation and Conciliation Committee, Amit Gupta, in his vote of thanks expressed gratitude to all the distinguished guests, participants as well as potential trainers, and organizers who contributed for the success of the programme.

Pertinently, the 40-Hours Mandatory Mediation Training Programme is an initiative of Mediation and Conciliation Committee of High Court of J&K and Ladakh under the aegis of MCPC, Supreme Court of India, aimed at equipping Advocates with specialized skills and in-depth knowledge of Mediation practices. The aim of this mediation programme is to encourage amicable settlements, and reinforce the principles of justice and equality.

The event also celebrated the commitment of Justice N. Kotiswar Singh towards environmental sustainability, as the Chief Justice engaged in a planting a tree within the premises of the J&K Judicial Academy. This initiative symbolizes the dedication of the Chief Justice to environmental conservation and fostering a greener future for coming generations.

Among others, the programme was attended by Principal Secretary to the Chief Justice, M.K. Sharma; Principal District & Sessions Judge, Srinagar, Jawad Ahmed; Registrar Vigilance, Tasleem Arif; Registrar Rules, Rajinder Sapru; Registrar IT, Anoop Sharma; Secretary, HCLSC, Prem Sagar; Joint Registrar (Protocol), Abdul Bari and large number of advocates.

Two terrorists killed as

Army foils infiltration bid in Kupwara

hand grenades were among the war-like stores recovered from the scene of the gun battle.

The Army said the operation was still in progress.

Katra receives all-time highest rainfall of 315.4 mm; schools closed in Doda, Ramban

that there was risk of "flash flood, mudslide, and landslides has increased due to heavy rain."

People, he said, are advised to remain cautious and stay away from Streams, Rivers and other vulnerable spots.

Meanwhile, authorities have closed all government and private schools in Doda and Ramban districts for the well-being of the students in view of the heavy rainfall.

Deputy Commissioner Doda also directed all the concerned that "students must be informed, well in advance, about the closure of the schools so that they do not venture out." Chief education officer Ramban urged heads of institutions to help students reach their homes safely.

Unknown gunmen fire at two forest dept employees in Pulwama

taken to a local hospital. Yusuf was later shifted to S M H S Hospital in Pulwama in critical condition, they said, adding further details were awaited.

Heavy rains lash Jammu traffic suspended on Jammu-Srinagar National Highway

spokesperson of the meteorological department said.

"This is the heaviest rainfall since 1980," the spokesperson said.

While the Vaishno Devi pilgrimage is going on smoothly, the new battery car track to the shrine was closed in view of the apprehension of shooting of stones and landslide, the officials said.

They said the helicopter service to the shrine was also suspended due to inclement weather.

The rivers and rivulets in many places, especially in Kathua and Samba districts have reached close to or crossed the flood alert level with the weather office predicting more rains till noon.

"The flood situation is grim in Kathua and Samba as all the rivers including Ujh in Kathua and Basantar have crossed flood alert mark, while the water level in Tawi, Chenab and its tributaries in Jammu are nearing the flood alert level," an official said.

CBK files charegsheet against two bank

officials for embezzling public money

(the then Branch Manager, BCCB Branch Hajin) and Ghulam Ahmad Shah (the then clerk, BCCB Branch Hajin) for their alleged involvement in commission of offences punishable under Sections 420, 468, 471, 409, 120-B & 201 RPC of police station Crime Branch Kashmir (now Economic Offences Wing, Srinagar).

A communication was received from the Registrar of Co-operative Societies, J&K wherein it was alleged that some officers and officials of the Baramulla Central Co-operative Bank Ltd. have dishonestly and fraudulently misappropriated and embezzled large sums of public money in different branches of the Bank etc. Accordingly, it said, the case was registered in 2016 and investigation started.

"During investigation it came to fore that Abdul Razak Wani had entered into a criminal conspiracy with his clerk Ghulam Ahmad Shah as a result of which employees of the bank had cheated the depositors, forged the financial documents and records and misappropriated and embezzled large sums of public money running into lakhs of Rupees."

Evidence collected, it said, during investigation has "established" criminal culpability and proved that offences punishable u/ Ss 420, 468, 471, 409, 120-B & 201 RPC by the duo.

"Accordingly, charge-report (challan) of the instant Case has been presented in the Court for judicial determination."

Weight loss drugs making waves: All about Ozempic, Wegovy, and Mounjaro

Doctors in India are prescribing semaglutide, available under various brands like Ozempic, Wegovy, and Mounjaro pens, along with other pill forms readily accessible at local chemists, with a valid prescription.

NEW DELHI, Jul 19 (Agencies): Since Elon Musk openly divulged his weight loss secret, the floodgates have opened, revealing that numerous celebrities are rapidly shedding pounds to maintain their Instagram-worthy physiques. Although most deny using any "skinny pens," reports suggest that they are discreetly getting these treatments.

Recently, American comedian Amy Schumer admitted to taking Ozempic, sparking further conversation. The topic even became a subject of jest by Jimmy Kimmel at the Oscars 2023, as he poked fun at A-listers' clandestine weight loss regimen.

In India, within tight-knit circles, discussions revolve around the side effects experienced by those who have ventured into this domain. Conversations about the seemingly miraculous shedding of pounds remain confined to their exclusive circles, rarely shared with outsiders.

Doctors in India are prescribing semaglutide, available under various brands like Ozempic, Wegovy, and Mounjaro pens, along with other pill forms readily accessible at local chemists, with a valid prescription.

What are Ozempic, Wegovy, and Mounjaro, and who is prescribing them in India?

Ozempic and Wegovy are essentially the same drug, both containing semaglutide. Ozempic is the brand name for semaglutide indicated for diabetes, while Wegovy is the brand name for semaglutide indicated for obesity. Despite this, Ozempic has been widely used off-label as a weight-loss drug. Wegovy is available in higher doses compared to Ozempic and is FDA-approved for weight loss. Wegovy is administered

via a single-dose prefilled pen, offering dosage options of 0.25 mg, 0.5 mg, 1 mg, 1.7 mg, and 2.4 mg. On the other hand, Ozempic is delivered through a prefilled pen, offering doses of 0.25 mg, 0.5 mg, 1 mg, and 2 mg.

Dr. Anjali Hooda, a practitioner of Functional Medicine at GK2 in New Delhi, prefers Mounjaro over Ozempic and Wegovy. Dr. Kiran Sethi, a skin and wellness doctor in the national capital's Vasant Vihar area, recently launched her weight loss program and also favors Mounjaro (tirzepatide) over the other options. However, both doctors tend to lean toward semaglutide or tirzepatide pills as they are easier to manage in case the patient needs to discontinue treatment due to potential adverse effects.

Mounjaro is one of the latest FDA-approved medications to control type 2 diabetes, although it is being used off-label for weight loss. It is a branded version of the drug Tirzepatide. In India, qualified doctors in urban metropolitan cities, particularly functional medicine experts, endocrinologists, some cosmetologists, and internal medicine doctors, prescribe these drugs.

How are these drugs administered?

Similar to Wegovy and Ozempic, Mounjaro (Semaglutide) is self-administered once a week via injection. Ozempic is distributed in a multi-shot dispenser pen, while Mounjaro is supplied in a single-dose pen.

Why Mounjaro over Ozempic and Wegovy, and what are their costs?

To the surprise of Ozempic enthusiasts, doctors claim that Mounjaro is significantly superior. An endocrinologist, speaking on the condition of anonymity, advises patients



to await the availability of Mounjaro at local chemists rather than hastily opting for other brands.

Dr. Kiran Sethi agrees with Dr. Anjali Hooda stating, "Studies indicate that Mounjaro (tirzepatide) provides better diabetes control compared to Ozempic (semaglutide). Not only does Mounjaro yield greater weight loss than the alternatives, but I also observe fewer side effects and fewer gastrointestinal complications. The only drawback is the price in India, with a single shot costing around Rs 60,000 - 70,000, as opposed to Ozempic, which costs Rs 20,000 per injection."

Both Mounjaro and Ozempic belong to the class of drugs known as "incretin mimetics." Mounjaro acts on both GIP and GLP-1 receptors, while Ozempic acts solely on GLP-1 receptors. Both drugs effectively treat type 2 diabetes, but Mounjaro proves more beneficial for obesity due to its action on GIP receptors. Dr. Anjali Hooda adds, "I find Mounjaro safer, thanks to it being a combination drug. While some patients experience

zero side effects with Mounjaro, each patient is different."

Considering the price barrier, Mounjaro is less affordable than Ozempic for most individuals.

In India, over-the-counter options like PhenQ (considered a natural alternative to Mounjaro) and Zotrim (a herbal hunger reducer) are available. Although recommended by several dieticians who are not doctors, these options cost approximately Rs 3,000 to Rs 8,000 for 60 pills. Doctors still prefer the semaglutide combinations for weight loss.

Dr. Kiran Sethi believes that Mounjaro is more effective for weight loss than Ozempic, with the caveat that Ozempic reduces the risk of heart attacks. Therefore, her prescription varies from person to person. Both doctors agree that these drugs should not be prescribed to teenagers unless they are morbidly obese.

Are these drugs available in India?

All three drugs require a valid prescription and are available in India through larger chemists that stock

imported medications. An Ozempic shot costs approximately Rs 20,000 per injection, administered once a week over an average period of six months.

However, each patient's duration and dosage will vary. For those who are morbidly obese, a minimum of six months of injectable drug treatment is typically required.

The pill form of semaglutide, sold under brand names like Rybelsus, is readily available. Rybelsus pills are offered in three variations - 3mg, 7mg, and 14mg - with a strip of ten tablets costing approximately Rs 3,000 and above, making each pill approximately Rs 300 to Rs 400. Ideally, the pill form of semaglutide is taken daily for six months to a year.

Dr. Kiran Sethi states, "In my obesity program, I initiate treatment with the pill form. It is more convenient for patients and allows for easier discontinuation if necessary."

It is worth noting that the weight tends to return once the patient ceases using any of these drugs.

Who should not take these drugs?

According to Dr. Anjali Hooda and Dr. Kiran Sethi, individuals with a history of medullary thyroid cancer or MEN syndrome, or those allergic to semaglutide, should avoid these drugs. Dr. Sethi adds, "In case of any history of chronic pancreatitis, I would not suggest or prescribe them."

What Are the Most Common Side Effects of These Weight Loss Drugs?

Mounjaro is known to have fewer side effects compared to Ozempic and Wegovy, and both doctors agree that it is generally better tolerated by patients. Common side effects include diarrhea, nausea, and, in some cases, hair loss.

When it comes to Wegovy and Ozempic, gastrointestinal issues are more prevalent than with Mounjaro.

Dr. Kiran Sethi remarks, "I have noticed pancreatitis as the worst side effect with semaglutide, which is very painful but rare. More common side effects include nausea, vomiting, and diarrhea. Aesthetically, 'Ozempic face,' 'Ozempic butt,' and 'Ozempic hair' are common issues that we manage with fillers, ulthera, threads, and Transform 4D. In some cases of 'Ozempic body,' we have to administer boosters and threads. For 'Ozempic hair,' we manage with needleshield PRP or vitamin drips."

'Ozempic face' refers to sagging skin on the face due to rapid weight loss, resulting in an appearance of aging. 'Ozempic butt' is a similar phenomenon where the buttocks sag, leading to a deflated appearance that requires cosmetic procedures to fill. 'Ozempic hair' is the latest addition, as sudden weight loss causes a lack of nutrients reaching the scalp, leading to hair shedding and receding hairlines.

Why Are Doctors Enthusiastic About Retratudite?

Clinical trials are underway for this new injectable drug candidate from Eli Lilly, and it is delivering stunning weight loss results during this phase. Dr. Anjali Hooda states, "I am closely monitoring the clinical trial data and can say, based on initial observations, that once cleared, Retratudite will outperform Ozempic, Mounjaro, and Wegovy for weight loss. It is still too early to provide a complete analysis, but in adults with obesity, retratridite treatment for 48 weeks resulted in substantial reductions in body weight. Therefore, it seems to be a much more result-oriented drug, according to my evaluation."

Doctors have already started comparing the results to bariatric surgery. At the recent American Diabetes Association conference in San Diego, doctors reportedly expressed admiration for the drug's potential to rapidly combat obesity and diabetes. The improvements in patients' blood sugar, cholesterol, and blood pressure levels were said to be highly satisfying.

How Does Retratudite Compare to Ozempic, Wegovy, and the Highly Preferred Mounjaro?

While Ozempic and Wegovy mimic the hunger-regulating hormone GLP-1, Mounjaro imitates two hormones, GLP-1 and GIP. In contrast, Retratudite is a single molecule that mimics three hunger-regulating hormones: GLP-1, GIP, and glucagon.

Due to this "triple G" action, scientists worldwide are increasingly intrigued by Retratudite. Current clinical trials indicate that it shows more promise in terms of potent effects on appetite and food satisfaction.

Anti-ageing function of human cell protein discovered

NEW DELHI, Jul 19 (Agencies): Researchers have found an anti-ageing function in a protein deep within human cells.

The protein, ATSF-1, controlled the fine balance between creation of new and repair of damaged mitochondria, the part of cell responsible for producing energy, the researchers at the Queensland Brain Institute (QBI), The University of Queensland, Australia, discovered.

"Mitochondrial dysfunction lies at the core of many human diseases, including common age-related diseases such as dementias and Parkinson's," said associate professor at QBI, Steven Zuryn.

While the energy produced by the mitochondria powers biological functions, the toxic by-products of this process contribute to the ageing process of the cell.

"Our finding could have exciting implications for healthy ageing and for people with inherited mitochondrial diseases. "In conditions of stress, when mitochondrial DNA has been damaged, the ATSF-1 protein prioritises repair

which promotes cellular health and longevity," said Zuryn.

As an analogy, Zuryn likened the relationship to a race car needing a pitstop. "ATSF-1 makes the call that a pitstop is needed for the cell when mitochondria need repairs.

"We studied ATFS-1 in C. elegans, or round worms, and saw that enhancing its function promoted cellular health, meaning the worms became more agile for longer.

"They didn't live longer, but they were healthier as they aged," said Zuryn.

Understanding how cells promote repair is an important step towards identifying possible interventions to prevent mitochondrial damage, the authors said in the study published in the journal Nature Cell Biology said.

"Our goal is to prolong the tissue and organ functions that typically decline during ageing by understanding how deteriorating mitochondria contribute to this process," said Michael Dai, QBI.

"We may ultimately design interventions that keep mitochondrial DNA healthier for longer, improving our quality of life," said Dai.

Supercharge your memory: These 5 essential habits can make your brain sharper

NEW DELHI, Jul 19 (Agencies): The harsh reality is that ageing is inevitable. As we progress in life, there are consequences that threaten our health, especially when it comes to brain function.

Our memory plays an important role in helping us stay at the top of our game, making vital decisions and driving us to learn new skills.

As people get older, they may notice it takes longer to learn new things, they don't remember information as well as they did, or they misplace items like glasses.

These are usually signs of mild forgetfulness, not serious memory problems like Alzheimer's disease. Age-related declines most commonly include overall slowness in thinking and difficulties sustaining attention, multitasking, holding information in mind, and word-finding.

Moreover, research has shown

that memory and brain function can be improved in older adults. Noninvasive electrical stimulation to the brain has been found to enhance long-term and working memory in adults over 65 years old.

Learning new skills, staying physically and mentally active, and maintaining social connections can also contribute to memory improvement.

Regular exercise

Movement is one of the most important aspects of our health. Infusing physical activity on a day-to-day basis can make your brain and mental health better. According to a study, when you engage in regular activity, it increases the size of the hippocampus, a key brain region responsible for memory formation.

Eat healthy

It is rightly said that we are what we eat. What you choose

to put in your body can reflect later on your health. A study showed that people who had a healthy diet were 24 per cent less likely to have cognitive decline than people with the least healthy diets. If you want to protect your memory and have optimal brain function, then make sure your food reflects that principle.

Have a diet filled with proteins, healthy carbohydrates and fats. Ensure that refined sugar isn't in your daily consumption and make sure you start the day with healthy fats and proteins like eggs, avocados, fish and nuts.

Stimulate your mind

One of the best ways to improve your memory is by stimulating the brain. Challenge your brain with mental exercises by solving puzzles, reading, learning new skills, engaging in strategic games to enhance the neural connections.

A systematic review of studies estimated that complex mental activities such as reading books, playing checkers and completing crosswords or other puzzles, reduced overall incident dementia risk by 46 per cent during a seven-year period.

Manage stress

Managing stress and anxiety can help repair cognitive function. A few ways to manage stress is by taking time out from your busy schedule and engaging in relaxing activities, such as listening to music, travelling or medication.

Adequate Sleep

Getting enough sleep is vital for brain health. Aim for seven to nine hours each night. Lack of sleep or restless sleep has been linked to memory loss as it affects the production of the hormone melatonin. Ensuring you get restful sleep should be a priority.

Monsoon health tips: Ayurvedic remedies for migraine

One of the main reasons why people get more migraines in the monsoon season is the change in weather patterns.

NEW DELHI, Jul 19 (Agencies): There are several factors that contribute to migraines. Besides symptoms like nausea, and sensitivity to light and sound, which are common ailments, monsoons bring about additional reasons that cause migraines.

Migraines, also known as intense headaches accompanied, are a common ailment that affects millions of people worldwide. While migraines can occur throughout the year, it

has been observed that people tend to experience more migraines during the monsoon season.

One of the main reasons why people get more migraines in the monsoon season is the change in weather patterns.

During this time, there is an increase in humidity levels and a decrease in barometric pressure. Studies have shown that these changes can trigger migraines in susceptible individuals.

The fluctuations in barometric pressure can affect the level of oxygen and blood flow to the brain, leading to the onset of migraines.

Weather changes are empirically known to trigger migraine, and it is estimated that weather changes are involved in approximately 20 per cent of migraine episodes.

Additionally, the monsoon season brings along with it a host of other factors that can contribute to migraines.



The increase in moisture in the air can promote the growth of mold and fungi, which are known triggers for migraines.

Furthermore, the prevalence of allergens such as pollen and dust mites

also tends to increase during this time, which can exacerbate migraine symptoms in individuals who are sensitive to these allergens.

The change in routine and lifestyle can

also contribute to an increased occurrence of migraines.

Ayurveda expert Dr Dimple Jangda suggested some remedies that can help with migraines.

Shirolepa

Shirolepa helps cure migraines and mental exhaustion caused due to stress. It is a technique in which certain herbs are mixed to form a paste. The paste is kept over the head, and is covered with the help of a plantain leaf for an hour.

Shirodhara

A thin stream of warm oil is poured in a continuous stream over the forehead, the area where our nerves are highly concentrated. When the oil is poured continuously, the pressure of the oil creates a vibration on the forehead, which allows our mind and nervous system to experience a deep state of mental rest.

Kavala Graha
Kavala Graha has a detoxifying effect

and gives relief from migraine headaches. Ayurveda suggests oil pulling with chandanadi taila and mahanarayani taila to cure migraine attacks.

Sneha Nasaya
This therapy is administered through the nasal route. Medical oils such as shidbhindu taila or anu taila are put in the nostrils in the same way as you put nasal drops. It helps in the treatment of the pain above the shoulder area.

Vinesh, Bajrang get special treatment

To represent India at Asian Games without trial; coaches question decision

NEW DELHI, Jul 19 (Agencies): The ad hoc committee appointed by the Indian Olympic Association to run the Wrestling Federation of India has finally come out with the criteria for the Asian Games trials.

The committee, led by Bhupinder Singh Bajwa, has decided that Vinesh Phogat (women's 53kg category) and Bajrang Punia (men's freestyle 65kg event) will represent India at the Asian Games without appearing in the trials. However, trials will still be held in these two weight categories to select the standby wrestlers.

The decision has come under fire from senior coaches, including ad hoc body member Gian Singh and chief coach Jagminder Singh, who have claimed that they were not included in the decision-making process.

"I do not know why my name has been mentioned in the letter. I was not even there and I have not signed any such letter,"



Jagminder told The Tribune.

Gian, who was a part of the wrestling protest against Brij Bhushan Sharan Singh, said that the possibility of exemption for Bajrang and Vinesh was never even discussed amongst the committee members.

"We never talked about it. All I knew was that we had to follow the rules. I cannot recall that this was discussed or agreed upon when we were a part of the meeting," Gian said.

As per the WFI selection rules for the Asian Games formulated last year, "the selection of all weight categories are mandatory, however, the selection committee will have the discretion to select the iconic players like the medallists of Olympics/World Championships without trials provided recommendation from the chief coach/foreign expert."

"The rule says that either the chief coach or the foreign expert

has to recommend the exception," said a source. "We do not have a foreign expert as of now and the chief coach has not recommended sending Bajrang and Vinesh without trials so everyone in the wrestling community is wondering who has decided on this unfair rule," the source added.

The Asian Games trials will be held at the IG Stadium here on July 22-23. The women's and Greco-Roman bouts are scheduled for the first day and the freestyle competition will be held on the second.

The last date for sending the entries is July 20. Medallists at the last national championships, senior open ranking tournament, National Games, U20 & U23 world and Asian championships, and participants at the ranking series events, world & Asian championships, Commonwealth Games and Tokyo Olympics can send their entries for the trials.

Jr Shooting Worlds: India, China bag gold as race for top spot heats up



NEW DELHI, Jul 19 (Agencies): India were locked in a fight for the top position with toppers China on the third day of the ISSF Junior World Championships, in Changwon, South Korea.

China has four gold medals, five silver and three bronze, while India has won four gold, three silver and three bronze medals.

China bagged gold in the women's 10m air rifle team event with a junior world record tally of 1,892 by the trio of Wang Zifei, Fan Xinyi and Zhang Jiale.

India won silver as Gautami Bhanot, Sonam Maskar and Swati Chowdhury tallied 1886.8. Norway won bronze.

Earlier, Parth Mane, Abhinav Shaw and Dhanush Srikanth combined in the men's 10m air rifle team event to win India's only gold of the day.

India also picked up a silver medal through Raiza Dhillon in the women's skeet and a bronze through Umamahesh Maddineni in the men's 10m air rifle individual competition.

The trio of Parth, Abhinav and Dhanush shot a combined total of 1,886.7, while the Chinese shooters managed a total of 1,883.5. South Korea won bronze.

This was also Abhinav's second gold of the tournament. He had combined with Gautami on Monday to win the 10m air rifle mixed team competition.

In the men's 10m air rifle event, Abhinav and Dhanush also made the final top-eight. Abhinav, in fact, topped the 64-strong field with a score of 631.4, while Dhanush was third with a 629.9.

Umamahesh qualified in the seventh position with a score of 627.9 but shot a brilliant final round to claim bronze, ending after the 22nd shot with a tally of 229.0.

Ashes 4th test: Cummins persists with Warner at top

MANCHESTER, Jul 19 (Agencies): David Warner is set to open in the fourth Ashes Test against England, Australia captain Pat Cummins said today, but spinner Todd Murphy could be squeezed out to accommodate both all-rounders, Mitchell Marsh and Cameron Green.

Warner's place looked uncertain after his double failure in the third Test at Headingley where the opener managed a total of five runs and fell to Stuart Broad in both innings.

"Josh will come in for Scott Boland, and the top-order will stay the same," Cummins, whose team are 2-1 ahead in the five-match series, told reporters on the eve of the match at Old Trafford.

"Davey (Warner) didn't have his best game last week at Headingley, but prior to that, he has looked really good. He has had three 50-run (opening) partnerships, which can be rare over in England," he said.

Replacing an injured Green at Headingley, Marsh smashed a century and grabbed a couple of wickets to make it difficult for the selectors to drop him.

The weather forecast for the hints at potential delays, but England captain



Ben Stokes today said the looming rain clouds will be an advantage as his side are ready to play an even more aggressive brand of cricket.

"It helped us in the last game knowing that we had to press the game on to stay in the series," Stokes told reporters.

Rohit Sharma says transition will happen in Indian cricket: Our role is important to give youngsters clarity

NEW DELHI, Jul 19 (Agencies): Captain Rohit Sharma expressed his belief that the transition in Indian cricket will happen sooner rather than later, emphasising the importance of the role played by senior players. As India prepare for their historic 100th Test against West Indies, Rohit acknowledged the promising performances of the young players joining the team and stressed the senior players' responsibility to provide them with clarity of role.

Highlighting the potential of the emerging players, Rohit stated, "Transition has to happen, whether today or tomorrow but I am happy that our boys who are coming in are doing well. And our role is important



as we have to give them role clarity. Now it's up to them how they want to prepare and perform for the team. ... And we rely on those individuals and obviously they are the future of Indian cricket and they will take Indian cricket to greater heights."

Despite their success in the first Test, Rohit mentioned that there would be no drastic changes in the winning combination for the

second Test. However, inclement weather conditions at the Queens Park Oval had made it challenging to determine the nature of the pitch.

"In Dominica, we had a clear idea when we saw the pitch and knew the conditions. Here we don't have clarity as there is talk of rain, but I don't think there will be drastic changes. But whatever conditions are available, based on that, we will make that deci-

sion," Rohit said.

Rohit also addressed the performance of left-arm pacer Jaydev Unadkat, who seemed less effective than Mohammed Siraj or Shardul Thakur in the opening match. Unadkat had a limited bowling role, delivering only nine overs across two innings, with just two overs bowled in the second innings.

Considering the conditions, the Indian team management may opt for a third spinner in Axar Patel or employ the swing bowling skills of Mukesh Kumar if the weather remains overcast. Rohit expressed satisfaction with the young players' contributions, particularly mentioning Yashasvi Jaiswal's impressive

debut, where he scored 171 runs.

Looking ahead to the landmark Test, Rohit acknowledged the historical significance and anticipated a strong response from the West Indies team. He described it as an honour to lead the Indian team in such a match and expected an exciting contest between the two sides with a rich cricketing history.

"It's an honour to be taking the Indian team into this game and it doesn't happen every day. The two teams have so much history, so much of good cricket played. I will expect no different in this Test. I am sure they (Windies) will bounce back and it will be exciting for both teams," Rohit said.

India A captain Yash Dhull ready to soak in pressure against Pakistan A in ACC Men's Emerging Asia Cup 2023

NEW DELHI, Jul 19 (Agencies): The cricketing world is abuzz with anticipation as India A and Pakistan A prepare to face off in the ACC Men's Emerging Asia Cup 2023. This encounter, set to take place on July 19, is more than just a game; it's a chapter in the ongoing saga of one of the greatest rivalries in cricket history.

Leading the Indian contingent is a group of young talents who have already made their mark on the domestic stage. Among them are Yash Dhull, Dhruv Jurel, Sai Sudarshan, and Abhishek Sharma. These players, fresh off their impressive IPL seasons, are eager to prove their mettle on an inter-

national platform and contribute to India's rich cricketing legacy.

Yash Dhull, the captain of India A, is no stranger to the pressure that comes with such high-stakes encounters. In an exclusive interview with Star Sports, he acknowledged the inevitable tension but expressed confidence in his team's ability to handle it. "Pressure will undoubtedly be there," he said, "but how we handle it - whether by enjoying the game or succumbing to the weight of expectations - is entirely up to us. We plan to approach this as we would any other game, without getting caught up in the results."

Abhishek Sharma, another promising



player, shared his personal connection to the India-Pakistan rivalry. Having followed these matches since his childhood, he understands the magnitude of the occasion. "I can feel the excitement and the pressure," he admitted during his chat with Star Sports. "But it's an opportunity we've been waiting for, and we're

ready to rise to the challenge."

Dhruv Jurel, the team's wicketkeeper-batter, also spoke about the unique thrill of the India-Pakistan rivalry. He believes that a standout performance in this match could be a significant achievement given the intense competition between the two nations. "If anyone

plays a good game in these matches, it looks like a big achievement for them because it's the India-Pakistan match," he told Star Sports.

This match is not just about individual performances, though. It's about the historical significance of the India-Pakistan rivalry, the electrifying atmosphere it creates, and the chance to add another chapter to its illustrious history. As these young talents take the field, they carry with them the hopes and expectations of millions of fans. Their performances could determine their future prospects and shape the course of cricketing history.

Korea open: Satwik-Chirag cruise into Rd 2



YEOSU, Jul 19 (Agencies): Star Indian men's doubles pair of Satwiksairaj Rankireddy and Chirag Shetty stormed into the second round with a straight-game win over Thailand's Supak Jomkoh and Kittinupong Kedren in the Korea Open Super 500 here. The world No. 3 pair beat Jomkoh and

Kedren 21-16 21-14 in the Round of 32 to set up a clash with China's He Ji Ting and Zhou Hao Dong in the next round.

World No. 27 MR Arjun and Dhruv Kapila, however, couldn't complete the match after the former suffered from a back issue and retired midway in the opening game while lagging 5-6 against the eighth-seeded Chinese duo of Liu Yu Chen and Ou Xuan Yi in their opening round.

Harshit Aggarwal also couldn't reach the main draw after losing to South Korea's Choi Pyeong Gang 15-21 21-10 21-11 in his second qualification match. Shashwat Dalal lost his first-round match 14-21 17-21 to Jeong Min Seon.

Star India shuttler Satwiksairaj Rankireddy has set the Guinness world record for the fastest hit by a male player in badminton, recording a mindboggling 565 km/h with his smash. Satwiksairaj thus broke a decade-long record set in May 2013 by Malaysian Tan Boon Heong, who had produced a speed of 493 km/h with his smash.

NADA tests on doping not in accordance with world standards, 12 Indians test positive: WADA

NEW DELHI, Jul 19 (Agencies): In one of the most embarrassing moments in Indian sport, the World Anti-Doping Agency has come out with a report that said National Anti-Doping Agency's testing programme was not in accordance with World Anti-Doping Code and International Standard for Testing and Investigation.

The statement released by WADA and available on its website said that the WADA's long-run investigation has found discrepancies in NADA's testing. WADA's "independent Intelligence and Investigations (I&I) Department has published its summary report

following an investigation into allegations that elements of the testing program of the National Anti-Doping Agency of India (NADA) were not in accordance with the World Anti-Doping Code (Code) and International Standard for Testing and Investigations (ISTI)."

The world anti-doping Agency said there was not adequate testing on NADA's registered testing pool. This was found out during "Operation Carousel", a long-run investigation. "WADA I&I's long-running investigation, known as 'Operation Carousel', was launched in 2018, and uncovered evidence that NADA did not carry

out adequate testing on some athletes in NADA's registered testing pool (RTP) while also failing to put in place appropriate monitoring of athletes' whereabouts information(1).

The investigation monitored select sports and athletes within India and, as a result, in cooperation with NADA, 12 positive tests (Adverse Analytical Findings) and 97 whereabouts failures of 70 athletes were identified.

These are now subject to results management processes as appropriate."

Gunter Younger WADA's I&I director said: "Since 2016, WADA

has been working with NADA to improve its anti-doping program, providing various corrective actions to address non-conformities with the World Anti-Doping Code and International Standards. In parallel and in response to tips coming through our confidential information platform, 'Speak Up!', WADA I&I launched 'Operation Carousel', which uncovered clear evidence that NADA's lack of resources meant it was not carrying out a sufficient level of testing and it did not have satisfactory oversight and management of whereabouts filings by athletes in the registered testing pool."

"Since 'Operation Carousel' began to engage openly with NADA in late 2022, NADA has strengthened its testing program by improving internal processes and bringing in significant additional resources, both human and financial. As a result, both the collection of blood samples and out-of-competition testing (urine and blood) has increased. Moreover, NADA has doubled its sample collection staff, including doping control officers, and made significant improvements to its whereabouts management.

The organization is receiving external assistance to develop

and strengthen its anti-doping programs further, including its investigative and intelligence capabilities. Going forward, WADA's Compliance Taskforce will continue to monitor the activities of NADA to ensure it upholds the high standards demanded by the Code and all related International Standards.

The release also said that "the names of those involved in the investigation have been withheld from the summary report in order to protect their privacy rights, in accordance with the terms of the International Standard for the Protection of Privacy and Personal Information."

Memo submitted to SSP Jammu

Bhim Singh's hut torched, land usurped, Mala's Bank A/c looted but culprits unpunished: Harsh

Top News Report

JAMMU, Jul 19: Hundreds of JKNPP activists led by its State President and former Minister, Harsh Dev Singh held a massive protest at Jammu on Wednesday and took out a procession upto SSP Office Jammu seeking immediate arrest of the notorious elements who had burnt Prof. Bhim Singh's hut at Sidhra, usurped his land and siphoned money from Jay Mala's Bank accounts. The protestors raising slogans of "Bhim Singh Ki Property Lootne Walon Ko Girafaar Karo, Girafaar Karo", "Jay Mala Ke Bank account se Paise Gaban Karne Walon Ko Girafaar Karo, Girafaar Karo", "Mala ki Hatya Mein Zimmedar Sazish Karne Walon Ko Girafaar Karo, Girafaar Karo" etc reached the office of SSP Jammu and submitted two different memorandums seeking high level probe into the mysterious death of Jay Mala and usurpa-



tion of the properties of Ankit Love's father and mother by the culprits enjoying the support of a BJP leader. The protestors later addressed the media outside the Police Headquarters. Speaking on the occasion, Harsh Dev said that Prof. Bhim Singh had a strip of land in Sidhra measuring one kanal on which he had constructed a hut after availing loan from Legislative Council in 2003-04. The said hut was set on fire by certain vested interests who further

usurped the land on which the said hut had been constructed. Not only that, the vested interests had further broken open the locks of Bhim Singh's building at Rajinder Bazar, trespassed into the same, destroyed some important documents and locked the said building. But despite the matter having been reported to the Police, no action had been taken to arrest the said criminals, regretted Singh. Ankit Love said that not only was Prof.

Bhim Singh's property looted by opportunist and criminal minded relatives but his mother Jay Mala's Bank A/cs were also looted by the very same criminals in collusion. Mr. Ankit divulged that money was withdrawn from Mala's A/c five times during less than two months. He said that it was bizarre that money was withdrawn from Mala's Bank accounts twice even on the day she collapsed. But still no enquiry was held due to patronage of a

BJP leader enjoyed by the criminal elements.

The most interesting part of the entire gamut was that Ankit Love was being asked to pay the principal as well as interest on loan obtained by his father Bhim Singh from Legislative Council for construction of the hut/ house in Sidhra despite the said properties having been usurped by offenders, deplored Harsh Dev.

He urged upon the SSP to take immediate action to arrest the criminals alongwith those conniving with them and patronizing them.

Prominent among those who spoke on the occasion included Rampaul Sharma, Shankar Singh Sanju, Jagdev Singh, Gurjeet Singh, Ajay Kumar, Darshan Singh, Vijay Sharma, Satpaul Tarhal, Vijay Singh, Ajay Jamwal, Shiv Raina, Rohit Sharma, Vijay Kumar, Sanjeev Gupta, Sunil Dutt, Vishal Dogra, Santosh Kumar, Rohit Singh and Pawan Kumar.

Fake News rebuttal

Administration refutes allegations of stone pelting on yatries

Says the incident happened between two groups of poniwallas among themselves

Top News Report

SRINAGAR, Jul 19: The administration refuted the misleading claims and allegations made in a video circulated on social media regarding stone pelting on yatries. The administration said that the incident had happened due to the minor dispute among the Poniwallas themselves.

The administration has made all the arrangements for the smooth conduct of yatries for the convenience of pilgrims of Shri Amarnathji Yatra. The local people have been on forefront to

make the yatra successful by rendering their relentless services since the beginning. This yatra is an example of brotherhood, communal harmony and unity among the people.

This Yatra represents spirituality and has been substantial contributor to economic development of J&K.

The video has been created with malicious intention to create divide among communities, spread disharmony and disturb peaceful yatra.

All the yatries who have embarked on the pilgrimage of Holy Cave

of Shri Amarnathji have testified the good quality of services and appreciated seamless yatra.

It is pertinent to mention that administration is committed to ensure safety and security of yatries and all the stakeholders involved with yatra. The administration has taken serious note of the incident and directed police to take strict action against those who are involved in the incident and lodge FIR against rumour mongers. Besides the social media users are asked to refrain from spreading fake news.

Major fire erupts at college in Ganderbal

Top News Report

GANDERBAL, Jul 19 : A major fire erupted at the Government College of Physical Education, Ganderbal, Jammu and Kashmir on Wednesday, officials said.

Officials said that there was no loss of life on injury reported in the blaze.

A viral video showed clouds of smoke

coming out of the building.

"A fire broke out at a government college of physical education, Ganderbal today," officials said.

Upon receiving the word, firefighters rushed to the spot and brought the fire under control.

The immediate cause of the fire couldn't be ascertained, officials added.

Sham Lal visits Art Medical Centre, HexaMed Diagnostics & Speciality Clinics



Top News Report

JAMMU, Jul 19: Former Health Minister and BJP leader, Sham Lal Sharma, along with DIG Jammu, Samba & Kathua Range Shakti Pathak and other dignitaries today made their visit at state-of-the-art HexaMed Diagnostics and Speciality Clinic, situated at main Bypass Road Channi Himmat Jammu.

In order to provide quality health facilities to the people of Jammu and Kashmir at affordable prices in their own city, Shri Kailakh Jyotish Avim Vedic Sanathan Trust in association with Hexamed Diagnostics and Speciality Clinic and invited chief guest of the programme former Health Minister Sham Lal Sharma, special guest Shakti Pathak DIG Jammu Samba and Kathua Range, guests of honor Rajinder Sharma DDC Sunderbani, KK Sharma Director Agriculture Jammu, RK Chhibber former interim chairman of Jammu and Kashmir Bank and present in Jammu Board of Directors of J&K Bank, SP Raj Bhavan Srinagar Brijesh Sharma.

The head of the trust, Mahant Rohit Shastri, said that along with treatment, various types of checkup facilities were also provided free of cost to the people coming to the camp, around 120 people got their checkups done.

Speaking on the occasion, Sham Lal Sharma said that this medical camp has been organized with the view of health

awareness and providing good health facilities, everyone talks about good health and there has been a lot of awareness about it. Still, there are many such cases which force us to think. Many congratulations and best wishes to the organizer of this camp, Nigam Gupta, trustee of Mahant Rohit Shastri Trust, who always strives to organize such events and provide world-class and reliable facilities in the city.

Sham Lal said that after the efforts of Prime Minister Narendra Modi and the removal of Article 370, there has been a lot of change in the investment ecosystem of this Union Territory. Thousands of new entrepreneurs are setting up their units here and emerging as role models in the field of investment.

Sham Lal said that the days of struggle for the entrepreneurs are sounding as if over now and the youths who want to set up their own ventures are getting help from various schemes of the government and all kinds of help are provided to fulfill their dreams. In such a situation, there are possibility of including people from the country as well as investors from abroad among the private investors investing in Jammu and Kashmir.

Appreciating the efforts of Nigam Gupta, Former Minister said that in the health sector his efforts to bring medical innovations with a vision to benefit the people of J&K besides his keenness toward generating new opportunities of employment here, can't be ignored and he's seen Nigam ji always exerting to take new initiatives in this field.

Sham said that due to

the new industrial development policy of Prime Minister Narendra Modi in Jammu and Kashmir, the golden era of industrial development has started in Jammu and Kashmir. Because of this, the opportunities for starting industrial and business companies in various fields have increased, employment opportunities are also being created for the youth and appealed to all government and private sector organizations as well as common cloves to participate in this scheme.

Sharma assured that he'll take up this issue with LG Manoj Sinha so that single window system to avail facilities strengthened and cooperation should be given so that our healthcare segment should moves towards progress in coming days.

Shakti Pathak said that people who are negligent about their health for a long time, who are not aware of their health, the result of which comes in the form of suffering from serious diseases. In spite of all their commitments, the society must take out time to take proper care of their health. It is very important to have a healthy body to get success.

The trust should organize such camps from time to time, all the members of Hexamed Diagnostics and Speciality Clinic and Shri Kailakh Jyotish and Vedic Institute Trust deserve congratulations.

Vikas Gupta, GM Operations at Hexamed told while briefing the press that in today's medical camp, many types of diseases were examined, treated free of cost and cheap (about 70% discount) along with proper advice for further treatment for serious diseases.

On this occasion Chief Engineer Retd JK Sharma, Pramod Sharma, Arun Mankhotra, Pradeep Sharma, Naresh Raina, Uttam Chand Sharma, Vitesh Shastri were present.

AJBRCEA urges LG administration to notify comprehensive Transfer policy

Top News Report

JAMMU, Jul 19: All Jammu Based Reserved Category Employees working in Kashmir once again urged LG administration to notify comprehensive Transfer policy in their favour.

While speaking, chairman of AJBRCEAK Vipan Kumar said that we are very optimistic to see the notification of transfer policy for reserved category employees, as LG Manoj Sinha has given commitment to frame Transfer policy for Jammu based reserved category employees and an empowered committee was also constituted last year in the same month on July 2022, and we are hopeful that Govt going to give a big relief to inter District appointed employees who are working far away from their home from last 15 years.

"Its our long pending demand and we are grateful to Administration for considering it after so many years," Chairman added.

He further said that Employees are expecting to have permanent resolution of this issue, as LG particular have taken several measures in favour of

employees in Jammu and Kashmir "We believe that Jammu Kashmir is on the path peace progress and prosperity, and we having more expectations this time around to see that reserved category Employees may also get what they are demanding for."

Meanwhile AJBRCEAK in hurriedly called meeting discussed all issues of employees including, proper accommodation for Reserved category employees in Kashmir as all these Dogra employees are residing in rented accommodations in far flung areas of Valley, in press note association also requested Lt Governor to issue necessary directions to adjust the protest period in favour of employees as one time measure as confidence building measure to boost the confidence of these employees.

Those who spoke on the occasion include Anil Radhey President AJBRCEAK, Yashpal Bhagat General Secretary, Naresh Kumar Bhagat Incharge Media Communication, Navneet Kundal Vice President, Vijay Dutt, Sukhdev, Jarnail Singh and Naveen Bhagat.

iCreate awards 6 student teams from IIT Jammu's Invention Factory



Top News Report

JAMMU, Jul 19: iCreate (International Centre for Entrepreneurship and Technology), India's leading innovation-based start-up incubator, announced special Spark-Up Grants to 6 teams from IIT Jammu's first edition of "Invention Factory".

Multiple teams from various IITs and NITs across India had taken part in the programme contest. Spark-Up Grant of Rs. 50,000 was awarded to each team by Avinash Puneekar, CEO, iCreate.

iCreate's Spark-Up Grants provide the capital needed to further develop the ideas. iCreate's support can extend beyond financial aid, as the start-up incubator

also provides hands-on mentorship and incubation assistance to help start-ups go past the early stages.

Congratulating the winners, Avinash Puneekar, CEO, iCreate, said, "We are thrilled to be a part of IIT Jammu's Invention Factory programme and extend our support to the participants. IIT Jammu has been on a path to accelerate innovation and entrepreneurship in the J&K region. At iCreate, we believe that these have the power to drive positive and lasting change. We are excited at the opportunity to work together to help create a vibrant entrepreneurship ecosystem in the union territory. By nurturing these exceptional talents, we aim to

catalyse their journey towards becoming successful start-ups contributing to India's vibrant growth. By merging our expertise and resources, together with IIT Jammu, we can unlock the limitless potential of our brilliant minds and propel transformative ideas that could help shape the future".

IIT Jammu's "Invention Factory" aims to support and coach inspired students from all IITs and NITs to shape their innovative ideas to patentable inventions. The participants go through an intensive 6-week programme starting from ideation to designing solutions, building prototypes and even receive guidance to write provisional patents. In the inaugural edition this year, 10 teams of 2 students each were short-listed for the intensive 6-week stint at the IIT Jammu campus. The Spark-Up awardees had innovations in diverse fields ranging from breathable cast maker, valved asthma inhaler, milk boil-over inhibitor to a dry bath for dogs.

Truecaller's AI-powered Assistant launches in India

Top News Report

JAMMU, Jul 19: Truecaller, the world's leading global communications platform, has launched Truecaller Assistant in India. Assistant is an innovation that leverages machine learning and cloud telephony to create the most helpful call-screening solution on the planet.

Truecaller Assistant is a customizable, interactive, digital receptionist that answers your calls for you and helps you avoid unwanted callers. Assistant responds quickly and understands your caller with high accuracy. You can see a live transcription of what the caller is saying, so you know who they are and why they're calling. Then you can decide if



you want to take over the call, ask the caller for more information with just a tap or mark it as spam.

"Until now, Truecaller would show you who's calling but now you can let Truecaller Assistant have a conversation with the caller on your behalf," said Rishit Jhunjhunwala, MD India

at Truecaller.

"This is a very exciting next step for us in helping people avoid spam and fraud callers completely. We've rolled this out to a few markets earlier, and we are really happy to offer this to Truecaller fans in India," he added

Truecaller Assistant is avail-

able on a free 14-day trial, after which subscribers can add Assistant as part of Truecaller Premium Assistant plan that starts from Rs 149 per month (Rs 99 as part of the limited promotional deal). The service was previously launched in the US and Australia, and additional markets and languages will soon follow. In India, Assistant will initially support English, Hindi and 'Hinglish'. Users can choose from different personalised assistants with varying accents and intonation, in different styles such as professional, friendly or courteous.

Learn More about how easy it is to have Truecaller Assistant intercept your calls, so you can engage with the calls you want and avoid fraud and spam. See our call screening webpage.