# TOP NEWS OF J&K

JAMMU, SUNDAY, JULY 23, 2023

Daily Evening Newspaper

**INTERNATIONAL** 

**ENTERTAINMENT** 

16

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**NATIONAL** 

| 7

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18

#### BRIEFLY

#### Two more **Amarnath** pilgrims die, toll reaches 36

SRINAGAR, Jul 23 (Agencies): Two more Amarnath pilgrims have died, bringing this year's death toll during the pilgrimage in the south Kashmir Himalayas to 36, officials said.

The two pilgrims were from Rajasthan. They have been identified as Phateh Lal Manaria, 60 (died at the cave) and Mangi Lal, 60 (died at the Baltal base camp).

While Manaria died of cardiac arrest, the cause of Lal's death was being ascertained, officials said.

These two deaths bring the total toll during the yatra this year to 36. Cardiac arrest triggered by low oxygen concentration at high altitudes is one of the most common causes of fatalities among Amarnath pilgrims and security forces posted there.

So far, more than three lakh pilgrims have visited the cave shrine. The 62-day annual pilgrimage to the 3,888-metre-high cave shrine in the south Kashmir Himalayas started on July 1st from Pahalgam in Anantnag district and Baltal in Ganderbal district and is scheduled to conclude on August 31st.

#### **Pulwama** woman dies after giving birth to child, family alleges negligence

PULWAMA, Jul 23 (Agencies): A woman from Pulwama died after giving birth to a baby girl even as her family members alleged that she died due to medical negligence at district hospital Pulwama.

The woman has been identified as Anisa Jan wife of Feroz Ahmad Mir of Rakh village of Pulwama.

Quoting one of her relatives, news agency-Kashmir News Observer (KNO) reported that Anisa was in a good condition and was operated upon at around 9 pm yesterday evening at district hospital Pulwama. He alleged that despite informing the doctors that patient had

severe pain, they didn't pay any heed. "The doctors repeatedly

Turn to page 9

# Badalta Jammu Kashmir Serving last person of J&K cornerstone of Govt's developmental approach

**Top News Report** 

SRINAGAR, Jul 23: In the past four years, Jammu and Kashmir has witnessed a remarkable transformation with surge in initiation of developmental projects, most of which have been completed by the government.

From the valleys of Kashmir to plains of Jammu, the government's unwavering commitment to serving the last person in the queue has become the cornerstone of their developmental approach.

The staggering figures speak volumes about the government's dedication to uplifting the lives of the people in the region. Over the last four years, the government has successfully

completed an impressive number of developmental projects, creating infrastructure and opportunities for citizens.

In 2019-20, 12,637 projects were completed followed by 21,943 projects in 2020-21. The momentum grew exponentially in 2021-22, with 50,726 projects completed, and in 2022-23, an astonishing 92,560 projects are being accomplished.

What sets the Jammu and Kashmir government's approach apart is its unwavering commitment to inclusivity. The LG led administration has pledged to ensure that the benefits of development reach even the most remote and marginalized

Turn to page 9

## Three seats in Jammu Kashmir assembly being reserved

SRINAGAR, Jul 23 (Agencies): The Central Government is set to bring a significant amendment to the Jammu and Kashmir Reorganisation Act 2019, and make three berths in the Jammu and Kashmir reserved. While two berths would be reserved for "migrants", one berth will be made exclusive for displaced persons, the people who migrated from parts of Jammu and Kashmir in

1947, now on the other side of the LoC, reports appearing in the media said.

The Jammu and Kashmir Reorganisation (Amendment) Bill, 2023, is being presented in the Lok Sabha for approval. The reservations are being made to "preserve their political rights as well as for their overall social and economic development".

Under the new amendments, the Bill specifies

that two seats will be reserved for 'Kashmiri Migrants,' and one seat will be allotted to displaced persons from Pakistan-occupied Kashmir (PoK). These members will be nominated by the Lt Governor of the Union Territory of Jammu and Kashmir.

The Jammu and Kashmir assembly, post delimitation, has 114 berths including 24 seats set aside for areas

Turn to page 9

### PM should make statement on manipur in Parliament: Farooq Abdullah

Parliament. After he

speaks, he should listen

to us (opposition) also.

We hope that we will be

allowed to talk on this

issue in Parliament. Our

aim is not to criticise but

express our feelings

about the situation."

Abdullah told reporters

Asked about his views

on the viral video of

two Kuki women being

paraded naked in Mani-

pur, Abdullah said,

"Manipur is a tragedy for

all of us. It is doomsday

here.



SRINAGAR, Jul 23 (Agencies): National Conference president Faroog Abdullah on Sunday said that Prime Minister Narendra Modi should speak on the Manipur situation in Parliament and the opposition should also be allowed to express its views on the matter.

"The whole world is talking about it (Manipur). He (PM) has commented on the issue and used very strong words but he should say it in

Thursday said the incident of women being paraded naked in Manipur has shamed 140 crore Indians, asserting that law will act with its full might and no guilty will be spared. Tension mounted in the

Prime Minister Modi on

for every Indian".

hills of Manipur after a May 4 video surfaced on Wednesday showing two women from one of the warring communities in Manipur being paraded naked by a mob from the other side.

Abdullah said some people were spreading hate for power.

"I despise such power for which we have to divide the people. God is one and He belongs to everyone. What form you want to see him in is up to you. You want **Turn to page 9** 

#### Anti-**Tank Mine** destroyed by **BSF** near IB in Samba

SAMBA/JAMMU, Jul 23 (Agencies): The Border Security Force (BSF) on Sunday destroyed a rusted antitank mine in a controlled explosion near the International Border in Samba district of Jammu and Kashmir, officials

The anti-tank mine, which is believed to have drifted away by flood waters, was noticed lying on the banks of Basantar river near Border Outpost Bandh tip, about 400 metres from the International Border, around 8 am, the officials said.

They said the powerful mine was later detonated by experts at the scene without causing any damage.

# more

SRINAGAR, Jul 23 (Agencies): Rains continued to lash Jammu and Kashmir even as weatherman on Sunday forecast fairly widespread precipitation

## ment.

Five feared dead after

vehicle rolls into river

ing development, a vehicle JK16-2015, carrying four passengers and a driver, rolled down into the swollen river Shingo, approximately 22 kilometres from Kargil, Friday night. So far the driver's body was recovered from the mangled car fished out of the fastflowing river. The Mahindra Marizo

SRINAGAR, Jul 23

(Agencies): In a disturb-

vehicle was moving from Drass to Kargil when the it met with an accident near Kaksar Bridge. The vehicle had been

hired by a local contractor who had hired three labourers from Doda and Drass. One of the labourers fell seriously ill, prompting the contractor to head towards Kargil for medical treat-

As they approached the river Shingo, the force of the monsoonfed river proved to be too much, causing the vehicle to lose control and plunge into the raging waters. The swift and powerful currents made rescue efforts

#### Man allegedly kills motherin-law in Srinagar, held: Official

SRINAGAR, Jul 23 (Agencies): A man allegedly killed his mother-inlaw in Botakadal area of Central Kashmir's Srinagar district on Sunday.

Quoting official sources, news agency Kashmir Scroll reported that an information was received by Lalbazar police that one lady identified as Saleema wife of Late Mohd Qasim resident of Gulshan bagh,

■Turn to page 9

## **J&K Congress to hold mega convention** on August 6 in Kashmir

SRINAGAR, Jul 23 (Agencies): The Jammu and Kashmir Congress unit held a meeting here Sunday to discuss its strategy for the forthcoming elections in Jammu and Kashmir and prepare for a megaconvention of the party's grassroots level representatives in August.

"We are having an extended Pradesh Congress Committee (PCC) meeting to discuss the upcoming elections, be it local bodies, Lok Sabha



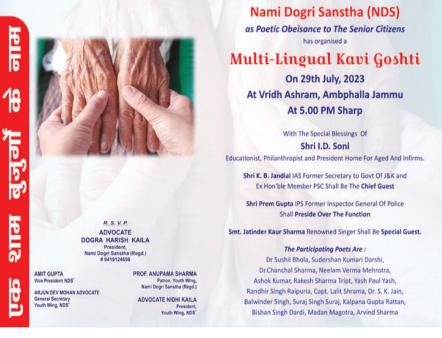
or assembly polls. Two to three senior leaders from all districts will be speaking at the meeting," J-K PCC president Vikar Rasool told report-

He said the August 6 convention is aimed at preparing the party cadre for the upcoming **Turn to page 9** 

### **Rains** continue in J&K, MeT predicts

Turn to page 9

# 'EK SHAM BUZURGON KE NAAM'



## Body Washes! Deodrants/ PAHACHAAN MEDICS SPRAY. REFRESH. REPEAT. Your Ultimate Fragrance Destination! pahachaanmedics pahachaanmedics https://pahachaanmedics.org Body Mists!

## DGP, J&K condoles the untimely demise of Superintendent of Police Sanjeev Khajuria

JAMMU, Jul 23: The Director General of Police J&K Dilbag Singh has condoled sad and untimely demise of Superintendent of Police Shri Sanjeev Khajuria, DyCO JKAP-4th Security Battalion who passed away today morning after a brief illness in Jammu.

He has expressed his sympathy with the bereaved family and also prayed for eternal



peace to the departed

Besides, large number of people belong to different sects of society, the DGP attended last rites of Shri Sanjeev Khajuria at Jogi Gate Premnagar Jammu. Born on April 22 in

1967, Sanjeev Khajuria was appointed in Jammu and Kashmir Police as Sub Inspector in 1995. During his services in Jammu and Kashmir Police, the officer remained posted at District Ramban, IR 20th Bn, IR 18th Bn, IR 19th Bn and JKAP-4th Bn Security Jammu.

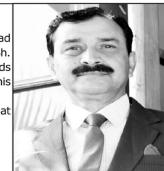
#### **TENTH DAY KRIYA**

With profound grief and sorrow, we inform the sad demise of our beloved Sh .Virander Mattoo S/o Sh. Damodhar 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. Shiban Jee Mattoo -Brother Sh. J.L. Tukra - Brother-in-law



SH .VIRANDER **MATTOO** 

Mr. Subash Chander

Kaul

**SMT VEERO DEVI** 

#### Sh. C.M. Ganjoo -Brother-in-law PH: 7006381286, 7006089390, 7780847353

**OBITUARY/TENTH DAY** 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)

RENAYA KAUL (GRAND DAUGHTER)

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

#### TENTH DAY/KRIYA/UTHALA

WITH PROFOUND GRIEF & SORROW, WE INFORM THE SAD DEMISE OF OUR BELOVED MOTHER SMT VEERO DEVI W/O LATE SHRI SANSAR CHAND MAGOTRA R/O H.NO. 190, WARD NO. 39, PATOLI MANGOTRIAN, JAMMU WHO LEFT FOR HEAVENLY ABODE ON 12TH JULY 2023.

10TH DAY WILL BE PERFORMED ON 21 JULY 2023 AT BUA DATTI MANDIR, PATOLI MAGOTRIAN AT 11 AM.

KRIYA WILL BE PERFORMED ON 22ND JULY 2023 AT OUR RESIDENCE.

UTHALA WILL BE PERFORMED ON 24TH JULY 2023 AT 4 PM AT BUA DATTI MANDIR, PATOLI MANGOTRI-AN. JAMMU

**GRIEF STRICKEN** Shri Pawan Magotra & Smt Santosh Magotra -Son & Daughter-in-law Shri Ravinder Magotra & Smt Vijay Magotra -Son & Daughter-in-law

Shri Arun Magotra & Smt Asha Magotra -Son & Daughter-in-law Shri Ravi Magotra & Smt Nisha Magotra -Son & Daughter-in-law (M/s Ravi Provisional Store)

Shri Arun Magotra & Smt Ruby Magotra Shri Anil Magotra & Smt Madhu Magotra

Daughters & Son-in-laws Smt Seema & Suresh Khajuria

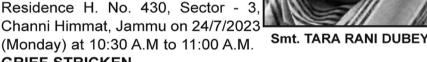
Smt Archana & Rajesh Sharma Contact : 9419153446, 9419716671

#### **5TH DAY**

With profound grief and sorrow we regret to inform the sad demise of our respected & beloved Smt. TARA RANI DUBEY W/o Late Sh. OM PARKASH DUBEY (Pouni wale) R/O Gandhi Nagar, Jammu on 21/07/2023 (Friday).

5th Day will be performed at our Residence H. No. 430, Sector - 3

Channi Himmat, Jammu on 24/7/2023



**GRIEF STRICKEN** 

Brothers & Bhabhies

Late Smt. Santosh Sharma & Late Sh. K. D. Sharma Vidya Devi & Madan Mohan Sharma

Usha Sharma W/o Late Sh. Puran Parkash Sharma

Lakhanpal Family

9419236500, 9419184574, 9596781379, 7006640230

### KRIYA/UTHAL

With profound grief & sorrow, we inform the sad demise of our beloved Late Sh. Ramesh Gupta S/o Late Sh. Bishan Dass Gupta R/o H.No. 111, Lane No. 2, Jawahar Nagai Talab Tillo, Jammu

Kriya/Uthala will be performed at Mahajan Hall, Gali No. 7 Gole Pulli, Near Police Station, Talab Tillo, Jammu on

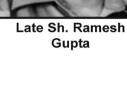
Kriya - 24/07/2023 from 12 Noon. Uthala - 24/07/2023 from 4 to 5 PM **GRIEF STRICKEN** 

Smt. Veena Gupta - Wife Sons & Daughters-in-law Mr. Rohit Gupta & Palika Gupta

Mr. Mohit Gupta & Salochna Gupta Brothers & bhabhi Mr. Vinod Gupta & Mrs. Neelam Gupta

Mr. Darvinder Gupta & Mrs. Chanda Gupta Mr. Joginder Gupta & Mrs. Anju Gupta Grand Children: Vihaan, Avaan Vidharl

9419116004, 9419130253, 7889706260



Smt. Sunita Sawhney

#### **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



With profound grief and sorrow, we regret to inform you that the sad demise of our beloved Smt. Vaishno Devi W/o Late Sh Bansi Lal R/o 213/7 EWS Colony, Lower Roop Nagar Jammu left for heavenly abode on 15-07-2023.

10TH DAY will be performed on 24-07-2023 (Monday) at our residence 213/7 EWS Colony, Lower Roop Nagar, Jammu at 11:00 AM

KRIYA on 27-07-2023 (Thursday)at our resi dence at 12:00 PM and UTHALA on 28-07-2023 (Friday) at Shiv Mandir, Lower Roop

Nagar, Jammu near our residence at 04:00PM GRIEF STRICKEN Daughter-in-Law & Son

Mrs Sonika Datta & Late Shri Devi Datta Daughter and Son-in-law Mrs Kiran Bala & Late Shri Rajinder Kumar

**Grandsons and Granddaughter** Aniket Bhardwaj, Anirudh Bhardwaj, Wamika Bhardwaj, Rajan Kumar

### MOB NO.- 8494022626, 9149442243 **UTHALA**

A loving husband and father, Shri Gopal Krishan Gupta (XEN, PHE Deptt), S/o Late Shri Chuni Lal Gupta, R/o 37-N Sec-3 JDA Colony Upper Roop Nagar, passed away on Thursday 20 July, 2023. Uthala will take place at Gurudwara Kalgidhar, B.C. Road, Rehari, Jammu on Monday 24th July from 4:00 PM to 5:00 PM.

Grief Stricken: Smt Kanta Kumari - Mother Smt Vandana Gupta - **Wife** Swantika & Shivam Koul - **Daughter & Son-in-law** Aagosh Gupta - **Son** 

Shri Vikas Gupta & Aditi Mahajar

Smt Madhu Suri W/o Late Sh Dimple Suri - Sister Brother & Bhabhi: Shri Lalit & Nutan Gupta
Smt Mohini Gupta W/o Late Sh H.K. Gupta - Mother-in-law
Brother-in-laws & Sister-in-laws:



**SMT. VAISHNO DEVI** 

Gopal K. Gupta (XEN, PHE Deptt)

Children: Ekansha, Tvisha & Aneek Awantika, Arshita & Anahita Deepika & Sumeet Gupta

## 10th Day/Kriya

With profound grief and sorrow, we regret to inform the sad demise of our beloved Sh. Vineet Wali, S/o Sh. Vijay Kumar Wali, Dal Hassanyar, Habba Kadal, currently residing at Indirapuram, Delhi NCR.

10TH DAY KRIYA shall take place on 25/07/23 (Tuesday) at 9:00 A.M., Ganga Nahar, Muradnagar.

**Grief Stricken:-**

Near and dear ones Mobile: 9643510052



Sh. Vineet Wali

#### TENTH DAY/KRIYA/UTHALA With profound grief and sorrow, we inform the sad

demise of our revered mother Smt Santosh Devi W/o Late O P Sethi R/o Ward No. 8 Hiranagar. TENTH DAY will be performed at our residence Hiranagar on 22nd July 2023 at 10AM.

KRIYA will performed at our residence Hiranagar on 25th July 2023 at 12PM. UTHALA / RASAM PAGRI will be performed at

home on 26th July 2023 at 11 A.M. **GRIEF STRICKEN:-**Son & Daughter-in-Law

Mr. Sanjay Sethi & Mrs. Samriti Sethi Daughters & Sons-in-Law Smt Anu & Sh B B Abrol Smt Anita & Sh Kapil Abrol Mobile 9419273658



**SMT SANTOSH DEVI** 

## TENTH DAY

With profound grief and sorrow we regert to inform that Smt Jai Kishori Raina W/o Late Jai Krishan Raina of Pethbugh Anantnag at present Block 164, flat 03 Lane 26 Jagti Jammu left for the vaikunth Dam on 19-07-2023. The Mourning is being observed at community Hall, Lane No 23 Opposite Block No 148.

The 10TH DAY KRIYA Shall be performed at Muthi Gath on 28-07-2023 at 8.30 AM and there after assembly will be held at community Hall lane No 23.

**GRIEF STRICKEN** Smt Tosha & T. N Raina -Brother in Law & Sister in Law Daughter in Law

Smt Meena Ji Raina W/o Late Ramesh Raina Dauthers & Sons in Law

Smt Kiran Koul w/o Late Rattan Lal Koul Smt Usha Raina W/o Ashok Raina Smt Rita Raina W/o Ravinder Raina Smt Sumukhi Bhat W/o Vijay Kumar Bhat Smt Sarla Raina W/o Veer Ji Raina

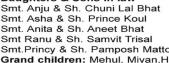
Grand Children: Ritik Raina & Priyanka Raina

#### **10TH DAY KRIYA**

With profound grief and sorrow we regret to inform the sad demise of our beloved Smt Nimee Bhat W/o Shri Maharaj Krishan Bhat originally resident of Tengpuna Pulwama, presently at H.no 102F, Sector 1, Durga Nagar Jammu.

Her 10th Day Kriya will be performed at Muthi Ghat on Wednesday 26th July at 8 am. GRIEF STRICKEN

Maharaj Krishan Bhat - Husband Sister & Brother in law Smt.Veena Ji and Pyare Lal Raina Sons and Daughters in law Smt Neelu & Sh. Sameer Bhat Smt Priya & Sh. Sanjeev Bhat Smt. Anju & Sh. Vimal Bhat Daughters & Sons in law Smt. Anju & Sh. Chuni Lal Bhat



Smt.Princy & Sh. Pamposh Mattoo Grand children: Mehul, Mivan,Hazel, Samaksh, Veronica,Ojal Contact number 7006768182.9796810666.. 9103177751



SMT JAI KISHORI RAINA

**Smt Nimee Bhat** 



**TENTH DAY** MITH PROFOUND GRIEF & SORROW WE REG TO INFORM THE SAD DEMISE OF OUR BELC SMIT. RUPAWATI BHAN WO LATE SH. NIRAH NATH BHAN (R/O BRARIANGAN, UMANAGI PRESENT NANAK VIHAR, LOWER MUTHI N MAHAGANESH MANDIR) WHO LEFT FOR HEA

LY ABODE ON THURSDAY 20-07-2023.
TENTH DAY WILL BE PERFORMED AT MUTHI GI
ON SATURDAY 29-7-2023 AT 08:00 A.M.
GRIEF STRICKEN:(SONS & DAUGHTERS-IN-LAW)
TRILOKI NATH BHAN & SHEELA BHAN
ASHOK KUMAR BHAN & SHAKTI BHAN
DURGA NATH BHAN & BABY BHAN
SUNIL KUMAR BHAN & SUMAN BHAN
(OALIGHTERS & SONJANJAW)

Pandit Parivar of Kakran, Kulgam

402101581, 989938262

DAUGHTERS & SON-IN-LAW)
RAN NATH KHAR & PREM LATA
USHAN LAL BHAN & SUNITA BHAN
HAND PATWARI & SHAKUNTALA KHAR

MMAL FOTEDAR & VIJAYA KHAR RS RANDSONS & GRAND-DAUGHTERS KKAS BHAN & NUPUR ZUTSHI, VIVEK BHAN, VISHAL BHAN, AKASH BHAN, DIKSH HAN, SHIKSHA BHAN, SAKSHI BHAN, SHAWAB HAN, SUSHIL PANDITA & PRIYANK RCHANA PANDITA & VIVEK DHAR, RACHANA PANDITA & SHEEBU DHAR, AKSHA BHAN, ANUSHIKA BHAN B**REAT GRANDSON**: RUDRA BHAN CONTACT NO. 8717091944, 9797363549, 7051011623, 9233016591

TENTH DAY/KRIYA/UTHALA

WITH PROFOUND GRIEF & SORROW, WE INFORM THE SAD DEMISE OF OUR BELOVED MOTHER SMT VEERO DEVI W/O LATE SHRI SANSAR CHAND MAGOTRA R/O H.NO. 190, WARD NO. 39, PATOLI MANGOTRIAN, JAMMU WHO LEFT FOR HEAVENLY ABODE ON 12TH JULY 2023.

10TH DAY WILL BE PERFORMED ON 21 JULY 2023 AT BUA DATTI MANDIR, PATOLI MAGOTRIAN AT 11 AM.

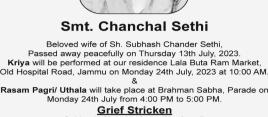
KRIYA WILL BE PERFORMED ON 22ND JULY 2023 AT OUR RESIDENCE.

AT OUR RESIDENCE.

UTHALA WILL BE PERFORMED ON 24TH JULY 2023
AT 4 PM AT BUA DATTI MANDIR, PATOLI MANGOTRI-



AT 4 PM AT BUA DATTI MANDIR, PATOLI MANGOTRIAN, JAMMU
GRIEF STRICKEN
Shri Pawan Magotra & Smt Santosh Magotra -Son & Daughter-inShri Ravinder Magotra & Smt Vijay Magotra -Son & Daughter-inShri Ravi Magotra & Smt Asha Magotra -Son & Daughter-in-law
Shri Ravi Magotra & Smt Nisha Magotra -Son & Daughter-in-law
(M/s Ravi Provisional Store)
Shri Arun Magotra & Smt Ruby Magotra
Shri Arun Magotra & Smt Madhu Magotra
Daughters & Son-in-laws
Smt Seema & Suresh Khajuria
Smt Archana & Rajesh Sharma nt Archana & Rajesh Sharma ontact : 9419153446, 9419716671



KRIYA / UTHALA

Subhash Chander Sethi (Husband)
Daughter-in Law & Sons:
Smt. Priya Sethi & Sh. Yudhvir Sethi
(Former Minister) (Vice President BJP JK (UT) Smt. Amita Sethi & Sh. Dharamveer Sethi. Smt. Shiveta Sethi & Sh. Vikrant Sethi. Smt Saroi & Sh. Vinod Kumar Smt Saroj & Sh. Vinod Kumar.
Smt. Monika & Sh. Rajnish Sethi (Nephew)
Sh. Parmjit Sethi (Nephew)
Devar & Devrani:
Smt. Kiran Sethi & Sh. Rajinder Sethi.
Sister in Law & Bother in Law:
Smt. Krishan Bhasin Wo Late Sh. Inderjeet Bhasin.
Smt. Raj Anand & Sh. Ved Parkash Anand
Smt. Mridhu Dillawari Wo Late Sh. Ramesh Dillawari.
Sisters & Brother in Law:
Smt. Janak Mehta Wo Late Sh. Prem Mehta
Sh. Krishan Kumar Sadotra

Sh. Krishan Kumar Sadotra Smt. Kamlesh Kohli & Adv. V.K. Kohli Smt. Anjali W/o Late Sh. Avtar Singh (Dehradun) Grand Sons & Daughter in Law:

Smt Harshita Sethi & Sh. Sarang Sethi Dhruv Sethi / Sarthak Set 9419147030, 9419197280, 9419128486, 9419188463, 9419183871

#### **OBITUARY**

With profound grief and sorrow, we regret to nform the sad and untimely demise of our ed **Sh. Ravinder Kumar Bhan** S/o Late Sh. Nath Ji Bhan & Late Smt Arandhati Bhan originally resident o Malapora, Habbakadal, Srinagar presently residing at H No.101, B/2, Vikas Nagal Sarwal, Jammu on 17/07/2023 at Mumbai 10th Day Kriya shall be performed 26/07/2023 at 08:30 AM at Mumbai. GRIEF STRICKEN:-Mrs. Girja Bhan (Wife) (Daughter & Son-in-law) Mrs. Priyanka & Mr. Ankul Bagati

SH. RAVINDER KUMAR BHAN (GASHA JI) Mrs. Shah Jee & Mr. B. M. Bhan (Sister-in-law & Brother)

Mrs. Lalita & Dr. S.K. Raina (Sister & Brother-in-la Mrs. Anita & Mr. B. S. Bhan (Sister-in-law & Brother) DEEPLY REMEMBERED BY: Ashutosh, Amrita, Esha, Anisha, Anool leetu, Shivanker, Tashwik, Takshvi and Samast Bazaz, Bagati, Ambardar, Raina, Koul, Bhat & Machama Parivaar. Contact nos. 6006024873, 9906063670, 9004166590, 9419205002

#### TENTH DAY KRIYA

With profound grief we wish to inform the sad demise of our beloved Smt Bimla Razdan (Hashia) W/o Sh. J.L Razdan (Hashia) originally from Shelteng, Habakadal, Srinagar. Currently residing at H. No 170 Sector Chiranjeev Vihar, Ghaziabad on 16th July 2023.

TENTH DAY KRIYA will be held on 25th July 2023 (Tuesday) at Gang Nahar, Murad Nagar, Ghaziabad at 9 AM. GRIEF STRICKEN

Jawahar Lal Razdan (Hashia)- Husband Kanta Razdan - Sister-in-Law Rakhil Razdan & Anjali - Son & Daughter-in-Law Rahul Razdan & Vandana -Son & Daughter-in-Law

Dr. Seema Bhargava -Daughter Raiender Razdan & Pamposh - Son & Daughter-in-Law &

Raina's Tickoo's

## MOBILE NO: +91- 9899851153, +91- 9899348896

With profound grief and deep sorrow, we inform the sad demise of our beloved S. Rangil Singh S/o Late S. Roop Singh R/o House No 337 Street No 11 Talab Tillo Jammu who left for heavenly abode o

BHOG AND ANTIM ARDAS

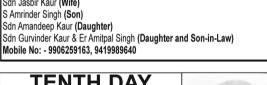
Sri Akhand Paath Sahib will Arambh at our residence House No 337 Street No 11 Talab Tillo Jammu on 22/07/2023 (Saturday) at 9.00 am Bhog of Sri Akhand Paath Sahib will be performed at their residence on 24/07/2023 (Monday) at 9.00 am

and Kirtan and Antim Ardas will be performed a Gurudwara Tahli Sahib Nitco Lane Talab Tillo o 24/07/2023 from 10.00 am to 12.00 noon GRIEF STRICKEN:-Sdn Jasbir Kaur (Wife)

TENTH DAY

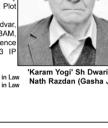
Mobile No: - 9906259163, 9419989640

S. RANGIL SINGH S Amrinder Singh (Son) Sdn Amandeep Kaur (Daughter)



Smt Bimla Razdan

Nith profound grief and sorrow, we regret to inform the sad demise of our beloved father 'Karam Yogi'







SMT VEERO DEVI

of cannabis-based treat-

ments in addressing vari-

Dr. Jitendra Singh

emphasized the impor-

tance of using latest

technology and the cul-

tivation practices for

increasing the produce

that would help the farm-

ers. Dr. Jitendra Singh

also stressed the need

for developing newer

indigenous varieties that

would suit the environ-

mental conditions of our

country. He also high-

lighted the role of biotech-

nology in this endeavour

and encouraged the

researchers to continue

pushing the boundaries

of scientific development.

media on the occasion,

Dr Jitendra Singh said,

Cannabis is a wonder

plant from which FDA has

approved the drugs such

as Marilnol/nabilone and

Cesamet for treatment

of nausea and vomiting,

Sativex for neuropathic

pain and spasticity, Epid-

iolex, Cannabidiol for

epilepsy and being used

elsewhere in countries.

While briefing the

ous health conditions.

# Jammu to pioneer India's first Cannabis Medicine Project: Dr Jitendra

**TOP NEWS REPORT** 

JAMMU, July 23: Union Minister of State (Independent Charge) Science & Technology; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh today said, Jammu is going to pioneer India's first Cannabis Medicine Project.

'Cannabis Research Project' of CSIR-IIIM Jammu is a first of its kind in India initiated under the leadership of Prime Minister Narendra Modi, in Private Public Partnership with a Canadian firm, which has a great potential to put substance of abuse for the good of mankind especially for patients suffering from neuropathies, cancer and epilepsy.

Dr. Jitendra Singh said this during a visit to the Cannabis Cultivation Farm of CSIR-Indian Institute of Integrative Medicine at Chatha near here to get the first-hand information about the cultivation practices for Cannabis in the protected area of the institute and research work being carried out on this important plant.

The Minister said, this project of CSIR-IIIM is also important from the perspective of Atma-Nirbhar Bharat as after getting all the approvals, it will be able to produce export quality drugs meant for different kinds



of neuropathies, diabetic

pains etc.

Dr. Jitendra Singh said, since J&K and Punjab are affected by drug abuse, this kind of project will spread awareness that this substance of abuse has diverse medicinal uses especially for the patients suffering from malignancies and other diseases.

Dr. Jitendra Singh said, the signing of scientific agreement between CSIR-IIIM and IndusScan was historic not only for J&K but for whole of India as it has the potential to produce those kinds of medicines which have to be exported from foreign countries.

This kind of project will give an impetus for huge investment in Jammu and Kashmir, Dr. Jitendra Singh added.

While appreciating CSIR-IIIM for this project, Dr. Jitendra Singh said, CSIR-IIIM is the oldest scientific research institute in India with the history of discovering mint way back in 1960s, the

centre of purple revolution and now the Cannabis Research Project of CSIR-IIIM is going to make it more prestigious in terms of scientific

research in India.

During the field visit, Dr
Jitendra Singh took stock
of the one acre protected
area where CSIR-IIIM
is presently doing large
scale cultivation of superior accessions of Cannabis.

The Minister also visited the glass houses with climate control facilities where research work on improving the varieties for desired cannabinoid content is being performed.

Dr. Jitendra Singh com-

plimented the efforts of the CSIR-IIIM for pioneering research in exploring the therapeutic properties of Cannabis, a plant which is otherwise prohibited and known for abuse. The Minister expressed his satisfaction over the research work conducted on Cannabis Project by CSIR-IIIM and also acknowledged the immense potential

In J&K, the license was granted to CSIR-IIIM, Jammu for research and protected cultivation and upon permission of GMP manufacturing, the rest of pre-clinical and clinical studies would be completed.

Dr. Zabeer Ahmed.

Director, CSIR-IIIM, apprised the Union Minister that at present CSIR-IIIM has a repository of more than 500 accessions collected from different parts of the country. The scientists of the institute are working in different directions to provide the end-to-end technology for Cannabis cultivation, drug discovery with emphasis on disease conditions like pain management in cancer and epilepsy. He further informed Union Minister that under a tripartite agreement of CSIR with Department of Biotechnology (DBT) and Indian Council of Medical Research (ICMR), CSIR-IIIM has completed the exploratory research on Cannabis after license for cultivation of Cannabis for scientific purpose was granted by J&K Govt. For further pre-clinical regulatory studies related to management of Cancer Pain and epilepsy, it is very important to carry out GMP manufacturing for pre-clinical and clinical studies which are mandatory requirements of the discovery of newer therapeutic drugs.

# Dinesh, Ravi Prakash inaugurate Langar of SAJYWS on 23rd consecutive day



TOP NEWS REPORT

JAMMU, Jul 23: Today, the langar organized by Shri Amarnath Ji Yatra Welfare Society (SAJYWS) at Baba Purnath Mandir, Bhagwati Nagar, Jammu, was inaugurated for the 23rd consecutive day. The event was graced by Dinesh Mahajan, Senior Journalist at Dainik Jagran, and Ravi Prakash Khajuria, Editor of Dainik Roshni Hindi English Newspa-

As Chief Guests, Dinesh Mahajan and Ravi Prakash Khajuria personally distributed food and langar among the devotees of Lord Shiva heading on the Amarnath Yatra.

Speaking to reporters, Dinesh Mahajan emphasized the significance of Lord Shiva and the profound bond of humanity in Jammu & Kashmir. He expressed his happiness to be part of this sacred gathering and praised the efforts of Shri Amarnath Ji Yatra Welfare Society's Executive National President, Rajkumar Goyal, and National

General Secretary, Raju Chandel, along with all the volunteers, for providing round-theclock langar services to the devotees of Baba Barfani. He assured his unwavering support for such noble initiatives and urged people to come forward and wholeheartedly contribute to the langar organizations serving the pilgrims of the Amarnath Yatra.

In his address, Ravi Prakash Khajuria highlighted the divine essence of Lord Shiva and the blessings bestowed upon his devotees through worship. He expressed his gratitude for the privilege of attending the langar and serving the devotees during the auspicious Amarnath Yatra.

Rajkumar Goyal, the National Executive President of Shri Amarnath Ji Yatra Welfare Society, was amazed to see the huge gathering of Shiva devotees in Jammu and Kashmir and likened it to the grandeur of Mahakumbh Mela. He acknowledged the positive impact of

the pilgrimage on the region's tourism and local businesses, leading to increased employment opportunities for the unemployed shopkeepers of Jammu and Kashmir.

Raju Chandel, National General Secretary of Shri Amarnath Ji Yatra Welfare Society, emphasized the role of Sanatan Dharma in establishing peace worldwide. He appreciated the efforts of Baba Shri Barfani Amarnath and the langar organizers for promoting unity and spiritual harmony among the devotees. He mentioned that during the month of Sawan. Lord Shiva Shankar fulfills the wishes of all devotees and forgives their sins.

Among the attendees were Langar Director Sardar Sucha Singh (Councillor) from Bhagwati Nagar, Mothershakti Meena Kak, TK Kak, Paramjit Singh Happy Manthan Goyal, Youth Leader Sardar Charan Singh, District President Jammu G. Vikram Sridhar Chhota Yogi, Majid Bhai and Sonu Bhai.

## Kali Dass elected Chairman, Sham President of Barwala Biradari

TOP NEWS REPORT

JAMMU, Jul 23: Barwala Biradari members residing in and outside Jammu Province today gathered at Aijal Malal village of District Jammu in a congregation to elect office bearers of Biradari to represent aspirations of community members and to address various issues confronting members of Biradari. It deserves mentioning here that election for various office bearers of Biradari has been conducted after nearly two decades.

Members presented at this moment had threadbare discussion on the issues related to the welfare of the Biradari , employment share , economic condition along with social status of the



Political representation and other issues were also discussed. Members after detailed discussion, decided to elect new team for the Biradari with dedicated and honest members who can represent the Biradari with devotion and to set agenda for future generations. It

families of the Biradari.

was also decided to have election for the team after every two years.

years.
On this occasion, members of the Biradari unanimously elected Kali Dass as Chairman, Biru Mal elected as Vice Chairman and Sham Lal as President by raising their hands in the august gathering. Those who

were elected Vice Presidents include present Sham Lal, Mohan Lal ,Romesh Chander, Capt Gopal Dass ,Rattan Lal ,Kuldeep Raj ,Kali Dass ,Suraj Parkash ,Om Parkash ,Baku Ram ,Mohal Lal ,Om Parkash ,Bir Kumar ,Tara Chand,Bachano Devi, Sema Devi.

General secretaries

elected on the occasion include Jagu Radha, Mukesh Kumar, Gopal Dass ,Bandana Devi , Arti Devi , Seema Devi Labha Ram ,Roshni Devi ,Skinder Lal ,Rohit Kumar ,Bachan ,Gorkha Ram Ramesh Lal ,Adan Lal ,Suresh Kumar ,Billa Ram ,Mohinder Kumar, Pawan Singh ,Raj Kumar ,Jyoti Devi ,Gabar Singh ,Baldev Raj , Sawarn Lal ,Sarfo Devi. Badmo Devi ,Tarsem Lal. Further elected Tesil Presidents include Isher Dass ,Hoshyar Chand ,Sai Dass ,Dalawar Singh, Sat Paul, Sardar Chand ,Kartal Chand Mohinder Kumar. Romesh Chander, Jagu Ram were elected cashiers.

# TOP NEWS REPORT to Mata Machail Bhawan have been hiked to Rs to reduce the helicopter fare for

Shiv Sena demands reduction in

KISHTWAR, Jul 23: Tilak Shan, President of Shivsena Chenab Valley, has raised a demand for a significant reduction in the helicopter service fare from Gulabgarh Paddar to Machail Mata Temple in the Kishtwar area of Jammu division.

In his statement, Shan highlighted that last year's tariff for a two-way journey was Rs 5,130. However, the new rates for the helicopter service from Gulabgarh Paddar

have been hiked to Rs 7,580, despite the journey taking only 7-8 minutes to reach the temple shrine.

Shan expressed concern that the increased fare could deter many pilgrims from undertaking the religious journey to Machail Mata Temple via helicopter. The inflated tariff may also discourage families from participating in the pilgrimage.

Considering these potential repercussions, Shan firmly urged the

the helicopter fare for the pilgrims. He believes that a more affordable fare would not only support the spiritual journey of devotees but also maintain the tradition of pilgrimage to the revered Machail Mata Temple.

Shivsena remains dedicated to the welfare and interests of the people, and this demand for a fare reduction is in line with their commitment to ensuring accessibility and ease for all pilgrims visiting the holy shrine.

## Dogri Sanstha releases 'Ashok Ambar's 'Ekk Anjul Chanani'

TOP NEWS REPORT

JAMMU, Jul 23: Dogri Sanstha Jammu released Ashok Ambar's collection of dogri ghazals 'EKK ANJUL CHANANI' in a simple but an impressive function at Dogri Sanstha, Dogri Bhawan, Karan Nagar, Jammu. Khalid Hussain, eminent Punjabi writer was chief guest, Deepak Aarsi, a well-known dogri poet was Guest of Honour on the ocassion whereas the function was presided over by Prof. Lalit Magotra, president Dogri Sanstha Jammu.

It is pertinent to add here that Ashok Ambar is a well-known dogri poet and is also awarded with



Prof. Ram Nath Shastri Memorial Award. Khalid Hussain while interacting with the audience as the chief Guest said that Ashok Ambar is a well-known poet in Dogri language and knows the depth of Ghazal Writing. Deepak Aarsi while complementing the poet said that whatever he writes, it's from innermost of his heart.

Prof. Lalit Magotra, in his presidential address said that there are always expectations from the poet like Ashok Ambar and he always delivers with another collection of Ghazals. This book is also a fine example of Ghazal writing. The poet Ashok Ambar also recited a few Ghazals on the occasion. A detailed paper on the book was presented by Raj Kumar

Behrupia and Susheel Begana presented vote of thanks. The programme was conducted by Pawan Verma.

A number of writers, literature lovers and family members of Ashok Ambar attended the function.

#### UNION TERRITORY OF JAMMU& KASHMIR OFFICE OF THE EXECUTIVE ENGINEER, ESTATES DIVISION, JAMMU.

SHORT NOTICE INVITING TENDER

E-NIT No: - 46of 2023-24 Dated: - 18-07-2023

For and on behalf of Lieutenant Governor Union Territory of Jammu & Kashmir e-tenders through online mode are invited on **percentagebasis** for the below mentioned Works from approved and eligible contractors registered with CPWD, MES, Railways, BRO, and PWD of J&K UT / other State Govts. as per pre-qualification criteria indicated in this bid document for the following works.

S. No	Name of work	Estimated Cost	Cost of doc.	Earnest money	Time of Completi	Class of Contractor
		(Rs. In Lacs)	(in Rs.)	(2% of Adv Cost)	on	
1.	Construction of wardrobes, modular kitchens, providing and fixing of curtain rods in 32 No. flats at Lower Roop Nagar Muthi, Jammu.CNO279-P	15.00	600/-	2%	60 days	A, B, C & D
2.	Upgradation of Govt Quarters at New and Old Muthi Jammu. CNO280-P	15.00	600/-	2%	60 days	A, B, C & D

 Bidding documents consisting of pre-qualification criteria, specifications of the work, Bill of Quantities, set of terms and conditions of contract and other relevant details can be seen/downloaded from the website <a href="www.jktenders.gov.in">www.jktenders.gov.in</a>, Estates.

1		Concade of tender.					
ı	Α	Date of Issue of Tender Notice	18-07-2023				
	В	Period of downloading of bidding documents	18-07-2023from 1800Hrs to 24-07- 2023upto1630 Hrs				
CE		Bid submission Start Date	18-07-2023 from 1800 Hrs				
ı	D	Bid submission End Date	24-07-2023 upto1630 Hrs				
	Е	Date of opening of Technical Bids (online)	25-07-2023, 1100 Hrs in the office of the Executive Engineer, Estates Division, Jammu				

No: Estates/DB/3324-36 Dated: 18/07/2023

Schedule of tender

DIP/J-5505/23

Sd/-(Er.Jugal Kishore) Executive Engineer, Estates Division,

# **EDITORIAL**

## SAVE ENDANGERED SPECIES

ildlife expert Norman Myers once wrote. "We can marvel at the colours of a butterfly the grace of giraffe, the power of an elephant, the delicate structure of a dia-tom.

Every time a species goes extinct, we are irreversible improverished." Aestpeties in itself is a good argument for saving species. As we preserve our collection for future generations, so we should preserve this living art form that painters and sculptors only dream of re-creating.

A second reason for protecting species is that other organisms have a right to live. Can we not guarantee them the right to exit, something that we ourselves doggedly strive for?

The third reason for preserving other organisms is a matter of ethical responsibility. As a species capable of destroying the world, some, ecologists and philosophers feel, we have a moral obligation to preserve organisms with lesser powers.

The fourth reason for protection is that it makes good economic sense to do so. As Myers wrote; "From morning coffee to evening night-cap we benefit in our daily life style from the fellow species that share our One Earth home, Without knowing it, we utilize hundreds of products each day that owe their origin to wild animals and plants.

Indeed our welfare is intimately tied up with the welfare of wildlife. Will may conservationists proclaim that by saving the lies of wild species, we may be saving own.

From the biosphere we reap countless benefits: fish from the sea, medicines and other products from plant important plant and animal genes needed to improve domestic crops and live-stock, something for hunters to shoot at something for anglers to hook and reel in something for bird-watchers to peer at and research animals that help provide valuable insights into human physiology and behaviour.

The economic benefits of these activities can be enormous. In 1983 alone trout and salmon anglers spent an estimated \$5 billion on equipment, transportation food and lodging and hunters and bird watchers spent billions on tennis shoes, supplies, books gasoline food and lodging. Billions of dollars pour into companies that cut timber or extract valuable medicines from plants.

Each time we take a prescription drug, the chances are one in two that its origin was wild plant. The commenced value of such drugs is around \$15 billion per year in the United States and about \$40 billion worldwide.

New developments are on the horizon that may offer financial grains and a more healthful life for us. For Example, the adhesive that barnacles use to adhere to the bottoms of ships may provide us with a substance to cement tooth fillings in place.

A chemical derived from the skeletons of shrimps, crabs and lobsters (chitosanase) may serve as a preventive medicine against fungi infections. A new drug that kills viruses may be developed from a Caribbean sponge till now physicians have been virtually helpless in the battle against viruses.

The future of the biological world is one of grave economic concern. The loss of fish form acid rain and over fishing results in a loss of income to owners of fishing lodges and sporting goods stores. Ecological impoverishment will keep more of us to home, diminishing income to the recreation and tourism industry.

Plants and animals lost before they are explored for possible benefits will diminish our opportunities to flight disease and increase productivity.

A dozen genetic reservoirs (so-called centers of diversity) located in the tropics and subtropics are the source of virtually all commercially value plants and animal. And they provide genetic material needed in the continual battle to improve plant and animals resistance. Loss of these centers would have a global impact on food supplies.

The final reason for preserving species is to protect ecosystem stability. All living organisms are an integral part of the biosphere and provide invaluable services.

These include the control of pests, the recycling of nutrients, the replenishment atmospheric oxygen, the maintenance of local climate, the control of groundwater levels, the regulation of atmospheric carbon dioxide and global climate and the control of flooding.

## Why 2024 promises to be an exciting election

By: Pavan K Varma

¬he fact that almost the entire political canvas divided into two groups to meet on the same day, July 18, in the lead-up to the 2024 parliamentary elections, was a first in the history of democratic India. The goal of the two groupings was different — for the Opposition, the attempt was to strive for more unity amidst often irresolvable diversity, because a divided Opposition helps the BJP; for the BJP, the need was to bring in more diversity to meet the challenge of a possibly united Opposition, by expanding the NDA, and welcoming back allies whom it had earlier considered dispensable.

Opposition leaders have finally realised that, notwithstanding their differences, they must either hang together, or each will hang separately. The BJP is itself responsible for creating this perception. The relentless targeting of Opposition leaders through the misuse of central investigating agencies, has created fear, panic, anger and a "solidarity of victimhood" among them. Secondly, the blatantly unethical manner in which the BJP has destabilised opposing governments through defections enabled by money power or the threat of punitive action by the ED, CBI, IT, etc., has convinced the Opposition that the BJP will go to any length in the pursuit of political hegemony. Thirdly, the use of the Hindutva card, and the visible religious polarisation promoted by the ruling party to consolidate Hindu votes for electoral dividends, has forced its opponents to find an alternative and more inclusive agenda to counter it.

The BJP, on its part, has reluctantly understood that it will need allies to bolster its strength if the Opposition unites. Normally, one would have thought that a BJP narrative of 'Modi versus the Rest' would suit it. Narendra Modi's consistent personal popularity, his party's and the RSS's ground-level organisational strength, and a clear narrative of Hindutva, hyper-nationalism and verifiable welfarism, had given the BJP a certain sense of invincibility. But, today, facing a third-term anti-incumbency, there is a feeling of greater vulnerability. Hence, the need for the BJP to organise a parallel NDA conclave, for the first time after 2019. Estranged and forgotten allies, such as Akali Dal and Chirag Paswan, suddenly found that that the BJP had dusted out and rediscovered the red carpet for them.

The fact of the matter is that in spite of two resounding parliamentary victories, the BJP garnered only 31 and 37 per cent of votes in 2014 and 2019, respectively, the lowest ever for any party with an absolute majority. Its geographical support base is also rather narrow, largely restricted to north-west India, and the Hindi heartland. In south India, where there are over 200 Lok Sabha seats, the BJP, with the sole exception of Karnataka, is almost non-existent. This includes fence sitters like Jagan Reddy in Andhra, and Naveen Patnaik in Odisha. So far, both have cooperated even supported — the BJP on crucial issues. To some extent, they have no other alternative for their own survival, because a hostile government at the Centre could make life uncomfortable for them. In the case of Jagan, there are so many legal cases against him that he cannot but be compliant for fear of vindictive action by the ruling dispensation at Delhi. But if a viable alternative is seen to be emerging to BJP hegemony, their positions could change, especially since in their respective states the principal Opposition party is no longer the Congress but the BJP.

Yet, notwithstanding the Patna and Bengaluru meetings, the Opposition has still a great deal to do before it can effectively take on the BJP. The biggest challenge is how to give a gaggle of conflicting parties the semblance of convincing unity, as against the stability promised by the BJP/NDA. A common agenda, or at least a minimum common programme is the first priority. Then a pan-Indian narrative, based on rising inequality, inflation, unemployment, social disharmony, religious divisiveness, misuse of investigating agencies, co-option of the media and undemocratic authoritarianism, needs to be forged, with a mechanism to take it to the people on a pan-India basis. This must be followed by grassroot coordination, organizational coherence, and above all, seat adjustments where interests of each party clash. This may be the most difficult part of the exercise, given old rivalries, and the short time available. There is also the obstacle of individual egos of leaders, and the perennial question: If not Modi, who?

The key to Opposition unity lies with the Congress. Will it agree to forego its national aspirations — which it legitimately has as a pan-India party — to

accommodate stronger players at the regional level? Even more importantly, can it perform better in some 200 seats where the BJP is its principal opponent? This is crucial, since this is the real catchment area of the BJP, where its strike rate against the Congress in the last two national elections was over 90 per cent. Recent Congress victories in Assembly elections in Himachal Pradesh and Karnataka are no guarantee of success in Parliamentary elections. In 2018, too, the Congress had won MP, Rajasthan and Chhattisgarh. But 2019 showed that citizens vote differently in Assembly and national elections.

For the BJP, the existential question is whether in the face of a more organised Opposition, it will win - like in 2014 and 2019 an absolute majority on its own, or will its numbers reduce to 250 or below. If this were to happen, it may trigger tectonic changes in the BJP itself. It is no secret that many in the BJP and the RSS are less than happy at the style of functioning within the party, where the writ of Narendra Modi and Amit Shah is absolute, and there is little space left for inner-party democracy. The policy of unrelenting religious exclusion has also its critics, because many realise that while this may bring short-term electoral dividends, it is not in the interests of India — and the Sangh Parivar — in the long run. Besides, it has to be seen how far Mr Modi is temperamentally capable of running a coalition government, where give and take is essential.

There are still 10 months left, but 2024 promises to be an exciting election.

#### **UNLOCK THE BEST YEARS WITH ACTIVE SENIOR LIVING AFTER 50!**

By: Dr. Isha Sehdev



ver the past decade, there has been a significant rise in the prevalence of various medical conditions among seniors, including Osteoporosis, Parkinson's, reduced mobility, joint pains, arthritis, deformities, chronic pains in the muscles, Dizziness, falls. The range of conditions experienced by senior citizen is extensive.

Studies shows that there will be increased number of older adults in society in the next few decades. They are more likely to have chronic pain problems and other co-morbidities. Generally, pain is poorly managed in older adults and this problem worsens when cognitive impairment exists.

Among older adults, persistent musculoskeletal pain is highly prevalent, with rates ranging from 40% to 60%. Musculoskeletal disorders are recognized as a significant threat to maintaining health in older age and have been associated with falls, frailty, depression, anxiety, sleep disturbance, reduced mobility, and impaired cognitive function.

Seniors may experience difficulties with balance, walking and performing daily activities which can negatively impact their quality of life. Falls in senior citizens can lead to debilitating consequences. It can result in fractures, most

commonly in the hips, wrists, and spine. After experiencing a fall, seniors may face challenges in their mobility and independence. Fear of falling again may lead them to decline in physical function, limiting their activities and becoming more sedentary, further exacerbating health issues.

According to The Indian society for Bone and Mineral research, 20% of the 230 million Indian women over age 50 have osteoporosis. Prevalence of osteoporosis ranging from 8 % to 62% in Indian women of different age groups has been reported in several studies.

The awareness of osteoporosis is low in India, with surveys indicating that only 10 to 15% of Indians are aware of the disease. Senior citizens lack awareness not only about osteoporosis but also about conditions such as arthritis, Parkinson's disease, dementia, Alzheimer's, loss balance, muscle

weakness and many more. A month back, on a fine day I was given a list of 3 clients, surprisingly first and third were both 75 years old seniors.

I called the first one, this 75 years old senior citizen has a stooped posture, leans forward with a hunched over back, and relies on a walking stick for support. He had a waddling gait reflecting the challenges he faces with in his mobility and stability. He exhibited early signs of dementia and Alzheimer's.

To my shock when I called the third client, at 75 years old, this senior citizen maintains an athletic body, exudes energy, and exhibits disciplined dedication to exercise. He actively participates in various physical activities, showcasing his vibrant and active lifestyle. His confidence and glow were impres-

sive. That is the power of exercise.

Basic tests like standing on one leg, ability to hold breath, reaching out to pick something from the floor gives fair idea about quality of life.

Exercise plays a pivotal role in promoting physical strength, mental sharpness, disease prevention and overall quality of life for seniors. When seniors do not engage in regular exercises, they may experience a range of health conditions and challenges. Common issues that can arise due to lack of exercise in older individual like weak and brittle bones (osteoporosis), Cardiovascular problems like heart related diseases and increased of heart attacks and strokes. Reduced mobility and joint pain, lack of exercises lead to flexibility, stiffness, difficult to move freely.

Many doctors don't talk about Muscle weakness and muscle loss, leading to difficulties in maintaining balance, stability, joint aches, and overall strength.

Lack of exercises contributes to reduced balance and coordination, increasing likelihood of falls and potential injuries such as fractures and head trauma. Physical inactivity can also have a negative impact on mental wellbeing. leading to increased risks of depression, anxiety, and cognitive decline. Exercises increase confidence and feeling of independence profoundly in seniors.

Preparing your body for later age is essential for maintaining good health and well-being as you grow older. Engage in regular physical activity that includes a mix of cardiovascular exercises, strength training and flexibility exercises. The goal is to help maintain muscle mass, improve cardiovascular health, enhance bone den-

sity, and keep joints flexibility. A healthcare is the best professional to design an exercise routine suitable for your fitness level and any specific health consideration.

Stepping towards stability is crucial, how important is the balance training for senior citizens. When seniors have better balance, they feel confident in their movements and activities. This increased confidence promotes greater independence as they navigate their surroundings with less fear of fall. Balance training enhances proprioception, which is the body's sense to position itself in space. This allows them to make corrections and avoid potential fall.

Adopting a balanced and nutritious diet that includes a variety of fruits, vegetables, whole grains, protein, and healthy fats. Adequate protein intake becomes particularly important as you age to support muscle health. Limit the consumption of processed foods, sugary snacks and excessive salt and of course staying hydrated is equally important.

Maintaining a healthy weight is also one of the important aspects. Excess weight can increase the risk of health issues like heart disease, joint problems, and diabetes.

Senior citizens must understand that investing time and efforts in their physical health is not a luxury but a necessity. By prioritizing exercise., nutrition, regular checkups, and emotional wellbeing., they can enjoy a vibrant and fulfilling life. It is never too late to start, and the rewards are immeasurable.

Dr. Isha Sehdev Senior Physiotherapist, Osteopath and Chiropractor EEZALIGN CLINIC

# **Mayor Rajinder inaugurates** plantation drive



a member of the trust.

#### **TOP NEWS REPORT**

JAMMU, Jul 23: Shri Kailakh jyotish avim Vedic Sanathan trust organized a plantation drive, the campaign was started from Raja Mandlik Dev asthan Patoli Brahmana. Mayor Jammu Municipal Corporation Rajinder Sharma as chief guest, Guest of Honor Director Orthopedics Fortis Hospital Mohali Dr. Ravi Gupta etc. dignitaries were present on the occasion.

**During this Mahant** Rohit Shastr head of the trust, told that under this campaign, along with plantation of saplings in Jammu, people will also be made aware of it. The convenor of this campaign will be Uttam Chand Sharma,

To keep the environment healthy and beautiful, everyone's collective effort is necessary to take care of the plants planted by you. Trust Devvani is playing an important role in the upliftment of the society along with promoting Sanskrit. He said that forest does not mean only trees but it is a whole complex living community which has been of great importance to mankind since prehistoric times. The forest is composed of many trees and animals. Forest land is home to many types of invertebrate organisms such as bacteria, fungi which play an important role in

the recycling of nutrients in land and forest. On this occasion,

play an important role in the recycling of nutrients in land and forest. On this occasion, Dr. Ravi Gupta said that by planting saplings everyone will automatically get oxygen in the environment. It is the Municipal Corporation responsibility of all of us Mayor Rajinder Sharma to keep the environment said that this is a good safe, so we all should effort of the trust. The plant saplings. He called

tree gives many ben-

efits to nature and man

during its entire lifes-

pan. Trees also play an

important role in tem-

perature control. That's

why people should

plant more and more

trees. Municipal Corpo-

ration will fully cooper-

ate with this campaign

trust. Trust Devvani is

playing an important

role in the upliftment of

the society along with

promoting Sanskrit. He

said that forest does not

mean only trees but it is

a whole complex living

community which has

been of great impor-

tance to mankind since

prehistoric times. The

forest is composed of

many trees and animals.

On this occasion, the coordinator of the campaign Uttam Chand Sharma said that it is the moral responsibility of every human being to protect the environment. For this we should come forward and inspire others too. To protect the environment, we must plant a tree in our

upon the people to plant

at least one tree every

Forest land is home to

many types of inverte-

brate organisms such

as bacteria, fungi which

On this occasion, Trust General Secretary Prabodh Sharma, Pawan Sharma, Kishore Sharma, Naresh Raina, Advocate Pawan Khajuria, Vijay Sharma etc. dignitaries were present.

## School of Biotechnology, JU conducts farmer awareness workshop for saffron cultivation

**TOP NEWS REPORT** 

JAMMU, Jul 23: School of Biotechnology, University of Jammu organized farmer's awareness meet for introduction of Saffron cultivation in non-traditional areas in Poonch district, Jammu & Kashmir in collaboration with Poonch Campus, of University of Jammu. The meeting was conducted in hybrid mode.

The meet was con-

ducted under a transdisciplinary Project entitled "Socio-Economic effect of cultivating saffron using in-house developed method" sanction to Jyoti Vakhlu School of Biotechnology, Dr Shallu Shegal from Dept. of Economics, Dr. Aubid Hussain Parrey from Department of management, Dr. Sunil Sharma from Department of statistics and Dr. Sheetal Ambardar from institutional research fund of

University of Jammu. Prof. Umesh Rai, Honourable Vice Chancellor, JU, who has great vision for University of Jammu, believes that the research at the University level should have some translational

effect. Prof. Rai strongly believes that knowledge generated in the University should finally benefit common man.

Saffron, heritage crop of J&K is primarily cultivated in Pampore of Pulwama and Kishtwar region of Jammu. The demand of saffron is huge and growing day by day due to its use in medicine and cosmetics in addition to food. However, the yield is on decline due to various reasons climate change and corm rot being two most contributing rea-

In pursuit of increasing the product, the team led by Prof. Jyoti Vakhlu conducted pilot field experiment in various non-traditional regions in Jammu with conducive pedoclimatic conditions to traditional saffron cultivating regions in the years 2018 to 2022. The pilot study led to selection of Poonch district as one of the potential areas for saffron cultivation. These Pilot studies were conducted in collaboration with Mr. Aijaz Ahmed Bylla; a progress farmer and a school teacher from Bylla village in Poonch.

The JU SBT team that included Dr. Shanu Mangora, Mr. Tahir Ali and Dr. Nancy Bhagat have developed and evaluated a bioformulation that enhances yield of saffron in fields. Now, in the transdisciplinary project funded by University, this study is being up scaled and extended to larger area in non traditional areas in Poonch. The meet was organized to educate 25 selected progressive farmers about cultivation of saffron using in-house technology.

Mr. Tahir Ali, senior research scholar made presentation about how the saffron cultivation can be done, followed by the demonstration video by Dr. Nancy Bhagat about how to use inhouse technology. This was followed by the discussion and interaction of farmer with the PI of the project i.e. Dr. Shallu, Dr. Aubid and Dr. Sunil. Since, the aim of the project is to increase farmer's income in addition to saffron cultivation; the team will analyse the outcome using robust scientific methods. In

addition, the team would try to market it with efficient marketing strategy for the saffron spice produced at Mandi.

Javed Ahmed Bhatt progressive farmer from Pampore region of Pulwama shared his first hand experience in saffron cultivation practices. Farmers those who attended via offline as well online mode were very happy with the workshop and promised full support to the mission of saffron cultivation in Poonch.

Director SBT, JU Prof. Sanjana Koul and Rector Poonch campus Prof. Rakesh Vaid, were present during this interaction. School of Biotechnology acknowledges Ch. Mohd Yasin, **Divisional Commisioner** Poonch for all the administrative support. The program was organized by Ms. Ritika Mansotra, Ms. Ayushi Verma, Ms. Nitika Sharma and Ms. Shallu Changotra research scholars of the Metagenomics lab, School of Biotechnology and from Poonch campus Dr. Rubia Bukhari, campus officer and her team.

# **BJP Committed to serve the needy: Sat**



#### **TOP NEWS REPORT**

JAMMU, Jul 23: Former Minister Sat Sharma CA accompanying BJP Talab Tillo Mandal President Keshav Chopra visited Gole Gujral of Ward 32 met with Several locals of the ward, and listened their grievances, Locals apprised the leaders about the issues being faced by them which were listened very patiently by both the leaders, some of the issues were resolved on the spot and for others issues concerned officers were contacted telephonically to solve the issues of locals so that the people are not made to suffer.

to common masses he

While talking to locals

Sat Sharma CA said that BJP is committed to serve the needy sections, Sat said that they have sincerely tried to give reasonable solutions to the issues projected while taking immediate steps wherever needed by talking to concerned authorities, Narendra Modi govt during its 9yrs has launched several schemes like Ayushman Bharat, PMAY, Ujjwala Yojna, and many more which has given benefits

further added. Keshav chopra while speaking said that BJP is keen to resolve the issues of common man, keshav called for reaching out to the last man standing in last row. People were highly relieved after sharing their issues with the leaders as they are assured that their grievances will be taken care of Keshav further added. Mandal Vice President

Sardar Gurcharan singh, Mandal General Secretary Paramjeet, Mandal Secretary Geeta Sodhi, Mandal President Minority Morcha Talab Tillo Sardar Harvinder Singh. Sardar Darshan Singh, Sardar Gurmeet Singh, Sardar Amolak Singh, Sardar Preet Singh, Sardar Gurmit singh, Sardar Sohan Singh, Abhishek Sharma, Shobhit Sharma and others were also pres-

# Tri-Services women bike rally ignites Kargil Vijay Diwas celebrations at Chanderkote

#### **TOP NEWS REPORT**

RAMBAN, Jul 23: As the country gears up to commemorate the 24th Anniversary of Kargil Vijay Diwas on 26th July, an exhilarating event promises to captivate the nation. This year's commemoration promises an unprecedented event as a Tri-Services Women's Bike Rally, symbolizing empowerment and resilience, takes center stage. This awe-inspiring event aims to celebrate and table spirit of women, honor the sacrifices of the Kargil War Heroes, and empower the next generation, all while showcasing the strength and commitment of our

armed forces. In a powerful display of courage and resilience, the trailblazing women riders setting course on this high-octane rally will move to the legendary Karqil War Memorial in Drass, Ladakh. In its remarkable journey from National War Memorial, New Delhi, the rally will traverse 1000 km till its



destination. The event is significant for Ramban as the rally riders had a stopover at Ramban and Banihal starting at the headquarters of the Rashtriya Rifles Sector, Chanderkote.

The event was infused with local significance highlighting the unwavering commitment of our Armed Forces in the region and towards women's empowerment. As the rally progressed through Ramban and Banihal, it brought together these bold women riders with more than 100 girl students from various schools along the route especially Ramban and Banihal. fostering an interaction that inspired and ignited the dreams of the future generation.

Notable educational institutions like Government Degree College, Ramban, Government Degree College, Banihal, and sponsored students from Hamdard NGO had the unique opportunity to engage with the courageous women riders and witness their determination firsthand.

The rally is comprised of 25 exceptional women riders, proudly sponsored by TVS, who will traverse the challenging

terrain, leaving a trail of empowerment in their wake. These inspiring riders include serving women officers from all three defence services, primarily from the Army, as well as representatives from the Navy and Air Force. The team also features retired women officers and spouses of serving servicemen, embodying the spirit of unity and dedication.

Alongside the armed forces, the rally was graced by lady achievers and women officers in uniform from various services, including the police and other esteemed organizations. Uniting forces under the aegis of HQ Northern Command, this trailblazing spectacle will ignite patriotism and camaraderie, fostering an unbreakable bond among participants and spectators alike.

Witness the aweinspiring contributions of women in the Indian Armed Forces, showcased with pride during this event, as they rewrite the narrative of bravery and dedication.

Brace yourselves for a resounding celebration of womanhood, paying tribute to the unwavering commitment of the soldiers' wives and daughters who sacrificed everything for the nation's glory.

Aptly themed "Contribution and Commitment of Women towards Nation Building", this rally resonates with the heartbeats of a grateful nation, acknowledging their pivotal role in shaping our collective destiny. This momentous event underscores the unyielding commitment of the Indian Army to safeguard the nation and stands as a testament to their unwavering loyalty and sacrifice.

Join us as we rev up the engines of empowerment, honour the valiant heroes of Operation Vijay, as the Tri-Service Women Bike Rally roared through Chanderkote, leaving an indelible mark on the hearts and minds of the local community, inspiring students, and uniting the nation in celebration of Kargil Vijay Diwas.

# NYK Doda organizes Yuva Utsav on theme 'Panch Pran'

#### **TOP NEWS REPORT**

DODA, Jul 23: Nehru Yuva Kendra Doda, Ministry of Youth Affairs & Sports, Govt. Of India organized "Yuva Utsav" in collaboration with Govt Model Hr Sec School, Batote in which 200 young participants from across the district participated in 5 different competitive events viz Young Artists Camp -Painting, Young Writers Contest – Poetry, Mobile Photography Contest, **Declamation Contest** and Group Cultural Fest. The Chief Guest of the event was Sh. Rajeshwar Bhagat (BDC Chairman) whereas Principal Sh. Dev Raj Bhagat was the guest of honor. The event was coordinated by Senior Lecturer Sh.

YUVA UTSAV - INDIA @2047 THEME: PANCH PRAN जना NEHRU YUVA KENDRA DODA MINISTRY OF YOUTH AFFAIRS & SPORTS (GOVT. OF INDIA) del Hreec. School Patote

Inder Singh.

The event started with the traditional lamp lightening ceremony followed by the welcome address by District Youth Officer Khushal Gupta. He welcomed the Guests, Jury, Faculty members, Staff and students of various educational institutions. He focused on

Panch Pran and briefed the audience about the objectives of organizing such events. He said that Nehru Yuva Kendra Sangathan through its field offices is organizing Yuva Utsav in all the districts across the nation and that that the winners of all components of Yuva Utsav will qualify for State Level

Yuva Utsav followed by

the National level Yuva

Utsav. After the welcome address, various cultural teams gave their performances and participants of declamation contest also spoke on the topic "Panch Pran"

In the conference hall, the students wrote their poems and contestants of Mobile Photography were given the time of 2 hours to take their best photographs.

In the end, Rajeshwar Bhagat lauded the efforts of Nehru Yuva Kendra Doda for organizing such grand event. He added that youth should come forward and participate in such programmes. He urged NYK to organise such events in future as well.

Principal Sh. Dev Raj Bhagat, in his address urged the rural youth in particular to make the best use of such platforms and represent themselves in nation building activities. The programme ended with the distribution of prizes and certificates to the

winners.

## Mini Marathon dedicated to Kargil war heroes conducted at Lam



**TOP NEWS REPORT** 

RAJOURI, Jul 23: Indian Army organised a mini marathon at Lam, District Rajouri (J&K) to commemorate and pay tributes to the heroism and bravado of soldiers who fought valiantly during the Kargil Con-

The event was conducted with traditional patriotic fervour, with

the Veterans motivating the youth to lead a honourable and valorous life. The Prizes to the top five individuals and Certificate of Participation to the balance participants were presented by Veterans.

The Kargil Vijay Diwas Mini Marathon was a heartfelt tribute to the brave hearts of Karqil and acted as a means to instil sense of purpose and unity amongst participants, while reinforcing a commitment to a healthy lifestyle.

The event also stands as a testimony of solidarity and remembrance of the sacrifices made by the Armed Forces.

The locals appreciated the efforts of the Indian Army for organising the run as part of the Kargil Vijay Diwas celebrations.

# Is Rekha in live-in relationship with her secretary, was she the reason her husband died by suicide, her biography says so

Bollywood actor Rekha has faced various controversies, but each time managed to get out of it gracefully.

Her biography has made shocking revelations about her personal life leaving fans and the media curious.

The biography, 'Rekha: The Untold Story', reveals that she shared a live-in relationship with her secretary. The biography is written by Yaseer Usman.

Agency shared an excerpt from the book. It says, "Farzana is a perfect partner for Rekha. She is her consultant, her friend, and her supporter, and Rekha simply can't live without her. In fact, only Rekha's trusted secretary Farzana — who some have claimed is her lover — is permitted inside her bedroom; not



even domestic help are allowed entry."

The biography also men-

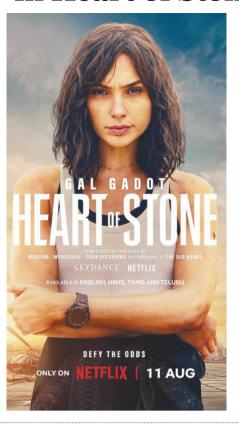
tions, "Farzana controls and tightly monitors the comings and goings in Rekha's life and household. She is a formidable gatekeeper and is said to vet each phone call and choreograph practically every minute of Rekha's life.

Rekha has clothed herself in mystique and secrecy - and it is Farzana who makes it possible for her to have such a hermetic existence,"

Rekha was married to Delhibased industrialist Mukesh Agarwal in 1990, who died by suicide seven months after when Rekha was away in London.

Although his suicide note claimed that no one should be held responsible for his death, the biography mentions that the primary reason for Mukesh taking away his life was Far-

## **Character poster of Gal Gadot** in Heart of Stone revealed



Netflix has unveiled the character poster of Gal Gadot for its upcoming film Heart of Stone. The film is set to stream in English, Hindi, Tamil, and Telugu exclusively on Netflix on August

Rachel Stone (Gal Gadot) appears to be an inexperienced techie on an elite MI6 unit headed up by lead agent Parker (Jamie Dornan). What her MI6 team doesn't know is that Stone actually works for the Charter, a covert peacekeeping organisation kept secret even from other spies that uses cutting-edge technology to neutralise global threats. Rachel has been trained to be the consummate professional: a phenomenal field agent who sticks to the mission, follows the numbers, and trusts no one. When a routine mission is derailed by mysterious hacker Keya Dhawan (Alia Bhatt), Rachel's two lives collide. As she races to protect the Charter and strives to beat the odds, her humanity might just be her biggest asset.

## **Shamita Shetty: I never really** went away to make a comeback

Actor Shamita Shetty gets candid about living under her sister-actor Shilpa Shetty's shadow and her own work trajectory.

Shamita Shetty, who made her big acting debut with Mohabbatein in 2000, recently found herself back in the spotlight with her significant role in the movie The Tenant (2023). While many called it her comeback, Shamita is not particularly found of the term.

"I never really went away to make a comeback," she quips, adding, "I just took my time in choosing the projects that I did. I've always given preference to quality over quantity. And that's probably one of the reasons why I always had a constant, or rather this long gap between every release. But, there's some interesting work coming my way from OTT platforms now.

This journey, however, has not been an easy one admits Shamita especially with the shadow of being the sister of actor Shilpa Shetty Kundra always lingering around her.

Observing the difference in the thinking now, Shamita tells us, "It's not just a difference in the industry, it's people's expectation and perception of you. It's not just within the industry. Unfortunately, there are constant comparisons and there will always be those comparisons. But, every individual is

different." "It was difficult for me initially, but I'm fine now. The scenarios are quite a bit changed now. But



having said that, there are a lot more changes that are needed, which I think will naturally happen in time," she adds.

After working for 23 years in the film industry, observing various changes, the actor feels that, "both box office numbers and fan appreciation are important for an actor". Having said that, she believes that

content is the king now.

Shetty elaborates, "It's your story that is the most important. It's not just about which actor is going to be a part of which film. Your content is the hero. There are so many different OTT platforms with great content that people are experimenting with."

"In fact, the kind of work or subjects the audience is expecting has also changed, also because they've been through so much due to Coronavirus. Now, they want to see content that is real and relatable. So, I think the kind of movies that are being churned out right now, are as for those expectations.

But for me personally, it's about being a part of something different, real, and relatable, that sends the right message," the actor adds.

Besides films, Shetty has also done reality shows, including, Jhalak Dikhla Jaa, Khatron Ke Khiladi 9, and Bigg Boss. Does she think it could put her in the much talked about small screen domain?

"I don't think so," she answers, continuing, "Because you have a lot of mainstream actors being a part of television now, whether it's judging or whatever. I did some of the biggest reality shows, but I always went back to doing films as well. It's not about any platform or industry, it's performing an art. TV is huge, and gives you a great fan following and very good money. The kind of fan following and love that I received after doing shows like Big Boss, I never received doing films. I would never restrict myself when it came to a particular industry," the actor wraps up.

## Bethenny Frankel rings alarm for reality TV stars to take a stand amid writers' and actors' strike

Bethenny Frankel advocating for the rights of reality TV stars suggested to join forces with ongoing writers' and actors' strike

Bethenny Frankel, renowned for her role in "Real Housewives of New York," is not backing down when it comes to advocating for the rights of reality TV stars. In the midst of ongoing actors' and writers' strikes, she has proposed a daring idea - a reality-star strike to halt further exploitation in the entertainment industry.

Taking to social media, Frankel discussed what she refers to as "the reality TV reckoning." She believes that reality stars are often treated as second-class citizens in the industry, carrying the weight and burden while A-list Hollywood actors are on

Emphasizing the differ-



ences between actors and reality personalities, she argues that real-

ity stars are not merely playing roles but showcasing their real lives,

Khattee... actor on her

which can expose them to intense scrutiny and vulnerability.

Exploiting vulnerabili-

Frankel highlights how reality television can exploit the most challenging and vulnerable moments of stars' lives. She points to examples like Raquel Leviss and NeNe Leakes, whose personal struggles were publicly magnified by the networks, causing significant personal and emotional damage.

The star also criticizes the practice of producers using people's dreams of fame to create onesided contracts, leaving inexperienced reality stars at a disadvantage. Contracts for protection, not exploitation

According to Frankel, the contracts signed by aspiring reality stars are often designed to protect them, but the entertainment industry exploits them instead. Many young stars, eager for fame at any cost, sign away their rights without fully understanding the implications. The reality TV veteran argues that networks and streamers profit from the intellectual property of these stars without giving them proper compensation or acknowledgment.

Frankel raised the issue of intellectual property, stating that reality stars contribute significantly to the content's success. However, they rarely see their fair share of the profits from merchandise, ancillary income, or clips shown on platforms like YouTube.

In her powerful message. Frankel concluded with a warning to the entertainment industry. Though she may not be well-versed in union formation, she is determined to learn quickly and lead the charge for reality TV stars' rights.

## **Aanchal Munjal: I want to** go back to where I started



Child artist-turnedactor Aanchal Munjal believes that starting her career at a young age has given her an advantage in the industry. She recently took a break from television to focus on films and OTT platforms, and is now excited to work on new projects, including a film and potentially a collaboration with Karan Johar.

Actor Aanchal Munjal who started her career as a child artiste with the film We Are a Family, asserts that the move helped her understand

the industry better.

advantage where I had a better understanding of how this industry functions. Being around as a child, then a teenager, made me a part of the industry where many recognised me. This connection makes it a bit easy for you as an outsider and leaves little or no scope for anyone to take you for a ride. Also, you learn how to maintain momentum in your career," says the Ghayal-Once Again and Parvarrish - Kuchh

recent visit to Lucknow. Munjal was part of films and television both till she decided to take a break from the latter after her last show. She says, "Television is a big no for me. After Ek Boondh Ishq, I decided to shift from this medium and look around as it's known that I began my career with films, so it was more in my mind to focus on that and try OTT as well. During my break, I had a health issue, and I also needed some time to re-work on myself. Woh teen saal pata hi nahin chale. It was a well-deserved break. Then once I got back, I was lucky to have some good projects in my hand including a horror-comedy web series Pret Boys that started to stream last month and most probably can go into another season."

The actor feels it's for her to make the most of the time that she has on her side. "For now, it only works for me. This shoot of film, Archituchchey, will soon start in Lucknow. Then there are a few more scripts waiting for my nod. It's been in my head to once again work with Karan Johar films as I started with them as a child artiste. So, I want to go back to where I started along with other projects," says Munjal.

## **Practise what** you preach, says Balraj Syal



Many a time, actors advertise products they don't even use or endorse. There have been discussions about this practice.

Talking about the same, actor Balraj Syal says, "I must say that sometimes actors despite endorsing certain products, they may not actually use them personally. However, it's important to acknowledge that advertising is their profession, and they are paid for their work. Even on social media, you'll come across various barter collaborations. Personally, I choose not to engage in such collaborations because I believe there's no point in acquiring or endorsing products that I won't use. While many of my friends may indulge in barter collaborations and then pass on the products to others, I prefer not to accept such deals.

## Sharad Malhotra plays a negative character in Honey Trap



Sharad Malhotra is set to challenge conventional norms with

his upcoming series, Honey Trap. Breaking away from his previous portrayals, Malhotra embraces the role of a negative lead this time around.

Sharad says, "My negative lead signifies the evolving landscape of digital entertainment, where traditional notions of heroism and villainy are being redefined.

The series seeks to blur the lines between right and wrong, portraying characters with depth and exploring their motivations. My character challenges preconceived notions and adds an intriguing twist to the overall narrative, elevating the series to new heights."

"Of course, starting so young gave me an

## **PM Pays Tributes To Freedom Fighters Lokmanya** Tilak, Chandrashekhar Azad

"Salutations to the great son of the country, Chandrashekhar Azad, on his birth anniversary. The story of his sacrifice to protect the motherland will always inspire the people of India," PM said.

NEW DELHI, Jul 23 (Agencies): Prime Minister Narendra Modi paid tributes to freedom fighters Chandrashekhar Azad and Bal Gangadhar Tilak on their birth anniversaries on Sunday, saying their contribution to the freedom struggle will always inspire the people of the country.

"Salutations to the great son of the country, Chandrashekhar Azad, on his birth anniversary. The story of his sacrifice to protect the motherland will always inspire the people of the country," PM Modi said in a tweet in Hindi.



In another tweet in Hindi, he said, "Salutations to Lokmanya Tilak, the immortal fighter

of the country who shook the foundations of foreign rule with the demand of 'purna swaraj',

on his birth anniversary. The story of his courage, struggles and dedication in the freedom movement will always inspire the people of the country."

Born in Uttar Pradesh in 1906, Azad ran a revolutionary network and had pledged to never get caught by the British. He took his own life during an encounter with the police in 1931, staying true to his resolve to remain 'azad' (free).

Lokmanya Tilak, born in 1856, was among the first leaders with a pan-India appeal to have emerged in the freedom move-

### Amit Shah speaks to Gujarat CM, Delhi LG; enquires about flood-like situation, Yamuna status



NEW DELHI, Jul 23 (Agencies): Union Home Minister Amit Shah spoke to Gujarat Chief Minister Bhupendra Patel on Sunday and enquired about the flood-like situation in various parts of the state.

Shah also had a discussion with Delhi Lieutenant Governor V K Saxena about the water level in the Yamuna river.

"Spoke to Gujarat CM Shri @Bhupendrapbjp Ji about the flood-like situation occurring in various parts of the state due to the recent heavy rainfall. Also had a discussion with LG of Delhi, Shri VK Saxena Ji about the water level in the Yamuna river. Ample numbers of SDRF and NDRF teams are available to help the people in need," the home minister said on Twitter.

Heavy to very heavy rains pounded several districts in Gujarat's southern and Saurashtra regions on Saturday, triggering a flood-like situation in urban areas and isolating villages amid the water level in dams and rivers surging to danger levels

The water level of the Yamuna in Delhi breached the danger mark again on Sunday following a surge in the discharge from the Hathnikund barrage into the river after heavy rain in parts of Uttarakhand and Himachal Pradesh.

A further increase in the water level of the river is likely to impact the reliefand-rehabilitation work in the floodaffected low-lying areas of the National Capital, officials said.

## Govt officers entitled to mobile, laptop costing up to Rs 1.3 lakh; can retain after 4 years

NEW DELHI, Jul 23 (Agencies): Central government officers will be entitled to mobile, laptop or similar devices costing up to Rs 1.3 lakh, which can be retained by them for personal use after 4 years.

The Finance Ministry's Expenditure Department, in an office memorandum, listed out guidelines for the issuance of mobile, laptop, tablet, phablet, notebook, notepad, ultra-book, net-book or devices of similar categories to eligible officers for official work

As per the guidelines, all central government officers of the rank of deputy secretary and above will be entitled to such electronic devices.

In the case of Section Officers and Under Secretaries, 50 per cent of the sanctioned strength can be issued such

Regarding the cost of



the device, the office memorandum said it could be Rs 1 lakh plus taxes. However, for devices with a Makein-India component of more than 40 per cent. the price ceiling will be Rs 1.30 lakh plus taxes.

"No new device may be sanctioned to an officer who has already been allotted a device, in a ministry/department, up to 4 years except in case of repair, which is declared as 'beyond economical repairs'," the memorandum said.

It further said post completion of four years of usage, the officer shall retain the device.

"Concerned Ministry/Department shall ensure that the data in the device is completely wiped out (data sanitised) before the device is handed over to the officer for retention," the memorandum said.

The memorandum dated July 21, 2023, supersedes the earlier one, which was issued on March 27, 2020, as per which the cost of such devices was capped at Rs 80,000 and there was no provision for retention of devices for personal

## **Delhi Commission for Women chief Swati** Maliwal to go ahead with Manipur visit

23 (Agencies): DCW chief Swati Maliwal on Sunday said she would be going to strife-torn Manipur despite the state government allegedly denying her permission for the visit.

The Delhi Commission for Women (DCW) chief on Saturday alleged that the Manipur Government has refused to let her visit the state to interact with survivors of sexual violence.

In a tweet on Sunday, Maliwal said she has written to Manipur Chief Minister N Biren Singh seeking an urgent meeting with him during her visit. She is expected to reach Imphal by 12

"Manipur Govt recommended I consider postponing my visit due to law and order situation. After deliberation on their suggestion, have decided to fly to Imphal as planned. Sought time from Manipur CM. Will



meet him & request him to come along to visit the sexual assault survivors," Maliwal tweeted.

Maliwal also shared a copy of a letter written to the Manipur Chief Minister on Sunday in which she urged him to facilitate her visit while ensuring that she will not do anything to create problems for the state government.

"I seek an urgent meeting with your hon'ble self to discuss the extremely pertinent issue of the human rights violations and sexual assault cases occurring in Manipur... Several Manipuri

women have come to Delhi in order to escape the ongoing violence in the state. I wish to discuss issues regarding their welfare as well with your hon'ble self," she said in the letter.

She also sought the CM's support in visiting the violence affected relief camps where the victims of sexual assault are presently staying.

"I request you to kindly issue directions to the officers to facilitate my visit. As a fellow citizen of this country and the head of a statutory body protecting women and girls, I appeal to your

hon'ble self to aid me in providing help and support to the sisters of Manipur. I assure you that I shall not be doing anything that creates a problem for your government during my visit to the state," she added.

"I assure you that I shall leave no stone unturned to support the Manipur Government in its mandate to protect the rights and dignity of the women and girls of the state," she said.

Maliwal said the video of inhuman atrocities against women and girls in Manipur has shocked the nation and she wished to ascertain their wellbeing and provide support to them.

The DCW chief said she had written to Singh on July 20 and then to the chief of Manipur Police on July 21 regarding her visit to the state to interact with survivors of sexual violence.

"A letter dated 21.07.2023 was sent to DM Imphal who forward-

ed the same to Joint Secretary (Home) with the request to provide necessary support to the undersigned (Maliwal) and her team. The DM also gave us the contact numbers of the Joint Secretary (Home) who confirmed to us that we can travel to Manipur and he shall provide the necessary support to us in visiting the relief camps. Subsequently, we planned our travel to Imphal," Maliwal said in the letter.

"However, suddenly we received an email from the Joint Secretary (Home) requesting us to consider postponing our visit in view of the current law and order situation in Manipur," she said.

The Manipur Police have arrested five men and apprehended a juvenile in connection with the May 4 parading of two women naked in Kangpokpi district of the state, officials said on Saturday.

## Chidambaram slams BJP for comparing Manipur with Rajasthan, West Bengal

NEW DELHI, Jul 23 (Agencies): Senior Congress leader P Chidambaram on Sunday hit out at the BJP for comparing the situation in Manipur to that of Bihar, West Bengal and Rajasthan, alleging that the government in the northeastern state has "collapsed" while the Centre is in a "selfinduced coma".

The BJP has been raising the incidents of atrocities against women in West Bengal, Rajasthan and Bihar and questioning the "silence" of the opposition, which has termed it as a diversionary tactic to avoid debate on the situation in violence-hit Manipur.

More than 160 people have lost their lives, and several have been injured since ethnic violence broke out in Manipur on May 3 when a 'Tribal Solidarity March' was organised in the hill districts to protest against the Meitei community's demand for Scheduled Tribe (ST) status.

In a long Twitter post,

Chidambaram said, "Let's admit that there were incidents of violence against women in Bihar, West Bengal and Rajasthan. How does that excuse the continuing and relentless violence in Manipur?" "Are there any Kukis left in the valley? Are there any Meiteis left in Churachandpur and other hill districts of Manipur?" the former home minister said.

If reports are true, ethnic cleansing is almost complete in Manipur, he said.



On an objective assessment, there is a collapse of constitutional government in Manipur, Chidambaram asserted.

The writ of the chief minister and his ministers does not run beyond their homes and offices, he claimed.

"How can the situation in Manipur be compared to the situation in Bihar, West Bengal and

Rajasthan? The central

government has not only been incompetent and partisan, it is callous and cruel when it hides behind the smokescreen of odious comparisons," he said.

Chidambaram said if stern action is required in Bihar, West Bengal and Rajasthan, certainly instruct the state governments to take stronger action, but that does not excuse the barbarism that is taking place in Manipur.

"The government of Manipur has collapsed. The government of India is in a self-induced coma," he said.

Tension further mounted in Manipur on Wednesday after a May 4 video surfaced online showing two women from one of the warring communities being paraded naked by a group of men from the other side.

Meiteis account for about 53 per cent of Manipur's population and live mostly in the Imphal Valley, while tribals, which include Nagas and Kukis, constitute 40 per cent and reside mostly in the hill districts.

## Flood alert in Noida, around 200 people evacuated from **Hindon banks**



NOIDA, Jul 23 (Agencies): The Gautam Buddh Nagar administration has issued a flood warning for lowlying regions along the Hindon as water discharge in the river increased, officials said on Sunday.

Around 200 people from five villages have been evacuated and

Three Students Die Of Snakebite In Private

shifted to shelter homes after the alert was raised

on Saturday, they said. The river is flowing below the danger mark of 205-metre in the district, bordering Delhi in western Uttar Pradesh, according to a senior officer.

"Around 200 people from five villages have been evacuated and shifted to shelter homes that have been set up by the administration to provide them accommodation, food and health care," Additional District Magistrate Atul Kumar told agency.

"The Hindon is currently flowing at 200metre, below the danger mark of 205-metre," said Kumar, who is also the nodal officer for flood relief work in Gautam Buddh Nagar.

The district is located between Hindon and Yamuna rivers. The district recently witnessed floods along the Yamuna river banks, which submerged 550 hectares of low-lying land, and impacted thousands of people and animals.

### **E-auction of 808 FM radio stations** soon: Anurag Thakur

NEW DELHI, Jul 23 (Agencies): The government will soon conduct an e-auction of 808 FM radio stations across 284 cities to further increase the footprint of radio communication, Information and Broadcasting Minister Anurag Thakur said on Sunday.

Addressing the Regional Community Radio Sammelan (North) here, Thakur said the government has also eased the processes for getting a license to operate radio stations, particularly community radio, by reducing the number of compliances.

He said India currently has 388 FM radio stations in 113 cities across 26



states and five Union Territories. "Government is now planning a third batch of e-auction of 808 channels across 284 cities soon to further

expand radio services," Thakur said.

# College In Odisha KEONJHAR. Jul 23 (Agencies): At least

three students including two girls died after being bitten by a poisonous snake at a private hostel run by a coaching centre in Odisha's Keonjhar district, police said on Sunday.

The incident took place on Saturday night when four students, all minors, were sleep-



ing on the floor in the coaching centre hostel at Nischintapur village in the Baria area of Keonjhar district, the police

All four students were rushed to the District

Headquarters Hospital (DHH) in Keonjhar, where three of the students were declared

dead.

Another student, who was in a critical condition, has been shifted to the SCB Medical College and Hospital in Cuttack for better treatment, police said.

The students were identified as Raja Nayak, 12, Shehashree Nayak, 11, and Elina Nayak, 12, while Akash Nayak, 12, is undergoing treatment at Cuttack, police said.

# Israel's PM Netanyahu undergoes pacemaker implantation surgery ahead of Parliament vote on controversial judicial reforms

Last week, Netanyahu, 73, was hospitalised from Saturday to Sunday after he complained of dizziness

JERUSALEM, Jul 23 (Agencies): Israel's Prime Minister Benjamin Netanyahu on Sunday underwent a successful pacemaker implantation procedure, a surgery scheduled just days before the Knesset is set to vote on a controversial judicial reform bill that has paralysed the whole country.

Last week, Netanyahu, 73, was hospitalised from Saturday to Sunday after he complained of dizziness following a trip Friday to the Sea of Galilee, where he acknowledged spending several hours in the sun and in scorching heat "without a hat, without water."

Sheba Medical Center in Ramat Gan then said that the doctors had completed a series of examinations and found that the Prime Minister's heart "is completely normal," and that "at no point was any heart arrhyth-

However, doctors "decided to use a subcutaneous Holter", a device that monitors one's heart and warns if there are irrequ-

The pacemaker implantation procedure took place early Sunday morning at Sheba Medical Center in Ramat Gan.

The Prime Minister's Office said the operation was completed successfully, that he was feeling good and that he was expected to be discharged

In a video message shortly before 1 am Netanyahu said that "a week ago they put a monitoring device. That device beeped this evening and said I need to receive a pacemaker."



wider plan to overhaul the judi-

ciary, has drawn intense oppo-

sition, with hundreds of thou-

sands protesting and many

setting up a tent city near the

Knesset, while some 10,000

reservists have said they will

halt their volunteer duty if it

The weekly cabinet meeting

scheduled for Sunday morning

was delayed to a yet-unknown

time. Also postponed were key

security discussions — includ-

ing a reported planned meeting

between the premier and IDF

Chief of Staff Herzi Halevi — on

the impact of the "reasonable-

ness" bill and the reservists'

Meanwhile, thousands of

marchers reached Jerusalem

Saturday, the culmination of a

five-day walk from Tel Aviv to

protest against Netanyahu's

plans to weaken the powers of

The Knesset on Sunday will begin on a bill that would strip

the Supreme Court of the power

to declare government deci-

sions "unreasonable," removing

Israel's courts.

threats on Israel's security.

passes into law.

"I need to do this already tonight. I'm feeling excellent, but I'm listening to my doctors," he stressed.

In an earlier statement, the Prime Minister's Office while informing about the procedure also quoted Nethanyahu as saying that "the efforts to reach a wide agreement are continuing" on a divisive first bill of the government's highly contentious judicial overhaul that has paralysed the country.

Implanting a pacemaker usually takes several hours and patients are typically discharged from the hospital in a day or two.

The Prime Minister's office said that he was sedated during the procedure and the Minister of Justice and Deputy Prime Minister Yariv Levin served as acting prime minister while Nethanyahu's surgery.

The announcement also came when the Knesset, Israel's parliament, was set to begin debating the bill on Sunday morning, ahead of its second and third and final — readings, expected Monday or Tuesday.

one of the few checks on the government in a country that has no written Constitution.

Further ratcheting up the pressure on Netanyahu, Defence Minister Yoav Gallant, a member of Netanyahu's Likud party, is trying to delay the vote after more than 1,000 Air Force reserve officers threatened to stop volunteering if the bill passed.

Netanyahu, in his sixth term, heads an unprecedentedly hardline Israeli coalition government, which has sparked more than six months of internal opposition over its plans to overhaul the judiciary.

The legislation to block judicial scrutiny over the "reasonableness" of politicians' decisions is the first overhaul bill to advance since Netanyahu temporarily froze the legislative blitz in late March. The Knesset breaks for summer recess at the end of the month.

Protesters have fought relentlessly for the past six months against the judicial overhaul plans being advanced by Prime Minister Benjamin Netanyahu's government, so far successfully blocking the ruling coalition from giving itself the power to override Supreme Court decisions, strike down laws and appoint justices.

Netanyahu, who is also in the midst of a protracted corruption trial, has been charged with three counts of fraud and breach of trust and one of bribery. He denies all the allegations and says he is the victim of a political witch hunt.

## **Elon Musk says Twitter** to change logo, adieu to 'all the birds'



WASHINGTON, Jul 23 (Agencies): Elon Musk said he was looking to change Twitter's logo, tweeting: "And soon we shall bid adieu to the twitter brand and, gradually, all the birds.

In a tweet at 12:06 a.m. ET (0406 GMT) on Sunday, the social media platform's billionaire owner added: "If a good enough X logo is posted tonight, we'll make go live worldwide tomorrow." Musk posted an image of a flickering "X" but did not give further details. The company did not immediately respond to a request for comment.

Under Musk's tumultuous tenure since buying Twitter in October, the company changed its business name to X Corp, reflecting the billionaire's vision to create a "super app," like China's WeChat.

Twitter's website says its logo, depicting a blue bird, is "our most recognizable asset," adding "That's why we're so protective of it."

The bird was temporarily replaced in April by Dogecoin's Shiba Inu dog, which ended up helping add as much as \$4 billion to the meme coin's market value.

Twitter's most recent complication was a lawsuit being filed on Tuesday claiming the firm owes at least \$500 million in severance pay to former employees.

Musk's company has laid off more than half its workforce to cut costs since he bought

## **Ukraine's Zelensky Vows** "Retaliation" After Russian **Strikes On Historic Port City**

KYIV, Jul 23 (Agencies): Ukrainian President Volodymyr Zelensky on Sunday vowed to retaliate against Russian forces after Moscow attacked the historic port of Odesa with missiles, killing one person and damaging an Orthodox cathedral.

"Missiles against peaceful cities, against residential buildings, a cathedral," Zelensky said. "There will defi-

Pak Finance Minister Ishaq Dar's name likely



nitely be a retaliation against Russian terror-

ists for Odesa. They will feel this retaliation."

## At least 4 people killed, 8 injured in Pakistan's Punjab as rains wreak havoc

LAHORE, Jul 23 (Agencies): At least four people died and eight people were injured in rain-related accidents in Punjab province of Pakistan as it continued to experience heavy downpours, reported

There were reports of flooding in several villages from overflowing streams as well.

Since few days ago, the central Pakistani region that includes Lahore, have been experiencing flooding due to heavy rains. In the meantime, Pakistan has had numerous rainrelated fatalities and incidents throughout a persistent monsoon season.

Given the circumstances, the PDMA advised the public to stay away from suscep-



tible structures such as homes that were close to streams, nullahs, and electric poles and wires, according to Dawn.

Meanwhile, Lahore authorities have restricted citizens from swimming in Ravi River and canals, while also advising children against playing on the banks, for a week amid rising water levels.

Lahore Deputy Commissioner (DC) Rafia

Haider, in view of the situation, said in a notification on Saturday that the public, especially the youth, were bathing in the Ravi and canals or going on boat cruises in the waters, putting their

lives in danger. "Heavy rainfall this season may cause unfortunate incidents of drowning and loss of precious human lives," the notification read, according to Dawn.

# to be pitched for interim PM: Report ISLAMABAD, Jul 23 (Agen-

cies): The ruling Pakistan Muslim League-Nawaz party is considering proposing the name of Finance Minister Ishaq Dar for taking up the position of caretaker prime minister, a media report said on Sunday.

Dar's name came into focus as the Shehbaz Sharif-led government mulled changes in the Elections Act 2017 to empower the upcoming caretaker set-up to take decisions beyond its constitutional mandate, with a view to ensure continuity of the recently rolled out economic plan and expedite the process aimed at receiving foreign investment in state-owned entities, reported news agency.

The Pakistan Muslim League (N) (PML-N) was considering proposing the name of Dar for the caretaker prime minister as part of a broader plan to ensure the implementation of the economic policies, sources were quoted as saying by the agency.

However, the final decision about the candidature of Dar will be taken next week in consultation with the Pakistan Peoples Party (PPP) -- one of the two main coalition partners.

The PML-N sources said that the government was considering amending Section 230 of the Elections Act 2017, empowering the caretaker set-up to take economic decisions and the amendments might be introduced in the National Assembly next week to allow the caretaker government to take decisions necessary to

revive the economy Pakistan's economy is passing through a phase where the matters cannot be left for three months on just day-to-day decision-making, a senior cabinet member said on the condition of anonymity.

He added in order to ensure that the IMF programme remains on track and the country completes the second review in November, there was a need that the caretaker government should have more powers to take decisions in economic matters.

According to Section 230, a caretaker (interim) government shall only perform its functions to attend to day-to-day matters which are necessary to run the affairs of the government.

It will assist the Election Commission of Pakistan in holding

the general elections in accordance with law and restrict itself to activities that are of routine, non-controversial and urgent nature, in the public interest and can be reversed by a future elected government.

The present law also bars the caretaker government from taking major policy decisions, except on urgent matters.

It cannot enter into a major contract or undertaking if it is detrimental to the public interest, and it also cannot enter into major international negotiation with any foreign country or international agency; or sign or ratify any international binding instrument, except in an exceptional

The sources said that the proposal was to amend both the subsections of Section 230 that deal with the authority bestowed upon the interim set-up.

Neither Law Minister Azam Nazir Tarar nor Information Minister Marriyum Aurangzeb responded to the requests for comments on the proposed amendments to the elections

In July 2018, the then-caretaker government wanted to

enter into programme negotiations with the IMF, but the thenlaw minister opposed it on the grounds that the interim set-up did not have such powers.

The sources said that the implementation of all the measures would require the continuation of the current economic

They said that because of this reason, the PML-N top leadership wanted Finance Minister Dar to be appointed as the caretaker prime minister.

In that case, Tariq Bajwa, special assistant to the PM on Finance, may continue working in his present position.

However, the Pakistan Peoples Party's endorsement was needed for this arrangement.

There might also be objections to the political affiliation of Ishaq Dar.

If Dar is made the interim PM, he might not return in the next government as finance minister provided the current political dispensation makes a comeback.

The name of Hafeez Shaikh, former finance minister, has also been making the rounds for the position of caretaker prime minister, according to the report.

## Heavy rains in Afghanistan unleash flash floods that kill 12 people and leave 40 missing

According to Taliban officials, around 40 people are missing after the flash flooding late Saturday night.

KABUL, Jul 23 (Agencies): Heavy flooding from seasonal rains in Afghanistan has killed at least 12 people and left dozens missing, according to a Taliban spokesman and local officials.

Government spokesman Zabihullah Mujahid said Sunday that around 40 people are missing after the flash flooding late Saturday night in the Jalrez district of Maidan Wardak province, west of Kabul.



He added that all relevant authorities have been ordered to provide necessary assis-

tance to the people in the affected areas The provincial governor's

office in a statement said that hundreds of homes are either damaged or destroyed and the missing people are believed to be under the rubble of collapsed

The statement also said that hundreds of hectares of agricultural land were washed out and destroyed and the highway between the capital Kabul and the central Bamiyan province is also closed due to the floods.

## Three Hurt In Japan Train **Stabbing Attack**

TOKYO, Jul 23 (Agencies): Three people were hurt in a knife attack on a train in western Japan on Sunday, with police saying they had arrested a man for allegedly carrying out the stabbings.

The victims -- a train conductor in his 20s and two male passengers aged in their 20s and 70s -- were taken to hospital with non-life threatening injuries, Tetsuya Sakagami from a nearby fire department told agency.

The 37-year-old male suspect was armed with three knives when he was arrested at Rinku Town station in the

Osaka region, local police told agency. He was arrested for attempted murder and has already admitted to carrying

out the attack on Sunday morning, police said, adding they were still investigating the motive.

Violent crime is rare in Japan, which has a low murder rate and some of the world's toughest gun laws.

But there are occasional stabbings and even shootings, including the assassination of former prime minister

Shinzo Abe last year. In 2021, a 24-year-old man allegedly stabbed a passenger and started a fire on a train in Tokyo on Halloween while wearing an outfit resembling comic

book villain the Joker. A verdict in that case is due to be handed down on July 31.

# JMC turns blind eyes towards | BJP is working with an all-inclusive Gujjar Nagar: Manjit

scattered in the corners

and market areas," he

He said that the fail-

ure of JMC has painted

a wrong image of the

locality even as the

people have several

times raised their voice.

He also expressed

concern over unsched-

uled power cuts and

irregular drinking water

supply that has affected

He demanded that

the electricity should be

provided in Gujjar Nagar

and all other areas in

Jammu City without

curtailment as it also

affected the drinking

He further said that

the locals raised con-

cerns over the improper

installation and non-

working street lights

and increasing menace

of stray dogs worrying

He also demanded

that a ground which was

developed by locals,

and accordingly, the

concerned authorities

should provide sports

equipment in the said

the pedestrians.

normal life.

water supply.

said.



#### **TOP NEWS REPORT**

JAMMU, Jul 23: Accusing the Jammu Municipal Corporation of turning blind eyes towards Gujjar Nagar, the Apni Party Provincial President, Jammu, and Former Minister S. Manjit Singh today criticized Corporation its failure to address developmental issues of the residential and commercial areas in Jammu

City. The Former Minister was speaking at a worker's meeting that was organized at ward number 6 in Gujjar Nagar area by District General Secretary, Mohammed Asif.

The Apni Party leaders, and workers accorded a warm welcome to Manjit Singh at Gujjar Nagar and reached the meeting venue in the shape of a rally.

Speaking at the meeting, S. Manjit Singh expressed gratitude to the people for extending support to the Apni Party and its policy of equitable development. Referring to the issues of development, clean-

liness, and inadequate poor amenities raised by the people during the meeting, he said that it was unfortunate that Gujjar Nagar falls under the JMC limits. yet the Corporation has ignored its residential colony where thousands of people live without proper development.

"The residential area also comprises commercial market place and hotels. However, the authorities have not provided appropriate parking space, motorable roads and development of lanes/drains in congested locality," he said.

He said that one of the biggest problems is cleanliness in Gujjar Nagar's ward number 6 and collection of garbage.

"The lanes and drains are choked during the rainy season with the poor management system of the area to clean the drainage and remove the garbage

ground so that the youth could get an opportunity to participate in sports activities.

He said that the youth in Gujjar Nagar are energetic and their energy should be channelized towards the right direc-

He however assured the people that he would raise their demands before the concerned authorities for early redressal of the issues.

He appealed to the people to extend support to Apni Party as it is committed for the overall development without bias of all the sections of society.

Prominent among those who were present on the occasion include Senior Provincial Vice President, Jammu, Faqir Nath, Additional General Secretary, Arun Kumar Chibber, State President Apni Trade Union, Ajaz Kazmi, State President OBC Wing, Bhagat Ram, Spokesperson, Yasar Khan, State Vice President Youth Wing/ Spokesperson Rageeq Ahmed Khan, Provincial President Youth Wing Jammu, Vipul Bali, Provincial President Apni Trade Union, Raj Sharma, Senior District Vice President, Jammu Urban, Vaibhav Mattoo, District Secretary Ashraf Choudhary, District Youth President Shivam Choudhary, Provincial Secretary Youth Wing, Vishal Jotshi, and Salman Choudhary

# approach Vasudev Kutumbhakam: Rekha

tossed light on the glori-

ous proud history of BJP

which is full of struggle

by the dedicated par-

tymen. She asked all

party workers including

Shaktikendra Pramukhs

to take this as an oppor-

tunity to connect with

the people and term

election as the festival of

democracy, she prompt-

ed all to take all the

public welfare schemes

of the Modi government

to the common masses.

Rekha said that we are

living in a times of facts

and figures and also

there is an ever-increas-

ing need to counter the

negative propaganda of

**TOP NEWS REPORT** 

JAMMU, 23 July: Keeping in practice to continuously review and plan its future strategies, BJP District Jammu South led by its President Rekha Mahajan carries its agenda of strengthening its ground-level structure a step further by holding a monthly meeting of Gandhi Nagar Mandal in Bahu Constituency regarding future course of agendas. During the interactive session with Party cadres, Rekha Mahajan said that the party's win is decided by the performance of the party at the "Shakti Kendra" level, so this whole program is organized.

Mandal President Bharat Bhushan, District General Secretary Pushpinder Singh. District Vice President Narinder Koki, Mandal General Secretaries Rachit Khosla and Surai Rana are prominent present in the meeting. Rekha Mahajan

opposition promptly.

Rekha Mahajan highlights that the boothlevel activist forms the building block and pillar of the party. She explained that the Shakti Kendra signifies an entity in between the Mandal i.e. Block and Polling Booth that can be compared to the Wards in the Urban areas thus including average Polling Booths per Shakti Kendra.

Rekha said that BJP is working with an inclusive approach "Vasudev Kutumbhakam", while the opposition is working on the negative propaganda, but we have to take J&K to the top slot, she insisted in her address to party workers. She said that due to the hard work of the workers, the BJP has emerged as the largest party, and in the coming tomorrow, the BJP party will be formed in J&K's next assembly election, and the future the golden letters of history it will be written that BJP will be the first Chief Minister in Jammu and Kashmir. She emphasized that the cadre will work for the best possible results from J&K as the party is getting always.

## Madhupramhans Maharaj's discourse on soul & meditation

TOP NEWS REPORT

JAMMU, Jul 23: Sadhguru Madhupramhans Ji Maharaj of Sahib Bandgi delivered a spiritual discourse today at Satwari Chowk, school ground. He emphasized that all the different religions of the world share a common belief in the existence of the soul. The scriptures have beautifully described the nature of the soul, stating that it neither takes birth nor dies and remains undiminished. There is only one soul that pervades everything from an ant to an

elephant. Sadhguru Madhupramhans Ji Maharaj expressed that people are aware of the formula to reach the soul, which is through concentration. He pointed out that all religions unanimously



advocate the importance of concentrating on attaining God or the divine. Just as water is the most effective way to quench thirst, meditation is the most direct path to reach the ultimate reality.

He compared the distractions of the world to fruit juices with various ingredients, while meditation is akin to pure water—the most potent means to attain the soul within. The speaker lamented that despite the availability of this proven method, many people remain entangled in worldly matters.

Sadhguru Madhupramhans Ji Maharaj referred to Kabir Sahib's message of Amar Lok, a realm beyond Vedas and books. He described it as an indescribable place where eternal joy

exists, untouched by the dualities of the material world. This Amar Lok is beyond comparison and is the abode of the Adi Purush or the Eternal Being.

Sadhguru The explained that to attain this supreme realm, one must meditate on the Guru, a true spiritual master who has realized the Supreme Person. By constantly meditating on the Guru, one can receive spiritual energy and progress on the path towards the ultimate reality.

In conclusion, Sadhguru Madhupramhans Ji Maharaj encouraged the audience to turn inward and seek the guidance of a genuine Sadguru, who can lead them on the path of meditation and help them connect with the divine within.

# Opposition 'day-dreaming', 2024 belongs to BJP: Dr Parneesh

**TOP NEWS REPORT** 

JAMMU, Jul 23: Dr Parneesh Mahajan, Convenor Deptt of Training, BJP J&K, said that the entire opposition camp busy in holding meetings is day-dreaming because 2024 belongs to BJP and no power on earth can change the destiny of PM Modi to retain thumping majority once again in upcoming Lok Sabha polls.

In a statement given to media persons, he said that Rahul Gandhi, or any other opposition leader are no match to PM Narendra Modi and it is staunch reality that BJP will come to power once again. He said that deep in heart every opposition leader including all Congressmen know well that Rahul Gandhi stands nowhere in front of PM Narendra Modi although

they are avoiding to say this fact in public for their vulnerability as many Congressmen had to face ouster for speaking the truth about their leader's caliber. He said that opposition may try all formulas but the matter of the fact is that no leader in its camp can match the popularity of PM Modi.

"As there is no challenger to PM Modi's popularity therefore

2024 belongs to BJP and whatever efforts are being made by the opposition by holding deliberations in east, south or any other region in the country, they are supposed to go in vain as the PM Modi is indomitable", he said adding that Modi Government has delivered more in the last nine years than others have in the last several decades

among others.

#### **Serving last person of J&K cornerstone of Govt's** developmental approach

communities. The administration has been actively working to uplift marginalized communities by providing them access to education, healthcare, and livelihood opportunities.

The government has placed significant emphasis on rural development, acknowledging the importance of strong rural infrastructure for overall progress. Projects like road connectivity, clean water supply, and electrification have been prioritized, significantly improving the quality of life in rural

The completion of thousands of developmental projects has not only improved living conditions but has also provided a much-needed boost to the local economy. Job creation has been a key focus, with a large number of employment opportunities generated across various sectors. This has had a cascading effect in the region, empowering the population and reducing unemployment.

Improved infrastructure has been a critical aspect of the government's developmental approach. By investing in infrastructure projects, like roads, bridges, and transportation networks, the government has fostered better connectivity between regions. This has facilitated the smooth movement of goods and services, further enhancing economic growth.

The record number of developmental projects completed by the Jammu and Kashmir government over the last four years is a testament to its commitment to serve the last person in the queue. Through its inclusive approach, the government has

endeavoured to bridge gaps, uplift marginalized communities, and spur economic growth. As J&K forges ahead on its journey of development, it holds the promise of a brighter and more prosperous future for every citizen in J&K.

#### **Three seats in Jammu Kashmir assembly being** reserved

that fall under Pakistan Administered Kashmir. This leaves 90 seats for the contest – 47 in Kashmir and 43 in Jammu. Of these nine seats stand reserved for Scheduled Tribes where no candidates other than from STs will run for elections. Similarly, seven berths are reserved for the Schedule Caste population.

Now, there will be reservations within the assembly post-election. One proposed amendment suggests the LG may nominate not more than two members including a woman "from the community of Kashmiri Migrants". Besides, he will also nominate "one member from displaced persons from Pakistan-occupied Jammu and Kashmir" to the Assembly.

#### PM should make statement on manipur in Parliament: Faroog Abdullah

to see him in a temple or a mosque. He remains only one. Yet we are being divided. It is regrettable," he added.

### **Rains continue in J&K. MeT** predicts more

during next 24 hours.

#### FROM PAGE 1

Quoting a meteorological department official, GNS reported that on July 24-25, partly to generally cloudy weather is expected. On July 26-28, he said, no large change is expected.

Regarding rainfall in the last 24 hours till 0830 hours today, he said, Srinagar received 9.0mm, Qazigund 22.3mm, Pahalgam 17.4mm, Kupwara 4.5mm, Kokernag 2.8mm, Gulmarg 19.4mm, Jammu 1.2mm, Banihal 4.2mm, Katra 48mm, Bhaderwah 1.8mm and Batote 19.3mm. Regarding the minimum temperature today, he said, Srinagar recorded a low of 19.3°C, Qazigund 18.9°C, Pahalgam 13.9°C, Kupwara 17.0°C, Kokernag 17.1°C, Gulmarg 11.0°C, Jammu 24.5°C, Banihal 17.6°C, Batote 18.0°C, Katra 21.2°C and Bhaderwah 18.7°C.

#### Five feared dead after vehicle rolls into river

challenging.

Early Saturday morning, a search operation was launched at the site where the victims' mobile telephones were last active. Later, rescue teams found a tire of the illfated vehicle, further confirming the location of the accident. Tragically, the lifeless body of the driver, identified as Mushtaq Ahmed from Kangan in Ganderbal district, was discovered inside the submerged vehicle.

All four are declared dead though their bodies are yet to be recovered. They have been identified as Shabir Ahmed, hailing from Holiyal, Drass; the contractor; Irshad Ahmed; and two labourers, Abdul Qayoom and Ajaz Qazi, all residents of Doda.

Man allegedly kills mother-in-law in Srinagar, held:

### Official

Botakadal was assaulted by her resident Son-in-law identified as Shabir Ahmad Bhat S/o Abdul Salam Bhat originally hailing from Pattan, resulting in on spot death of lady. In this regard case under FIR No 45/ 2023 u/s 302 IPC was registered in Lalbazar police station, they said. During the course of investigation the accused Shabir Ahmad Bhat, who was evading arrest, was apprehended and formally arrested in the

#### **J&K Congress to hold** mega convention on **August 6 in Kashmir**

elections in the Union territory.

"We will be having a convention on August 6 in which district development council and block development council members, and present and former panch and sarpanch of the party have been invited. The convention will be addressed by AICC in-charge of Jammu and Kashmir Rajini Patil and co-in-charge Manoj Yadav," Rasool said.

Asked about the attacks on non-locals in the Valley, Rasool said that contrary to the claims made by the government, militancy is not finished vet.

"I was a kid when militancy started. It never ended though its levels have gone up or down from time to time. Attacks have taken place on labourers in Shopian and Anantnag

"We want the BJP to focus on working on the ground rather than making claims about improvement in the situation. They can sell abrogation of Article 370 to the rest of the country but it is better that ground situation is improved so that peace returns," the

Congress leader said. He said democracy should be restored in Jammu and Kashmir by holding elections at all levels. "Democracy which has been wiped out by the BJP in J-K. It should be restored. It has been nine years since assembly elections were held. We want elections but before that delimitation should be done in panchayats as some panchayats are spread over vast areas," Rasool said. On the situation in Manipur, he said nothing can be achieved by just condemning such incidents. "What will we now achieve by condemning? So much has happened with women in Manipur. The prime minister is yet to visit and the chief minister of Manipur has not been removed. It is very unfortunate," he added.

#### Pulwama woman dies after giving birth to child, family alleges negligence

told us her condition is good, however, at 3 am they said she need to be shifted to LD hospital and when we reached LD, doctors there informed us she is almost dead."

The family members demanded thorough investigation into the matter. Meanwhile, a senior doctor at LD said that patient had developed some complications at district hospital Pulwama and was referred in shock to LD, where she was received at around 4:30 am.

"We informed her family members that she is almost dead and as per protocol she was taken to theatre for resuscitation but she collapsed," he said.

Meanwhile, medical superintendent DH Pulwama Dr A G Dar said that they will investigate the matter and find out the cause of referral and death as well.

## Forward Guidance: What RBI can learn from Infosys

Forward guidance achieves critical importance during periods of uncertainty, as seen in the case of Infosys

NEW DELHI, Jul 23 (Agencies): On the face of it, India's central bank and its IT sector have very little in common, but there was one phrase that animated discussions in both circles this week -- 'forward

On the IT side, it was because industry bellwether Infosys slashed its guidance for revenue and held back its customary forecast on hiring. Meanwhile, the central bank released an article on the relevance of forward guidance during the monetary tightening phase.

As the term indicates, forward guidance helps anticipate what lies ahead. It is a powerful tool during times of economic distress when there's heightened uncertainty, and those steering the ship, like company managements and central bankers, are expected to have a better sense of what is in store.

When it comes to monetary policy, markets expect central bankers to possess rare supernatural powers to precisely predict when and by how much rates will move up or down, while company shareholders want managements to accurately assess the likely hit on revenue and profits during downturns.

Still, no sooner had Infosys lowered its revenue quidance in sync with changed market realities than the markets began sensing apocalypse and dumping the shares by the truckload, finally driving the stock down 9% in a single day. The stock was downgraded to a 'sell' by many analysts after the guidance revision.

The Infosys affair is yet another reminder that, while estimates are relatively easy to arrive at in the ordinary course, they attain exaggerated importance during periods of uncertainty.

On this count, however, money market participants would seem



to be less lucky compared to Infosys shareholders. Estimates are easy to arrive at in an ordinary course, but it's only during uncertainties that forward guidance becomes a potent tool. But the RBI article punctured all hopes indicating that markets are somewhat better off without a forward guidance during economic uncertainties, at least when it comes to monetary policy making.

The justification cited by the article for the above stance is that such guidance may be misinterpreted as a quasi-promise or commitment and could lead to disorderly adjustment of interest rate expectations.

"If the communication of future policy rates consistently deviates from their realized path. it may weaken the public's confidence, entails the risk of delivering unpleasant monetary surprises to financial market expectations and may eventually aggravate inflation and output volatility," the RBI economists noted.

This is precisely why, RBI Governor Shaktikanta Das' stock response on rate guidance is never up or down, but 'remaining vigilant.

This is a departure from the practices followed in some maior economies, such as the US. In these countries, as central banks raised rates, they also engaged in hawkish forward

guidance, which has unleashed bouts of high turbulence in global financial markets, amplified the tightening of financial conditions and triggered exodus of capital from the emerging world.

The very concept of forward guidance gained popularity to end the 'monetary mystique' or 'constructive ambiguity' of the 1990s monetary policy communication that was engendering risks to financial stability. So central banks began providing verbal assurance to the public about the future rate path to anchor expectations.

While forward guidance has been elevated to the status of a monetary policy instrument, no consensus has yet emerged on what constitutes 'optimal.

There has been animated public debate about the relevance of forward guidance in conveying the future intent of monetary policy in a rate tightening cycle. It has amplified in recent days, given easing inflation and rising growth. Meanwhile, RBI's monetary policy committee remains focused on closing the wide gap between headline inflation and the target and the relatively smaller gap between output and its potential.

In fact, the US Federal Reserve, one of the biggest devotees of forward guidance that indicates future rate hikes or cuts down to the decimal, also seems to be having second thoughts about the practice.

US Federal Reserve Chairman Jerome Powell noted in May: "I think we should use forward guidance sparingly when the course of policy is either reasonably well understood, or on the contrary, is so dependent on uncertain future developments that little really can be said constructively about the future."

Ironically, the need to be sparing in the usage of forward guidance is limited to the rate tightening phase alone, and not monetary accommodation. The RBI article details the reason behind it: "Unlike the zero lower bound to interest rate cuts, there's no upper bound to interest rate increases, and a shrill pitch in forward guidance can be deeply destabilizing."

But the question is: Is zero really the lower bound for rate cuts when we have seen countries like Japan, Switzerland, Sweden, Spain and Denmark setting policy rates as low as -0.75%! How fair is it to have forward guidance only during a relatively easy going monetary accommodation phase?

Regardless of whether the times are uncertain or predictable, there's never a second chance to make the first assessment. Whatever comes next is merely a revision or a correction of the previous estimate. Importantly, during normal or abnormal times, estimates could go both ways and the cost of misinterpretation is equally high in both scenarios.

Even as RBI economists seem not to be in favor of giving indications about future courses of action, the fact remains that forward guidance has come into its own as an important instrument in the monetary policy toolkit, even if, as former Fed chair Ben Bernanke put it: "Monetary policy is 98% talk and only 2%

## Biden secures tech safety pledges over 'enormous' AI risks

WASHINGTON, Jul 23 (Agencies): President Joe Biden evoked Al's "enormous" risk and promise at a White House meeting with tech leaders who committed to guarding against everything from cyber-attacks to fraud as the sector revolutionizes society.

"It is astounding," Biden said, highlighting Al's "enormous, enormous promise of both risk to our society and our economy and our national security, but also incredible opportunities."

Standing alongside top representatives from Amazon, Anthropic, Google, Inflection, Meta, Microsoft and OpenAI, Biden said the cutting-edge companies had made commitments to "guide responsible innovation" as AI rips ever deeper into personal and business life.

"We'll see more technology change in the next 10 years or even in the next few years than we've seen in the last 50 years. That has been an astounding revelation to me," Biden said. "The group here will be critical in shepherding that innovation with responsibility and safety.'

Ahead of the meeting, the seven Al giants committed to a series of self-regulated safeguards that the White House said would "underscore three principles that must be fundamental to the future of AI: safety, security and trust."

Although AI -- in which computer programs learn to do many jobs currently performed by humans -- is seen as a hugely empowering tool, it also poses potentially nightmarish risks.

In their pledge, the companies agreed to develop "robust technical mechanisms," such as watermarking systems, to ensure users know when content is from AI and not human-generated.

Worry that content created by artificial intelligence will be used for fraud and misinformation has ramped up as the technology improves and the 2024 presidential election gets closer.

Already, supporters of Republican candidate Ron DeSantis have gotten attention with an attack ad featuring an artificially generated voice like that of party frontrunner Donald Trump.

'Enormous potential upside

The White House initiative demonstrates an early effort to get in front of the snowballing problem of how to regulate an industry developing faster than Congress may be able to handle.

Among the measures pledged by the seven companies ahead of the Biden meeting is agreeing to independent "internal and external security testing of their AI systems before their release" for threats to biosecurity, cybersecurity and "broader societal effects."

Officials said Biden is also already working on an executive order -- something that has limited powers, but does not require congressional approval -- on

"We need to make sure we're pulling every lever of the federal government to regulate and take action -- and work with... (Congress) on legislation," White House Chief of Staff Jeff Zients

"We will need legislation to build the capacity to have the experts that we need in the federal government, and then to have the regulatory authority to hold the private sector accountable -- and to hardwire these actions so that they're enduring," Zients said.

The White House said it is also working with foreign allies to seek "a strong international framework to govern the development and use of Al" around the world. The topic was prominent at the G7 in Japan this May, while Britain is set to hold an international AI summit.

Biden cautioned that governments and societies need to do better on the emergence of AI than was the case when social media platforms exploded, leading to widespread concern over the effects on mental health and misinfor-

"Social media has shown us the harm that powerful technology can do without the safeguards in place," Biden said.

"We must be clear-eyed and vigilant about the threats of emerging technology that can pose to our democracy and our values," he said.

But Al also has an "enormous, enormous potential upside."

## Drop in FDI inflows major concern for govt

NEW DELHI, Jul 23 (Agencies): A decline in foreign direct investment (FDI) amid a global slowdown has the government worrying as it is trying every possible measure to attract ors, a top government official

"We are trying to implement more measures to improve ease of doing business to retain investors," said the

According to him, the only concern before the country's economy at present is a likely decline in FDI in the current fiscal. Other economic indicators such as inflation, fiscal deficit, and current account deficit are faring well compared with other countries, he said.

To boost investor sentiments, the official pointed out, the government has listed "Jan Vishwas (Amendment of Provisions) Bill, 2023" to reduce the compliance burden and ease the backlog of court cases. The bill seeks to decriminalize minor offences by amending 183 provisions across 42 acts administered by 19 ministries.

"The bill encourages ease of doing business as it decriminalizes minor offences by replacing them with mon-

etary penalties. It is also addressing the issue of outdated rules and regulations which dampens the trust of investors," the official added.

The centre is already pushing for infrastructure development simplific tion of the taxation system, digitization and easing of trade regulation to boost investors' sentiments, the official added.

FDI to India dropped 22% to \$46 billion in FY23, following a fall to \$58.77 billion in the previous year from \$59.63

The latest decline was owing to a decrease in inflows in computer hardware, software and the automobile

In a recent written reply to the Rajya Sabha, Minister of State for Commerce and Industry Som Prakash had pointed to "various protectionist measures" adopted by major countries after the pandemic to reduce their dependence on foreign countries as a possible reason affecting investor sentiments towards India.

He further stated that there has been a decline in the real GDP growth rates of Singapore, the US and the UK, which are the major source countries for FDI.

## Doctors advised to stop prescribing cold, cough medicines containing Pholcodine. What is it?

NEW DELHI, Jul 23 (Agencies): After the World Health Organisation (WHO) alerted people about the use of Pholcodine in cough syrups earlier this year, the Drugs Controller General of India (DCGI), issued an advisory to stop the use of this substance.

In a notice, the DCGI asked doctors to advise patients to stop consuming cold and cough remedies containing Pholcodine.

As per WHO, Pholcodine is an opioid medicine used in adults and children to treat nonproductive (dry) coughs. Several preparations are readily available and commonly used globally, such as over-the-counter tablets and syrups. In March, WHO alerted



healthcare professionals and regulatory authorities of the risk of anaphylactic reactions in people who have taken pholcodine-containing products at least 12 months prior to surgical procedures involving the administration of general anaesthesia with neuromuscular blocking agents (NMBAs).

A special committee called Subject Expert Committee (Antimicrobial and Antiviral)

reviewed the evidence against the use of Pholcodine and suggested recommendations for healthcare professionals, doctors and consumers.

As per the advisory, doctors and healthcare professionals have been asked to advise patients to stop taking Pholcodine containing cough and cold remedies and suggest an alternative to treat their symptoms. "To verify whether

to take general anaesthetics containing neuromuscular blocking agents (NMBAs) have taken Pholcodine containing cough and cold remedies in the previous 12 months and also be aware of anaphylactic reactions in such patients," the statement read.

the patient scheduled

For consumers, the advisory read, "To be careful in taking Pholcodine containing cough and cold remedies and consult the doctor or pharmacist to suggest an alternative treatment."

In the case of patients who are going to take general anaesthetics and have taken Pholcodine containing cough and cold remedies in the past 12 months, they

should be reported to the doctor or healthcare professional prior to the procedure.

Dr Saurabh Khanna, a paediatrician at CK Biria Hospital, said that Pholcodine is an antitussive.

"Antitussive is a group of drugs that leads to suppression of the cough. So, in other words, it is a cough suppressant which is an opioid derivative. It acts by depressing the cough centre in the brain," Dr Saurabh Khanna said.

As per the medical expert, it is used in most of the cough syrups available over the counter. "Always get it prescribed by a healthcare professional, or a doctor so that you give it in an appropriate dose only, if it is required," Dr Khanna said.

# Brushing or flossing not working? 5 ways to get rid of bad breath

Tongue scraping is an effective habit to maintain good oral hygiene as it removes harmful bacteria that may cause gum inflammation, cavities and bad breath.

NEW DELHI, Jul 23 (Agencies): Bad breath, also known as halitosis, is a common oral health issue that can cause embarrassment and anxiety. It is primarily caused by sulphurproducing bacteria that reside in the tongue and throat

These bacteria thrive in conditions such as a dry mouth, which can be induced by certain foods, smoking, poor oral hygiene, and a coated tongue.

Dr Chirag Desai, a dental surgeon at

Wockhardt Hospital, earlier told IndiaToday. in that bad breath can be classified into two cases: local and systemic. Local cases of halitosis happen due to poor oral hygiene, illfitting prosthesis causing food lodgement and periodontitis, which is a gum infection.

Systemic causes include diabetic ketoacidosis, gastric conditions and Sjogren's syndrome, which is a disorder of your immune system identified by two common symptoms: dry

eyes and dry mouth. Dr Ankita Dhelia, a

therapist, shared an Instagram Reel about bad breath and ways in which one can deal with it.

The expert listed four ways to get rid of bad

Flossing: Flossing makes sure no food is stuck between the teeth. When food is stuck between the teeth, it can cause odour, resulting in bad breath.

Tongue scraping: This phenomenon is an effective habit to maintain



good oral hygiene as it removes harmful bacteria that may cause gum inflammation, cavities

and bad breath. Oil pulling: Oil pulling is one of the best things for gum health, tooth

health, dry mouth and oral hygiene. It helps to remove the toxins from the mouth. Dr Ankita Dhelia suggested taking 10ml of coconut or sesame oil in the mouth and swishing it around for 5-7 minutes. Fennel seeds: Chew

on a handful of fennel seeds after meals to freshen your breath naturally. "The aromatic properties of fennel seeds will leave your mouth feeling mintyfresh and ready to tackle the day," as per the expert.

Other causes of bad breath, including dental infections, clogged sinuses, stomach infections, and intestinal dysbiosis could also be present.

However, if you have associated symptoms or your problem persists for long, please consult a doctor.

Meanwhile, maintaining good oral hygiene is crucial in preventing bad breath.

The golden rule for oral hygiene is to brush your teeth twice a day, clean between your teeth daily

using floss or interdental brushes, eat a healthy, balanced diet, limit added sugar intake, and visit the dentist regularly for check-ups and preventative care.

In addition to these, there are home remedies for bad breath like tea tree oil, which can be applied to your toothpaste and used to brush your teeth.

If bad breath persists despite these measures, it may be due to a more serious condition, and a visit to the dentist or physician is recommended.

# India vs Pakistan: As 'A' Teams Clash In Emerging **Asia Cup Final, Another Thriller On Cards**

India A will be keen to assert their dominance in the Emerging Asia Cup tournament when they face Pakistan A in a potentially high-voltage summit clash in Colombo on Sunday

COLOMBO, Jul 23 (Agencies): India A will be keen to assert their dominance in the Emerging Asia Cup tournament when they face Pakistan A in a potentially high-voltage summit clash in Colombo on Sunday. Generally, it is tough to pick a favourite in the matches between India and Pakistan, but in this instance, the former stands out as the clear frontrunner. India will also draw confidence from the fact that they have already beaten Pakistan in the league stage.

This crop of young Indian players carries a lot of flair in their approach, but beneath the flashiness bubbles a layer of stone-cold determination to win from any situation.

The semifinal against Bangladesh was a microcosm of that trait. India were bundled out for 211, a below-par total even on a



sluggish R Premadasa Stadium pitch.

The Bangladesh openers, who were in good touch in this tournament, started briskly scoring over 6 runs an over. They raced to 94 for 1 in the 18th over, and looked poised for a smooth win. But the Indian spinners -- Nishant Sindhu and Manav Suthar

-- owned the stage from thereafter, rolling over Bangladesh for 160. The captaincy of Yash Dhull, who also made a crucial 66, and the fielding too were spot on as India snatched a win that looked improbable at one

This cohesion within the team will be India's primary weapon going into the final against Paki-

Having said that, underestimating Pakistan will be naïve. They are a talented side, and many of their players have considerable international and Pakistan Super League (PSL) experience behind them.

All-rounder Mohammad Wasim, captain Mohammad Harris, opener Sahibzada Farhan and pacer Arshad Iqbal all have tasted international cricket. While players such as Amad Butt and Omair Yousuf have been proven performers in the PSL.

Hence, Pakistan would like to treat the setback in the league phase as a mere aberration and would be eager for an act of atonement.

But, India will believe that they have all the cards to nullify Pakistan's charge.

### 4th Ashes Test: Labuschagne scores century before Joe Root revives England on rain-hit day four



MANCHESTER, Jul 23 (Agencies): Marnus Labuschagne scored his 11th test century to frustrate England before falling to Joe Root as Australia reached 214-5 at tea before play was abandoned due to rain on the fourth day of the fourth Ashes test in Manchester.

After the start of play was delayed due to wet weather, Australia resumed on 113-4, needing 162 runs to make England bat again, with number three Labuschagne on 44 and Mitch Marsh on one.

Sensing opportunity, England began aggressively as they looked to take quick wickets, with Mark Wood leading the attack after his vicious spell on Friday decimated most of Australia's top order.

Labuschagne and Marsh did well to soak up the early pressure, steal-

Wrestler Antim Panghal makes statement by winning

ing singles and finding the occasional boundary to keep the scoreboard ticking as dark clouds continued to gather

over the Old Trafford stadium. Umpires then ruled that it was too murky for pacer Wood to bowl, forcing England captain Ben Stokes to bring in

spinner Moeen Ali and part-timer Root. The change initially played into Australia's hands, with Labuschagne hitting Root for two sixes and two fours to bring up his first century in England, but a rare lapse in concentration led to the batter nicking a delivery through to Jonny Bairstow just before tea.

Labuschagne departed on 111, his highest test score outside Australia.

The rain returned soon after the players left the field, and with the weather forecast for the rest of the day looking bleak play was abandoned at 1730

Britain's Met Office predicts showers throughout the day on Sunday as well. England will pray for the rain to stay away long enough for them to ensure victory and take the five-match series into a decider at the Oval in London next week. Australia, who lead 2-1, will retain the Ashes if the fourth test ends

## FIFA Women's WC 2023: Brazil's 'queen' Marta hopes to win the elusive crown in her last attempt

She is the all-time leading goal scorer in World Cups men's or women's — with 17 in five editions. Winning a world crown would complete her sparkling resume.

SAO PAULO, Jul 23 (Agencies): Nicknamed "Pele in a skirt" by the late football great himself, the Brazilian star better known to fans as "Queen Marta" has her last shot at winning the Women's World Cup at this year's tournament.

The 37-year-old has confirmed this will "undoubtedly" be her last appearance at the World Cup in an interview with YouTube channel CazeTV just before coach Pia Sundhage announced her squad.

Yet Brazil's chances of sending her off with a first-world crown look slim, with Marta battling injury in the twilight of her career and the team at a generational crossroads. "It is to be expected that I am not the Marta of 20 years ago but physically I feel good and mentally I am even better," she insisted.

Marta has however spent a lifetime overcoming obstacles, from a childhood of poverty to sexism and, more recently, the worst injury of her career.

Arguably the best female player of all time, she has come agonisingly close to international glory with the "Selecao", making it to the World Cup final in 2007 and picking up silver medals in the 2004 and 2008 Olympics.

She is the all-time leading goal scorer in World Cups -- men's or women's -- with 17 in five editions, one better than Germany's Miroslav Klose. She will now get a chance to extend that record.

Nearly year-long

absence Marta will be without two of her veteran companions. Fellow legend Formiga retired from the national team in 2021 after seven World Cups, while forward Cristiane, 38, was not selected



Marta herself spent nearly a year away from the pitch with a serious knee injury. The three-time Copa America winner (2003, 2010 and 2018) missed that competition last year when Brazil successfully defended their title.

She returned only in February, for Brazil's 1-0 win over Japan in the SheBelieves Cup. "It's the first time I've gone that long without playing. I suffered a lot," she said after making her comeback.

Marta might not have won three World Cups like Pele but she is one of the most decorated players in history and has been named FIFA world player of the year six times. But her biggest achievement was to escape the misery of a difficult childhood in Dois Riachos, Alagoas state, in Brazil's arid northeast.

A UN ambassador for gender equality, she is an inspiration for many Brazilian women who love to play football but are often stigmatized in a country where machismo looms large.

Sparkling career Marta Vieira Da Silva

has been chasing her dreams all her life, starting off by trying to keep up with her brothers as they played. Home life was difficult -- her parents split up before she was a year old, and her mother was left to fend for herself and four chil-

The family had no money for school supplies, so Marta only started education aged

She played in school leagues until the day when one coach refused to let his team compete unless she withdrew. At that stage, a local scout brought her to Rio de Janeiro for trials with nascent women's clubs.

Aged 14, Marta had never left her home state. She impressed in one trial and signed for the Vasco da Gama youth team. Sissi, considered Marta's predecessor as Brazil's top female star, was then in the club's senior side. She remembers the first time she set eyes on Marta.

"Her technical ability and explosive pace were incomparable. Everyone is born with a gift, and this is hers." Sissi told agency.

By 2003, Marta was in Brazil's World Cup squad, aged just 17.

Months later, she joined Swedish club Umea, and promptly landed the UEFA Women's Cup -- forerunner to the modern Champions League -- with them. That year, she earned her first nomination as Women's world player of the Year, going on to win five straight crowns from

2006 to 2010. She then moved to the United States, where she now plays for Orlando Pride.

She has scored a record 122 goals for Brazil -- beating both Pele and Neymar, who are tied for the men's record at 77 each. Winning a world crown would complete her sparkling resume.

# 53kg trial, vows to move Supreme Court after HC dismisses her petition

NEW DELHI, Jul 23 (Agencies): Talented youngster Antim Panghal made a statement by winning the 53kg trials, moments after her plea challenging the exemption given to Vinesh Phogat was dismissed while Mansi Ahlawat surpassed expectations by sealing her place in the Indian team for the Asian Games from the 57kg field that had two World Championship medallists, here.

The 19-year-old Panghal put up a dominant show in the 53kg category, winning all her bouts without much fuss.

Handed a bye in the first round, the 2022 Under-20 World Champion began with a 7-2 win over Tamanna and followed that up with a technical superiority win against Neha to move into the semifinals.

The final was even better as she pinned her rival Manju inside two minutes.

However, it will be Vinesh Phogat who will represent India in this category during the Hangzhou Asian Games as the selection committee has already given her direct entry in the 53kg category along with men's freestyle wrestler Bajrang Punia (65kg).

"I won the trial fair and square. Why should I be the standby player, I won the trial. The one who did not compete should be standby player in 53kg. My petition has been dismissed but I won't stop, I will keep fighting,



we will move the Supreme Court," Panghal told reporters.

"If she keeps getting direct entries like this, how will one know how good we are? We will keep trying. My coach will decide what we are going to do next but the fight will continue. What's the point of me wining three bouts?

"I know she is pretty good and has many medals but she must fight against us in the trials," she said, adding that she will now gear up for the World Championship trials.

The 57kg category turned to be very competitive as it featured World Championship silver-medal winner Anshu Malik and Worlds bronze winner Sarita Mor.

The two champions players were drawn to clash in the very first round that was perceived as a final before the final

Sarita Mor raced to a 5-0 lead against Anshu, who is making a comeback from injury. However the 20-year-old Anshu bounced back with a take-down and a gut

wrench move. That narrowed the difference to 4-5 but Sarita used immense power to prevail.

Sarita was later shocked by the U23 World Championship bronze medallist Mansi Ahlawat, who took advantage of one technical mistake from Sarita to employ the 'fitley' move to grab an upset 9-6 win.

From the other side of the draw, another youngster Sito went deep to make the final. winning against Pinky and Neetu.

Mansi, who trains under Mandeep at Chhotu Ram Akhada, continued her good show to comfortably win the final against Sito by technical superiority.

In the 62kg category, Sonam Malik made an impressive comeback from a left elbow injury to win the trials. Manisha was equally impressive in the same draw but the wrestler from Gohana, who trains under Ajmer Malik, won.

The final between Sonam and Manisha was expected to be a cracker of a contest but the Gohana girl pinned the Rohtak girl after pulling off a quick and unsettling four-pointer.

Another wrestler securing her place for the Asian Games from Chottu Ram Akhada was CWG bronze winner Pooja Gehlot. She beat Shivani and Neelam quite easily then pinned veteran

Nirmala Devi in the 50kg final. "It was a really great experience throughout the competi-

tion, my practice and hard work paid off. Now, my aim is the Asian Games, but my final aim is competing in the Olympics," said Gehlot.

Gehlot opined that no wrestler should be be allowed to represent the country in major international competitions without appearing in trials.

"Without trials, no one should be allowed to participate (in competitions). Every kid puts in a lot hard work; trials should be conducted and only then one should be allowed to go.

"It is unfair to junior wrestlers that they are not even given a chance to represent. What will happen to those who have put in so much of practice and hard work," added Gehlot.

In 68kg, Nisha Dahiya was favourite but it was Radhika who stole the show. She not only knocked out Nisha but eventually qualified for the Asian Games by edging past Priyanka 9-8 in a very close final.

Divya Kakran, who usually competes in 68kg, moved up to 76kg but could not qualify for the Asian Games, losing the final to veteran Kiran.

In the Greco Roman style, Gyanender (60kg), Neeraj (67kg), Vikash (77kg), Sunil Kumar (87kg), Narinder Cheema (97kg) and Naveen (130kg) won their respective trials to make it to the Asian Games squad.

The men's freestyle trials will take place on Sunday.

#### Asian Games 2023: AIFF likely to send Sunil Chhetri-led senior football team if Ministry gives clearance

NEW DELHI, Jul 23 (Agencies): The AIFF is bullish on sending its first team to Asian Games led by its talismanic skipper Sunil Chhetri if it is able to get the green light from the sports ministry for participation is the continental showpiece starting September 23 in Hangzhou.

The national football team, which didn't get permission to participate during the Jakarta Games in 2018, is currently ranked 18th in Asia and the sports ministry's rule states that in a team sport, only those in top eight

will get the nod. The national team under Croatian coach Igor Stimac has entered the sub-100 club in the FIFA rankings once again, having won

SAFF championship where it played against Lebanon and Kuwait.

"The current national team has seven U-23 first team players and since three over-age players are allowed, skipper Chhetri, goalkeeper Gurpreet Singh Sandhu and defender Sandesh Jhingan are all set to go for the Asian Games if they team gets permission," a source privy to the development told agency.

In fact, the AIFF has prepared a list of 50 under-23 players and forwarded it to the respective clubs. The idea, the sources said, is to raise another pool of under 23 players, who could be used for the AFC under-23 Asian Cup qualifiers and the King's Cup in Thailand.

## West Indies dig deep to frustrate India on rain-hit third day

Determined hosts bat through the rain-hit third day of second Test to reach 229-5



PORT OF SPAIN, Jul 23 (Agencies): West Indies captain Kraigg Brathwaite scored 75 on a lifeless Port of Spain wicket as the determined hosts batted through the rain-hit third day of their second Test against India to reach 229-5.

Having resumed on 86-1, Brathwaite showed plenty of patience to bring up his 29th test half-century off 170 balls after lunch was taken early due to rain and largely kept India's bowlers at bay before being bowled by a superb Ravichandran Ashwin delivery.

At stumps, West Indies were 209 runs behind India's total of 438 but had Alick Athanaze (37 not out) and Jason Holder (11 not out) at the crease as they bid to eke out a draw after losing the opener of the two-match series.

Fast bowler Mukesh Kumar bagged his first wicket for India on his debut in the morning by having Kirk McKenzie caught by wicketkeeper Ishan Kishan for a well-made 32 off 57 balls.

A spectacular catch by Ajinkya Rahane at slip dismissed Jermaine Blackwood for 20, before wicketkeeper Joshua Da Silva fell to Mohammed Siraj for 10.

But it was a day of toil for the Indian bowlers on a flat wicket where the hosts took their time to get going, scoring at a little over two runs an over before bad light forced play to be stopped early after more showers in the final session. "I think the first session (on Sunday)

will be important," said India's bowling coach Paras Mhambrey. "To see the way we swung the ball in

the last session right now, both Siraj and Mukesh came in, swung the ball and troubled the batters and there were a couple of close calls out there.

"If we pick up a couple of wickets it opens up the match for us and we can take the game forward and see where we are. What we look for from the bowlers is to hit the right areas, show some patience and make the batters play." West Indies need only another 10 runs to avoid the follow on and force India to bat again.

# Shiv Sena visits Jagti camp, KP urges Uddhav Thackeray to facilitate their safe return to Valley

TOP NEWS REPORT

JAMMU, Jul 23: A team of Shiv Sena (UBT) Jammu and Kashmir unit visited the Kashmiri displaced colony Jagti Township located in Nagrota, Jammu, aiming to address the issues and concerns of the Kashmiri Pandit community.

Manish Sahni, President of Shiv Sena, J&K, asserted that despite the passage of more than thirty five years, the return of Kashmiri Pandits to their homeland remains unfulfilled. He said that the community members are facing challenges and hardships while trying to rebuild their lives in their own country and

"The displaced Kashmiri Pandits, currently



residing in the camps, are being provided a relief amount of Rs. On the name of relief amount, they are being given only Rs.3200 per head, in this era of inflation, it has become difficult to meet the expenses of home and children's education, it should be increased to Rs.7000/- per person. On the other hand, in

Jagati township, about 200 shops have been built 13 years back for self-employment to Kashmiri Pandits, which have not been allotted till date despite depositing security.

Sahni said that the prevailing situation in Kashmir is marked by targeted killings, instilling fear among the working Kashmiri Hindus

their homes. Despite the abrogation of Article 370 and 35A on August 5, 2019, the possibility of the return of Kashmiri Pandits to the valley remains uncertain. Kashmiri Pandits

Kashmiri Pandits requesting Uddhav Balasaheb Thackeray for his safe return home, remembering the Hindu Hradye Samrat venerable Bala saheb Thackeray.

On this occasion

Vice President Sanjeev Kohli, President Kamghar wing Raj Singh, Deepak Sharma, Vinod Bhat, Danish Tickoo, J K Ganjo, Sajan Dhar, Bansi Lal, Ravinder Sadhu, Rahul Raina, Yogesh Kumar Chib, A K Raina, Surinder Kumar Bhat and many others were present.

# NSF celebrates 117th birth anniversary of Chander Shekhar Azad

TOP NEWS REPORT

JAMMU, Jul 23: National Secular Forum (NSF), Jammu Unit organized a programmed in Jammu University, and on the Birth anniversary of Azad who laid his life for the country. Amid slogans "Azad Amar Raha "inqulaab Zindabad" Bharat Mata ki jai and the activists of NSF paid tributes to Azad and garlanded the portrait of the son of soil.

A programme in this connection was organized wherein Dr Vikas Sharma Coordinator Jammu District (Urban) and Zonal Secretary JKNC was the Chief Guest while TR Sharma KAS (Retd), Presided over the function. Dr Sukhdev Singh State President NSF was the guest of honour.

Speaking on the occasion, Dr Vikas Sharma appreciated the initiative taken by the NSF member to remember the birth anniversary of Azad. He said that when arrested and produced before the magistrate, he gave his name as 'Azad', his father's name as 'Swatantra' and his residence as 'prison'. He was considered to be one of the most famous revolutionaries of the Independence movement.

Dr. Vikas Sharma also said that ever since BJP took over the reign into its

hand, besides the general public, majority of youth have totally been broken and gone into a state of desperation due to anti youth policies of the present government. He added that growing unemployment was a matter of great concern as the present regime has miserably failed to create job opportunities for the youth

He mentioned that people have suffered a lot during the last four years especially after the abrogation of Article 370, bifurcation of Jammu and Kashmir and downgraded of State to a Union Territory.

While Speaking TR Sharma stressed upon the youth to shun their self-centered outlook and contribute in the development of the nation.

Dr Sukhdev Singh State President NSF, in his speech said that the sacrifices of such great people could not be ignored, which had secured freedom for the country and its people.

Roshan Sharma University President delivered the welcome address and Vikshay Vashist District President delivered the vote of thanks.

Among others who spoke were Narinder Singh, Abhishek Uppal, Aditya Khajuria, Tufail Reyaz Khan, Punnet Bakshi, Aditiya sharma, and others.

# Parshotam Maas Manmas Mokh programme organized at Shiv Temple, Trikuta Nagar



TOP NEWS REPORT

JAMMU, Jul 23: Parshotam Maas Manmas programme which started July 18th will culminate on 16 Aug 16th 2023 at Shiv Temple, Trikuta Nagar. Prominent among those present on the occasion include Urmil Arora, RK Kakroo, Vishal Khatri Sabha J&K President Devender Seth and his family, Kk Khajuria, Vijay Vaid, Mrs Kohli. Large number of devotees participated in Hawan Path done on the occasion. Temple priest addressing devotees sad that Adhik Maas is an additional month in the Hindu calendar. Adhik-Maas is often considered an inauspicious month, in this month there is a ban on doing all kinds of auspicious work. It is also called Purushottam month or Malmas.

He further said that because of this month in Brijbhoomi, the whole year is also known as the year of lond. According to Jyotish Shastra, more month comes after every three years, but which Hindi month will

be more, it is extracted from astrology calculation only. The Hindu calendar consists of 12 months, based on the movement of the moon. A year in the Surya calendar is 365 days and about 6 hours, while a lunar year in the Hindu calendar is considered to be 354 days. There is a difference of about 11 days between these two calendar years. This difference of 11 days becomes equal to one month in three years.

He further said that to overcome this dif-

ference, a lunar month comes into existence every three years. This newly increased month itself is called Adhik Maas or Mal Maas. Lord Vishnu is worshiped in the month of Adik. Lord Vishnu is said to be the Lord of Adhikamas, and Purushottama is his only name. Therefore, Adhik Maas is also called Purushottam Maas. There is a story behind this too. According to belief, the Indian sages determined a deity for each lunar month by their method of calculation. Since the Adhikamas balance between the solar and lunar months, no deity was ready to become the ruler of this additional month. In such a situation, the sages requested Lord Vishnu to take the burden of this month upon himself Lord Vishnu accepted this request and thus

this month became

the upcoming BSM. He

Purushottam month.

safe zones in Jammu

region through a year-

long protest but unfor-

tunately, their demands

Sahni emphasized

that while the Modi gov-

ernment had capitalized

on the votes of Kashmiri

Pandits during its nine-

vear tenure, nothing

has been done to facili-

tate their safe return to

were overlooked.

# Natrang stages Hindi play 'Hawalaat' in 'Sunday Theatre' series

**TOP NEWS REPORT** 

JAMMU, Jul 23: 'Hawalaat'-a Hindi satire written by famous playwright and satirist Sarweshwar Dayal Sexena was presented under the direction of Neeraj Kant here today at Natrang Studio Theatre in connection with Natrang's weekly show 'Sunday Theatre'. The play was assisted by Sushane Dulloo and the publicity of the play was designed by Vanshika Pandoh. The play proved to be a hard hitting satire on the establishment which has failed to tap the most energetic human resource of the country. The dejected youths' cry has been beautifully portrayed in the play.

The story of the play 'Hawalat' revolves around three Youth who have no place to live. It was the coldest night of the winter and they were without food and shelter. Since nobody was ready to offer them the shelter.



they thought it proper to have the same in a police lock-up. For this they approached a police cop as criminals. But for some time the cop is not ready to believe them and asks them to establish their credentials by demonstrating their expertise in crime and past accomplishments. They try to convince him by giving a series of logics. To avoid them, the cop agrees to take them to the lock-up (Hawalat) after tying their eyes. Instead of taking them to the police station, the cop keeps taking them round

and round at one cross road and finally leaves at the place from where they had started. The play is a big satire on the exploitation of the youth by the present system. The people in power continue to sell them dreams through their hollow slogans and no one is able to realize that the most important task force of the country at their prime is getting wasted. The politicians of the country have been befooling the youth since independence in the same way the cop played with them. Chirag Anand as a

police cop has been at his best and portrayed both the inner and outer conflict of such a complex character. The three youth were played by Aadesh Dhar, Abhimanyu Choudhary and Sumit Bandaral. Their timings and perfect moves were highly praiseworthy. The lights of the play were executed by Neeraj Kant whereas the sound was rendered by Sushane Dulloo. The show was coordinated by Mohd.

Yaseen and the presentations were done by Brijesh Avtar Sharma.

Vishesh Paul Mahaian

# Delegation from JKTPO met JDC NSEZ, DDG TPCI; discusses establishing of SEZ, strengthening export capabilities of J&K

TOP NEWS REPORT

NEW DELHI, Jul 23: A delegation from Jammu & Kashmir Trade Promotion Organization (JKTPO), led by its Managing Director, Khalid Jahangir today met Joint Development Commissioner (JDC), Noida Special Economic Zone (NSEZ), Surendra Malik and his team here, to explore possibilities of developing a Special Economic Zone (SEZ) in the Union Territory of Jammu and Kashmir.

During the interaction, the Joint Commissioner suggested the idea of developing a private SEZ in Jammu and Kashmir for IT, ITES, Handicrafts, Jewellery, Food Processing and Pharma sectors who are majorly into exporting. He also assured the JKTPO delegation that they would check

with the interests of private players to setup SEZ in the UT.

JKTPO delegation on the occasion informed the NSEZ officers that they will organise a virtual meeting with NSEZ to present the UT's strengths for having an SEZ in the region.

NSEZ is about 310acre state of art facility which houses about 210 units from IT, ITES, Electronics, Gems & Jewellery, Aerospace Manufacturers, Packaging Industries, etc., and is one of the biggest SEZs in India. SEZ usually includes Free Trade Zones, Export Process Zones, Freeports, and many other benefits the state and central governments which hugely benefit manufacturers who are exporting their products from J&K.

The JKTPO delegation on the occasion

also visited units of NeoKraft Global Pvt Ltd and KnitPro International who are manufacturing products in the NSEZ.

Later, Managing Director, JKTPO, Khalid Jahangir, also met Deputy Director General (DDG), Trade Promotion Council of India (TPCI) Sandip Das to discuss and expedite the forthcoming Buyer-Seller Meet (BSM) scheduled to be held in August at Jammu. This significant meeting aimed to enhance trade opportunities for the region and strengthening the export capabilities of Jammu and Kashmir.

During the discussion, Khalid Jahangir emphasized the importance of prior orientation sessions for the exporters representing Jammu and Kashmir in

added that these sessions will enable the exporters to acquire a comprehensive understanding of various technicalities involved in exports, including, logistics, financing, sampling, insurance, and other relevant aspects. He further said that by empowering the exporters with essential knowledge, JKTPO aims to facilitate seamless trade interactions during the event. The meeting concluded on a positive note with the formulation of a detailed responsibility matrix, outlining the roles and responsibilities of all stakeholders involved in the event. This matrix will ensure efficient coordination and cooperation among all parties, enabling the BSM to run smoothly and productively.

and productively.

Moreover, the meeting

also discussed plans to mobilize potential buyers and investors, attracting them to participate in the event. The BSM will provide a unique platform for buyers to explore the diverse range of products offered by exporters from Jammu and Kashmir, thereby fostering new trade partnerships.

In addition to the above, the delegation and TPCI also finalized the process of on boarding relevant stakeholders who will be participating in the informative sessions during the BSM. These sessions will offer valuable insights into the intricacies of international trade and provide a platform for interactions and knowledgesharing among exporters, buyers, and other key players.

# Doda residents laud DC for road link to Lal Draman



TOP NEWS REPORT

DODA, Jul 23: Seventy five years demand of Doda Public for motor road upto Lal Draman finally realized by DC Doda Vishesh Paul Mahajan a unique historical achievement, energetic Deputy Commissioner Doda who has launched a movement to see every nook and corner developed, generate employment avenues for youths, maximum utilization and exploitation of resource potential in the District Doda.

The long pending demand of Public Doda to construct road upto Lal Draman a fully grown natural resort was well understood by DC Doda. Lal Draman a tourist spot abundant times visited by scores of Ministers and Chief Minister also but none of them showed any interest for its Development as per aspiration of Public. DC Doda himself paid visit to Lal Draman, assessed the tourist potential embed in the spot and immediately ordered for completion of stalled construction of road upto Lal Draman which is now nearing to its end point. Completion of said road will divert thousands of nature lovers towards Lal Draman, will create source of income for large number of population and a picnic spot of thousands of students. Social activists Najeeb-Ur-Rehman Fani, Firdoos Hussain Rather and Ifroze Hussain Sheikh have congratulated DC Doda for his vision towards the development of Doda and construction of road upto Lal Draman by creating history in the District for which people were longing since last 75 years.

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