

# TOP NEWS OF J&K

JAMMU, SUNDAY, JULY 23, 2023

Daily Evening Newspaper



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## 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 Baital 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 Baital 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

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## 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 govern-

ment'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

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### 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

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



SRINAGAR, Jul 23 (Agencies): National Conference president Farooq 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

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 here.

Asked about his views on the viral video of two Kuki women being paraded naked in Manipur, Abdullah said, "Manipur is a tragedy for all of us. It is doomsday

for every Indian".

Prime Minister Modi on 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 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

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### 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 anti-tank mine in a controlled explosion near the International Border in Samba district of Jammu and Kashmir, officials said.

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.

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

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

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### Five feared dead after vehicle rolls into river

SRINAGAR, Jul 23 (Agencies): In a disturbing 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 fast-flowing river.

The Mahindra Marizo 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 treatment.

As they approached the river Shingo, the force of the moonsooned 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

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

SRINAGAR, Jul 23 (Agencies): A man allegedly killed his mother-in-law 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,

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### 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 mega-convention 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-

ers. He said the August 6 convention is aimed at preparing the party cadre for the upcoming

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### 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 soul.

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.

**"EK SHAM BUZURGON KE NAAM"**

The Nami Dogri Sanstha (NDS) as Poetic Obedience to The Senior Citizens has organised a **Multi-Lingual Kavi Goshti** On 29th July, 2023 At Vridh Ashram, Ambphalla Jammu At 5.00 PM Sharp

With The Special Blessings Of **Shri I.D. Soni** Educationist, Philanthropist and President Home For Aged And Infirms.

Shri K. B. Jandial IAS Former Secretary to Govt Of J&K and Ex Hon'ble Member PSC Shall Be The Chief Guest

Shri Prem Gupta IPS Former Inspector General Of Police Shall Preside Over The Function

Smt. Jatinder Kaur Sharma Renowned Singer Shall Be Special Guest.

The Participating Poets Are :  
Dr. Sushil Bholia, Sudershan Kumari Darshi, Dr. Chanchal Sharma, Neelam Verma Mehrotra, Ashok Kumar, Rakesh Sharma Tripti, Yash Paul Yash, Randhir Singh Raipuria, Capt. Lalit Sharma, Dr. S. K. Jain, Balwinder Singh, Suraj Singh Suraj, Kalpana Gupta Rattan, Bishan Singh Dardi, Madan Magotra, Arvind Sharma

R. S. V. P. ADVOCATE DOGRA HARISH KAILA President, Nami Dogri Sanstha (Regd.) #941924098

AMIT GUPTA Vice President NDS  
ARJUN DEVI MOHAN ADVOCATE General Secretary Youth Wing NDS

PROF. ANUPAMA SHARMA Patron, Youth Wing, Nami Dogri Sanstha (Regd.)  
ADVOCATE NIDHI KAILA President, Youth Wing, NDS

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SCAN ME!



# 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 the desired cannabinoid content is being performed.

Dr. Jitendra Singh complimented 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

of cannabis-based treatments in addressing various health conditions.

Dr. Jitendra Singh emphasized the importance of using latest technology and the cultivation practices for increasing the produce that would help the farmers. Dr. Jitendra Singh also stressed the need for developing newer indigenous varieties that would suit the environmental conditions of our country. He also highlighted the role of biotechnology in this endeavour and encouraged the researchers to continue pushing the boundaries of scientific development.

While briefing the media on the occasion, Dr Jitendra Singh said, Cannabis is a wonder plant from which FDA has approved the drugs such as Marinol/nabilone and Cesamet for treatment of nausea and vomiting, Sativex for neuropathic pain and spasticity, Epidiolex, Cannabidiol for epilepsy and being used elsewhere in countries.

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 Newspaper.

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-the-clock 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



families of the Biradari. 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

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

# Shiv Sena demands reduction in helicopter fare for Machail Mata pilgrims

## TOP NEWS REPORT

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

to Mata Machail Bhawan 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

authorities to reduce 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 occasion where-as 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 com-

plementing 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 (Rs. in Lacs) | Cost of doc. (in Rs.) | Earnest money (2% of Adv Cost) | Time of Completion | Class of Contractor |
|-------|--|------------------------------|-----------------------|--------------------------------|--------------------|---------------------|
| 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         |

1. 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 [www.iktenders.gov.in](http://www.iktenders.gov.in), Estates.

**Schedule of tender:**

|   | 18-07-2023   |
|---|--|
| A | Date of Issue of Tender Notice   |
| B | Period of downloading of bidding documents 18-07-2023 from 1800Hrs to 24-07-2023 upto 1630 Hrs                                   |
| C | Bid submission Start Date 18-07-2023 from 1800Hrs  |
| D | Bid submission End Date 24-07-2023 upto 1630 Hrs   |
| E | 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**

**DIP/J-5505/23**

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

## EDITORIAL

SAVE  
ENDANGERED  
SPECIES

Wildlife 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 impoverished." Aesthetics 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

The 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 grassroots 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



Over 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, difficulty 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 well-being, 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 well-being, 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



### 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 convener of this campaign will be Uttam Chand Sharma,

a member of the trust. 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 land is 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,

Municipal Corporation Mayor Rajinder Sharma said that this is a good effort of the trust. The tree gives many benefits to nature and man during its entire lifespan. Trees also play an important role in temperature control. That's why people should plant more and more trees. Municipal Corporation will fully cooperate 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 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, Dr. Ravi Gupta said that by planting saplings everyone will automatically get oxygen in the environment. It is the responsibility of all of us to keep the environment safe, so we all should plant saplings. He called upon the people to plant at least one tree every month.

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 life.

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 conducted under a transdisciplinary Project entitled "Socio-Economic effect of cultivating saffron using in-house developed method" sanction to Jyoti Vakhlu School of Biotechnology, Dr Shailu 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, Honorable 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 corn rot being two most contributing reasons.

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 vil-

lage 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 in-house technology. This was followed by the discussion and interaction of farmer with the PI of the project i.e. Dr. Shailu, 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 Commissioner Poonch for all the administrative support. The program was organized by Ms. Ritika Mansotra, Ms. Ayushi Verma, Ms. Nitika Sharma and Ms. Shailu 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.

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 to common masses he 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 present.

## 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 showcase, the indomitable 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 Kargil 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 especial-

ly 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 awe-inspiring 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.



Inder Singh. The event started with the traditional lamp-lighting 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 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 Conflict.

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 Kargil 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 Delhi-based 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 Farzana.

## 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 11.

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 peace-keeping 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 Dikha 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.

## 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."

## 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 strike.

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,

which can expose them to intense scrutiny and vulnerability.

Exploiting vulnerabilities

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 one-sided 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-turned-actor 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.

"Of course, starting so young gave me an 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 Parvarish - Kuchh

Khattee... actor on her 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, Archituchey, 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.

## 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 movement.

## 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 @Bhupendrapji 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 relief-and-rehabilitation work in the flood-affected 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

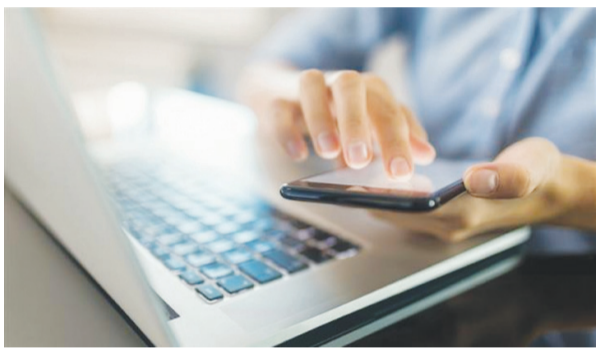
NEW DELHI, Jul 23 (Agencies): Central government officers will be entitled to mobile, laptop or similar devices costing up to Rs 1.3 lakh, which can be retained by them for personal use after 4 years.

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 devices.

Regarding the cost of



the device, the office memorandum said it could be Rs 1 lakh plus taxes. However, for devices with a Make-in-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 use.

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

NEW DELHI, Jul 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 noon.

"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 forwarded 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.

## 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 "self-induced 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

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.

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

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



NOIDA, Jul 23 (Agencies): The Gautam Buddha Nagar administration has issued a flood warning for low-lying 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

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 200-metre, below the danger mark of 205-metre," said Kumar, who is also the nodal officer for flood relief work in Gautam Buddha 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.

## Three Students Die Of Snakebite In Private 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 Keon-

jhar district, the police said.

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, Shehshree 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 arrhythmia found".

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

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 Sunday.

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."



"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 Netanyahu 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 Netanyahu'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.

The legislation, part of the wider plan to overhaul the judiciary, has drawn intense opposition, with hundreds of thousands 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 passes into law.

The weekly cabinet meeting scheduled for Sunday morning was delayed to a yet-unknown time. Also postponed were key security discussions — including a reported planned meeting between the premier and IDF Chief of Staff Herzi Halevi — on the impact of the "reasonableness" bill and the reservists' threats on Israel's security.

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 Israel's courts.

The Knesset on Sunday will begin on a bill that would strip the Supreme Court of the power to declare government decisions "unreasonable," removing

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.

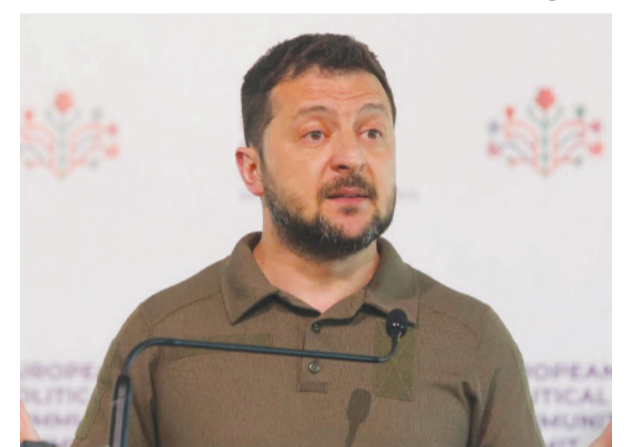
Twitter's most recent complication was a lawsuit being filed on Tuesday claiming the firm owes at least \$500 million in severance pay to former employees.

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

## 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-



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 Dawn.

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 rain-related 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.

## Pak Finance Minister Ishaq Dar's name likely to be pitched for interim PM: Report

ISLAMABAD, Jul 23 (Agencies): 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 case.

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 act.

In July 2018, the then-care-taker government wanted to

enter into programme negotiations with the IMF, but the then-law 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 team.

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 homes.

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 Gujjar Nagar: Manjit



### 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, cleanliness, 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

scattered in the corners and market areas," he said.

He said that the failure 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 unscheduled power cuts and irregular drinking water supply that has affected normal life.

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 water supply.

He further said that the locals raised concerns over the improper installation and non-working street lights and increasing menace of stray dogs worrying the pedestrians.

He also demanded that a ground which was developed by locals, and accordingly, the concerned authorities should provide sports equipment in the said

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 direction.

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 Raqeeq 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 among others.

## BJP is working with an all-inclusive approach Vasudev Kutumbhakam: Rekha

### 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 Suraj Rana are prominent present in the meeting.

Rekha Mahajan



tossed light on the glorious proud history of BJP which is full of struggle by the dedicated partymen. She asked all party workers including Shaktikendra Pramukhs to take this as an opportunity to connect with the people and term election as the festival of democracy, she prompted 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-increasing need to counter the negative propaganda of

opposition promptly. Rekha Mahajan highlights that the booth-level 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 pro-

paganda, 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.

The Sadhguru 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 Dept 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.

## FROM PAGE 1

### 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 areas.

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: Farooq 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.

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 ill-fated 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 Quayoom 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 Lal-bazar 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 instant case.

### 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 yet.

"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.





## 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 state.

"The displaced Kashmiri Pandits, currently



residing in the camps, are being provided a relief amount of 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

who were demanding safe zones in Jammu region through a year-long protest but unfortunately, their demands were overlooked.

Sahni emphasized that while the Modi government had capitalized on the votes of Kashmiri Pandits during its nine-year tenure, nothing has been done to facilitate their safe return to

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 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, Bansilal, Ravinder Sadhu, Rahul Raina, Yogesh Kumar Chib, AK 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 programme in Jammu University, and on the Birth anniversary of Azad who laid his life for the country. Amid slogans "Azad Amar Raha" "inqlaab 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, Aditya sharma, and others.

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



### TOP NEWS REPORT

JAMMU, Jul 23: Parshotam Maas Manmas Mokh 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 address-

ing 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 Iond. 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 worshipped 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 Purushottam month.

## 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 'Hawalaat' 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 (Hawalaat) 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 their 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.

## 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 310-acre 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

the upcoming BSM. He 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.

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 knowledge-sharing 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

Vishesh Paul Mahajan 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 Iffroze 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.